

HAPPY NEW YEAR FROM THE CORRELIAN TIMES!!



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CORRELIAN SPOTLIGHT - REV. LILITH



Merry Meet Magical friends,

Many of you have seen my name before. Whether it was on dailyspell.com or on Witchschool.com, a video in the archives of Magicktv, or during Friday night healing-rituals with Lady Anna. I am Lilith. Ever since I was a child I have felt that there is more between heaven and earth than we can see with our naked eyes. My most memorable experiences were when I had that eerie feeling that the sick mother of a then school friend had died while I was getting on the bus home, and when I got home I was told that she had indeed died that morning. Or that time I went on holiday and found out that I had dreamt of exactly the same place a year earlier. And another year at that same holiday spot, a sad feeling came over me about my dog of which it turned out a day later that my parents had to help him cross the rainbow bridge at that very moment. Or was it then, a few years later, that prophetic dream about which I had to write Rev. Donald a day later and he was the one who told me that I had had a prophetic dream?

Anyway, to jump back in time, about 22 years ago my intuition that there was more between heaven and earth got a boost in the right direction. My mother took me to visit a colleague of hers. That evening I first came into contact with the concept of "REIKI. A journey full of emotion and wonder began when I cried violently while my mother was being treated, only to lie down on the table myself rolling in the next emotion. An insane fit of laughter. OK, I thought to myself later, I want to investigate this further.

In the months that followed, I had bothered google several times, found another reiki master where I learned Tera Mai reiki and one day I came across something on google called Witchschool.com. It was like an Aha-Erlebnis. So I signed up, applied for the first degree and the first mentor I got was Lady Anna Rowe from England. Four years later in 2008, I was close to completing my first degree and because I wanted to go to England I had to speed it all up and get finished in the nick of time. Not only to meet Lady Anna but also all the others I had been in contact with online for the past 4 years. They were coming from America to England to hold the Spring Lustration and I wanted to, no I had to be there. I

worked my ass off to get the last lesson and the final test done in a few weeks. At the very last minute, I managed to get my first degree. And now I can hear some of you frowning and thinking, But you wrote on facebook the other day that you had got your first degree? Yes, I did... I just hadn't stored it in my memory at all anymore that I had already got my first degree in 2008, so now the last two years I have actually been doing work that I didn't have to! What do you mean, chaotic?

Now in 2021, I have already been colleagues for a few months with the people who make this beautiful, informative little newspaper for everyone. A hard-working, friendly team that is still looking for people to translate the articles into different languages to make the newspaper accessible to everyone who is a member of the Correllian Tradition. And hey, maybe more articles of my own will follow, so for now I say, be blessed, stay healthy, take care of your loved ones in perfect trust and perfect love.

Rev. Lilith
Dutch translator

LORD DON'S CORNER



By M. Rev. Donald Lewis-Highcorrell

Greetings all,

As we say goodbye to calendar Year 21 Aquarius and welcome in calendar Year 22 Aquarius, I find myself busier than I have been in years. This is not surprising, however, since 22 is the number of the Master Builder and a 22 Year is the perfect time for many projects!

Last year I brought out the Infinite Tarot. Based around the Tarot of Hekate, itself an expanded version of the Tarot, the Infinite Tarot incorporates features such as Runes, Astrology, Numerology, et cetera, through expansion decks that people can add or not according to their preference, giving them a truly unique deck that can theoretically be unlike any other.

This year I am turning my attention to our books (which is not to say that there is not more to come with Infinite Tarot). Many of our books are now out of print, and people have been asking for them to be brought out again. Some people have been paying hundreds of dollars for our out of print books on eBay or Amazon. I am

currently in the process of updating and revising the books for Correllian Publishing. Third Degree, perhaps the most sought after out of print book, is expected to be available in its new form by Candlemas. I have several talented people helping with this project, which has made it move along much faster. The talents of our Correllian Publishing team, Rt Rev Ser Jason Highcorrell and Rev Ser Chadwick Blackman, together with proofreaders and transcribers, will be integral to bringing these new books out.

In addition to the three main Degree books we also plan to bring Ritual in Theory and Practice, Living the Wiccan Life by Lady Krystel, and the Common Book of Wicca and Witchcraft back to print during year 22 Aquarius.

A few things are behind. Medium 365 by Rev Ravenwolf Greenfield was originally intended to come out in October, for various reasons this is behind schedule and will come out early in the new calendar year. The Santa Tarot was expected by December 1, but its current ETA is mid-January. However, while these projects are behind they are still very definitely in the works and will be out soon.

All of these books and Tarot decks are or will be available through <https://correllian-publishing.myshopify.com> and/or <http://correllian.weebly.com/corr-store.html>.

I am also planning to do a Virtual Circle ritual starting with Candlemas, as a teaching outreach. I am very excited about this and hope you will join me for one year's cycle of rituals. These rituals will have a focus on teaching the how-to of ritual, with an intent of turning them into a permanent resource. I hope you will consider joining me for these rituals -I think it will be most enjoyable.

Finally, I am also restarting my Vlog. As you may know, I used to do a regular Vlog mostly dedicated to answering viewers metaphysical questions. I did this for a solid ten years, before it became too much for me. I plan to approach the new Vlog a bit differently than the old Vlog, relying more on live broadcasts rather than the edited recordings I formerly used. This will fit with my current lifestyle and workload better than the old format. I hope you will join me for the Vlog, and maybe submit some questions for it.

For more about the Vlog watch my Facebook page and our other platforms.

So, these are the things I am working on as we begin Year 22 Aquarius. Of course there are other things as well including the Lustration of the Ancestors which will

be held 21-24 April, and the ongoing march to the Parliament of World's Religions in August of Year 23. I think it is going to be a busy year and a transformative one. I hope it is a good year for all of us.

Blessings all,

M. Rev. Donald Lewis-Highcorrell
First Priest and Chancellor, Correllian Tradition
Vox Correllianus, Apu Tanglaw Liwanag, Member Triad Union

LADY STEPHANIE'S CORNER - OH CORRELLIAN



By M. Rev. Stephanie Leon Neal

-Oh Correllian, oh Correllian,

-A bright future that started in sadness and plight.

-Breaks into joyous chanting, singing, dancing this earth
back to hope. and health

-You are our Sun that warms the day,

-You are our Star-filled night.

-You reach all four corners of Mother Gaia's might.

-Oh, Correllian tradition, you were born in disquieted despair

-Cast aside, you held your beliefs within your family's hands.

-You kept strength because you saw the future,

-In quiet grace, oh Caroline, you saw your future family,

-You saw this day, you saw us!

-Oh, Correllian tradition, how beautiful you are

-As this world is drawn to our ancient fires.

-One light, reflecting the perfect Light.

-We were with you in the beginning, except there was no beginning.

-We are with you within this eternal moment, we have always been here now.

-We will remain with you forever, knowing there is no end to us.

-Correllian, oh Correllian, we abide in your steadfast peace.

-This tradition freely offers to the world,

-So, all may experience our unbridled family love.



TEA THYME WITH MOTHER & CRONE



Hello and Welcome New Year 2022!!!

We are getting ready to start the new year right with some special shows coming this year.

Don't forget to tune in and friend us on FaceBook and our YouTube pages. We still have merchandise to give away BUT only if you know the word of the week!!

Tune in and welcome Mylinda back. Can't wait to get back in the groove again.

Got something you want to know more about?? Got questions, we got answers!

Join us on Sundays at 3pm to get your witchy on!



← Rev. Ser Mylinda Whiteley AKA Mother

→ Lady Pamela Maxwell Griffith AKA Crone



Facebook: Tea Thyme with Mother & Crone -
<https://www.facebook.com/TeaThymeMC>

YouTube: Tea Thyme with Mother & Crone -
<https://www.youtube.com/channel/UCtnBrRJz7lqktBOz3SrzpNw>

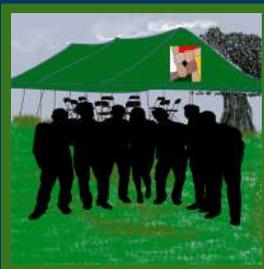
Email: teathymemc@gmail.com

You can also find us on iTunes, Spotify and other podcast platforms under “Witch School” along with other amazing shows.

Thank you all for your continued support!

THE MEN’S GREEN TENT: SPIRITUAL STRENGTH

By Rev. Ser Chad Blackman



Hi guys! Welcome to another rendition of The Mens Green Tent article. This has been a busy season for my household since the beginning of summer. Hope all of you had a marvelous summer. Now that we have sort of sped through fall into the winter months, the need for men’s health has become more important than ever. Seems like the past year or so the numbers of suicides among men has either risen or become highlighted in society. Now that involves mental health, which is not my specialty but is involved in what I am about to tell you. The purpose of our tent and discussions is to address the whole of males in growth, problem areas and solutions. See, a male cannot be whole if he doesn’t grasp the mental, physical and spiritual as a whole to grow. While each is separate

in some aspects, all must be encompassed to bring us to good health. This month I chose to address spiritual strength.

Now to relate this strength to you, let me use an example. We all know what the word “will” means and what it means when we say someone has a “strong will”. I don’t think we really break down that word into its true meaning or the latter phrase. To me, a strong will is just as spiritual as it is mental or physical. How do we develop a spiritual strength to weather the storms of life? The answer is simple but the work aspect can be hard in the beginning. As I have stated so many times, we have to develop our whole being with workouts. Workouts on the physical, mental and spiritual fronts. This involves daily, not weekly or monthly workouts. Small steps my brothers. Baby steps in working towards that goal of good strength. You don’t go into a gym and grab the heavy weights to start a workout when you haven’t visited one in a while or never visited. No, you start small and work your way to a goal. Achieve that goal and set another one.



Never fear failure when working towards the goal and certainly not in the development of your whole being. I can relate that I have failed at many things in life. It never stopped me from trying again until I got the hang of it. There is no set template on developing yourself in any of these aspects: physical, mental or spiritual. There are only guides that you may have to temper to your needs. With lots of dedication and work, I am hoping that we can learn and share with others some basic methods to developing a fulfilled male. Perhaps we can slow down this travesty of suicides, male shaming and overall society standard for males.

I see the rubbish that comes out all the time on social media about how toxic males are in society. I do believe that some of that is true. But not necessarily for the entire population of the male society. Times are changing and more males are doing their honest best but the standards keep changing. I’ve seen it on Facebook, Twitter, TikTok, etc where males are shamed in general for everything from not providing enough material wise to being called complete failures. I believe that by strengthening our walks in life and being solid in our walk, we can set our own lives in motion with some positive energy that will flood society in a way that

many have never seen before. Light eventually drives our darkness. Keep the faith my brothers. Until next time, blessings upon all.

Rev. Chad B

*The views and opinions expressed in this article are the sole property of the writer. They do not reflect the opinion or views of the Correllian Times, staff or any other third parties.

THE WOMEN'S RED TENT



By Rev. Pamela Griffith, HPS

Well, the start of a new year and a new life!! We've been through some kind of craziness the last two years, so I am hoping for a little calm in the coming year.

Over the last 2 years we have seen so many changes to our lives and the world it may feel like you don't even recognize the world anymore.

This had been an incredibly trying time. We women who are used to bending have all but broken under the strain of this new lifestyle. Home school or hybrid schooling, working at home with the cutest photo bombs by our children or pets, re-arranging how we even shop. And even our spiritual path has changed to where online rituals are an everyday event!!

How are you handling all this change and all the disruptions in your life?? I am a creature of habit, I will confess (taurus here). The changes have thrown me for a loop. I have been stressed, mad/angry at how things are going and sometimes heavy eye rolling at what is going on in the world!

But one thing has remained constant, My Spiritual Path. There are days when the Goddess has used her quiet touch (usually a piece of #20 rebar alongside of my head) to motivate me to take time to earth myself or to take that extra minute or two to cleanse my chakras. Or to grab that hematite rather than go off on someone.

There is a port for every storm and my ports all lead back to the Goddess. With everything that is going on today and how in just two short years our lives have been turned upside down it is good to know that my Goddess is my anchor. She is there for me. All my ancestors who have been through crazy times themselves are there to lend some guidance. I can call on them at any time for spiritual support.

Then comes those times when I cannot connect to anything. I know that my spiritual network is there for me. All I have to do is reach out to any one of my many brothers and sisters in the Tradition and I will get that help.

With all that has gone on with life these past two years being able to Zoom or video talk to someone for just a few minutes can get you through your day. It might even be just someone forwarding you a funny post, or a text 'Hi' or even an IM good morning.

Ladies, we are now where we need to build those connections. Get into the tribe that will help you grow, and you will help them grow. If nothing else this pandemic has taught us how each one of us can make a difference. And together there is nothing we cannot conquer.

The 'tents' are now becoming very important. It takes a village and yes, a tribe to survive. Our ladies' Red Tents are now our lifeline to get us through to the next crisis. There are very few girls' nights out, or let's do lunch or even let's grab a coffee. Our circles are growing smaller in person. A few are still doing in person rituals which are my lifeline and very worth traveling for. But I need to get those tents up and running for everyone.



Our tents are a way for us to connect in a safe and sacred environment. Discuss the craziness of what is going on, to get a second opinion on what we should do since we are now dealing with all kinds of firsts not just at school but at work and at home. The tents are a way of maybe seeing the craziness and getting to laugh a little at it. Or have someone have the same take on a subject as you so you know you know you are not completely nuts, just a little off!!

I know that running a red tent is a big commitment, but it is one I think we should all look at. I will again be holding red tents on the 2nd Saturday of each month at 9pm EST. Links will be on all the different message boards and on our FB page.

I am asking all those who are able to think about committing to doing some tents either in person or online. Let's build our spiritual connections and grow our path by helping each other.

KRYSTEL CAVALIERS - PAGAN PARENTING

By Rev. Ser Stacey Blair HP ~



Pagan parenting is something a few of us know about as we raise our children on the path that we have chosen. But for those new to the path or new parents, where do you begin? The first most important thing is to teach your child all that you know and celebrate Sabbats and Esbats with them. Let them take part in rituals and sit next to you, let them ask questions during the celebrations for even the Gods and Goddesses will appreciate the little ones as they express their curiosities while they are present. Teach them to respect the elders, respect nature and all of life. Let them explore different religions so that they do not feel isolated on a path they sometimes cannot talk about at school. Find others that share the path and start a scout troop so that once a month they can feel safe within a circle of friends that share the same path. This will also give them a chance to express themselves artistically with the group, make a craft time within the troop to help them make their own altar supplies. My daughter set up an altar of her own at 3. Yes it included Barbies and My Little Ponies but it was something she could use to pray and focus. We took a nature walk and she collected leaves and sticks to decorate with. It was a fantastic time and we talked openly about our religion and the magical feelings she would come to have as she began to walk the path. Be patient as they begin to explore and if they start to play with your Goddess statue as one of their own dolls, laugh. Not everything has to be so that the child feels things are off limits. Children explore with all of their senses. Let them touch the altar cloth, smell the herbal blend burning, see the rituals, taste the offerings and hear the chants. You'll be amazed at their wonder and take it as a chance for you to see the world through their eyes. Pagan parenting is a joy, full of love and a way to grow spiritually together. There are many different books on Pagan parenting and pagan children books have started appearing in bookstores and online. You can also check out the Cavaliers as a way to start your own group of Pagan scouts and there are always parents in the facebook group that can help you along should you have any questions. Brightest Blessings on your journey with your child!!

ARTS & CRAFTS - Marshmallow Igloo

By Rev. Ser Stacey Blair HP ~

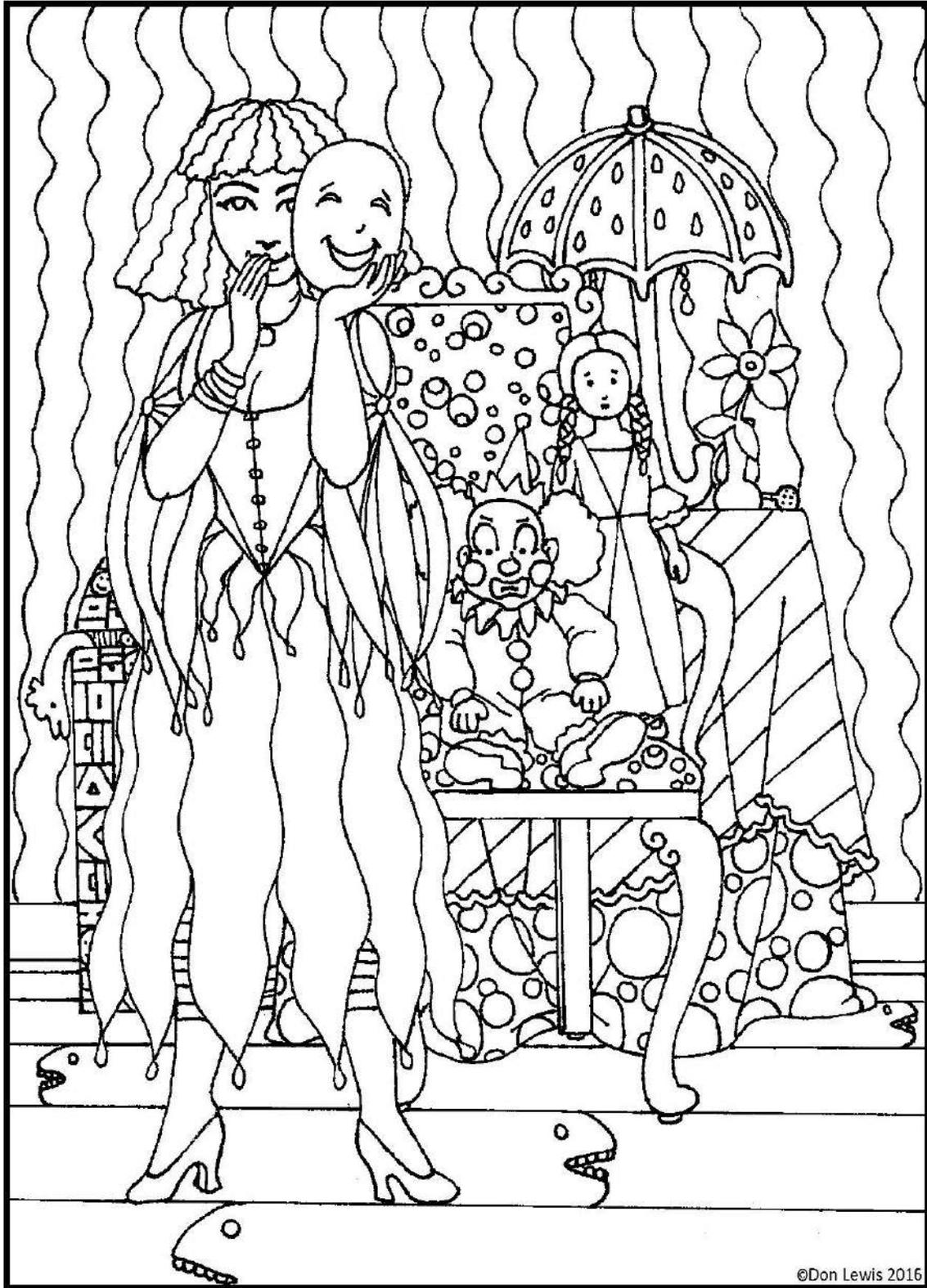
Items needed:

- ½ apple, orange or pear
- Peanut butter, Soy Butter or marshmallow fluff
- Mini marshmallows
- Paper plates
- Plastic spoons or popsicle sticks
- Washable tablecloth
- Clothes to get messy in



Instructions:

1. Put down the washable tablecloth and dress your child in clothing that will be easy to clean. Get ready for a messy, fun time.
2. Cut your fruit in half and be sure any cores are removed. Take off any peels and place on the paper plate.
3. Using the spoon or popsicle stick spread the peanut butter, soy butter or marshmallow fluff onto the fruit. It should be spread thick enough to cover the fruit and be able to place marshmallows into.
4. Stick the marshmallows over the fruit starting at bottom and working in circles moving up with each row until you reach the top.
5. Once the igloo is complete, decorate with mini pretzels, frosting, sprinkles or anything you would like. Be creative.
6. Enjoy the snack!!



WITCHSCHOOL HAPPENINGS

By Rev. Ser Laurie Denman High-Correll, Arch Priestess CCE, Dean of Students and Mentoring at WSI

Greetings Witch School Family,

I hope everyone enjoyed a safe and fulfilling holiday season no matter which part of the Wheel of the Year you are on. It is a new calendar year so time to think about what you want to accomplish for the coming 12 months. What can you do to support your own spiritual path and help the Tradition grow?



I have the great privilege and pleasure to announce Lord Silas Mimir has accepted the position of Assistant Dean of Mentor at Witchschool.com. His duties will include responding to student Mentor requests that come in through Mentor Support at the school. I want to express my deep appreciation for Lord Silas taking on this serious responsibility in addition to all the other many services he provides to the Tradition. His dedication is truly appreciated.

Over the decades that Witch School has existed the core of our success has been our wonderful volunteer Mentors. Our Mentors are what sets us apart from every other online metaphysical school and allows WSI to function as the Seminary for the Correllian Nativist Church.

There are two types of Mentors at WSI, WSI and Temple Mentors. Both types are equally valued by the Tradition. Both types allow Mentors to have a good foundation of information to be prepared to submit a Mentor's Letter of Recommendation should the Student apply for Clergy standing or an elevation in Clergy rank. As Mentors, we always learn something from our students as they present a new opportunity to look at the mentored materials through a new paradigm.

The first type of Mentor is a WSI Mentor. Each of our WSI Mentors have completed an extensive training course, currently MEN201, that teaches them how to support our WSI students through a professional relationship as the students work through whatever goals have drawn them to WSI. WSI Mentors have also

completed every WSI course for which they mentor so that they know the materials and experiences the course work brings to each student. Mentors can choose which courses they wish to mentor for at WSI, but they must have completed that course with at least a 3.0 final grade. Mentors provide students a consistent experience as the students work towards their goals for joining the school. WSI Mentors guide WSI students who may, or may not be, members of the Mentor's Temple or Shrine. WSI Mentors cannot solicit WSI Students to join their Temple or Shrines but if they come to them organically through their own groups the Student can be assigned to them as a Mentor at WSI. WSI Mentors have a well thought out set of policies that help the Mentor and the Student maintain a strong professional mentoring relationship. The WSI Mentors have a set student cap that they are comfortable supporting based on their other demands in life, up to the maximum of 20 students. The WSI leadership feels that going over a student cap of 20 degrades the experience the student receives and also can lead to Mentor burn out. Many but not all of the Mentors provide a short bio that is added to the Staff Page at Witchschool.com. Students can self-select a Mentor through the course they wish to be assigned a Mentor for or they can contact MentorSupport@Witchschool.com for a Mentor assignment.

The second type of Mentor at WSI is the Temple Mentor. Temple Mentors are either Temple or Shrine Keepers within the Correllian Nativist Church who have their students go through WSI for their training. These Mentors only mentor for our Clergy Training Sub-Categories. Random WSI students cannot request Temple Mentors and they do not appear in the student's drop down menu for Mentor selection. When the Temple/Shrine Mentor obtains a new student through their Temple or Shrine, they contact MentorSupport@Witchschool.com and a Dean makes the student assignment, notifying both the student and Mentor that the assignment has been made.

The advantages for the Temple/Shrine Mentor of utilizing WSI for their clergy training efforts is that all grades are recorded automatically for any on-line work completed by the student. The Temple Mentor has the ability to input on the student's transcript any grades generated for off-line assignments required by the Tradition. No more manually tracking grades! This also allows the Temple/Shrine Mentor to focus on guiding their clergy students in their path instead of grading work other than the off-line assignments. This creates a stronger bond within the Temple or Shrine between the clergy students and the Keepers. If for some reason the Temple or Shrine Keeper no longer is able to Mentor, the student's grades are all safely recorded at WSI, and the student can be assigned to another Mentor to help them reach their clergy standing with the Tradition. This exact scenario is

what happened to me when I was a 1st Degree student. My Mentor stopped mentoring and would not provide my new Mentor my grades. If I had not saved all my graded work, I would have had to repeat most of the 1st Degree program again! As Temple Keeper of Chosen Path Church, I require all my clergy students to utilize WSI for their studies so that if anything should ever happen to me that causes me to no longer be able to mentor, their clergy journey can proceed uninterrupted with a new Mentor. After all, I am not a spring chicken anymore!

For those of you who hold Clergy standing with the Tradition but are not Mentors, I invite you to email me at MentorSupport@Witchschool.com to explore becoming either a WSI or Temple Mentor. Please consider paying forward the training and mentoring you received on your own Clergy journey with the Tradition. If you are an Outer Court Member but have taken many of the General Studies courses at WSI, I would also love to chat with you about becoming a General Studies Mentor at WSI. I hope to hear from many of you soon!

Main Witch School Site - www.witchschool.com

Witch School the Official Page on Facebook - <https://www.facebook.com/TheWitchSchool>

Witch School International Facebook Group - <https://www.facebook.com/groups/witchschool/>



SO YOU WANNA BE A WITCH!

At Witch School, you will find a variety of courses to take on many different Magical and Metaphysical subjects including, all the Degree Courses to become Clergy of the Correllian Nativist Tradition of Wicca. Witch School offers Free Basic Membership and Supporting Membership options.

So come fly on by and take a look at what Witch School has to offer.

www.witchschool.com



TRADITION NEWS

CORRELIAN DOOR TRAINING

CORRELIAN'S EXTENSIVE DOOR TRAININGS

PURPOSE

- Training individuals to know it is they who hold the answers and the light, serving their community by sharing psychic based counseling skills and Spiritual paths.
- Instructing individuals how to teach future generations to create new futures through magic.
- This system is offered to everyone so these teachings may move across the globe.
- Several trainings offer individuals paraprofessional training in said field.

DOOR TRAINING OFFERS

- Experts or adepts in their field, present subjects that can be beneficial in life, community growth and business.
- Hands on activities and or essay tests.
- The teacher or guides work directly with students.



Correllian Shaman and
Correllian Intensives
Head: Rt Rev Lily Greene, AP

*To review all the Intensive options or to contact Lady Lily Greene please go here: <http://cntintensives.wix.com/home>
Click Here to join Intensives' Information Room:
<https://www.facebook.com/groups/1517136515234692>
Click Here to join Correllian Shaman Waiting Room:

<https://www.facebook.com/groups/correllianshamanwaitingroom>

The Correllian Shaman

Founded and written by M. Rev. Stephanie Neal, AP, CCE

A nine month training course is offered once a year.
Guides are assigned to students.

Students receive:

Guide

An extensive presentation every other week.

Several assignments

A camp community with which to work,

An Initiation

Spirit Animal Name

Certificate

The Intensives

The Intensives were written by M. Rev. Don Lewis Highcorrell and M. Rev. Stephanie Neal

The intensives represent deeper study in a wide range of subjects including such things as Rites of Passage Rituals, Time Magic, Dreams, Effective Teaching, and many more. Full information may be found at <http://cntintensives.wix.com/home>

Please welcome the newest Correllian Shamans:

- **Stacey Blair**
- **John Morgan**
- **Pami Griffith**
- **Nancy Noftsker**



Correllian Meritorious Awards

Fall 2021 Cycle

It has always been our pleasure as a Tradition to acknowledge the accomplishments of our members. Consequently we formed a series of awards to recognize a wide range of accomplishments.

These awards honor the achievements of Correllians in diverse areas, and spur us onward to still greater achievements in the future.

The Awards Program is administered by the Correllian Awards Committee. These Awards are given by the First Priesthood upon the recommendation of the Award Committee.

Congratulations to the winners of the Correllian Meritorious Awards and those that were deemed during this cycle!



Witan Shrine to Proto Temple:

**Señora de las Aguas, Witan Shrine
Santiago, Chile**

Charter: 8 October year 20 Aquarius

Proto Temple Head: Rev. Claudia Andrea Montoya Vásquez

Under the imperium of Rt. Rev. Ayra Alseret



Proto Temple to Temple:

**Vexna-Kari Karpathia, Proto-Temple
Lansing, Michigan, USA**

Charter: 25 April year 19 Aquarius

Temple Head: Rev. Indigo HP



Order of the Iron Pentacle

Order of the Iron Pentacle, representing Earth, the realm of stability, integration, and wisdom, recognizes achievement in teaching, writing, etc.

- **Rev. Moonraven Iuvantas** – For his work organizing the first Ebony Knights conference and leading the Order of Ebony Knights.
- **Rev. Deej Fortney** – For his wonderful work for Witch School and the spanish speaking correllian community.

- **Rev. Judy Hamilton** – For her work and participation in Intimate Partner violence awareness month.
- **Rt. Rev. Ser Ayra Alseret** – For her work organizing the event “Between the Light and the Shadow ” and her support of the Pagan community.
- **Rev. Ademir Alfonzo** – For his work promoting Correllian Wicca in Venezuela and helping to make La Rueda de Plata Witan Shrine the first Correllian group with legal registration in Venezuela
- **Rev. Gigi Tas** – For her work promoting Correllian Wicca in Venezuela and leading and mentoring in her Shrine La Rueda de Plata Witan Shrine
- **Rev. Armando Gimenez Pena** – For his work as mentor within Templo Tierra de Gracia in Venezuela.



Order of the Silver Chalice

Order of the Silver Chalice, representing Water, the realm of emotion and intuition, recognizes achievement in the Arts, including visual arts, dance, music, etc.

- **Rev. Ser Eboni Nash** - for her work producing beautiful ritual music for the Temple of Arcere.
- **Rev. Ademir Alfonzo** – For his work as Head of the Order of Dionysus and his creation of mystery plays.



Order of the Golden Wand

Order of the Golden Wand, representing Fire, the realm of passion and action, recognizes acts of bravery or compassion in the service of others.

- **Rev. Morgana Viento del Mar** – for her work leading the Senora de las Aguas Witan Shrine and mentoring her students.

- **Rev. Ser Chad Blackman** – For his service to CEM and various festivals.
- **Rev. Orlando Aparicio Conde** – For his service to Templo de Tierra de Gracia siendo Santuario Witan Shrine.
- **Rev. Claudia Morgana** - For her service to her students and members of her Shrine.
- **Rev. Aisha Beauchemin** – For her service to the Correllian Spanish speaking community.
- **Rev. Charikleia Alexiadou** - for her service to the Serpent of Hermes Temple.
- **Rev. Konstantinos Fotiadis** – For his service to the membership of Serpent of Hermes Temple
- **Rev. Ser Mary Hawk** – For her service to the community as the Co- Leader of The Virtual Circle
- **Jose Domingo Macedo Briceno** – For his service donating his home for rituals and as Chef creating recipes and cooking for La Rueda de Plata Witan Shrine of Venezuela
- **Rev. Antonio Huerta** – For his service posting valuable information daily for one of our Tradition's Orders.
- **Rev. Thomas Seigrist** – For his Service to Sacred Moon Garden Temple.
- **Elizabeth Gelbman** – for her volunteer work with the Children's workshops booth at Jacksonville pagan pride day.
- **Elizabeth Blanchard** – for her volunteer work as an artist at the Children's booth at Jacksonville pagan pride day.



Order of the Thurible

Order of the Thurible, representing Spirit, the smoke carrying our prayers to the Gods, recognizes achievement in ritual leadership and

writing. This award can also be used to recognize those whose spirituality had inspired others to greater commitment and devotion.

- **Rev. Ser Elizabeth Hamilton-Highcorrell** – For her work writing and performing beautiful and inspiring rituals for Nova Aedes Iani Witan Shrine.
- **Rev. Herne So Ham Om** – For his beautiful and inspiring presentation at “Between the Light and the Shadow”
- **Rev. Orlando Aparicio Conde** – For his work organizing and participating in the Hekatesia Ritual at “Between the Light and the Shadow”
- **Rev. Thalia Samara** – For her beautiful contribution singing the Orphic Hymn of Hecate during the Hekatesia Ritual during “Between the Light and the Shadow”
- **Rev. Aziair Corrales** – For her beautiful participation in the Hekatesia Ritual at “Between the Light and the Shadows”
- **Rev. Angela Mendoza** – For her beautiful and valuable participation in the Hekatesia Ritual at “Between the Light and the Shadows”
- **Rev. Gigi Tas** - For her beautiful participation in the Hekatesia Ritual at “Between the Light and the Shadows”
- **Carlos Javier Araque Briceno** – For his inspiring work dedicating himself to helping and healing others.



Order of the Obsidian Mirror

Order of the Obsidian Mirror , recognizes achievement and excellence in working with the media.

- **Jason ‘Fluffy’ Hottel** - For his work with and support of CEM
- **Rev. Ser Elizabeth Hamilton-Highcorrell** – For her work as a CEM broadcaster
- **Rev. Ser Stacey Blair** – For her work running the Correllian Times.

- **Rev. Kyle Metzger** – For his work with the Correllian times
- **Rt. Rev. Ser Angela Munn** – For her work with and support of the Correllian Times.
- **Rev. Marijke Klören** – For her work translating the Correllian Times.
- **Rev. Ser Eboni Nash** – For her work as Editor for the Correllian Times.
- **Rev. Violet Willow** – For her work with the CEM community and Tea Thyme.
- **Rev. Ravenwolf Greenfield** – For his extensive work as a broadcaster and supporter of all media projects.
- **Carla Victoria Ortega Soto** – For all of her work disseminating valuable information.
- **Rev. Pamela Maxwell Griffith** – For her activity with CEM Broadcasting, Pagans Tonight Radio Network, and the Correllian Times.
- **Rev. Ser Mylinda Whiteley** – For her work on Tea Thyme and for the Correllian Times.
- **Fenix Orellana** - For his work giving free tarot consultations via instagram.
- **Rev. Alexander Loiz** – For his work developing content on Instagram related to spiritual growth and making his knowledge available there.
- **Rev. Angela Mendoza** – For her work spreading knowledge of astrology and tarot on Instagram.
- **Rev. Juan Arturo Apollodoro AnantaJit** - For his work on instagram developing pagan related content.
- **Rev. Yoana Kasabova** – For her use of media and marketing knowledge and advice to aid the Serpent of Hermes Temple.
- **Matt Gelfman** – For his service to Witchschool during the rebuild.



Order of the Copper Athame

Order of the Copper Athame, representing Air, the realm of ideas, recognizes achievement in the Sciences, including divination, astrology, herbology, enviro-technology, etc.

- **Rev. Stavros Ntontos** – For his knowledge and use of herbs and agriculture, especially during the pandemic, and for sharing this knowledge in a class.



Order of the Crystal Heart

Order of the Crystal Heart, awarded to Non-Correllian members of the wider community that have performed noteworthy acts or achievements in the realms of service, rituals, teaching, academics, media, the arts, or work with animals. We believe it is important to recognize achievements, not only of Tradition members but of all those worthy of distinction.

- **Rev. Rebecca Lynn Linde-Scott** – For her service to Nova Aedes Iani Witan Shrine.

Meritorious Orders

Alyssa:

The Correllian Tradition has three Meritorious Orders: The Order of Orpheus, for service to the Correllian Tradition; the Order of Tsali for service to the cause of Peace; and the Order of the Round Table for service to the Pagan community.



Meritorious Orders

Membership in the Meritorious Orders is given to honor people who have distinguished themselves by exceptional acts of service to the Tradition, to Paganism as a whole, or to the world. These three Orders are regarded in effect as religious knighthoods. Membership in the Meritorious Orders is by invitation of the First Priesthood. Correllians who are members of the Meritorious Orders may use the prefix 'Ser' if they choose - Non-Correllians who are given the Meritorious Orders should of course follow the customs of their own Traditions in this respect.



The Order of Orpheus is awarded to people in recognition of outstanding services to the Correllian Tradition.

There are currently two Knights of Orpheus: Rt. Rev. Ser Angela Munn and Rev. Ser Michael Neal.



The Order of the Round Table is awarded to people in recognition of outstanding services to the Pagan community.

There are currently three Knights of the Round Table: Rev. Ser Olivia Watts, Rev. Ser Jeanine DeOya, and Arch Priestess Linda Isles of the Fellowship of Isis.



The Order of Tsalv (Shali) is awarded to people in recognition of outstanding services to the cause of peace in the world.

There are currently four Knights of Tsalv: Ser Apu Aghama, Ser Teresa Ott, Ser Colin Keller, and Rev. Selena Fox of Circle.

Steff:

Tonight, we are honored by the presence of our spiritual cousin, Her Beatitude the Arch Priestess Belladonna LaVeau of the Aquarian Tabernacle Church. The Correllian Tradition has had a near forty year long relationship with the Aquarian Tabernacle, an organization for which we have the greatest respect and with which we are happy to be in formal alliance.



Don:

In 2015 we presented meritorious Orders to the great Selena Fox of Circle for her life's work and Her Grace the Arch Priestess Linda Isles of the Triad Union for her work in preserving the Fellowship of Isis, the Triad Union, and the legacy of the Beloved Olivia Robertson. Tonight we would like to present the Order of the Round Table to Lady Belladonna, for her work in preserving the legacy of the Beloved Pete Pathfinder Davis, guiding the Aquarian Tabernacle Church through the period of transition to new leadership, and expanding the church farther than ever before. Lady



Belladonna, we present to you the Order of the Round Table. May you be blessed.



Order of Witch School 20

Steff:

We are pleased to announce a new Meritorious Order which will be awarded only this one time, in honor of Witch School's Twentieth Anniversary Year. The Order is the Meritorious Order of Witch School 20. The Joint Grand Masters of the Order will be the co-founders of Witch School

Chancellor Donald Lewis and Arch Priest Ser Ed Hubbard

Don:

The Order is awarded to:

- **Ser Lisa Tuit** - For helping to create Witcheschool 20 years ago
- **Ser Michael Ferrell** – For his many years of service as Witch School's Head Programmer
- **Honorary High Priestess Ser MaryAnn Kay, Knight of Orpheus** -For her many years of service to Witch School as Office Manager, content creator, and many more important roles
- **Arch Priest Ser Jason Highcorrell, First Director, Elder, Paladin Major General, Lord of the PURE Sanctuary** - for his years of work with Witch School as programmer and content creator
- **Blv High Priestess Ser Virginia Powell, Lady of Selu** -For organizing and running the Witch School Shipping Office for many years
- **Blv High Priestess Ser Karla Summers, Lady of the Circle of Friends** - For designing the mentor system and structure through which many Witcheschool mentors were trained.
- **Blv Ser RoxAnna Burkhart** - for her years of service as Assistant Dean of Mentors

- **High Priestess Reanna Marie** -for her years of service creating content and artwork for Witch School
- **Blv Arch Priestess Ser Windy Lajoie, First Elder, Lady of the Hooded Crone** - for her work as Witch School's Dean of Students and Mentors
- **Arch Priestess Ser Anna Rowe, Elder, Herald of the Witan and Lady of Sedna et al** - for her years of service as Mentor, past Dean of Mentors and past President of Witch School
- **Arch Priestess Ser Raene Packery, Elder, Lady of the Clan of Kheper and Senior High Priestess for Africa** - for her years of service to Witch School in Africa
- **Arch Priest Ser Eblis Pendragon, Elder, Lord of the Dragon** - for his years of service to Witch School in the Spanish speaking world
- **Arch Priestess Ser Laurie Denman, Elder, Knight of Orpheus, CSA, Lady of the Chosen Path** - for her service as Dean of Mentors and Students and for leading the Witch School rebuild
- **Arch Priestess Ser Lori Blackman, Elder, Knight of the Round Table, Lady of Light** - for her service as Assistant Dean and in the rebuilding of Witch School
- **High Priest Ser John 'Ing' Snodgrass, Lord of the Sylvan Wood** - for his years of service to Witch School
- **Ser Pam Kelly, Knight Paladin, SSA** - For her work with Pagans Tonight Radio Network as station manager.

Nominations for the next award cycle opens February 1st!!





Emerging Pagan Leadership Conference

February 18-20 Epic.PaganWorld.co

This will feature the present and emerging leadership of the Pagan community.

This conference will be an online and broadcasted event, with interactive workshops along with Keynote speakers.

This is an exploration of Millennial and Generation Z leadership as they begin setting the next generation of Pagan Thought, Activities, and Theology, for the remainder of the first half of the 21st century.

This will be a **Free Event**.

If you are interested in presenting or doing workshop or talk, please contact the event chair, *Rev. Ser Eboni Nash* at serebonicnt@gmail.com or *Ser Ed Hubbard* at EdthePagan@gmail.com

INITIATIONS

If any Shrines, Proto Temples or Temples would like to submit their initiates, we would be pleased to announce initiations of degree students! Congratulate them on all their hard work!! If you or someone you know is about to move up in the Priesthood, send us the name and degree and we will gladly announce it. correlliantimes@gmail.com.



Remote initiations are coming up! To participate, please email Rev. Laurie at RevLaurie@witchschool.com. Please include your degree number in the email. Zoom links will be provided in the confirmation email along with information about the Rite. These dedications are performed in English.

By Chancellor Donald Lewis

Correllianism is a belief system that generally is a combination of Spiritualism and Pagan Universalism. Correllians seek to understand the Universe and humanity's place in it. The nature of Deity (God), the Soul, and Karma, are very important in Correllian thought. Correllians also study the ways in which people can use the higher powers of the Soul, commonly termed "magic," to influence their lives for the better, and have a strong focus on moral issues such as the Rede and the concept of Virtue.

Correllians believe in the Hermetic Maxim "as above so below." This is the idea that everything that exists reflects Deity, which is its origin, and also that everything that exists embodies Deity via the Soul, which itself is a small portion of Deity. Thus Deity is in all things and may be accessed and interacted through all things, and nothing is ever truly separate from Deity.

Correllians believe that the Earth is a living thing, as is the Universe itself. Correllians believe that everything that exists has a spirit and can be said to be alive at either a physical or a spiritual level – and most often both. This applies not only to creatures that are recognizably sentient, like people and animals, but also to things like plants and stones which we also believe are living. Correllians believe everything has a Soul, and that at Soul level everything that exists is equal in its potential, if not necessarily experience.

Correllians believe in reincarnation. We believe that all Souls live many lives – countless lives in fact. During its journey through incarnation the Soul begins with simple forms and it gains more and more experiences as it moves to progressively more complex modes of existence. Souls currently living as humans have experienced countless lives as simpler organisms before their first human lives, and will experience successively more complex forms of life after completing their last human incarnations.

We believe that as the Soul experiences its many incarnations its awareness moves through the Seven Planes. The Seven Planes are the Physical Plane, the Emotional Plane, the Mental Plane, the Astral Plane, the Soular Plane, the Monadic Plane, and the Divine Plane. The idea of the Seven Planes is one way of understanding successive levels of incarnation. This same idea can also be expressed through other archetypes, such as the Nine Worlds or the Tree of Life. As humans we are generally at the level of the Mental Plane, but are moving slowly into the level of the Astral Plane.

When we say that we are moving through the Planes, what we really mean is that we are becoming more and more aware of these levels of existence. Aspects of our Soul exist in all of the Seven Planes already, however we are generally not conscious of them. The process of becoming conscious of these different levels of being is what by “moving through the Planes.”

Those parts of our being that we are already conscious of are described as the “lower Self,” and encompass the Physical, Emotional, and Mental aspects of our existence. Those aspects of our being that we are not generally conscious of but must work to access are described as the “Higher Self,” or the “Oversoul.” The Higher Self encompasses the Astral, Soular, Monadic and Divine levels of our being. Magic is the art of accessing and using these higher levels of our being, from which what we perceive as reality is created and from which it can be affected.

The Seven Planes and all that are in them are emanations of Deity whose manifestations become more and more numerous as we move from Divine Plane where all is one to the Physical Plane where forms of life are countless. The process by which the manifestations of Deity multiply through the Seven Planes resembles forms found in nature, such as tree limbs or roots, rivers, etc. Where a single line splits off into many which in turn split off into many more, which further split into countless myriad forms.

Correllians hold that Fortune or Karma is the mechanism by which the lessons of incarnation are learned. We believe that Karma is formed through attachment to ideas, emotions, or situations. Such attachments are often formed through traumatic experiences, and pull us back to similar experiences through many lives until we learn the lessons these experiences hold. This idea is expressed in the so-called “Law of Three,” which holds that everything we do comes back to us multiple times. This doesn’t mean that everything comes back to us exactly three times, but rather that things come back as many times as needed for us to learn the lessons they hold. When the lessons of the situations are learned the Karma is released and no longer holds us. Moreover we believe that intentionally working to learn these lessons can speed the process of releasing our Karma.

Correllians place great importance on morality and the idea of “Virtue.” We regard the Wiccan Rede as being the strongest moral statement. The Rede is, “Do As You Will But Harm None.” This is a common-sense corollary to the sixteenth century Law of Thelema: “Do As You Will.” The law of Thelema is a statement of ultimate

faith in humanity, that left to “Do As You Will,” the true nature of humanity is to do the right thing; but obviously this can be abused, and so the corollary “Harm None, “ is a wise and necessary addition.

Correllians understand the phrase “harm None,” in the Wiccan Rede to refer to the ordinary meaning of “Harm,” as it is commonly understood in conversation, and not to any expanded interpretation. So if a given act would not be considered “Harm,” in everyday conversation, it is not “Harm,” as defined by the Wiccan Rede. Thus the Wiccan Rede prohibits unprovoked or egregious damage, but does not prohibit things like self-defense.

Correllians place a high value on Virtue or “right Action.” Correllians understand all qualities as existing in a continuum stretching from too little to too much, with Virtue being found at either extreme but in the middle. This too little of any quality will be bad as will too much—only at the center is the quality a Virtue. Let us consider compassion as an example. Too little compassion is hard heartedness, not a virtue. Only balanced in the center do we find the Virtue of compassion. The same is true for courage –too little is timidity, but too much is foolhardiness. Only at the center is courage a Virtue. Because of this viewpoint Correllians Reject the idea of “Good and Evil,” as opposites, holding rather that Good is in the middle path and never at the extreme.

Correllians believe that the world has gone through many Ages, which have been colored by different energies. We believe that we are currently at the opening of the age of Aquarius, during which we expect to see a continued expansion of consciousness and increasing expression of the powers of the higher powers of the Soul in the material world. We believe that ultimately, far in the future, all of the powers of Spirit will be consciously manifest in the physical world.

Correllians believe that the world is in a constant state of spiritual and physical evolution, and that the future will always be better than the past. We believe that the role of the spiritual person is not merely to improve themselves but also to improve their world, and that the role of a spiritual organization is not merely to preserve and pass on knowledge but to expand and increase knowledge. It is never enough for us to leave the world as good as we found it—we must always try to leave it a better place for our having been here.

TAROT & ASTROLOGY

by Rev. Silas Mimir HP ~

Hello and welcome to the new year! An easy way to find out what's coming up in the new year is to pull a card for the energy of each month so you know what to expect! If you follow my Facebook page, you can see the energy of the week from the Shaman Tarot.

We ease into the new year on the second day with Mercury entering Aquarius. When Mercury is in Aquarius, we are hungry for knowledge and open to new and original ideas. This is a time when inventive thinking is at a peak. Mercury in Aquarius is spread out due to Mercury's retrograde from January 14, 2022, to February 3, 2022. The Sun enters Aquarius on January 19. During this cycle, we are motivated by our hunger for knowledge, experience, and originality. We become more aware of what is outdated in our lives, and strive to find new perspectives and new ways to do things. We strive to free ourselves from some of the restrictions, inhibitions, and limitations that now feel constraining rather than safe. Moving right along, 5 days later Mars enters Capricorn on January 24. Mars in Capricorn is deliberate, persistent energy. We consider the future and the consequences before taking action during this cycle. Our energy is reliable and faithful. Mercury was in Capricorn from December 13, 2021-January 2, 2022. It now returns to Capricorn in retrograde motion on January 25th, 2022, and will continue to travel the sign until February 14th. When Mercury is in Capricorn, our thinking is methodical and our focus is sober and practical. It is easier to concentrate on the task at hand under this influence. That concludes this month's Astrology. Good luck! Until next month! (From <http://cafeastrology.com>)

SPIRIT ANIMALS & TOTEMS - OWL

By Lady Wolfcara, HP



Merry Meet and Welcome to the Article about Power Animals and Totems. This month I will write all about the beautiful Owl, as in Power Animals. I will give some knowledge about it and what powers an Owl gives as a Power Animal, and Totem.

Owls are birds from the order Strigiformes, which includes over 200 species of mostly solitary and nocturnal birds of prey typified by an upright stance, a large, broad head, binocular vision, binaural hearing, sharp talons, and feathers adapted for

silent flight. Exceptions include the diurnal northern hawk-owl and the gregarious burrowing owl. Owls hunt mostly small mammals, insects, and other birds, although a few species specialize in hunting fish. They are found in all regions of the Earth except the polar ice caps and some remote islands. A group of owls is called a "parliament". Owls are divided into two families: the true (or typical) owl family, Strigidae, and the barn-owl family, Tytonidae.

Anatomy

Cross-eyed owl

Owls possess large, forward-facing eyes and ear-holes, a hawk-like beak, a flat face, and usually a conspicuous circle of feathers, a facial disc, around each eye. The feathers making up this disc can be adjusted to sharply focus sounds from varying distances onto the owls' asymmetrically placed ear cavities. Most birds of prey have eyes on the sides of their heads, but the stereoscopic nature of the owl's forward-facing eyes permits the greater sense of depth perception necessary for low-light hunting. Although owls have binocular vision, their large eyes are fixed in their sockets—as are those of most other birds—so they must turn their entire heads to change views. As owls are farsighted, they are unable to clearly see anything within a few centimeters of their eyes. Caught prey can be felt by owls with the use of filoplumes—hairlike feathers on the beak and feet that act as "feelers". Their far vision, particularly in low light, is exceptionally good. Owls can rotate their heads and necks as much as 270°. Owls have 14 neck vertebrae compared to seven in humans, which makes their necks more flexible.



They also have adaptations to their circulatory systems, permitting rotation without cutting off blood to the brain: the foramina in their vertebrae through which the vertebral arteries pass are about 10 times the diameter of the artery, instead of about the same size as the artery as in humans; the vertebral arteries enter the cervical vertebrae higher than in other birds, giving the vessels some slack, and the carotid arteries unite in a very large anastomosis or junction, the largest of any bird's, preventing blood supply from being cut off while they rotate their necks.

Other anastomoses between the carotid and vertebral arteries support this effect.



The smallest owl—weighing as little as 31 g (13/2 oz) and measuring some 13.5 cm (5 1/4 in)—is the elf owl (*Micrathene whitneyi*). Around the same

diminutive length, although slightly heavier, are the lesser known long-whiskered owlet

(*Xenoglaux loweryi*) and Tamaulipas pygmy owl (*Glaucidium sanchezi*). The largest owls are two similarly sized eagle owls; the Eurasian eagle-owl (*Bubo bubo*) and Blakiston's fish owl (*Bubo blakistoni*). The largest females of these species are 71 cm (28 in) long, have a 190 cm (75 in) wing span, and weigh 4.2 kg (9 1/4 lb). Different species of owls produce different sounds; this distribution of calls aids owls in finding mates or announcing their presence to potential competitors, and also aids ornithologists and birders in locating these birds and distinguishing species. As noted above, their facial discs help owls to funnel the sound of prey to their ears. In many species, these discs are placed asymmetrically, for better directional location. Owl plumage is generally cryptic, although several species have facial and head markings, including face masks, ear tufts, and brightly colored irises. These markings are generally more common in species inhabiting open habitats, and are thought to be used in signaling with other owls in low-light conditions.

Sexual dimorphism

Sexual dimorphism is a physical difference between males and females of a species. Female owls are typically larger than the males. The degree of size dimorphism varies across multiple populations and species, and is measured through various traits, such as wingspan and body mass. Overall, female owls tend to be slightly larger than males. The exact explanation for this development in owls is unknown. However, several theories explain the development of sexual dimorphism in owls. One theory suggests that selection has led males to be smaller because it allows them to be efficient foragers. The ability to obtain more food is advantageous during the breeding season. In some species, female owls stay at their nest with their eggs while it is the responsibility of the male to bring back food to the nest. However, if food is scarce, the male first feeds himself before feeding the female. Small birds, which are agile, are an important source of food for owls. Male burrowing owls have been observed to have longer wing chords than females, despite being smaller than females. Furthermore, owls have been observed to be roughly the same size as their prey. This has also been observed in other predatory birds, which suggests that owls with smaller bodies and long wing chords have been selected for because of the increased agility and speed that allows them to catch their prey.

Another popular theory suggests that females have not been selected to be smaller like male owls because of their sexual roles. In many species, female owls may not leave the nest. Therefore, females may have a larger mass to allow them to go for a longer period of time without starving. For example, one hypothesized sexual role is that larger females are more capable of dismembering prey and feeding it to their young, hence female owls are larger than their male counterparts. A different theory suggests that the size difference between male and females is due to sexual selection: since large females can choose their mate and may violently reject a male's sexual advances, smaller male owls that have the ability to escape unreceptive females are more likely to have been selected. If the character is stable, there can be different optimums for both sexes. Selection operates on both sexes at the same time; therefore it is necessary to explain not only why one of the sexes is relatively bigger, but also why the other sex is smaller. If owls are still evolving towards smaller bodies and longer wing chords, according to V. Geodakyan's Evolutionary Theory of Sex, males should be more advanced on these

characters. Males are viewed as an evolutionary vanguard of a population, and sexual dimorphism on the character, as an evolutionary “distance” between the sexes. “Phylogenetic rule of sexual dimorphism” states that if there exists a sexual dimorphism on any character, then the evolution of this trait goes from the female form towards the male one.

Adaptations for hunting

All owls are carnivorous birds of prey and live mainly on a diet of insects and small rodents such as mice, rats, and hares. Some owls are also specifically adapted to hunt fish. They are very adept in hunting in their respective environments. Since owls can be found in nearly all parts of the world and across a multitude of ecosystems, their hunting skills and characteristics vary slightly from species to species, though most characteristics are shared among all species.



Flight and feathers

Most owls share an innate ability to fly almost silently and also more slowly in comparison to other birds of prey. Most owls live a mainly nocturnal lifestyle and being able to fly without making any noise gives them a strong advantage over their prey that are listening for the slightest sound in the night. A silent, slow flight is not as necessary for diurnal and crepuscular owls given that prey can usually see an owl approaching. Owls’ feathers are generally larger than the average birds’ feathers, have fewer radiates, longer pendulums, and achieve smooth edges with different rachis structures. Serrated edges along the owl's remiges bring the flapping of the wing down to a nearly silent mechanism. The serrations are more likely reducing aerodynamic disturbances, rather than simply reducing noise. The surface of the flight feathers is covered with a velvety structure that absorbs the sound of the wing moving.

These unique structures reduce noise frequencies above 2 kHz, making the sound level emitted drop below the typical hearing spectrum of the owl's usual prey and also within the owl's own best hearing range. This optimizes the owl's ability to silently fly to capture prey without the prey hearing the owl first as it flies, and to hear any noise the prey makes. It also allows the owl to monitor the sound output from its flight pattern. The feather adaptation that allows silent flight means that barn owl feathers are not waterproof. To retain the softness and silent flight, the barn owl cannot use the preen oil or powder dust that other species use for waterproofing. In wet weather, they cannot hunt and this may be disastrous during the breeding season. Barn owls are frequently found drowned in livestock drinking troughs, since they land to drink and bathe, but are unable to climb out. Owls can struggle to keep warm, because of their lack of waterproofing, so large numbers of downy feathers help them to retain body heat.

Vision

Eyesight is a particular characteristic of the owl that aids in nocturnal prey capture. Owls are part of a small group of birds that live nocturnally, but do not use echolocation to guide them in flight in low-light situations. Owls are known for their disproportionately large eyes in comparison to their skulls. An apparent consequence of the evolution of an absolutely large eye in a relatively small skull is that the eye of the owl has become tubular in shape. This shape is found in other so-called nocturnal eyes, such as the eyes of strepsirrhine primates and bathypelagic fishes. Since the eyes are fixed into these sclerotic tubes, they are unable to move the eyes in any direction. Instead of moving their eyes, owls swivel their heads to view their surroundings. Owls' heads are capable of swiveling through an angle of roughly 270° , easily enabling them to see behind them without relocating the torso. This ability keeps bodily movement at a minimum, thus reducing the amount of sound the owl makes as it waits for its prey. Owls are regarded as having the most frontally placed eyes among all avian groups, which gives them some of the largest binocular fields of vision. However, owls are farsighted and cannot focus on objects within a few centimeters of their eyes. These mechanisms are only able to function due to the large-sized retinal image. Thus, the primary nocturnal function in the vision of the owl is due to its large posterior nodal distance; retinal image brightness is only maximized to the owl within secondary neural functions. These attributes of the owl cause its nocturnal eyesight to be far superior to that of its average prey.



Hearing

Owls exhibit specialized hearing functions and ear shapes that also aid in hunting. They are noted for asymmetrical ear placements on the skull in some genera. Owls can have either internal or external ears, both of which are asymmetrical. Asymmetry has not been reported to extend to the middle or internal ear of the owl. Asymmetrical ear placement on the skull allows the owl to pinpoint the

location of its prey. This is especially true for strictly nocturnal species such as the barn owls *Tyto* or Tengmalm's owl. With ears set at different places on its skull, an owl is able to determine the direction from which the sound is coming by the minute difference in time that it takes for the sound waves to penetrate the left and right ears. The Hearing of the Barn Owl The owl turns its head until the sound reaches both ears at the same time, at which point it is directly facing the source of the sound. This time difference between ears is about 30 microseconds. Behind the ear openings are modified, dense feathers, densely packed to form a facial ruff, which creates an anterior-facing, concave wall that cups the sound into the ear structure. This facial ruff is poorly defined in some species, and prominent, nearly encircling the face, in other species. The facial disk also acts to direct sound into the ears, and a downward-facing, sharply triangular beak minimizes sound reflection away from the face. The shape of the facial disk is

adjustable at will to focus sounds more effectively. The prominences above a great horned owl's head are commonly mistaken as its ears. This is not the case; they are merely feather tufts. The ears are on the sides of the head in the usual location (in two different locations as described above).

Talons

While the auditory and visual capabilities of the owl allow it to locate and pursue its prey, the talons and beak of the owl do the final work. The owl kills its prey using these talons to crush the skull and knead the body. The crushing power of an owl's talons varies according to prey size and type, and by the size of the owl. The burrowing owl (*Athene cunicularia*), a small, partly insectivorous owl, has a release force of only 5 N. The larger barn owl (*Tyto alba*) needs a force of 30 N to release its prey, and one of the largest owls, the great horned owl (*Bubo virginianus*) needs a force over 130 N to release prey in its talons. An owl's talons, like those of most birds of prey, can seem massive in comparison to the body size outside of flight. The Tasmanian masked owl has some of the proportionally longest talons of any bird of prey; they appear enormous in comparison to the body when fully extended to grasp prey. An owl's claws are sharp and curved. The family Tytonidae has inner and central toes of about equal length, while the family Strigidae has an inner toe that is distinctly shorter than the central one. These different morphologies allow efficiency in capturing prey specific to the different environments they inhabit.

Beak

The beak of the owl is short, curved, and downward-facing, and typically hooked at the tip for gripping and tearing its prey. Once prey is captured, the scissor motion of the top and lower bill is used to tear the tissue and kill. The sharp lower edge of the upper bill works in coordination with the sharp upper edge of the lower bill to deliver this motion. The downward-facing beak allows the owl's field of vision to be clear, as well as directing sound into the ears without deflecting sound waves away from the face. Some 220 to 225 extant species of owls are known, subdivided into two families: 1. true owls or typical owls family (Strigidae) and 2. barn-owls family (Tytonidae). Some entirely extinct families have also been erected based on fossil remains; these differ much from modern owls in being less specialized or specialized in a very different way (such as the terrestrial (Sophiornithidae).

The Paleocene genera *Berruornis* and *Ogygoptynx* show that owls were already present as a distinct lineage some 60–57 million years ago (Mya), hence, possibly also some 5 million years earlier, at the extinction of the non-avian dinosaurs. This makes them one of the oldest known groups of non-Galloanserae landbirds. The supposed "Cretaceous owls" *Bradycneme* and *Heptasteornis* are apparently non-avian maniraptora. During the Paleogene, the Strigiformes radiated into ecological niches now mostly filled by other groups of birds.[clarification needed] The owls as known today, though, evolved their characteristic morphology and adaptations during that time, too. By the early Neogene, the other lineages had been displaced by other bird orders, leaving only barn-owls and typical owls. The latter at that time were usually a fairly generic type of (probably earless) owls similar to today's North American spotted owl or the

European tawny owl; the diversity in size and ecology found in typical owls today developed only subsequently.

Around the Paleogene-Neogene boundary (some 25 Mya), barn-owls were the dominant group of owls in southern Europe and adjacent Asia at least; the distribution of fossil and present-day owl lineages indicates that their decline is contemporary with the evolution of the different major lineages of true owls, which for the most part seems to have taken place in Eurasia. In the Americas, rather, an expansion of immigrant lineages of ancestral typical owls occurred. The supposed fossil herons "Ardea" perplexa (Middle Miocene of Sansan, France) and "Ardea" lignitum (Late Pliocene of Germany) were more probably owls; the latter was apparently close to the modern genus *Bubo*. Judging from this, the Late Miocene remains from France described as "Ardea" aurelianensis should also be restudied. The Messelasturidae, some of which were initially believed to be basal Strigiformes, are now generally accepted to be diurnal birds of prey showing some convergent evolution towards owls. The taxa often united under Strigops were formerly placed in part with the owls, specifically the Dromornithidae; they appear to be Ameghinornithidae instead.

Camouflage

The snowy owl has effective snow camouflage. The coloration of the owl's plumage plays a key role in its ability to sit still and blend into the environment, making it nearly invisible to prey. Owls tend to mimic the coloration and sometimes the texture patterns of their surroundings, the barn owl being an exception. The snowy owl (*Bubo scandiacus*) appears nearly bleach-white in color with a few flecks of black, mimicking their snowy surroundings perfectly, while the speckled brown plumage of the tawny owl (*Strix aluco*) allows it to lie in wait among the deciduous woodland it prefers for its habitat. Likewise, the mottled wood-owl (*Strix ocellata*) displays shades of brown, tan and black, making the owl nearly invisible in the surrounding trees, especially from behind. Usually, the only tell-tale sign of a perched owl is its vocalizations or its vividly colored eyes.



Rodent control

Encouraging natural predators to control rodent population is a natural form of pest control, along with excluding food sources for rodents. Placing a nest box for owls on a property can help control rodent populations (one family of hungry barn owls can consume more than 3,000 rodents in a nesting season) while maintaining the naturally balanced food chain.

Attacks on humans

Although humans and owls frequently live together in harmony, there have been incidents when owls have attacked humans. For example, in January 2013, a man from Inverness, Scotland suffered heavy bleeding and went into shock after being attacked by an owl, which was likely a 50-centimeter-tall (20 in) eagle-owl. The photographer Eric Hosking lost his left eye after attempting to photograph a tawny owl, which inspired the title of his 1970 autobiography, *An*

Eye for a Bird.

Conservation issues



The snowy owl is very endangered in Scandinavia and Finland, where it is found only in northern Lapland. All owls are listed in Appendix II of the international CITES treaty (the Convention on Illegal Trade in Endangered Species of Wild Fauna and Flora). Although owls have long been hunted, a 2008 news story from Malaysia indicates that the magnitude of owl poaching may be on the rise. In November 2008 TRAFFIC reported the seizure of 900 plucked and "oven-ready" owls in Peninsular Malaysia. Said Chris Shepherd, Senior Programme Officer for TRAFFIC's Southeast Asia office, "This is the first time we know of where 'ready-prepared' owls have been seized in Malaysia, and it may mark the start of a new trend in wild meat from the region. We will be

monitoring developments closely." TRAFFIC commended the Department of Wildlife and National Parks in Malaysia for the raid that exposed the huge haul of owls. Included in the seizure were dead and plucked barn owls, spotted wood owls, crested serpent eagles, barred eagles, and brown wood owls, as well as 7,000 live lizards.

Behavior

Owl eyes each have nictitating membranes that can move independently of each other. Most owls are nocturnal, actively hunting their prey in darkness. Several types of owls, however, are crepuscular—active during the twilight hours of dawn and dusk; one example is the pygmy owl (*Glaucidium*). A few owls are active during the day, also; examples are the burrowing owl (*Speotyto cunicularia*) and the short-eared owl (*Asio flammeus*). Much of the owls' hunting strategy depends on stealth and surprise. Owls have at least two adaptations that aid them in achieving stealth. First, the dull coloration of their feathers can render them almost invisible under certain conditions. Secondly, serrated edges on the leading edge of owls' remiges muffle an owl's wing beats, allowing an owl's flight to be practically silent. Some fish-eating owls, for which silence has no evolutionary advantage, lack this adaptation. An owl's sharp beak and powerful talons allow it to kill its prey before swallowing it whole (if it is not too big). Scientists studying the diets of owls are helped by their habit of regurgitating the indigestible parts of their prey (such as bones, scales, and fur) in the form of pellets. These "owl pellets" are plentiful and easy to interpret, and are often sold by companies to schools for dissection by students as a lesson in biology and ecology.

Breeding and reproduction

Owl eggs typically have a white color and an almost spherical shape, and range in number from a few to a dozen, depending on species and the particular season; for most, three or four is the more common number. In at least one species, female owls do not mate with the same male for

a lifetime. Female burrowing owls commonly travel and find other mates, while the male stays in his territory and mates with other females.

Owls genealogy

Unresolved and basal forms (all fossil)

Berruornis (Late Paleocene of France) basal? Sophornithidae?

Strigiformes gen. et sp. indet. (Late Paleocene of Zhylga, Kazakhstan)

Primotronix (Early Eocene of Wyoming, U.S.)

Palaeo Glaux (Middle – Late Eocene of West-Central Europe) own family Palaeoglaucidae or Strigidae?

Palaeo Byas (Late Eocene/Early Oligocene of Quercy, France) Tytonidae? Sophiornithidae?

Palaeotyto (Late Eocene/Early Oligocene of Quercy, France) Tytonidae? Sophiornithidae?

Strigiformes gen. et spp. indet. (Early Oligocene of Wyoming, U.S.)

Ogygoptynx

Ogygoptynx (Middle/Late Paleocene of Colorado, U.S.)

Proto Strigidae

Eostrix (Early Eocene of United States, Europe, and Mongolia). E. Gulotta is the smallest known fossil (or living) owl.

Minerva (Middle – Late Eocene of western U.S.) formerly Protostrix, includes "Aquila" ferox, "Aquila" lydekkeri, and "Bubo" lepidosteus

Oligostrix (mid-Oligocene of Saxony, Germany)

Sophiornithidae

Sophiornis

The family Tytonidae: barn owls

Genus Tyto – the barn owls, grass owls and masked owls, stand up to 500 mm (20 in) tall; some 15 extant species and possibly one recently extinct

Genus Phodilus – the bay owls, two to three extant species and possibly one recently extinct



Fossil genera

Nocturnavis (Late Eocene/Early Oligocene) includes "Bubo" incertus

Selenornis (Late Eocene/Early Oligocene) – includes "Asio" henrici

Necrobyas (Late Eocene/Early Oligocene – Late Miocene) includes "Bubo" arvernensis and Paratyto

Prosybris (Early Oligocene? – Early Miocene) Placement unresolved

Tytonidae gen. et sp. Indet. "TMT 164" (Middle Miocene) – Prosybris?

The family Strigidae: true owls or typical owls

The laughing owl (*Ninox albifacies*), last seen in 1914

Genus *Aegolius* – the saw-whet owls, four species

Genus *Asio* – the eared owls, eight species

Genus *Athene* – two to four species (depending on whether the genera *Speotyto* and *Heteroglaux* are included or not)

Genus *Bubo* – the horned owls, eagle-owls and fish-owls; paraphyletic with the genera *Nyctea*, *Ketupa*, and *Scotopelia*, some 25 species

Genus *Glaucidium* – the pygmy owls, about 30–35 species

Genus *Gymnasio* – the Puerto Rican owl

Genus *Gymnocladus* – the bare-legged owl or Cuban screech-owl

Genus *Lophotrix* – the crested owl

Genus *Jubula* - the maned owl

Genus *Megascops* – the screech owls, some 20 species

Genus *Micrathene* – the elf owl

Genus *Ninox* – the Australasian hawk-owls or boobooks, some 20 species

Genus *Otus* – the scops owls; probably paraphyletic, about 45 species

Genus *Pseudoscops* – the Jamaican owl

Genus *Psilosops* – the flammulated owl

Genus *Ptilopsis* – the white-faced owls, two species

Genus *Pulsatrix* – the spectacled owls, three species

Genus *Strix* – the earless owls, about 15 species, including four previously assigned to *Ciccaba*

Genus *Surnia* – the northern hawk-owl

Genus *Taeniopteryx* - the collared owlet

Genus *Uro Glaux* – the Papuan hawk-owl

Genus *Xenoglaux* – the long-whiskered owlet

Extinct genera

Genus *Grallistrix* – the stilt-owls, four species; prehistoric



Genus *Ornimegalonyx* – the Caribbean giant owls, one to two species; prehistoric Fossil genera
Mioglaux (Late Oligocene? – Early Miocene of West-Central Europe) – includes "*Bubo*" *poirrier*
Intitula (Early/Middle – ?Late Miocene of Central Europe) – includes "*Strix/Ninox*" *brevis*
Alasio (Middle Miocene of Vieux-Collonges, France) – includes "*Strix*" *collongensis*

Oraristrix – the Brea owl (Late Pleistocene) Placement unresolved

"*Otus/Strix*" *wintershofensis*: fossil (Early/Middle Miocene of Wintershof West, Germany) – may be close to extant genus *Ninox*

"*Strix*" *edwardsi* – fossil (Middle/Late? Miocene)

"*Asio*" *pygmaeus* – fossil (Early Pliocene of Odessa, Ukraine)

Strigidae gen. et sp. indet. UMMP V31030 (Late Pliocene) – *Strix/Bubo*?

the Ibizan owl, *Strigidae* gen. et sp. Indet. – prehistoric



Symbolism and mythology

African cultures

Among the Kikuyu of Kenya, it was believed that owls were harbingers of death. If one saw an owl or heard its hoot, someone was going to die. In general, owls are viewed as harbingers of bad luck, ill health, or death. The belief is widespread even today.

Asia

In Mongolia, the owl is regarded as a benign omen. In one story, Genghis Khan was hiding from enemies in a small coppice when an owl roosted in the tree above him, which caused his pursuers to think no man could be hidden there. In modern Japan, owls are regarded as lucky and are carried in the form of a talisman or charm.

Ancient European and modern Western culture

The modern West generally associates owls with wisdom and vigilance. This link goes back at least as far as Ancient Greece, where Athens, noted for art and scholarship, and Athena, Athens' patron goddess and the goddess of wisdom, had the owl as a symbol. Marija Gimbutas traces veneration of the owl as a goddess, among other birds, to the culture of Old Europe, long pre-dating Indo-European cultures. T. F. Thiselton-Dyer, in his 1883 *Folk-lore of Shakespeare*, says that "from the earliest period it has been considered a bird of ill-omen," and Pliny tells us how, on one occasion, even Rome itself underwent a lustration, because one of them strayed into the Capitol. He represents it also as a funereal bird, a monster of the night, the very abomination of humankind. Virgil describes its death-howl from the top of the temple by night, a circumstance introduced as a precursor of Dido's death. Ovid, too, constantly speaks of this bird's presence as an evil omen; and indeed the same notions respecting it may be found among the writings of most of the ancient poets." A list of "omens drear" in John Keats'

Hyperion includes the "gloom-bird's hated screech." Pliny the Elder reports that owl's eggs were commonly used as a hangover cure.

Hinduism

In Hinduism, an owl is the vahana (mount) of the goddess Lakshmi, specially in eastern region of India. Owls are considered a symbol of wealth, prosperity, wisdom, good luck and Fortune. This is the reason why Owl is seen with Goddess Lakshmi, who is also the goddess of fortune, wealth and prosperity. The Goddess Lakshmi, is known to have a White Barn Owl as her vahana. At the same time, owls are also associated with evil times in Hinduism. At times, Chamunda (fearsome form of Chandi) is depicted seated on an owl, her vahana (mount or vehicle). Hindus believed that owls are messengers of death.

Native American cultures

People often allude to the reputation of owls as bearers of supernatural danger when they tell misbehaving children, "the owls will get you", and in most Native American folklore, owls are a symbol of death. According to the Apache and Seminole tribes, hearing owls hooting is considered the subject of numerous "bogyman" stories told to warn children to remain indoors at night or not to cry too much, otherwise the owl may carry them away. In some tribal legends, owls are associated with spirits of the dead, and the bony circles around an owl's eyes are said to comprise the fingernails of apparitional humans.

Sometimes owls are said to carry messages from beyond the grave or deliver supernatural warnings to people who have broken tribal taboos. The Aztecs and the Maya, along with other natives of Mesoamerica, considered the owl a symbol of death and destruction. In fact, the Aztec god of death, Mictlantecuhtli, was often depicted with owls. There is an old saying in Mexico that is still in use: Cuando el tecolote canta, el indio muere ("When the owl cries/sings, the Indian dies").



The Popol Vuh, a Mayan religious text, describes owls as messengers of Xibalba (the Mayan "Place of Fright").

The belief that owls are messengers and harbingers of the dark powers is also found among the Hočągara (Winnebago) of Wisconsin. When in earlier days the Hočągara committed the sin of killing enemies while they

were within the sanctuary of the chief's lodge, an owl appeared and spoke to them in the voice of a human, saying, "From now on, the Hočągara will have no luck."

This marked the beginning of the decline of their tribe. An owl appeared to Glory of the Morning, the only female chief of the Hočąk nation, and uttered her name. Soon afterwards, she died. According to the culture of the Hopi, a Uto-Aztec tribe, taboos surround owls, which are associated with sorcery and other evils. The Ojibwe tribes, as well as their Aboriginal

Canadian counterparts, used an owl as a symbol for both evil and death. In addition, they used owls as a symbol of the very high status of spiritual leaders of their spirituality. The Pawnee tribes viewed owls as the symbol of protection from any danger within their realms. The Puebloan peoples associated owls with Skeleton Man, the god of death and the spirit of fertility. The Yakama tribes use an owl as a powerful totem, often to guide where and how forests and natural resources are useful with management.

Owl Totem

Throughout the world Owls represent watchfulness, wisdom, healing and the ability to soar soundlessly from this world to other realities. If you observe those with Owl as their birth totem, you're sure to see these magical and mystical traits.

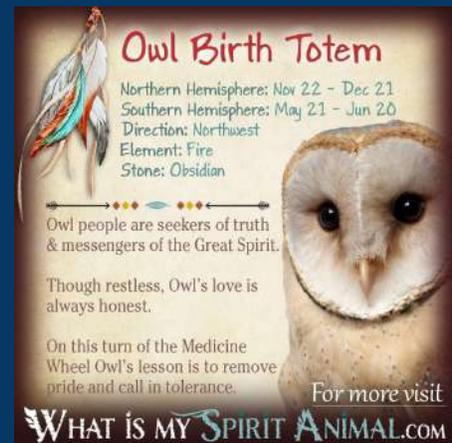
Owl Birth Totem Overview

If you were born between November 22 and December 21 in the Northern Hemisphere or between May 21 and June 20 in the Southern Hemisphere your Native American Zodiac birth totem is Owl. In the Western Zodiac tradition this corresponds to the ever keen-sighted Sagittarius (North) and the charming (and confusing) Gemini (South). Those born under the sign of the Owl have tenacity that borders on being down-right stubborn. Their ceaseless determination and uncanny sense of purpose makes them excellent at securing their heart's desires through old fashioned hard work. Sometimes this leads an Owl toward being a little possessive and dogmatic. But when their famous wisdom kicks in, success takes wing! It is then that Owl discovers genuine humor, independence, and a thirst for understanding those things beyond our normal insights. As children, Owls are restless spirits and don't really know how boisterous they're being. They are also prone to exaggeration. Nonetheless, with time and maturity Owl discovers their keen insight and learns how to apply that "outer voice" for wise, direct and reliable counsel.

We learn much of the Native American Zodiac symbolism for Owl from its natural traits. Owls will intently watch any prey from an advantageous position. This allows Owl to wing silently and scoop up the prize. Owl people are much like this. It's very hard to surprise an Owl even in unfamiliar territory. Owl people are typically very optimistic. They endeavor to find those good things about people or situations, even if it's the color of their socks! That enthusiasm makes Owl a great leader, provided they can resist the temptation to fly off to a different adventure where they can see more, do more, BE more before they've really finished the current lesson.

Owl Traits, Personality and Characteristics

Owl people can become walkers between the worlds and may discover a thirst for Shamanic traditions. These mysterious and magical beings are keenly intuitive and have little patience for insincere, artificial people. Keep it real with Owl, and this person will reward you with fantastic insights including into the very Mysteries that haunt all ages. If you are friends or a partner to



an Owl, you're in for some glorious adventures! Owls know how to laugh, make spontaneous choices and always endeavor to remain true to their ethics and beliefs. Owl's honesty is refreshing, but they may need a little gentle assistance in the tact department.

Owl's season is that of hibernation and long nights, so the enthusiastic nature of Owl acts as a lovely balance point to the darkness. Owl's element is Fire, which is certainly reflected in Owl's zeal and exuberance. Owl joins Falcon and Salmon as part of the Falcon clan. Those born under these Native American Zodiac Signs reflect amazing confidence, bravery and just enough pluck to put a fire under everyone around them. The sacred stone for Owl is the powerfully clairvoyant Obsidian that allows Owl to recognize and transform negatives into something magical. Owl's flower is Mistletoe, which has long been a sacred vine used for spells of love, peace and transformation.

Owl Totem Love Compatibility

Partners of the Owl will find a person who will not suffocate with jealousy and control. Owl's need to be able to wing and celebrate freedom. This means you have to give them space, but in return you'll receive more than you may have dreamed of. Because of their independent nature, Owls need a partner who is fun-loving, adventurous, and wholly honest to keep the relationship alive.

Owl Totem Animal Career Path

The Native American Zodiac indicates that Owl people relish occupations that stimulate, challenge and offer plenty of opportunities for clever multi-tasking. Whatever you do, don't let an Owl get bored! As a flying forest creature it's not surprising that Owls can't handle tiny cubicles. They're also rather disdainful of political correctness and societal convention. However, the passion for learning leads Owl into many successful venues where they rise quickly above others. Freelancing is ideal for Owls as is anything involving travel.

Owl Totem Metaphysical Correspondences

Birth dates, Northern Hemisphere: Nov 22 – Dec 21

Birth date, Southern Hemisphere: May 21 – Jun 20

Corresponding Zodiac Signs: Sagittarius (North), Gemini (South)

Birth Moon: Long Snows Moon

Season: Month of Hibernation

Stone/Mineral: Obsidian

Plant: Mistletoe

Wind: North



Direction: North – Northeast

Element: Fire

Clan: Falcon

Color: Gold

Bibliography

<https://whatismyspiritanimal.com/native-american-zodiac-astrology/>

<https://en.wikipedia.org/wiki/Owl>

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Sites with different pictures of owls on the Internet, and haven't saved the said address to them.

CRONE'S CORNER



By Rev. Pamela Maxwell Griffith HPS

Well, the turning of the wheel into another year 2022.

As I sit here and contemplate my belly button, I start to reminisce about all the years that I have seen and what milestones I personally have achieved.

New Year's resolutions are not my cup of tea as I forget them as soon as I write them down. I prefer to do an honest evaluation and then make the little changes that will build to be large changes.

But what is interesting is what has transpired and what I have lived through. I was in elementary school when JFK was assassinated. I do remember that!!

I was in high school in parts of Viet Nam. Yup watched a lot of my family leave and go to war. And I was so fortunate that they made it home again.

Women finally got credit in their name even if they were married. Thank you RBG for that.

Roe vs Wade I worked on those political campaigns.

The first 501C3 for the pagan community. My spiritual path was recognized by the federal government, and I was legal to celebrate it in the 1970's.

The first fax machine in the office. The first calculator in the office, the first computer in the office.

We lost a planet and then maybe gained it back but maybe we lost it. Pluto only you know!!

All revolutionary events. So, what's next??

Our own Tradition had been headlining many firsts thru the technology that is now taking us over. We have online teaching, rituals, conversation, even doctor visits online.

Where does that leave us for the new year?? What exciting developments are we going to see this year?? Where is your path going to lead you?

When you look over your life and see the big events, sometimes the small one's pale in comparison. Maybe you lost 5 pounds, a great thing but in the grand scheme of things is it a big thing??

We've been in the midst of a global pandemic, and it is easy to lose yourself in comparison to that.

Maybe what we do need is to look at those small things that do build into the big events. Cut down on sodas and drop a few pounds, that can be a lifetime event for some who drink sodas all day. Maybe feed the homeless a few times a year. Change them and you for the better.

I know we would all like to be the superhero who saves the world but not everyone can do that or even think about anything that grand and noble.

Our spiritual path is one of changes, but it is one that we walk step by step. Not leap by leap or mile by mile. Just a slow and steady movement forward. We celebrate the turning of the wheel one moon at a time. Slow and steady like the tides moving in and out.

We've been hearing we are on the cusp of great things. Every generation has reached that pinnacle and gone on to bigger and better things. But it was with a slow and steady movement that we moved forward.

I believe that with all that has happened in the last two years and with the promise of tomorrow we need to maybe rethink and just try some of those things our path teaches us. Slow and steady. Slowly we are awakening to having our ideas of what was necessary, really isn't any more. Is it worth working 70-hour weeks?? Or

maybe we should take a look at why we did that and why now it is more important to be kind to front line workers who kept the economy going when everything shut down. Oh, and we can work some from home and the Earth did not blow up or stop turning.

There are huge numbers of people leaving book religions and are looking for some sense of spirituality in other directions. Slow and steady. Our spiritual life is called a path, not a road, not a highway, a path. You walk a path one step at a time. And before you know it you have walked quite a distance.

With so many milestones under our belts, maybe slow and steady, one step at a time is the way to a kinder and gentler person. Maybe we need to slow down and smell the roses.

Yes, we have come far, and we have accomplished greatness but maybe we need to accomplish the smaller things too. One step at a time.

MUSIC: “How Music Heals the Mind, Body, & Soul”

By Rev. Tiena Ellis



Music has been a long part of our culture from the moment humans realized that you could tap two sticks to make an engaging beat. Drums were one of the first instruments made as it could produce rhythmic sounds similar to a human's heart beat whose sound vaguely reminds of us of the time we spent in our mother's womb. It has long been known that music soothes and heals, but why it happens for some still remains obscure. Music creates feelings of happiness and joy. Music does way more than help us connect to our Higher Selves. It can heal our minds, bodies and souls from

physical and emotional scars and illnesses.

Since the Mid-twentieth Century Music Therapy has emerged as a discipline in the medical field and since the development of modern technologies it has shed a new light on how music can change the structure and function of the brain, improve mood and help us recover from a stroke. Music as we have learned is processed by a number of different areas in the brain, such as the ones involved in spoken

language. Learning to play music changes the structure of our brain that is analogous to how physical exercise tones our muscles and makes us stronger and more dexterous. Many studies with healthy and clinical samples have shown temporary cognitive benefits associated with pleasant music, including creativity, memory, attention, reasoning and information processing speed. In other studies verbal material was presented in a musical context and it was learned and recalled better than spoken verbal material. Music Therapy has proven to be especially helpful to those who have had strokes improve their gait, mood, speech, social interactions and to reduce visual neglect which is a condition where stroke patients' brains have an inability to recognize objects in the visual field due to lesions in the visual cortex of the brain. In a study it was found that when stroke patients listen to pleasant music resulted in a better mood and the ability to better describe the color and shape of geometric objects present on the computer. I often wonder if these techniques were done by my grandfather when he had his stroke in March of 1986.

Long before I knew why I found myself listening to music when I was sad, depressed, lonely and angry due to circumstances from my childhood, when I was angry I found myself listening to my uncle Metallica albums to release that aggression. When I was sad I listened to something that was upbeat and gave me hope. As I have Bipolar II Disorder, with Generalized Anxiety Disorder and PTSD. Music has long been a part of my personal therapy treatment along with the medications I take.

Other Psychological conditions have also seen the benefit of music therapy. Since first appearing in Psychology's Diagnostic and Statistical Manual in the early 1990's, people with autism have found many benefits in music therapy some of which in improvement in language, calming of behavior and better cognitive skills. Because of its calming effect music has helped Autistic individuals move out of their comfort zones and become more creative, and improve communication capabilities. Learning music gives Autistic individuals more confidence and improves the memory of the brain.

Music also has the ability to relieve stress when you play some of your favorite music to calm down during a particularly rough spot in your day and music can definitely help discover yourself spiritually. As we found out in the other essay the type of music doesn't really matter, it's all about what moves you. And what moves you differs for each person. I listen to a combination of Classical, Oldies, Celtic, Country, Pagan and Pop depending on what I need for that day. Somedays I am in a Country mood and other days my heritage calls to me so I listen to Celtic. So the

benefit of listening outweighs the negativity and your mind, body and soul will truly thank you as well.

Music and Leadership

By Rev. Ser Eboni Nash

One of the most powerful tools used to influence people in society is music. Few things in this Universe can unite all present the way a good song does. What might this have to do with being a leader?



Being a leader can be done in many ways. Musicians with a beautiful message that invokes the spirit, stirring energy within the audience can lead the way and set the stage for positive influence post-performance. It is that very message conveyed through the melodies and harmonies we connect with that strengthens the very energy needed to tackle the many challenges that life brings our way.

Perhaps there is a particular genre of music or playlist that you might listen to when you seek confidence within yourself, or you may seek confirmation in what you are putting your energy into. We all have some type of music that awakens us & helps us to tap into our purpose. From that spiritual position, we can lead the way in all our individual and combined endeavors.

As we face the many issues within our communities, we must utilize all our tools to rally behind each other and move forward into our futures. Music can be that single tie that helps us stay the course, when stress is high & confidence might be low. Musicians of all types and levels have a place at the table in helping our emerging leadership stay grounded & pave the way for others to inspire and find their own voices.

May the music and magic within lead you and guide you always!!

KITCHEN WITCHERY - COLD AND FLU SEASON

By Rev. Ser Stacey Blair HP ~

This is an especially helpful recipe for the cold and flu season. My grandmother used to call it the cure all for stomach issues and you can substitute the brandy with coke syrup found at your local pharmacy. As always if your symptoms worsen

please seek the advice of a professional health care provider as this should not replace your local doctor.

- 4 cups brandy
- 1 cup honey
- 1 tablespoon orange rind zest
- 2 whole cloves
- 1 teaspoon cardamom
- ½ lemon juiced
- 1 tablespoon crushed peppermint leaf
- 1 teaspoon cinnamon
- 2 - 3 eucalyptus leaves (substitute chamomile for stomach issues)

Instructions:

- In a pot, stir brandy and honey over low heat until honey is dissolved.
- Stir in remaining ingredients.
- Remove from heat, cover and let sit for 2 weeks.
- Strain through cheesecloth and put into sterilized glass bottles for storage.
- Take 1 - 2 teaspoons as needed for your cold and flu symptoms.

THE APOTHECARY

Nutmeg



Nothing smells better than the scent of nutmeg on custard and eggnogs. Nutmeg has a nutty flavor and is used on eggnogs, custards and in pies like pumpkin pie. It has been documented as being used from as early as the 1st century AD.

MEDICINAL There are no studies that can correlate any of the medicinal uses of nutmeg. Although used in folk medicine for centuries modern medicine has nothing much on nutmeg. The chart here is what some of the folk remedy uses of nutmeg are for. But do remember that nutmeg can produce psychedelic effects to those who are sensitive.

MAGICKAL

For Good Luck (mainly if you're searching for a job)

To Attract Prosperity

For Lottery

To Attract a Man

1. Nutmeg is associated with good luck, so be sure to carry a nutmeg seed before getting involved in games of chances to swing the odds in your favor. Drilling a hole in a nutmeg seed then filling it with mercury or wrapping the seed with a green cloth can potentiate this effect.
2. Carry nutmeg as a charm and wrap it in purple cloth before dealing with legal matters to strengthen the likelihood that your legal situation will end favorably.
3. Carry nutmeg while traveling for a little extra good luck.
4. Share a beverage that contains nutmeg with the one you love, and that will help in having those feelings returned.
5. Nutmeg is associated with fidelity and can be used in spells to help ensure your lover's fidelity and ward off temptation.
6. Nutmeg is a perfect holiday spice in that it can help lessen tensions and conflict that can arise during the winter months due to lack of sunlight.
7. Diffuse nutmeg essential oil to revitalize the body and strengthen the flow of energy throughout the body and soul.
8. Nutmeg has strong divinatory properties, and when added to a beverage and consumed before meditation, can heighten the meditative experience and encourage visions and clairvoyance. A nutmeg massage oil or nutmeg butter can also help towards this aim.
9. Nutmeg oil can be used to draw money; use it to anoint green candles and magical tools to draw wealth to the household.
10. Nutmeg powder can be used to draw prosperity. Sprinkle it over candles and other objects or add it to candle wax and use it when casting a money drawing spell.

Black Pepper



This spice is on almost everyone's table!!

11 Science-Backed Health Benefits of Black Pepper

Black pepper is one of the most commonly used spices worldwide.

It's made by grinding peppercorns, which are dried berries from the vine *Piper nigrum*.

It has a sharp and mildly spicy flavor that goes well with many dishes.

But black pepper is more than just a kitchen staple. It has been deemed the “king of spices” and used in ancient Ayurvedic medicine for thousands of years due to its high concentration of potent, beneficial plant compounds.

Here are 11 science-backed health benefits of black pepper.

1. High in antioxidants

Free radicals are unstable molecules that can damage your cells. Some free radicals are created naturally — such as when you exercise and digest food.

However, excessive free radicals can be formed with exposure to things like pollution, cigarette smoke, and sun.

Excess free radical damage may lead to major health problems. For example, it has been linked to inflammation, premature aging, [heart disease](#), and certain cancer.

Black pepper is rich in a plant compound called piperine, which test-tube studies have found to have potent [antioxidant](#) properties.

Studies suggest that a diet high in antioxidants may help prevent or delay the damaging effects of free radicals.

Test-tube and rodent studies have observed that ground black pepper and piperine supplements may reduce free radical damage.

For instance, rats fed a high-fat diet plus either black pepper or a concentrated black pepper extract had significantly fewer markers of free radical damage in their cells after 10 weeks compared to rats fed a high-fat diet alone.

SUMMARY

Black pepper is rich in a potent antioxidant called piperine, which may help prevent free radical damage to your cells.

2. Has anti-inflammatory properties

Chronic inflammation may be an underlying factor in many conditions, such as arthritis, heart disease, diabetes, and cancer.

Many laboratory studies suggest that piperine — the main active compound in black pepper — may effectively fight inflammation.

For example, in studies in rats with arthritis, treatment with piperine resulted in less joint swelling and fewer blood markers of inflammation.

In mouse studies, piperine suppressed inflammation in the airways caused by asthma and seasonal allergies.

However, the [anti-inflammatory](#) effects of black pepper and piperine have not yet been studied extensively in people.

SUMMARY

Black pepper contains an active compound that has been shown to decrease inflammation in animals. Still, it's unclear whether it has the same effects in humans.

3. May benefit your brain

Piperine has been shown to [improve brain function](#) in animal studies.

In particular, it has demonstrated potential benefits for symptoms related to degenerative brain conditions like Alzheimer's and Parkinson's disease.

For example, a study in rats with Alzheimer's disease found that piperine improved memory, as the distribution of piperine enabled the rats to repeatedly run a maze more efficiently than rats not given the compound.

In another rodent study, piperine extract seemed to decrease the formation of amyloid plaques, which are dense clumps of damaging protein fragments in the brain that have been linked to Alzheimer's disease.

Yet, studies in humans are needed to confirm whether these effects are also seen outside animal studies.

SUMMARY

Black pepper extract has improved symptoms of degenerative brain diseases in animal studies, but studies in humans are needed to verify these results.

4. May improve blood sugar control

Studies suggest that piperine may help improve blood sugar metabolism.

In one study, rats fed a black pepper extract had a smaller [spike in blood sugar](#) levels after consuming glucose compared to rats in the control group.

Additionally, 86 overweight people taking a supplement containing piperine and other compounds for 8 weeks experienced significant improvements in [insulin sensitivity](#) — a measure of how well the hormone insulin removes glucose from the bloodstream.

However, it's unclear whether the same effects would occur with black pepper alone, as a combination of many active plant compounds was used in this study.

SUMMARY

Black pepper extract may improve blood sugar control, but more research is needed.

5. May lower cholesterol levels

High blood cholesterol is associated with an increased risk of heart disease, which is the leading cause of death worldwide.

Black pepper extract has been studied in animals for its potential to reduce cholesterol levels.

In one 42-day study, rats fed a high-fat diet and a black pepper extract had decreased blood cholesterol levels, including LDL (bad) cholesterol. The same effects were not seen in the control group.

Additionally, black pepper and piperine are believed to boost the absorption of dietary supplements that have potential cholesterol-lowering effects like turmeric and [red yeast rice](#).

For example, studies have shown that black pepper may increase the absorption of the active component of turmeric — [curcumin](#) — by up to 2,000%.

Still, more studies are needed to determine whether black pepper itself has significant cholesterol-lowering effects in humans.

SUMMARY

Black pepper has demonstrated cholesterol-lowering effects in rodent studies and is believed to boost the absorption of potential cholesterol-lowering supplements.

6. May have cancer-fighting properties

Researchers hypothesize that the active compound in black pepper, piperine, may have cancer-fighting properties.

Though no human trials have been performed, test-tube studies found that piperine slowed the replication of breast, prostate, and colon cancer cells and induced cancer cell death.

Another test-tube study screened 55 compounds from spices and observed that piperine from black pepper was the most effective at enhancing the efficacy of traditional treatment for triple-negative breast cancer, the most aggressive cancer type.

What's more, piperine has shown promising effects in laboratory studies for reversing multidrug resistance in cancer cells — an issue that interferes with the efficacy of chemotherapy treatment.

Though these results are promising, more studies are needed to understand the potential [cancer-fighting properties](#) of black pepper and piperine.

SUMMARY

Black pepper contains an active compound that has slowed the replication of cancer cells and induced cancer cell death in test-tube studies. However, these effects have not been studied in people.

7–10. Other benefits

Black pepper may benefit health in many other ways according to preliminary research:

7. **Boosts absorption of nutrients.** Black pepper may increase the absorption of essential nutrients like calcium and selenium, as well some beneficial plant compounds, such as those found in green tea and [turmeric](#).

8. **May promote gut health.** The makeup of your gut bacteria has been linked to immune function, mood, chronic diseases, and more. Preliminary research suggests that black pepper may increase the good bacteria in your gut.

9. **May offer pain relief.** Though it has yet to be studied in humans, studies in rodents suggest that the piperine in black pepper may be a natural pain reliever.

10. **May reduce appetite.** In a small study, 16 adults reported reduced appetite after drinking a black-pepper-based beverage compared to flavored water. However, other studies did not show the same effects

SUMMARY

Black pepper increases the absorption of essential nutrients and beneficial plant compounds. According to preliminary research, it may also promote gut health, offer pain relief, and reduce appetite.

11. A versatile spice

Black pepper has become a kitchen staple in households worldwide.

With its subtle heat and bold flavor, it's versatile and can enhance almost any savory dish.

A dash of ground black pepper can be a tasty seasoning for cooked vegetables, pasta dishes, meat, [fish](#), poultry, and many more.

It also pairs well with other healthful seasonings, including turmeric, [cardamom](#), cumin, garlic, and lemon zest.

For an extra kick and a little crunch, try coating tofu, fish, chicken, and other proteins with coarsely ground peppercorns and additional seasonings.

SUMMARY

Black pepper has a subtle heat and a bold flavor that makes it a tasty addition to almost any dish.

The bottom line

Black pepper and its active compound piperine may have potent antioxidant and anti-inflammatory properties.

Laboratory studies suggest that [black pepper](#) may improve cholesterol levels, blood sugar control, and brain and gut health.

Despite these promising findings, more studies in humans are needed to better understand the exact health benefits of black pepper and its concentrated extracts.

Regardless, this versatile flavor-enhancer is worth adding to your daily cooking routine, as its bold flavor is a great addition to almost any dish. (Meixner MS, 2021)

Magickal

Planet: Mars

Element: Fire

Magical Properties

- A bit of a harsh spice, for lack of better words. It is most often used for warding, cursing, and protection.
- When warding pepper can be scattered in an area to protect from a variety of things. Apart from scattered, pepper could be burned (although that may not be entirely pleasant), added to charms, or used in spells. Use it with old nails for a particularly effective ward on property (although I'd bury these a good foot deep to avoid a health hazard for bare feet).
- To expand on its warding and protective uses, pepper can also be used to dispel unwanted entities, negative energy and unwelcome visitors. It will also aid in putting an end to gossip and the envy of other people.

- It can be used in curses. Pepper can be unpleasant when consumed in high amounts and is notorious for its habit for making people sneeze. Use pepper in curses to give them an extra kick.
- Pepper is also used for: commanding, sensuality, passion, and spell breaking. (Vaya, 12)

Works Cited

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Vaya. (12, 12 2012). *Black Pepper*. Retrieved from Vayas Witchcraft and Spiritual Tumblr.com:

<https://vayas-witchcraft-and-spiritual.tumblr.com/post/105341345753/herb-black-pepper>

HEALTH

Well, a new month and a new year. This month is jam packed with all kinds of awareness' so I will focus on those that come to my mind most.

Donating blood saves lives plain and simple. It is that easy. My late husband was O Neg or 'babies' blood' over the years when he was able to donate, he had donated over 20 gallons of blood. He saved countless lives just by spending about an hour every 2 months to donate.



In the medical field today, there are breakthroughs every day, but we still cannot synthesize blood. It can be gotten only one way, by donation. Maybe we can one day have a Pagan Day of Donating????

ABOUT NATIONAL BLOOD DONOR MONTH

The month of January is usually a period of critical blood shortages. People stop donating blood during the holidays and when they get sick during cold and flu season. Blood drives also get snowed out during the winter months.

More than 50 years ago—on December 31, 1969 - the president of the United States (Richard M. Nixon) signed a proclamation designating January as National Blood Donor Month (NBDM). The new monthly observance was meant to honor voluntary blood donors and to encourage more people to give blood at a time when more blood is needed. (National Blood Donor Month, 2021)

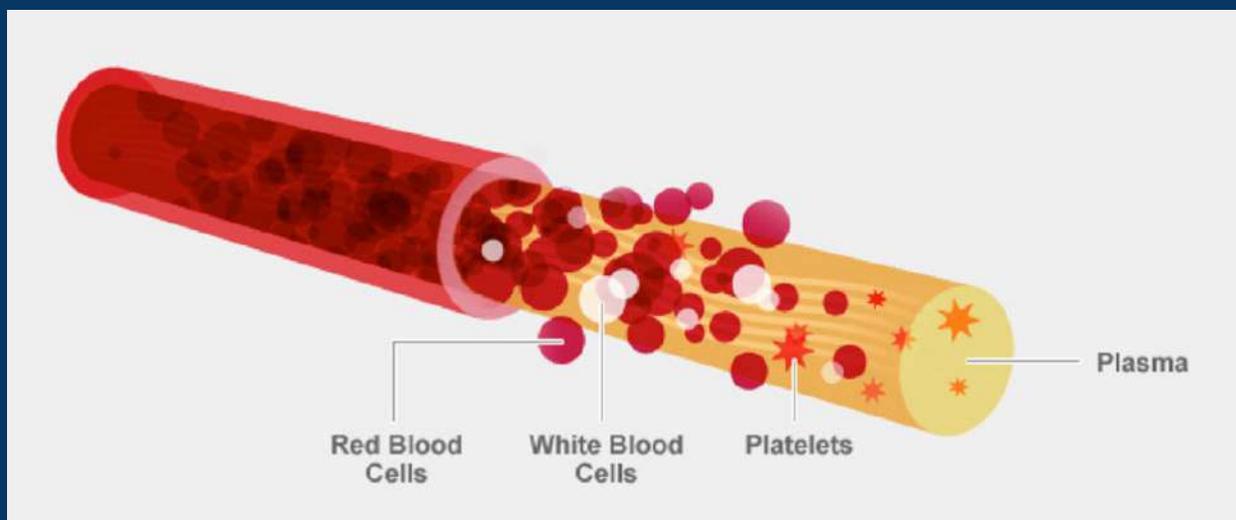
What is Blood?

Blood is essential to life. Blood circulates through our body and delivers essential substances like oxygen and nutrients to the body's cells. It also transports metabolic waste products away from those same cells. There is no substitute for blood. It cannot be made or manufactured. Generous blood donors are the only source of blood for patients in need of a blood transfusion.

Blood

Components

A promotional poster for National Blood Donor Month 2022. The poster features a white background with a red and orange color scheme. At the top right is the logo for National Blood Donor Month 2022, which includes a stylized flame icon. The main text reads: "On average, individuals donate less than two times each year." Below this, in large, bold, red letters, is "I COMMIT TO 2 IN '22". At the bottom, in a smaller font, is the slogan "TURN SOMEONE'S DAY AROUND. GIVE BLOOD."



There are four basic components that comprise human blood: plasma, red blood cells, white blood cells and platelets.

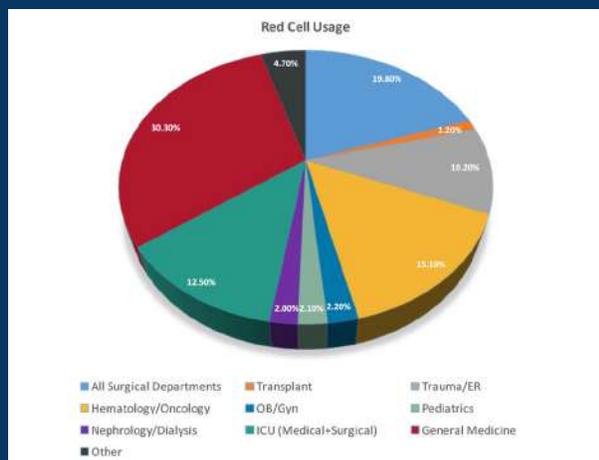
Red Blood Cells

Red blood cells represent 40%-45% of your blood volume. They are generated from your bone marrow at a rate of four to five billion per hour. They have a life cycle of about 120 days in the body.

Platelets

Platelets are an amazing part of your blood. Platelets are the smallest of our blood cells and literally look like small plates in their inactive form. Platelets control bleeding. Wherever a wound occurs, the blood vessel will send out a signal. Platelets receive that signal and travel to the area and transform into their “active” formation, growing long tentacles to make contact with the vessel and form clusters to plug the wound until it heals.

Plasma



Plasma is the liquid portion of your blood. Plasma is yellowish in color and is made up mostly of water, but it also contains proteins, sugars, hormones and salts. It transports water and nutrients to your body’s tissues.

White Blood Cells

Although white blood cells (leukocytes) only account for about 1% of your blood, they are very important. White blood cells are essential for good health and protection against illness and disease. Like red blood cells, they are constantly being generated from your bone marrow. They flow through the bloodstream and attack foreign bodies, like viruses and bacteria. They can even leave the bloodstream to extend the fight into tissue.

(National Blood Donor Month, 2021)



National CBD Month: January 2020 is the First-Ever is National CBD Month

In case you missed it, as everyone's New Year's resolution season is in full effect, we are all now living in a CBD-celebrated month. That's right, the ever-popular hemp-derived cannabidiol extract now has etched its name in history by claiming a whole month on the 2020 calendar and every year after. In 2019, the cannabis oil craze had quite an impressive run, where cannabidiol (CBD) captured the number one spot as the best-selling health-related natural herbal supplement according to the American Botanical Council's 2018 HerbalGram Herb Market Report.

So it should come as no surprise that cbdMD has established the whole month of January as National CBD Month. This year is the first time the month is being celebrated, and the official founder who declared January 2020 as National CBD Month is promoting it with discount sales, educational information, and other promotions. If there's ever been a time to try CBD in a cost-effective way, now is that time.

There are many people that believe that CBD is capable of helping with pain relief, anxiety, inflammation, and a wealth of other health benefits. The prized cannabis oil compound, which is just one of 113 components (including THCP) that have

been identified in cannabis, is the second-most active in the plant, and consumers can find in anything from oils, gummies and skincare to a whole host of supplementation methods.

The use of CBD has been rather controversial, as the Food and Drug Administration has been limited in what they've done for the industry despite issuing multiple warnings to top-tier CBD companies for unapproved marketing claims and promotional promises. There are statements from this authority that claim that CBD can cause liver industry and may impact the metabolizing of other medicines. However, there's been nothing to prevent CBD from being actively purchased and consumed. In fact, data from BDS Analytics indicate that the next four years could easily bring in \$20 billion in global CBD sales while another cannabis industry leader, Brightfield Group, forecasts the CBD market to be at \$22 billion by 2022.

While January 2020 may be the first-ever National CBD Month, this month is hardly the first or only way that supporters of CBD have praised the trending cannabis oil substance. Most are familiar with April 20th as the most popular, which is primarily to celebrate the use of marijuana. However, there are other holidays as well, including National Hemp Day (February 4th), Oil and Concentrated Day (July 10th), and even National Hemp Month (July). Though National CBD Month is celebrated in January, National CBD Day is on August 8th (also founded by cbdMD), and October brings about National Pet CBD Month (encouraging consumers to soothe and nourish their pets with CBD oil as well).

The creator of National CBD Month, cbdMD, is one of the better-represented cannabidiol-centric brands who have a catalog of celebrities and athletes who endorse the company's products. From MMA champions Daniel Cormier and Jorge Masvidal, to professional PGA Tour golfer Bubba Watson, to sand volleyball star Kerri Walsh Jennings and Olympic track and field powerhouse Lolo Jones; cbdMD is bound to keep pushing the 'green rush' envelope as CBD is now one of 1,500 national days to be celebrated yearly.

It will be entertaining to watch how the 2020 CBD industry unfolds, already making an appearance at the prestigious Golden Globes show. As the cannabis legalization movement continues and marijuana/hemp makes a move into mainstream media and usage rates grow, you can keep up with the latest promotions from cbdMD by following the platform on Instagram, Twitter, and Facebook with the hashtag #NationalCBDMonth. (Roets, 2021)

Notice that is WELLNESS not ILLNESS????? Yeah, read that again. And again.

Mental Wellness. To be healthy mentally. What a concept. It means that if we are not well, we should be getting the help needed to get us there.

Let's take this to the next level and really start the conversations regarding all the stigmas attached to mental health.

This time of the year can be devastating to a lot of people. According to one article the 3rd Monday of January is the Bluest Monday due to weather (especially in the north with cold weather and much less sunlight which can lead to SAD) and your Christmas bills are now hitting your credit card and you are seeing what devastation has been done.

This information was collected and identified prior to COVID so even without the craziness of that we still have a period of our year that we need to be especially prepared for. If we are fortunate enough not to be in that state of mind, we do know those who are or will be. This affects all of us one way or another.

Mental Wellness needs to be a conversation that we have at least once a week to make it normal to go seek help if things are not what they should be. We need to remove the stigmas and allow those who need help to seek it with not just openness but with the courage and determination to make a difference in their lives.

We need to understand that as our path teaches us, we are mind, body and spirit and all three are connected. What affects one affects all.

Modern medicine has just figured out that we cannot treat the body without addressing the mind and vice versa. We have different body parts but have only one body. We must treat the whole person, not just the part. We pagans have known that for a very long time and hence many of our practices are now going mainstream by different doctors using our age-old methods like meditation, journaling, spiritual quiet time, soothing baths, me time just to name a few.

Many times, mental illness can be a chemical imbalance in the brain. Rather like diabetes. Too much insulin or too little can cause issues. Too much dopamine or too little can have complicated effects on the body. It may not be that simple, but you can see it does make sense.

We now have another tool in our fight against mental health stigmas. We have an entire month each year to practice and encourage those who need help to seek it.

With gentle encouragement and giving support those who need help will not be afraid or ashamed to get it.

Let's tackle this subject like we have others in the past and get behind those brave souls who have come out and said yeah, I have it, but I am still moving on with treatment and help and I can get better. Many Hollywood celebrities have come out and told their stories and are getting help. Let's rally around those who need it. Let's tear away the mask of fear, shame and intolerance and treat our minds the way we treat our body with love and respect.

Mental health treatments are now even easier to get to because of COVID. You can call and speak to your therapist from the comfort of your couch in your jammies. Or in your car, or in person. The communication airways are open, and many therapists are on Zoom, video chats, email or in person. Got a problem, grab a therapist.

Many of the traditions that we practice as pagans are being mainstreamed as I stated before but how many pagans are following those traditions?? How's your journaling going like nightly, every other day, weekly, monthly or I have a journal here somewhere. Shadow work working??? Done any lately like in the last 6 months?? Earthing- get out there with mother nature and just be still and let her talk to you. Last time you went outside and just breathed and listened? Maybe for just some piece of mind we should be treating our spirit with our mind.



MIND & SPIRIT: SELF LOVE

By Rev. Ser Chad Blackman

“Owning our story and loving ourselves through that process is the bravest thing that we’ll ever do.”

Author unknown



Hello again everyone! If you see the quote above, you’re probably thinking, yeah I love myself. But let’s take a moment to expound on that subject a bit. I am socially aware on all the platforms today as to what has been going on the last few years. Men’s suicide rates are over 3.5 times that of anything else. People are experiencing depression and trauma like anything I have seen in decades before or perhaps it is just being highlighted more. Whatever the case, it speaks to the cause of problems today. People are so heavily influenced by outside factors such as social acceptance or validation that I don’t think a lot of them can stand on their own in times of solitude or self-reflection.

Now, I’m not stating that people are inherently weak. But we have to face the fact that many if not all of us seek external validation from others. Whether that validation is conscious or subconscious depends on the person. Also, family plays an important part in that validation. We often want our family to excel in life in what we perceive as the perfect life. However, we often forget that each of us has a different path we weave as we go through life. Each of us faces different obstacles and hardships that shape each of us. There should never be shame on a person because of a failure, mistake or bad decision. This often causes great harm to the person. Our views of life are valuable but not necessarily the one for another.

I want to encourage each of you to embrace whatever your life has brought to you. The good and bad, as it were, as a badge of growth to the person you are today. Things happen in our lives to challenge us and help us grow. It is how we deal with each of those situations that shape us as well. Life isn’t fair or easy on any of us at any time. Life is life and it deals with whatever it wants as I see it. I believe that each of us has the opportunity to rise above life’s challenges. It is simply a matter of loving ourselves enough to realize we still are human and by no means perfect. We are our own worst critics. Sometimes that outside criticism just solidifies in our minds our shortcomings. Look at them as not just shortcomings or trials we failed. Look at them as times to grow and shine within ourselves.

Self-love is never prideful or selfish towards others in any way. No, it is simply having a good view of ourselves. Each of us is unique. No one belongs in a box or some kind of conformity as society would have it. Being able to love all of yourself, good or bad, is a unique part of character growth. We have to learn to do it each and every day, every minute, every second. Once we can learn to love ourselves in a positive way the love we can give to others becomes more fulfilling to them as well as ourselves. Take some time to yourself to master this attribute. I believe that you will find it to enrich your life and those around you. Until next time, blessed be and Happy Yule to all.

Rev. Chad B

***The views and opinions expressed in this article are the sole property of the writer. They do not reflect the opinion or views of the Correllian Times, staff or any other third parties.**

THE QUIET CORNER - SPIRITUAL AWARENESS

By Rev. Ser Stacey Blair HP ~



January is the perfect time to do inner work. During the dark of winter, practice your meditation skills and make room for self-discovery.

This month I want you to find a quiet corner and put on some background music of your choice. Sit in the corner on a cushion and make yourself comfortable. Open yourself up to the music, feel it go deep within you, rock with the sounds. Close your eyes and let your mind paint whatever pictures it wants, do not try to control what comes. See the light of the God and the darkness of the Goddess. See the burning of your soul join them

in the Astral Plane. See yourself as a child and join hands with them as they take you on this journey. Feel your breath float out of your body and turn into stars all around you. Breathe in the richness, the coolness of the air. Listen to the music as

it turns into a celestial picture mixing with the stars. Feel the rhythm of your heart swaying you with the music as you continue walking. Feel the musical air about you as it touches your skin. Feel the ground below you dance with the music, the beating of the earth becomes one with the beating of your heart. Taste the music as sweetness, as an essential part of your life. Taste the sea in the air as it ebbs and flows with the music and joins the dance. Taste the past decisions that you have made and know that they were made to get you to this moment in time. Smell the strength of the God and Goddess and take it into yourself with a calmness that the future will be guided by them and they are there for you when you need it. Smell the balance of the elements around you as they lend their strength to you. Smell the colors all around you, feel them cleanse out all negativity, all doubts. The God and Goddess smile down upon you and give you their blessings. They release your hands and let you become one with all that is around. You feel yourself coming back to your body but with the spiritual awareness that you now have and the strength given to you. When you are ready open your eyes and thank the God, Goddess and Elements for their gifts.

CALENDAR - JANUARY 2022



Saturday 1

- Make homemade hot chocolate and watch some movies

Sunday 2

- New Moon in Capricorn
- Tea Thyme with Mother and Crone 3 PM
- The Virtual Circle New Moon Ritual 9 PM

Monday 3

- Chancellor's Chat 9 PM

Tuesday 4

- World Walker's Meeting 2 PM

Wednesday 5

- Stargaze on a clear night

Thursday 6

- Adopt a tree and care for it throughout the year

Friday 7

- Have a snowball fight or cotton ball fight if you don't have snow

Saturday 8

- Outer Court and Clergy Dedication Rite 4 PM

Sunday 9

- Tea Thyme with Mother and Crone 3 PM
- Red Tent 9pm

Monday 10

- Chancellor's Chat 9 PM

Tuesday 11

- Great Crystal Web 7 PM

Wednesday 12

- Curl up with a favorite witchy book

Thursday 13

- Donate to a local Pagan food bank

Friday 14

- Thorrablot – Norse/Heathen celebration honoring Thor

Saturday 15

- Visit a museum

Sunday 16

- Tea Thyme with Mother and Crone 3 PM
- The Virtual Circle Full Moon Ritual 9 PM

Monday 17

- Full Moon in Cancer – Wolf Moon
- Chancellor's Chat 9 PM

Tuesday 18

- Go shopping for your favorite familiar or buy bird seed/nuts for your backyard

Wednesday 19

- Gather some witchy friends together and make new memories for the new year

Thursday 20

- Go for an extra early walk and watch the sun rise and listen to nature

Friday 21

- Celtic Tree Month of Rowan begins

Saturday 22

- Make a snow globe

Sunday 23

- Tea Thyme with Mother and Crone 3 PM

Monday 24

- Sementivae – a grain-oriented Roman festival
- Chancellor's Chat 9 PM

Tuesday 25

- Find some animal tracks and learn about local wildlife

Wednesday 26

- Make a stain glass window picture

Thursday 27

- Have a fire and toast marshmallows

Friday 28

- Make a paper mache snowman

Saturday 29

- Write a poem or story and send it to Correlliantimes@gmail.com

Sunday 30

- Roman celebration of Februalia begins

- Tea Thyme with Mother and Crone 3 PM

Monday 31

- Up Helly Aa – Scottish celebration in the Shetland Islands
- Disablot – Norse celebration of new beginnings
- Chancellor’s Chat 9 PM

CORRELIAN HELPDESK & FEATURED ORDERS

*T*his is a section on where to find info for the Correllian. Post links along with a brief description of where to find the information. To submit your information, email us at CorrellianTimes@gmail.com. The Correllian Times does hold the policy that we publish at Editors’ discretion.

*A*t the Correllian Tradition’s official website, you can find a list of all the Tradition’s Temples, Proto-Temples, Shrines, Orders, and Study Groups by clicking on the “Groups” tab at the top of the homepage. Contains the Corr store to purchase badges for stoles, stoles and robes, etc. Also the place to find membership applications. www.correllian.weebly.com

*A*t Correllian Publishing, you can find a number of items relating to the Correllian Tradition. Pick one up for yourself or a gift for someone. www.correllian-publishing.myshopify.com

*A*t Witcheschool, you will find a variety of courses to take on a number of witchy subjects. There are free courses and supporting courses for a low fee. Come and take a look and while you’re there, earn your Priest/ess Degree! You’ll never know what you’ll find at www.witcheschool.com



We have a wide variety of Facebook groups and Pages for Tradition members to participate in.



Orders- Orders are associations within the Tradition dedicated to specific skills, tasks, or interests. This sort of Order is not to be confused with the Meritorious Orders which are awarded in recognition of service.

CORRELLIAN GROUPS



If anyone would like to include a brief advert for their Correllian groups, send it to CorrellianTimes@gmail.com.



Join Rev. Don Lewis for Chancellor's Chat, Monday nights at 9 PM Eastern! You never know what we might end up talking about - magic and

ritual, theology, history, art, social issues, etc but it's always interesting.



www.facebook.com/groups/CompassionLeagueTemple

Compassion League Temple was recognized 25 May, year 12 Aquarius and formalized September, year 13 Aquarius. They mentor First, Second and Third Degree students across the country through their Temple and WitchSchool. Headed by Rt. Rev. Ser. Angela Munn, AP.



www.facebook.com/mysticalrainbowtemple

Mystical Rainbow Temple was chartered 13 May, year 18 Aquarius and formalized 19 April 20 Aquarius specifically that gives LGBTQ a pagan home on the internet. Temple Head: Rev. David K. Fortney Jr. HP~.



www.facebook.com/ourladyofthehealingfields

Our Lady of the Healing Fields Proto-Temple was chartered 5 January, year 16 Aquarius. Located in Michigan, they conduct family friendly rituals and participate in the Krystel Cavaliers scouting. Headed by Rev. Ser. Stacey Blair, HP~.



www.facebook.com/groups/templotierradegracia

Temple of Tierra de Gracia was chartered February 2018 and formalized May 2021. It is located in Caracas, Venezuela and headed by Rev Hazsoly Bellatrix de Fira under the imperium of Rt Rev Eblis Pendragon.



Correllian Order of Artificers is an Order for those that make or handle Correllian Regalia, Symbols, and Sigils in many ways, shapes, forms, and mediums, as well as other crafts.



Correllian Order of Hursini is an Order that focuses on the historical, educational and medicinal aspects of cannabis, while also learning different ways cannabis can be used for magickal purposes as well as spiritual growth.



Correllian Order of Photographers and Videographers provides a place for those interested in learning about and honing their skills of videography and photography to share their work. This is a great place for individuals to learn how to better utilize their skills or improve them with respect to lighting vs. shadows, saturation, aperture, angle, subject background/foreground, the Rule of Thirds as well as editing and alteration of photos and video. Join us if you would like to learn more!



Correllian Order of Mousai is an Order that embraces the inner wisdom received through the exploration of music and all its magickal properties.



Correllian Order of Seshat is an Order for all those who love Journalism and writing.

CORRELIAN ADVERTISING



Advertising can be done for a price of \$12 a month for a 1-inch by 2-inch section. If you would like to submit an ad, please contact us for information. CorrellianTimes@gmail.com



Customized Sigils: Round \$5, Square \$7. Contact Salena Murdock at murdocksam1@yahoo.com.

THE GIVER'S ZONE

The Correllian Nativist Tradition welcomes your financial support!! Your willingness to help in this effort is much appreciated. Your gift, no matter how small, will make a difference and provide essential support to the Tradition. Givers understand the benefits gained by both the Giver and receiver. Have a question, contact: Rt. Rev. Ser. Mike Neal AP at CNTFundRaisingOffice@earthlink.net.



News From CNT Fundraising Office and the CorrStore

The Correllian Merchandise can be found via this link.
<http://correllian.weebly.com/corr-store.html>

WITCHY WISDOM: Monthly Oracle

By Rev Silas Mimir HP~

"Care for our children and teach them well. Above all, teach them compassion. That is the most valuable lesson that they can learn. Have compassion for themselves, and those that are around them. They are our future."

CORRESPONDENCES



A Moldovan legend describes a fight between Lady Spring and Winter Witch; details show that at a point in the battle Lady Spring cuts her finger. The drop of blood melted the snow and a snowdrop flower grew. The pure white flower was a sign of Lady's Spring's victory over the Winter Witch.

Snowdrops have many meanings and symbols associated with them. They can mean purity, innocence, and sympathy.

Nature Spirits: *Gnomes, Brownies*

Trees: *Birch*

Birds: *Pheasant, Blue Jay*

Deities: *Freyja, Inanna*

DIVINATION SPOTLIGHT - CHARMS

Have you ever looked at charms and had a strong pull to them? The use of charms on bracelets, necklaces or just as an altar decoration has been used for centuries. They can also be placed in your pocket, put around the house or used in some other ornamental ways. Here is a short list of charms and their meanings.



- Acorns - For youth and true love, strength and power.
- Arrowhead - For protection from the “evil eye”.
- Badger Tooth - For luck with cards.
- Coral Beads - To protect children from disease.
- Bee - For energy, success in business.
- Elephant - For strength, honor and patience.
- Fleur de Lys - For purity.
- Four Leaf Clover - For health, wealth, love, and fame.
- Coal - If found, it promises a year of prosperity.

- Dragonfly - For power of change.
- Evil Eye - For sending the gaze back to the gazer.
- Fish - For wealth.
- Hamsa Hand - For protection against the “evil eye”.
- Hearts - For fidelity and devotion.
- Horn - For good luck.
- Horseshoe - For good fortune, protection.
- Key - For opening doors.
- Knot - For unity and harmony.
- Lotus Blossom - For faithfulness and good fortune, rebirth.
- Lyre - For accentuation of good qualities.
- OM - For meditation.
- Penny - For good luck.
- Ring - For eternity.
- Tree - For wisdom and healing, connection to all life.

CORRESPONDENCE TO THE EDITORS

Our readers are always welcome to write to the Editors. To do so, please email your correspondence to: CorrellianTimes@gmail.com

Are you interested in writing for the Correllian Times? Are you interested in a specific topic and wish we would include it? Let us know! Recently wrote a research paper and want to share it with the Tradition? Send it to the email above!!



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