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CORRELIAN SPOTLIGHT - M. REV. STEPHANIE LEON NEAL



M. Rev. Stephanie Leon Neal is the First Priestess of the Correllian Tradition, in co-regency with the incumbent First Priestess, Lady Krystel, who is retired in office. Lady Stephanie was acclaimed co-regent First Priestess by Lady Krystel in Year 15 Aq., and invested in office in Year 16 Aq. To hear some of Lady Stephanie's teachings on audio go [HERE](#)

Lady Stephanie is the Founder and Head of Sacred Sea Temple, established as a personal Shrine in 2004, became a Witan Shrine and then finally a fully chartered Temple in Year 6 Aq. (2006 AD).

Lady Stephanie became an initiated Correllian Priestess in Year 4 Aq. (2004 AD). Rev. Stephanie Neal with First Priestess Krystel Highcorrell in Year 7 Aq. Lady Stephanie is the adopted sister of Arch Priestess Krystel.



She went on to be initiated as a High Priestess in Year 7 Aq. (2007 AD).

Lady Stephanie was acclaimed an Elder of the Correllian Tradition in Year 11 Aq.

In Year 11 Aq. Lady Stephanie was made Co-Head of the Order of World Walkers under Arch Priestess Krystel. In Year 12 Lady Stephanie was declared sole Head of the Order.

In Year 12 Aq. Lady Stephanie was acclaimed First Elder of the Tradition.

Lady Stephanie is also founder and Head of the Correllian Order of Shamans.

Lady Stephanie began her spiritual training in 1562 Pi. (1962 AD) under two Root Women in Hawaii. She became an initiated Sea Priestess in 1568 Pi. (1968 AD) at the age of 18.

She has taught Spiritual Counseling since 1578 Pi. (1978 AD).



Rev. Stephanie with First Priest Rev. Don Lewis at Sacred Sea Temple.

In the Fellowship of Isis Lady Stephanie holds the rank of Magi.

Lady Stephanie's career has been varied and distinguished, and has included serving as Teacher, an Outreach Director, and school Principal.

Before coming to Correllianism Lady Stephanie served as the Associate Pastor of two mainstream churches, and also taught in and served as a head of a mainstream Prison Ministry.

Lady Stephanie has also worked as an Architectural Designer and Artist.

In the mid '80s Lady Stephanie was entered into the "Who's Who of American Business Women." In the early '90s She was named "Teacher of the Year."

Rev. Stephanie's lineage in the Correllian Tradition is thus:

Rev. Stephanie Leon Neal is the initiate of Rev. Krystel High-Correll, Rev. Krystel High-Correll is the initiate of Blv. LaVeda Lewis-Highcorrell, Blv. LaVeda

Lewis-Highcorrell is the initiate of Blv. Mable High Correll, Blv. Mable High Correll is the initiate of Blv. Caroline High Correll who is the founder of the Correllian Tradition.

"Her Eminence the Most Reverend Stephanie Leon Neal, First Priestess and Paramount High Priestess, Arch Priestess and Elder, Witch Queen and Fons Honorum, Princess of House and Faith, Grand Deemstress, High Priestess, Founder, and Head of Sacred Sea Temple, Founder of the Correllian Shaman Order, Head of the Order of World Walkers, and Sea Priestess, and Magi of Isis in the Fellowship of Isis"

Right: Arch Priestess Stephanie's Correllian Heraldic Banner showing her Personal Sigil as well Witan and Elder's collars, First Priestess' coronet, and peony flowers. Lady Stephanie is the adopted sister of Arch Priestess Krystel High-Correll, and thus is entitled to the peony flowers used in Correllian heraldry by members of the Highcorrell family.



LORD DON'S CORNER



By M. Rev. Donald Lewis-Highcorrell

Greetings all,

Here in the Northern Hemisphere the Dawn of the Year is upon us, while in the Southern Hemisphere the Harvest begins. In both cases it is a time to move forward -into new beginnings or on to the reward of past effort as the case may be. Year 22 Aq. is shaping up to be a very important year for our Correllian Tradition, and one that shares these themes.

Two of the biggest things the Tradition will be focusing on in Year 22 are already underway and constitute both a new beginning and reward of past effort. We are

hard at work on revising most of our books and bringing these back to print through Correllian Publishing. For several years now books like the Witch School Third Degree Lessons or Ritual in Theory and Practice have been out of print and hard to find. This year we are bringing all of our books back to print -watch for them at CorrellianPublishing.com. Third Degree is available to order now, and the others will follow. It is our goal to have all major Correllian books back in print by my birthday in June.

Re-editing Third Degree was a very interesting experience. There are many places in the book where we talk about the Internet and cyber resources relative to running a Temple or a personal vocation as a Third Degree and I had not considered how much these had changed and developed in the nearly twenty years since Third Degree was written. That was the thing that most caught my attention. Technologically we have come such a long way in these years. The new Third Degree also includes more than seventy new illustrations done just for it. I am very pleased with how this first revision has come out.

Last year my focus was on Tarot and creating cards for the Infinite Tarot, also available at CorrellianPublishing.com. This year books. In addition to the revisions in the first half of the year I also have plans for some new works in the second half of the year that I think people will find exciting -but I am not going to discuss the details of that until I get there.

The second major project that the Tradition will be focusing on this year -and next year as well- is the March to the Parliament. The Parliament of the World's Religions is going to be held in Chicago, Illinois, from 14-18 August of Year 23 Aq. This will be the thirtieth anniversary of the first modern Parliament which was held in Chicago in 1593 Pi. (1993 AD), one hundred years after the original Parliament of the World's Religions also in Chicago in 1493 Pi. (1893 AD).

The Parliament of the World's Religions has been described as the Olympics of Religion and is a very important event. We have had a Correllian presence at all modern Parliaments and Correllians have made many presentations. I am hoping that we will have at least one hundred Correllians attending this next Parliament, and many presentations.

Have you ever come to Parliament? It is an unforgettable experience. If you have not come before, consider coming to this Parliament in the city where Parliament began, the holy city of Chicago. Chicago is the most religiously diverse city in North America and has played a pivotal role in the development of several

religions and the interfaith movement. I am expecting this Parliament to be especially transformational.

There will of course be many other things going on this year. But these two things -bringing our books back to print and the March to the Parliament- are especially important and like the holiday now before us involve both new beginnings and reaping the benefit of past efforts. Expect to hear much more from me on both of these!

Blessings to all!

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

LADY STEPHANIE'S CORNER



By M. Rev. Stephanie Leon Neal

To the Ones I Love; Communicating with Animals

© Stephanie Leon Neal

When working with animal medicine consider that animals are the most wondrous creatures on this ever-giving earth. Learning about animals is truly a wild path to journey through this life. Individuals work with animals in several ways, depending on what one is interested in. Some take in rescues, some feed all the animals on the block, some research and write about animals, while others volunteer their time in animal shelters or wild animal's healing centers.

It is incredibly enjoyable to slowly learn about animal medicine first hand, because you know that is how the Native Americans learned, first hand. Try learning first hand for your animals.

The main question, one asks, when observing an animal, "What are you saying to me?"

It is a good idea to learn about animals through books, however, once you get a general overview about the animal from texts; begin to learn the animal's language

yourself. Know the animal is speaking with you, and knows you are quite capable of understanding their communications. The animals know you can do it, now you know you can do it.”

The second consideration is; after asking this question, be still and listen or observe what the animal is doing. Do not expect to get your answer, immediately; it may take days, weeks or months, to understand the lesson or directive. The answer may be in their movement, songs, food they are eating!

Preplanning for Animal Visitations:

- If feasible, set up a comfortable seat outside your dwelling, giving you a few minutes to spend outside. Bring your morning cup of tea or coffee outside with you as you relax; in other words, set up an area where you want to spend time outside.
- Another idea is taking a walk outside.
- Create spaces and activities that draw one outside; some examples are, meditation, tending to your garden, tending to your pond, your lawn, crafting outside when the weather is nice, sports, journaling or playing a light game.

Here General Directions Usually Utilized:

1. Recognize your open awareness of the beautiful nature around you.
2. Recognize your open awareness of your own body.
3. Then begin to lovingly observe an animal, making their presence to you. If you can see them, they can see you.
4. Give the animal a friendly greeting through sound, gesture or through thought.
5. Enjoy being with the animal as long as you prefer.
6. When ready, ask something in the order of, “What are you doing today?” or “Do you have a lesson for me?” or “Is there anything I need to prepare for my coming day or week; and if, yes, what?”
7. Lovingly listening, returning to observation.
8. Giving a small offering, if feasible, to the animal, with a pure gratitude.
9. Once it is time to move on with your day, keep this special moment with your little neighbor in your heart.
10. Once you know what your wild friend is conveying to you, celebrate this moment.
11. Nature communicates with humans for enjoyment, protection, warning or guidance, such as problem solving; sometimes they need help, sometimes humans need help. This is where action comes in, by taking sound advice and actively applying it to one’s life.

12.If you journal here is a great opportunity to hold your notes.

This looks like a long list, yet the entire process can take a few minutes and, yes, it can take longer if one desires.

The animal is communicating with you, so it is your interpretation of what you think the animal medicine is telling you.

What is your general impression about your animal?

The following list is just a guideline for your consideration.

General Animal Considerations:

- Shape of the animal
- Color
- General Behavior
- Was there an incident or special moment with your animal?
- Where did you see the animal?
- When did you see the animal?
- How does the animal move?
- Behavior in mate selection.
- Behavior while female and male are with their young
- Children's behavior.
- Community behavior
- Hunting Behavior
- What is its house?
- Where is the house located?
- Where does one find this animal? I. e, land, near a river.
- How does an animal react to water?
- How does an animal utilize the earth?
- How does the animal defend itself?
- How does the animal protect its young?
- How does the animal protect its home or territory?
- How does the animal fight?
- How does the animal handle its food?
- What part of the day is the animal more active?
- What part of the year is the animal most active?
- What are the animal's super powers? Example: Dogs can hear a cat walking on the grass on the next block. Some animals can fly while others can breathe under the water.

As you can see, it takes a lifetime to learn about animal medicine and a split second to know and love them.

It is also most enjoyable reading animal myths from many cultures because there is usually a good observation woven into the main theme.

Bear's Race with Turtle - A Seneca Legend

One fine snowy day. Bear was walking through the snow in the forest. When he walked up on a little hill and stood up on his hind legs, he was so much taller than anything else he could see that he was very proud. Bear loved to brag about how splendid he was, so he thumped himself on the chest and roared, "I'm the biggest animal in the forest!" And nobody made a sound, because Bear really was awfully big.

Bear got an itchy spot on his back, so he walked through the snow to a little tree, leaned against it and wriggled around. While he was scratching, the whole tree broke with a snap! Bear was so impressed with how strong he was, once more he roared out, "I'm the strongest animal in the forest!" And nobody said anything, because Bear really was very strong.

Bear began to run down that little hill. Now, every human child learns very early that you can run like the wind downhill. But Bear was so impressed with how fast he could run, he skidded to a halt by a little frozen lake and roared, "I'm the fastest animal in the forest!"

Then Bear heard a little voice pipe up from the edge of the lake, "No, you're not. Bear! I'm a lot faster than you!"

"What?!" Bear couldn't believe his ears. Then he couldn't believe his eyes! Because that voice came from a little green water turtle, who was sticking his head up through a hole in the ice.

Turtle said it again. "Really, Bear, I'm a lot faster than you are." Bear and Turtle began to disagree, then to argue, and then they began to make so much noise that the other animals came to see what was going on. A great argument was in the making when it was decided that the only way to settle the question was to have a race between Bear and Turtle. The animals reached a general agreement: the race would be around the lake. But then Turtle said, "I'm a water animal, so I'll have to race in the lake."

Bear objected, "You must think I'm pretty stupid! You can just dive under the ice, then come back up and say you won!" Though the animals did think Bear was pretty stupid, he had a point. So, a solution was agreed upon. Bear, who was a land animal, would race around the lake, while Turtle would swim from one hole in the ice to another, put his head up and say something, then swim on. Fox, who had no reason to cheat in this case, was chosen to be the starter and judge, and the race was scheduled for the next day.

The next morning. Elk, who had the biggest feet, were chosen to punch holes in the ice every few feet. All the animals had heard about the race and had come to see it. Almost all the spectators were making bets, and because most of them were so tired of listening to Bear brag, the bets were heavily in favor of Turtle.

Fox called the racers to his side. "Are you ready, Bear?" Now Bear had been warming up, doing exercises, and getting in some last-minute bragging, so he yawned and said, "Yes, I'm ready." Fox asked, "Are you ready, Turtle?" And Turtle, at his first hole in the ice said, "I'm ready!"

"Alright," said Fox, "Once around the lake and back to me. Now ... RUN!"

Turtle dived under the water, swimming as fast as he could and Bear began to just walk, waving casually to his friends, just to prove how easy this was going to be. But Bear had only taken a couple of steps when Turtle's head came up in the second hole in the ice.

Turtle said, "Come on Bear, catch up with me!" And Turtle dived under and went on. Bear was flabbergasted! This turtle was faster than he thought, so Bear began to jog a little faster. But only three steps farther. Turtle's head popped up at the next hole. He said, "Come on, Bear, catch up with me!" then dived under and went on. Now, Bear knew he had to run! He dropped to all fours and began to run as fast as he could. But before Bear passed the third hole, Turtle came up at the fourth hole and said, "Come on. Bear, I'm way ahead of you!"

Bear ran and ran as fast as he could, his tongue drooping further and further out of his mouth, so out of breath he thought he would drop. But that turtle just kept getting farther and farther ahead, each time popping out of a hole to say, "Come on, Bear, catch up with me!" Until finally, when Bear was only half way around the lake, Turtle finished the race!

A great cheer went up from the other animals, "Turtle is the fastest animal in the forest!" Even those that hadn't bet on Turtle came down to congratulate him and shake his clawed foot and pat his shell.

And Bear? Well, Bear was exhausted, and so humiliated that he didn't even finish the race. He turned and went to his house, which was a cave, and slept the rest of the winter. And to this day, bears sleep all winter so they don't have to remember losing that race to a turtle!

There was a big party and feast in Turtle's honor, and then, finally, everybody went home.

Now, Turtle looked around carefully, making sure everyone was gone. Then he crawled down to the edge of the ice, stuck out his clawed foot and rapped three times on the ice.

Suddenly, up through the holes in the ice came Turtle's brothers and sisters, his mom and dad, his aunts, uncles, cousins near and distant, even his grandma and grandpa turtles were there, and every one of them looked exactly like Turtle! They nodded their heads at each other and said, "Yes, we are the fastest animals in the forest!"

Turtle said, "Thank you, my kinfolks. Today we have proved that though we turtles may be slow on foot, we are not slow with wit!"

Seneca Author Unknown

Sending all my love to your animals,

Rev. Stephanie Neal
Correllian.com
Witchschool.com
StephanieLeonNeal.com

All Neal's writings are copyrighted under her collection.

TEA THYME WITH MOTHER & CRONE



By Pamela Maxwell Griffith HPS

Hello February!! Yes we are off and running. Lots of different ideas and news will be coming up on the show.

Interested in being on the show?? Got lots of ideas and wanna share?? Drop us a line on our Facebook page or shoot us an email and we will get back to you!!! Look for our in-depth interviews and our own locations coming up in the next few months. Remember Sundays at 3pm EST we will see you there.



Rev. Ser Mylinda Whiteley AKA Mother



Lady Pamela Maxwell Griffith
AKA Crone

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

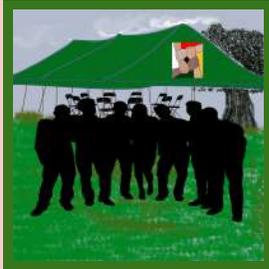
YouTube: Tea Thyme with Mother & Crone -
<https://www.youtube.com/channel/UCtnBrRJz7lqktBOz3SrzpNw>

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 GREENTENT - STAYING POSITIVE



By Rev. Ser Chad Blackman

Hello again brothers. Another month has passed and we see a world in conflict but in a different aspect this time. Seems like life as we know it is collapsing around us. I think most of us know this song and dance probably because we have seen it before in our lives. The funny thing is not necessarily what is happening around us but how it affects us. It is also known that how we react to our situations can make or break the outcomes in most instances. I think as a species, most humans let life dictate what happens to them and just let it bring them down. Now, just simply saying, “be positive”, is not always reaffirming to things working out to their best outcome. Our natural tendency is to look at situations in a negative connotation and rightly so. It’s something that has been done for longer than any of us have been alive. What I am trying to impress upon us is that mental fortitude that we have previously discussed. Even in negative times, learning to find positive reinforcement within ourselves then outward will help us resolve and get through difficult times. Mindset is everything when it comes to navigating life and even being successful. Remember those tiny little habits that were mentioned before? Well, if not, let me share a bit with you in case you don’t remember. Take a few minutes each day to speak and memorize affirmations within your mind. This can also be beneficial when first waking up and before falling asleep. Science has shown that this can not only make a difference in the conscious mind but also affect the subconscious mind and in essence begin to reprogram it in a positive manner. Bundle this with some other good tiny habits perhaps controlled breathing, meditation or audio enhancement. These are just some ways of fortifying your mind, your spirit and overall self against negativity and its effects. In closing, I want to remind each of you that I see every day the amount of male suicides going on around our world. Nearly 4 times that of women and while I proudly support any human being, I want to convey that each of us needs to be there for each other. I humbly offer that if any of you feels the need to reach out. Yes, I’m quite busy but no more or less than you. Support is what we’re all about here so feel free. No strings, nothing of obligation to me. Just some attentive listening and helping as I can. I might not know what you know much less everything but together as a community we can figure things out. Until next time brothers, blessings to you!

Rev. Ser Chad Blackman

*The views/opinions expressed in this article are solely those of the author and in no way reflect the views of The Correllian Times or its staff.

THE WOMEN'S RED TENT



By Rev. Pamela Griffith, HPS

Well Ladies welcome back. We made it another month. Last month I asked for those who are able to get those Red Tents up and running. If you have a Red Tent let us know so we can let everyone know. You may have a need for a red tent and maybe you cannot make the few you know of. I would love to have a list that is so long it cannot all be published!!

I say again and again to find your tribe. Find your sisters out there and bond. Make some lifetime friends. Humans are social animals and as such we need the company of like-minded individuals. If we strengthen those bonds, we will not only have helped ourselves but everyone in your group. With these trying times we need support, especially since we cannot always meet in person.

They have proven that married people live longer and some of that is the love and support that we give to and get from our significant other. It is true that women who have deep bonds with other women have lower stress issues. There is someone you can bounce ideas off, ask silly questions and just share time and love.

Since this craziness of the last two years, we are now remaking our new normal. Maybe this is the year you decide to find your tribe. Make a connection, even if it's a zoom connection. When you share your joy, it is doubled; when you share your sorrow it is halved.

The springtime is on its way, maybe a great time for that little garden or sprucing up the yard. Find yourself and set the intentions to make your life, your life. Let's dust off those altars, set up those candles, cleanse those ritual tools and let the rituals and spiritual life begin.

Call on the Goddess and your ancestors and get the ball rolling on your spiritual life and yes on your tribe. Purposefully ask the Goddess for guidance to find your tribe and your path.



Let's make those new traditions and let's decide to start some shadow work and get our lives back to what we feel comfortable with. The times are changing and not

always for the better. We have supply chain shortages, teacher shortages, worker shortages, let's make sure we do not have spiritual shortages or tribe shortages.

Take a deep breath, breathe in the positive and let out the negative. Ok you got this. No one should have to face this alone. While we may feel isolated or alone, we are not. Reach out. Find a group and keep searching until you find the right group.

If you are interested in starting a red tent but not sure how or have questions, I will be glad to give you a hand. It's not about who has the biggest, or smallest it is about a group of women finding their tribe who they can help and who can help her. Find your group, find your tribe and revel in love, life and laughter. Seek the Goddess for she is there.

KRYSTEL CAVALIERS - CHILDREN RITUAL

By Rev. Ser Stacey Blair, HP



I have sometimes been asked how I incorporate children into rituals so that I can have "Family Rituals". There are many things that children can do based on their ages and with some gentle adult guidance. I let the children assist in setting up, making decorations, blowing out candles, and sharing their talents of music and words. I am a firm believer that children should be welcomed into the circle and share in the celebration of ritual. I have also had rituals run entirely by the children. They stand in a circle, holding hands, and 4 are chosen to be the watchtower guardians. The child in the East walks the circle with incense welcoming Air, the child in the South with a smudge stick, the child in the West with water sprinkling it, and the child in the North a pot full of soil and salt. The ritual can be done as normally done, but each child is given a part to read which helps them to all take it seriously as they listen for their part to come up. Generally in my scout group, the older children read and the younger are the directional points. We then finish up, sit in the circle for a meditation and then go outside where we can ground and share our experiences out in nature. This also allows us to talk about nature and how the ritual relates to it. I have found that a ritual for the children teaches them of service and how they are the future of our stories and way of life. Plus it is a reminder to us of youth and all of the adventures and experiences that come with it.



ARTS & CRAFTS - SPIRIT BAGS

This is a fun craft for any youth. Younger children can use felt, glue and yarn, older children fabric, and thread or leather. After the craft is finished, you can take the children on a nature walk to find treasures that make them feel good and are special to them. Have them place these items in their new totem bag. The directions are simple, fold a piece of fabric/felt in half and glue or stitch the three sides. Make a handle and decorate with beads. Sew this handle onto the bag and decorate. Then wait for any glue to dry if used and go out on your adventure!





WITCHSCHOOL HAPPENINGS

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

Greetings Witch School Family,

Witch School (WSI) has many diverse departments covering a wide variety of areas of metaphysical expertise and spiritual growth. We have tried to provide a representation of all of these in the 35 courses included in the Free Basic Membership. Supporting Students have access to 140+ courses, with more being added frequently. Which departments speak to you?



There are 18 different broad departments full of multiple courses offered at WSI:

- Ancient Civilizations and Cultures
- Correllian Studies
- Crystals
- Divination
- Goddesses, Gods and Pantheons
- Group Development and Ministry
- Healing Arts
- Herbology
- Interactive Grimoires
- Magical, Mythical and Spiritual Beings
- Meditation and Psychic Skills
- Mediumship
- Spiritual Paths and Traditions
- Symbolism and Alphabets
- Tools of the Craft
- Wiccan Studies
- Witchcraft
- Writing

Available on the 1st of February, I am most pleased to announce a brand new standalone Supporting Membership course in the Divination Department at WSI, I-Ching Consultation Yarrow Casting Instructions authored by M. Rev. Stephanie Leon Neal, 1st Priestess of the Correllian Nativist Church, based on the teachings of the 64 hexagram meanings written by Confucius, James Legge, and M. Rev. Don Lewis. I am especially excited because this course not only has five lessons

but includes a 44 minute instruction video in which Lady Stephanie walks you through the exact process for preparing for and doing a I Ching reading. Lady Stephanie also covers an alternative shorter method and one utilizing coins instead of the traditional Yarrow Sticks. Our hope is to provide increased video content in our courses at WSI. I am sure our Supporting Members will enjoy this fascinating and ancient topic at WSI!

I would love to hear from students on what additional courses they would like to see offered at WSI. Please feel free to send your suggestions to RevLaurie@Witchschool.com.

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!

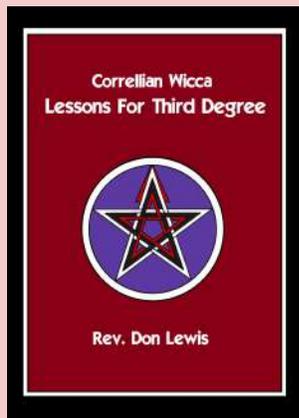
At Witch School, you will find a variety of courses to take on many different Magical and Metaphysical subjects including, all the Degree Courses to become Clergy of the Correllian Nativist Tradition of Wicca. Witch School offers Free Basic Membership and Supporting Membership options.

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

www.witchschool.com



TRADITION NEWS



Correllian Lessons For The Third Degree -Revised and re-edited, ontime for a February 1 release! Pre-order your copy now!

Lessons For the Third Degree, Paperback - Available For Pre-Order

CORRELIAN-PUBLISHING.MYSHOPIFY.COM

Lessons For the Third Degree, Paperback - Available For Pre-Order

Correllian Wicca Lessons For The Third Degree by Rev Don Lewis is back in print at last. Available for PRE-ORDER with an ETA of February 2022. Paperback.



Our Lady of Peace Shrine has a new Formal Shrine Head, Lady Calypso! A little about this shrine: Our Lady of Peace Shrine is a formal distance Shrine of the Order of Peace Weavers, A chartered Order of the Correllian Nativist Tradition. The Shrine is dedicated to Local Peace Projects of its members. Any type of Peace project can be posted there along with the events that go along with those projects. They support all members to engage in Peace projects. The Shrine

is open to all members of the Order of Peace Weavers and open to all who agree with the Order and Shrine's Goals.

Our Lady of Peace, Formal Shrine
Online

Charter: 28 July Year 13 Aquarius

Shrine Keeper: Rev. Aisha Beauchemin HP

Formal Distance Shrine of the Order of Peace Weavers



This is the Peace Prayer Sigil.

Sigil (noun):
A seal or signet
A sign or image
representing an idea

Through it we send sonic and Kinetic waves of Peace. It is charged to this purpose.

Offer a brief prayer for peace, while imagining the Peace Prayer Sigil strongly. Meditate on thoughts of peace, love, and healing, focusing these energies into the sigil. As you do this, imagine the spiral circling inward, integrating the energy into the sigil. When you have sent all the energy that you comfortably can, give thanks and allow the image of the sigil to fade. Make sure to clear and release afterward.

The Correllian Peace Sigil is connected to the Crystal Web enabling peace energy to spread across the world.



Have you watched the new Vlogs? Our own Rev. Don has brought back the vlogs! They were relaunched on New Year's Day. You can join him live and it will also be recorded so that you can watch it afterwards. He answers viewers' metaphysical questions and is always an educational fun time. Do you have any questions for the

Vlog? If so, please put them in the comments section.

<https://www.facebook.com/events/451238299741004>

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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.

2022 Initiation dates are as follows...

Outer Court and Clergy Dedication Rites will be:

- Saturday July 16 at 4:00 PM
- Saturday October 22 at 3:30 PM

First Degree Initiations will be:

- Saturday February 12 at 2:00 PM
- Saturday August 13 at 4:00 PM
- Saturday November 5 at 4:00 PM

Second Degree Initiations will be:

- Saturday March 5 at 12:00 PM
- Saturday September 10 at 1:30 PM
- Saturday December 3 at 1:30 PM

Third Degree Initiations will be:

- Saturday March 5 at 2:00 PM
- Saturday September 10 at 3:30 PM
- Saturday December 3 at 3:30 PM

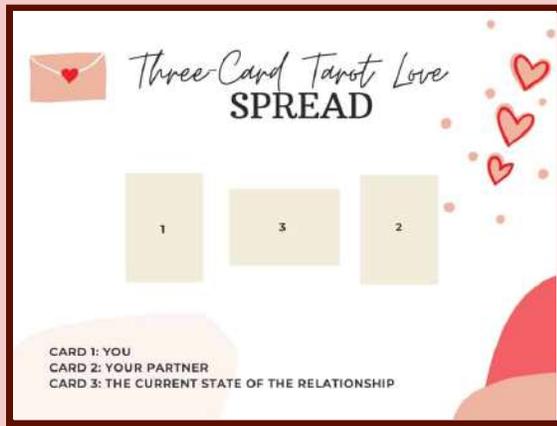
- You will be taken to PayPal where you can complete your donation by clicking the Pay Now button.
- PayPal will display a confirmation of your donation. Click the Return to Merchant button to be returned to the Virtual Candle main page at Witchschool.com.
- Watch for an e-mail containing your unique ID Code, which can then be used to visit your candle by inputting the unique ID Code into the search box within the Candle Category you purchased in. This allows you to share the unique ID Code with others, i.e. for Birthdays, Anniversaries, Memorials, etc.

If you have any questions about Virtual Candles, please contact Support@Witchschool.com.



TAROT & ASTROLOGY

by Rev. Silas Mimir HP ~



Welcome to the February edition of Tarot and Astrology. Being the month of love and Valentine's Day, we are featuring a Three Card Love Spread. This Spread is brought to you by <http://www.alittleparkofjoy.com>. This simple 3 card spread simply goes from left to right. The first card represents you. The middle card on its side represents your partner, and the final card represents the current state of the relationship. This spread is great for a brief check-in on your relationship!

Hello and welcome to Astrology for February. Let's start on Valentine's Day, the 14 with Mercury. Mercury reenters Aquarius. Our communication and thought patterns are spontaneous, somewhat fragmented, and liberal. This is a time when inventive thinking is at a peak. On February 17th, Jupiter will form a sextile with Uranus. During this transit, we tend to view change and activity as good things. We're less tolerant of repetition and routine, and we're resistant to obligations or limits to our self-expression. Good luck or money can happen unexpectedly, appearing in the nick of time. The very next day, (18th), the sun enters Pisces. We are less motivated to do than we are to feel, imagine, and dream. A "what will be, will be" attitude reigns, and we are guided by a sense of universal correlations. Pisces rules empathy, selfless love, devotion, and wisdom. Thanks for joining us for this month's Astrology! Until next time! (from <http://cafeastrology.com>)

SPIRIT ANIMALS & TOTEMS - OTTER

By Lady Wolfciara, HP



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

Otters are carnivorous mammals in the subfamily Lutrinae. The 13 extant otter species are all semi aquatic, aquatic or marine, with diets based on fish and invertebrates. Lutrinae is a branch of the Mustelidae family, which also includes weasels, badgers, mink, and wolverines, among other animals. The word otter derives from the Old English word *otor* or *oter*. This, and cognate words in other Indo-European languages, ultimately stem from the Proto-Indo-European language root **wódr̥*, which also gave rise to the English word "water". An otter's den is called a holt or couch. Male otters are called dogs or boars, females are called bitches or sows, and their offspring are called pups. The collective nouns for otters are bevy, family, lodge, romp (being descriptive of their often playful nature) or, when in water, raft. The feces of otters are typically identified by their distinctive aroma, the smell of which has been described as ranging from freshly mown hay to putrefied fish; these are known as spraints.

The gestation period in otters is about 60 to 86 days. The newborn pup is cared for by the bitch, dog and older offspring. Bitch otters reach sexual maturity at approximately two years of age and males at approximately three years. The holt is built under tree roots or a rocky cairn, more common in Scotland. It is lined with moss and grass. After one month, the pup can leave the holt and after two months, it is able to swim. The pup lives with its family for approximately one year. Otters live up to 16 years; they are by nature playful, and frolic in the water with their pups. Its usual source of food is fish, and further downriver, eels, but it may sample frogs and birds.

Otters have long, slim bodies and relatively short limbs. Their most striking anatomical features are the powerful webbed feet used to swim, and their seal-like abilities holding breath underwater. Most have sharp claws on their feet and all except the sea otter have long, muscular tails. The 13 species range in adult size from 0.6 to 1.8 m (2.0 to 5.9 ft) in length and 1 to 45 kg (2.2 to 99.2 lb) in weight. The Asian small-clawed otter is the smallest otter species and the giant otter and sea otter are the largest. They have very soft, insulated underfur, which is protected by an outer layer of long guard hairs. This traps a layer of air which keeps them dry, warm, and somewhat buoyant underwater.

Several otter species live in cold waters and have high metabolic rates to help keep them warm. European otters must eat 15% of their body weight each day, and sea otters 20 to 25%, depending on the temperature. In water as warm as 10 °C (50 °F), an otter needs to catch 100 g (3.5 oz) of fish per hour to survive. Most species hunt for three to five hours each day and nursing mothers up to eight hours each day.

For most otters, fish is the staple of their diet. This is often supplemented by frogs, crayfish and crabs.[11] Some otters are experts at opening shellfish, and others will feed on available small mammals or birds. Prey-dependence leaves otters very vulnerable to prey depletion. Sea otters are hunters of clams, sea urchins and other shelled creatures. They are notable for their ability to use stones to break open shellfish on their stomachs. This skill must be learned by the young.



Otters are active hunters, chasing prey in the water or searching the beds of rivers, lakes or the seas. Most species live beside water, but river otters usually enter it only to hunt or travel, otherwise spending much of their time on land to prevent their fur becoming waterlogged. Sea otters are considerably more aquatic and live in the ocean for most of their lives. Otters are playful animals and appear to engage in various behaviors for sheer enjoyment, such as making waterslides and then sliding on them into the water. They may also find and play with small stones. Different species vary in their social structure, some being largely solitary, while others live in groups – in a few species these groups may be fairly large.

The European otter (*Lutra lutra*), also called the Eurasian otter, inhabits Europe, most of Asia and parts of North Africa. In the British Isles, they were common as recently as the 1950s, but became rare in many areas due to the use of chlorinated hydrocarbon pesticides, habitat loss and water pollution (they remained relatively common in parts of Scotland and Ireland). Population levels reached a low point in the 1980s, but are now recovering strongly. The UK Biodiversity Action Plan envisages the re-establishment of otters by 2010 in all the UK rivers and coastal areas they inhabited in 1960. Roadkill deaths have become one of the significant threats to the success of their re-establishment.

The North American river otter (*Lontra canadensis*) became one of the major animals hunted and trapped for fur in North America after European contact. River otters eat a variety of fish and shellfish, as well as small land mammals and birds. They grow to one meter (3 to 4 ft) in length and weigh from five to 15 kilograms (10 to 30 lb). In some areas, this is a protected species, and some places have otter sanctuaries that help sick and injured otters to recover.

Sea otters (*Enhydra lutris*) are classified as marine mammals and live along the Pacific coast of North America. Their historic range included shallow waters of the Bering Strait and Kamchatka, and as far south as Japan. Sea otters have about

26,000 to 165,000 hairs per square centimeters of skin, a rich fur for which humans hunted them almost to extinction. By the time the 1911 Fur Seal Treaty gave them protection, so few sea otters remained that the fur trade had become unprofitable. Sea otters eat shellfish and other invertebrates (especially clams, abalone, and sea urchins). Otter populations are affected by the density of prey they hunt. Because the otter food source is easier to excavate from rocky-bottom habitats, as opposed to soft-bottom habitats, more otters tend to live in waters with rocky bottoms with access to shallow-burrowing prey. They frequently carry a rock in a pouch under their forearm and use this to smash open shells, making them one of the relatively small number of animals that use tools. They grow to 1.0 to 1.5 m (3.3 to 4.9 ft) in length and weigh 30 kg (66 lb). Although once near extinction, they have begun to spread again, from remnant populations in California and Alaska.

Unlike most marine mammals (such as seals or whales), sea otters do not have a layer of insulating blubber.[15] As with other species of otter, they rely on a layer of air trapped in their fur, which they keep topped up by blowing into the fur from their mouths. They spend most of their time in the water, whereas other otters spend much of their time on land. The giant otter (*Pteronura brasiliensis*) inhabits South America, especially the Amazon river basin, but is becoming increasingly rare due to poaching, habitat loss, and the use of mercury and other toxins in illegal alluvial gold mining. This gregarious animal grows to a length of up to 1.8 m (5.9 ft), and is more aquatic than most other otters. Otters have been hunted for their pelts from at least the 1700s, although it may have begun well before then. Early hunting methods included darts, arrows, nets and snares but later, traps were set on land and guns used.



There has been a long history of otter pelts being worn around the world. In China it was standard for the royalty to wear robes made from them. People that were financially high in status also wore them. The tails of otters were often made

into items for men to wear. These included hats and belts. Even some types of mittens for children have been made from the fur of otters. Otters have also been hunted using dogs, specifically the otterhound. From 1958 to 1963, the 11 otter hunts in England and Wales killed 1,065 otters between them. In such hunts, the hunters notched their poles after every kill. The prized trophy that hunters would take from the otters was the penis bone, which would be worn as a tie-pin. Traffic (the wildlife trade monitoring network) reported that otters are at serious risk in Southeast Asia and have disappeared from parts of their former range. This decline

in populations is due to hunting to supply the demand for skins. For many generations, fishermen in southern Bangladesh have bred smooth-coated otters and used them to chase fish into their nets. Once a widespread practice, passed down from father to son throughout many communities in Asia, this traditional use of domesticated wild animals is still in practice in the district of Narail, Bangladesh. Norse mythology tells of the dwarf Ótr habitually taking the form of an otter. The myth of "Otter's Ransom" is the starting point of the Volsunga saga. In Irish mythology, the character Lí Ban was turned from a woman into a mermaid, half human and half salmon, and given three hundred years of life to roam the oceans. Her lapdog assumed the form of an otter and shared her prolonged lifetime and her extensive wanderings. In some Native American cultures, otters are considered totem animals. The otter is held to be a clean animal belonging to Ahura Mazda in Zoroastrian belief, and taboo to kill. In popular Korean mythology, it is told that people who see an otter (soodal) will attract 'rain clouds' for the rest of their lives. In the Buddhist Jataka tales, The Otters and The Wolf, two otters agreed to let a wolf settle their dispute in dividing their caught fish but it was taken away by the cunning wolf.

In the Noto region Ishikawa Prefecture, there are stories where they shapeshift into beautiful women or children wearing checker-patterned clothing. If a human attempts to speak to one, they will answer "oraya" and then answer "araya," and if anybody asks them anything, they say cryptic things like "kawai." There are darker stories, such as one from Kaga Province (now Ishikawa Prefecture) in which an otter that lives in the castle's moat shapeshifts into a woman, invites males, and then kills and eats them. In the kaidan, essays, and legends of the Edo period like the "Urami Kanawa", "Taihei Hyaku Monogatari", and the "Shifu Goroku", there are tales about strange occurrences like otters that shapeshift into beautiful women and kill men. In the town of Numatachi, Asa District, Hiroshima Prefecture (now Hiroshima), they are called "tomo no kauso", and "ato no kauso". It is said that they shapeshift into bōzu (a kind of monk) and appear before passers-by, and if the passer-by tries to get close and look up, its height steadily increases until it becomes a large bōzu.

In the Tsugaru region, Aomori Prefecture, they are said to possess humans. It is said that those possessed by otters lose their stamina as if their soul has been extracted. They are also said to shapeshift into severed heads and get caught in fishing nets.



In the Kashima District and the Hakui District in Ishikawa Prefecture, they are seen as a yōkai under the name kabuso or kawaso. They perform pranks like extinguishing the fire of the paper lanterns of people who walk on roads at night, shapeshifting into a beautiful woman of 18 or 19 years of age and fooling people, or tricking people and making them try to engage in sumo against a rock or a tree stump. It is said that they speak human words, and sometimes people are called and stopped while walking on roads.

In the Ishikawa and Kochi Prefectures, they are said to be a type of kappa, and there are stories told about how they engage in sumo with otters. In places like the Hokuriku region, Kii, and Shikoku, the otters are seen as a type of kappa. In the Kagakushū, a dictionary from the Muromachi period, an otter that grew old becomes a kappa.



In an Ainu folklore, in Ashibetsu (in Abashiri, Hokkaido), there are stories where monster otters shapeshift into humans, go into homes where there are beautiful girls, and try to kill the girl and make her their wife.

OTTER TOTEM

The Otter totem aligns with the element of Air and the cardinal direction of North-Northeast. People born under the sign of the Otter confuse the heck out of the rest of the Native American Zodiac.

There is nothing predictable about Otter, nor does he feel the need to do things in a conventional manner. Even though people may not understand Otter's approach, this sign is often quite adept at finishing tasks with great skill.

If this is your sign, you were born with creativity surging through your veins. You're smart, intuitive and nurturing. Better still, honesty is Otter's whole policy. You could not ask for a more tried and true friend than Otter.

The mind of the Otter is insatiably curious, particularly when it comes to people's deep-seated beliefs and viewpoints. Exploring these concepts acts as brain food. You retain all that you learn in tidy mental files and look for any good excuse to share that data. In doing so, Otter sometimes takes over conversations without realizing it. His enthusiasm literally sweeps him away.

The Otter birth totem is very playful and sometimes a little sly. These people enjoy frolicking and dancing under the moon, away from the daunting eyes of daily life. The challenge here is getting Otter to come back down to earth and refocus. Overall Otter is very appealing and agreeable, making them a friend to many. In the Native American Zodiac, Otter represents the inner child in all of us. This animal birth totem celebrates personal freedom, embraces life with passion and often becomes the instrument of change at work or in other people's lives. The medicine wheel of time edges forward to January 20-February 19th in the Northern Hemisphere and July 22 – August 22 in the Southern Hemisphere. This is the month of purification and the Native American zodiac sign of the sweet, fun-loving Otter!

In Western Astrology this correlates to the sensitive Aquarius and majestic Leo, accordingly. Jump on in – the water's fine! There is absolutely nothing conventional about Otter – not the way they talk, nor the way they love! Otter people are often raptly attracted to unique spiritual paths and philosophies that give them good food for thought. Otter doesn't simply think these "thoughts" but also tries to bring a soulful wisdom to everyday things. If you have a friend or family member that is Otter, you've probably noticed their aptitude for chatter. Sometimes you have to remind them to let you get a word in edgewise. With infamous curiosity Otter people will nose into all manner of situations with tickling whiskers. It is OK to tell Otters when they become too inquisitive, rebellious or loud because most often these frolicking, rollicking spirits simply don't realize it. Otter is not only curious but also immensely intelligent. If you're looking for obscure trivia – ask an Otter. Also consider that Otter is a creature of the sea. They dive deeply for oysters then float lazily while eating. Symbolically this speaks of moving into the depth of self to dig out nuggets that fill Otter's very being.

A challenge for Otter, however, is avoiding distractions from the next bigger, better or shinier proverbial Oyster. Internalize first things first, then move on to new wisdom and understanding.

In the Native American Zodiac Otter is among the oddest of critters. They definitely have their own inner rhythm that guides, which also means Otter can be woefully misunderstood. These are creative trend setters with soaring imaginations. You will

never see Otter constrained by trite boxes. Don't mistake this atypical thinking as Otter people having their head in the clouds; rather they carve out the future with ingenuity. Native American tradition tells us that Otter is a healer (perhaps laughter



is the best medicine after all!). Another way that Otter heals is by their willingness to work for the good of all, even if it means giving up a little independence.

The social, playful and inventive nature of Otter is contagious. It is a blessing when Otter teaches others how to celebrate life's little moments that one-by-one make burdens so much lighter. Otter's inquiring mind sometimes leads them to taking on too many projects. While they can multitask it's important for Otter to pair back a bit and really pay attention to what's right in front of them. They crave independence and don't handle being tied down gracefully. In an odd dichotomy, however, Otter is orderly and clean. They like a tidy space in which the "rules" are the ones they set or change at any given moment. If Otter is around, anticipate good fortune and improved finances. Otter joins Raven and Deer as part of the Butterfly Clan known for their flexibility and friendliness. Otter's stone is the protective Turquoise often used as a health amulet. It is also a magical crystal that inspires the pure joy of Otter in your heart and soul.

Otter's plant is the Fern which safeguards the bearer from malicious energies, bears the energy of alchemical transformation and renews the spirit. Love is elusive for those born under the Native American sign of Otter. The key problem in relationships is Otter's fierce independent streak. They often swim away from an ideal situation and find themselves with no one to romance. Thankfully, once Otter does find a good union they have the sensitivity to be truly sensuous lovers. One just has to be patient with Otter because they sometimes have trouble baring their emotional soul.

Otters fare well with highly intelligent partners who also share Her charitable spirit.

Otter has a keen mind. When given the opportunity to work in a liberating environment where they can explore ideas, success knows no bounds! Any creative career suits Otter, but they should avoid overly loud or busy environments – this detracts from the creative process. When Otter receives control over their projects that's where they really shine. Other people's strictures make Otter uncomfortable. One potential direction for Otter is humanitarian causes where their kind heart and upbeat attitude benefits everyone.

Otter Birth Totem Metaphysical Correspondences

Birth dates, Northern Hemisphere: Jan 20 – Feb 18

Birth date, Southern Hemisphere: Jul 22 – Aug 22

Corresponding Zodiac Signs: Aquarius (North), Leo (South)

Birth Moon: Rest and Cleansing Moon

Season: Month of Purification

Stone/Mineral: Turquoise
Plant: Fern
Wind: North
Direction: North – Northeast
Element: Air
Clan: Butterfly
Color: Silver

Bibliography
www.whatismyspiritualanimal.com
<https://en.wikipedia.org/wiki/Otter>

CRONE'S CORNER



By Rev. Pamela Maxwell Griffith HPS

AWWW February Candlemas (Imbolc) Valentine's Day. It's that time of year.

I've always felt the romance of burning candles. Watching the flame, seeing the warm glow of light on the walls. And scented candles, even better. I joke that I must have been born a witch since I've always been in love with candles. And yes, I still make a lot of my own candles. Nothing like putting a little magic in what you make.

We're finally getting a little more daylight and soon a little warmer. The Wheel of the Year has again moved, and we are coming into a new season.

After all we've been through in the last 2 years, we seem to be slowly recovering a little. Baby steps, small movements back to our comfort zones. I am not sure there really was any normal so we now must look for our new normal. What is it that we can do to regain our sense of moving forward?

Just as the Earth is starting to again re-birth may that be our cue to start our own re-birth. Make our own traditions, make our own normal.

It's funny when you think about the normal American family, what really is that?? I grew up watching Leave it to Beaver, ah no one I knew did housework in heels and pearls, but then TV has given us so many distorted ideas of what life should be like.

Since the pandemic ‘normal’ was getting up and traveling to your job, now you might travel into the dining room which has now become the new board room. Our babies and fur babies photo bombing our zoom meetings. But wait no one really gets upset other than the parent of the little darling. It’s now accepted, an event re-played over and over on Facebook and tiktok. Maybe that’s a new normal.

Maybe we need to really start to think about what it is that we need individually, to do for our own lifestyle. What do we want our new normal to be? When I was young, we women had to balance a career and family and many times you had to choose one or the other. Now we can remote into work a few days a month or for some every day.

Now while things seem to be settling down would be an opportune time to think of what you need to make your lifestyle happen. Used to work 50-60 hours a week to get ahead but at the expense of family and your life.

Self-care is the big buzzword today and we really need to think that through. We need to take care of ourselves and the Earth. I know I usually work 7:30-5 M-F. Not good even though my family is grown I still like to have a life.

This realization hit me hard this past week as I went to my check up and found my blood pressure had skyrocketed!! Hmm, big wake up. My pressure was always so low I nearly needed medication and the shock of seeing numbers that high was a slap in my face. OUCH thank you Goddess.

Guess this old Crone needs to listen to her own words!! Yes my dears, do not miss that game for your child, take that vacation, work from home in your PJs. Try that self-care.

MUSIC - HOW DOES MUSIC AFFECT SPIRITUALITY?

By Rev. Tiena Ellis



For as long as I can remember music has been a big part of my life. From listening to my mother and grandmother sing me lullabies to get me to sleep as a young child to singing in choir throughout school and now as an adult just singing with the radio. Due to my empathic nature I also tend to feel music more deeply than others. There have been times where I’ve been sitting and listening to a song on the radio

and I get chills up my arm or a certain song's lyrics speak to me due to a situation I faced or am facing. It made me wonder why this happens.

All music that reconnects us to our inner divine nature is spiritual and why it happens is due to its effects on the brain. Good music releases the neurotransmitter dopamine to your brain. Dopamine is a pleasure neurotransmitter and because of that music has the same effect as drugs or sex on the brain. Dopamine also affects deep emotional centers in the brain. When someone hears a song that touches them emotionally dopamine is released and that memory is stored, if we hear that song again the process is repeated.



Valorie Salimpoor who is a neuroscientist at McGill University, studies the brain and its responses to music, during one of her studies, she and her colleagues hooked up participants to a fMRI (Functioning Magnetic Resonance Imaging) and recorded their brain activity as they listened to a favorite piece of music. They found during peak emotional moments within the song that had been identified by the participant dopamine was released in the nucleus

accumbens which is a structure deep within the older part of our brain. At the same time another part of the brain seeps dopamine just before those peak emotions. That structure is called the caudate nucleus, which is involved in the anticipation of pleasure. The anticipatory pleasure comes from the familiarity with a song. Because of this potent combination of anticipation and pleasure we are essentially biologically-driven to listen and to seek music we like.

Ed Large who is a music psychologist at the University of Connecticut agrees that music releases powerful emotions. He has done studies that look at the variation in the dynamics of music, for example slowing down or speeding up of rhythm, or softer and louder sounds within a piece to see how it resonates in the brain and how it affects a person's enjoyment and emotional response. In the study Large and his colleagues had participants



listen to two variations of a piece

of music, in this case a Chopin piece. In version one the piece of music was played as it normally is, with dynamic variations. The same piece was then played without these variations and was played mechanically. The participants were hooked up to a fMRI and the first version was played there emotional pleasure center lit up, yet during the second version nothing lit up and it was as if the music lost its emotional resonance.

So that is the biology of it. But what makes music spiritual? Essentially all music is spiritual if it reconnects you to the essence of your being. For one person the genre of rap music is spiritual, but for me I cringe at the lyrics. I tend to find myself on the eclectic side of music as I can listen to classical music one day and country music on another. It all depends on what my mood is for that day or what I am dealing with and either the tune or the lyrics of the song reconnects me to my spiritual being. It never fails. Songs that I memorized years ago while singing choirs often pop up in my mind.

Music appears in every known religion of the world. I remember as a child and still within the Christian Church listening to the Hymns, singing in the choir and playing the bells. I've been to an African- American Baptist Church and have seen people in attendance clapping and stomping to the music. I've been to a Catholic Church where the music is much calmer. And I have done the spiral dance to pagan music. Even though I am no longer Christian, music that moved when I was, for example "The Hallelujah Chorus", from Handel, Hymns like "Amazing Grace" and "Silent Night", never fails to produce goose bumps. As I said, even non secular music produces that same response. Carrie Underwood's Song "Jesus Take the Wheel" , Celtic Woman's songs "The Voice" and "The Call", Kelly Clackson's song "Invincible", Cassadee Pope's song "I Am Invincible" and Rachel Platten's song "Fight Song" are among the more recent songs that move me and most music never fails to move me and I hope it never stops moving me. As Beethoven said "Music is the mediator between the spiritual and sensual life". So may we ever be that music of life.

KITCHEN WITCHERY - IMBOLC BISCUITS & WAFERS

By Rev. Ser Stacey Blair, HP

These are the perfect accompaniment for any Imbolc ritual.

For the biscuits:



- 2 cups flour
- ½ teaspoon salt
- 1 cup milk
- 3 teaspoons baking powder
- 3 tablespoons butter

Mix all of the dry ingredients together and cut in butter with a knife. Add the milk and mix lightly. Turn the dough onto a floured cutting board and roll it out till it is ½ inch thick. Cut with a biscuit cutter or cookie cutter and place 1 inch apart on a greased cookie sheet. Bake at 450 degrees fahrenheit for 15 minutes or until golden.

For the wafers:

- 1 pound flour
- ½ teaspoon salt
- 2 capfuls rosewater
- 2 tablespoons butter
- Sweet Milk
- Pinch of Angelica



Mix all of the dry ingredients together, adding milk until a stiff dough forms. Roll out the dough until it is very thin and cut into round cakes, roll again until paper thin. Dredge in flour and put on a greased baking sheet. Bake at 425 degrees fahrenheit till lightly brown. Watch as these can burn quickly. Serve with a sweet whipped cream.

THE APOTHECARY

By Rev. Pamela Maxwell Griffith HPS, HHP

PENNYROYAL

MEDICINAL



What is Pennyroyal?

Both plants are members of the mint family and both are referred to as pennyroyal. *H. pulegioides* (American pennyroyal) grows in woods through most of the northern and eastern US and Canada while *M. pulegium* is found in parts of Europe.

Pennyroyal is a perennial, creeping herb with small, lilac flowers at the stem ends. The leaves are grayish green and, like other mint family members, very aromatic.

Scientific Name(s)

Hedeoma pulegioides, Mentha pulegium

Common Name(s)

Pennyroyal also is known as American pennyroyal, squaw mint, mosquito plant, and pudding grass.

What is it used for?

Traditional/Ethnobotanical uses

Pennyroyal has been recorded in history as far back as the first century AD, when it was mentioned by Roman naturalist Pliny and Greek physician Dioscorides. In the 17th century, English herbalist Nicholas Culpeper wrote about some uses for the plant including its role in women's ailments, venomous bites, and digestion. European settlers used the plant for respiratory ailments, mouth sores, and female disorders. The plant's oil has been used as a flea-killing bath, hence the name pulegioides (from the Latin word meaning flea), and has been used externally as a rubefacient (counter-irritant). In addition, the oil has found frequent use among natural health advocates as an abortive and as a means of inducing delayed menses. The oil and infusions of the leaves have been used in the treatment of weakness and stomach pains.

Miscellaneous uses

Pennyroyal has been used as an insect repellent, antiseptic, fragrance, flavoring, as an emmenagogue (to stimulate menstrual flow), carminative, stimulant, antispasmodic and for bowel disorders, skin eruptions, and pneumonia. The abortive effect of the oil is thought to be caused by irritation of the uterus with subsequent uterine contraction. Its action is unpredictable and dangerous. The dose at which the herb induces abortion is close to lethal, and in some cases it is lethal. Pennyroyal is not considered safe for ingestion for any use. (Pennyroyal, 2022)



MAGICKAL

Magical Use

Pennyroyal is of feminine nature and ruled by Venus and the element earth. Alternatively (that is, depending on who you ask) It's masculine and ruled by fire and Mars. Because of its association with midwifery, pennyroyal is also associated with Hecate, Eileithyia and other Goddesses associated with the art.

Use pennyroyal in healing spells and sachets.

It is said that the pennyroyal in your shoes will protect you from tired feet. Include pennyroyal in blessings before traveling and spells designed to protect a traveler. It helps relieve blockages of the throat chakra and helps heal an aura damaged by addiction. Use in spells to protect your psychic energy from the negativity of others and to strengthen, cleanse and repair the aura.

Use also to protect against the evil eye and for spells for removing the evil eye.

History and Folklore

The botanical name of Pennyroyal comes from the Latin word for flea, alluding to its flea repellent properties.

Pennyroyal seems to have been a staple herb for the ancient physicians from ancient Greece to Northern Europe for a variety of complaints. It was even said that just hanging a branch in the sick room would aid in healing. Garlands of pennyroyal worn about the head were supposed to prevent headaches and giddiness and to help clear the mind. It was even believed to purify foul water. (Pennyroyal, 2022)

CARAWAY



Overview

Caraway is a plant. People use oil, fruit, and seeds as medicine.

Some people take caraway by [mouth](#) for [indigestion \(dyspepsia\)](#), [irritable bowel syndrome \(IBS\)](#), [obesity](#), and other conditions, but there is no good scientific evidence to support any use.

In foods, caraway is used as a cooking spice.

In manufacturing, caraway oil is used to flavor some [medications](#). It is also commonly used as a fragrance in [toothpaste](#), soap, perfumes, and [cosmetics](#).

How does it work ?

Caraway oil might improve digestion and relieve spasms in the stomach and intestines.

Uses & Effectiveness

Insufficient Evidence for

- A long-term disorder of the large intestine that causes [stomach pain](#) ([irritable bowel syndrome](#) or [IBS](#)). Applying a heated poultice of caraway oil to the [abdomen](#) might reduce [IBS symptoms](#). But it's unclear if the benefit is due to caraway oil or just the application of heating.
- Obesity. Early research in [overweight](#) and obese women shows that taking caraway seed extract for 3 months may slightly decrease [body weight](#), [body mass index](#), percent body [fat](#), and waist circumference. But these improvements might not be very meaningful.
- [Asthma](#).
- [Breast-feeding](#).
- [Constipation](#).
- [Cough](#).
- Gas ([flatulence](#)).



- Indigestion (dyspepsia).
- Infections.
- Loss of [bladder](#) control ([urinary incontinence](#)).
- [Menstrual cramps](#) (dysmenorrhea).
- Promoting menstruation.
- Other conditions.

More evidence is needed to rate the effectiveness of caraway for these uses.

(Caraway, 2022)

MAGICKAL

Caraway Folklore and Magical Uses

I never paid much mind to caraway seeds, really. I mostly knew them as the little vaguely anise-flavored bits in my rye bread, and the occasional ingredient in a love recipe. Lately, though, they've gotten my attention.

As it turns out, caraway seeds are one of the best herbs for digestion — particularly for people with functional dyspepsia. Caraway is a carminative, which means that it relieves gas, and the licorice-like compounds in it have a very mild anesthetic effect that's soothing to a troubled stomach. I have a bag left over from a spell, and I've been grinding the seeds to use as an after-meal tea. (I also have samples of a caraway-based digestive remedy called FDgard, but that's a subject for a different kind of post.)

Long story short, since I'm going to be ingesting a bunch of it anyway, I thought it might be a good idea to brush up on some of the folklore and magical uses of caraway. If you're going to be brewing it into a tea several times a day, might as well enchant it at the same time, am I right?

Caraway Magical Properties and Folklore

Need to keep your stuff from being messed with? Bust out the caraway.

In Germany, it was sprinkled on coffins to keep evil spirits away from the dead.

By a similar token, it is believed that anything that contains caraway can't be stolen — putting a pinch of it in a wallet, purse, or car helps deter thieves. Placing a dish of it under a child's crib was said to keep witches away. Sometimes, the seeds were even mixed into animal feed to keep chickens and sheep from wandering away!

Caraway is often used as a love herb. Chewing some of the seeds before kissing someone is believed to entice them to fall in love with you. (Perhaps not incidentally, caraway was also used since antiquity as an after dinner breath-freshening and gas-fighting herb. It's probably easier to get someone to fall for you if you're not enveloped in a dense cloud of halitosis and farting like a Holstein.) Hiding caraway in your lover's food is also believed to keep them faithful to you.

Bathing in an infusion of caraway removes the spiritual causes of disease.

Using Caraway Seeds

Herb lore usually treats herbs in terms of what they're able to bring to or repel from you. How many herbs are described as love-drawing, money-drawing, or banishing? After reading about caraway, it seems to be more useful for keeping what you have over bringing in something new. Even in love recipes, its action is geared more toward helping you maintain what you already have — you need to be reasonably close to someone in order to kiss them and get them to fall for you, right?

I think caraway's greatest strength is as a protective herb, where this preserving quality can really shine. It would also be a useful addition to house blessing spells, or other spells with the aim of maintaining love, providing protection, and keeping evil away at the same time. In love formulas, I usually combine it with other things that have a more direct action.

Caraway seeds are also used to improve memory (which, when you think about it, is another type of preservation). Combined with herbs like peppermint, lavender, and mugwort, they'd make a great addition to a dream pillow or sleep sachet to help with dream recall.

If you don't often use caraway in magic or cooking, I suggest keeping some on hand. Medicinally, it has a whole list of benefits ranging from improved digestion, to better circulation, to pain relief, and relatively few side effects. Magically, it is a very versatile herb for helping you keep all of the things you hold dear. (J, 2022)

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HEALTH

By Rev Pamela Maxwell Griffith HPS

This may be a little long, but it has so much information. I have included both Men and Women's symptoms for heart attacks please read and become familiar with both!!



American Heart Month

The National Heart, Lung, and Blood Institute (NHLBI) sponsors American Heart Month in February to raise awareness about heart health. Join the conversation by using the NHLBI promotional toolkit . You can also share our consumer-friendly MyHealthfinder resources on heart health to help people build heart-healthy habits. And take a look at the Healthy People 2030 objectives aimed at reducing deaths from heart disease and stroke. (Heart Health, 2022)

The first Friday in February (February 4) is National Wear Red Day. On this day in February, which is considered American Heart Month, everyone across the country dons the color red in order to raise and spread awareness in hopes to help eradicate heart disease and stroke in millions of women all over the nation. So put on your

reddest red — whether it be lipstick, a pair of pants, or your favorite hat — and paint the city red. (National Wear Red Day, 2022)

14 Frequent Symptoms of Female Heart Attack

1. Sharp Chest Stabbing as a Precursor

Heart attacks are always serious, and chest pain is one of the most common symptoms most people who have experienced a heart attack have reported. If you experience chest pain and difficulty breathing together with some of the symptoms on this list, consider yourself at risk of an active heart attack or the symptoms that happen before as warning signs.

Any chest pain that you suspect might be a heart attack means see your doctor immediately: Seek medical attention at the emergency room and mention that you think you might be having a heart attack right now. An examination can establish this in just a few minutes – and you’ll know whether it’s a heart attack or not.

2. Pressure in the Chest

Pressure in the chest is one of the most common symptoms reported by people who have had heart attacks, and it’s often one of the first symptoms that point to the fact that there might be something wrong. It’s something that you should always watch for, and it’s the kind of symptom that doesn’t have to be combined with any other ones around it in order to be important: Even if this is the only symptom that you might experience, see your doctor as soon as you can.

This particular symptom is most often described as the feeling of an elephant sitting on the chest: Most people, in fact, describe that it feels this way – and there might have been no other symptoms near it when it happened.

If you experience chest tightness and you know that you have a family history of heart attacks, a prior diagnosis for a heart condition yourself or any of the other potential risk factors for a heart attack, make sure that you can get yourself to the emergency room immediately

3. Numbness or Pain in the Shoulders

One of the most common questions out there about heart attacks is whether or not they are painful: The problem is that there appears to be no standard answer to this question – for some people they are painful, and for other people they are not; it’s

an individual case-by-case situation where everyone experiences it differently when it happens.

What this means is that you should look for any and all symptoms, add the risk factors and if you are in an immediate danger situation, stop what you're doing and see your doctor or seek medical attention at your nearest emergency room.

Numbness is common before pain kicks in, and numbness in the shoulders or neck are common symptoms that someone having a heart attack might experience: Pain might go together with this, but might also not, so combine your symptoms if you think there might be cause for concern.

The numbness might be a precursor sign that starts several hours before the physical heart attack or several minutes. See your doctor at the first signs of it if you want to save yourself time and potentially save your life

4. Back Pain

Back pain is a common symptom that can be associated with heart attacks, and it commonly shows up as one of the potential precursors of a heart attack about to happen together with some of the other symptoms that are mentioned on this list (including chest tightness, chest pain and/or difficulty breathing).

The majority of people imagine that back pain is always related to their back muscles or spine, but this isn't always the case: A great deal of heart attack patients report that their back hurt a few hours to minutes before having a heart attack – and this might have been the time window that got them to make a trip to the emergency room.

Never ignore any pain for too long, especially not if you are at a high risk for a heart attack or know that someone in your family has been diagnosed with a heart condition or had a heart attack during their lifetime: All these things are increased risk factors for developing a heart attack or heart condition yourself.

5. Neck Pain or Numbness

It's a very common expression to say that something is a pain in the neck, but a pain in the neck can also be one of the most important symptoms that you can spot – and it might be what saves your life if it happens as a precursor to a heart attack.

Numbness, tightness or pain in the neck can easily be shrugged off as symptoms that simply mean you might have had a rough day at work – and many people do –

but it can also be a heart attack precursor, and it's one of the symptoms that most often gets ignored or attributed to other things.

Where it's a precursor pointing to your likelihood of a heart attack in the next few hours to minutes, you might experience chest and jaw tightness alongside this, and might experience even further symptoms from this list.

See your doctor at the first signs of numbness or discomfort: A trip to the emergency room as soon as possible is one of the best things you can do if you suspect a heart attack or any of the precursor symptoms that might come before one.

6. Difficulty Breathing

Difficulty breathing is a symptom that one might associate with a lung infection, chronic respiratory condition or environmental factors such as traveling to a very polluted area when you have a system that remains sensitive to changes like this. But at the same time, difficulty breathing can also be one of the first symptoms that might be a high heart attack risk – and a great deal of heart attack patients report chest tightness and difficulty breathing as either a symptom or a precursor.

If you notice that you experience any tightness, numbness or pain together with this symptom, seek medical attention from your nearest emergency room immediately: This could be fatal – and early diagnosis and treatment are key to making sure you're able to treat the condition in time.

Sure, there are many other things that might cause difficulty breathing, but the more symptoms on this list you can combine with one another, the higher your chances of it being a heart attack.

7. Numbness in the Fingertips

The numbness that most people associate with a heart attack isn't just located in the neck, arms, shoulders and back, but might also extend to other parts of the body including the hands, fingertips, legs, and feet:

Because of the fact that a heart attack affects the heart and the heart powers blood flow, numbness is one of the most common symptoms that people who have heart attacks report afterward.

The associated numbness might happen a few hours to a few minutes after the physical event, but might also happen during the active heart attack: You are likely

to experience other symptoms from this list (including chest tightness and difficulty breathing) at the same time, although there are many heart attack cases every year which don't.

Even a small, insignificant symptom like numbness in the fingertips could save your life: Take note and seek medical attention as soon as possible.

8. Jaw Discomfort

It might seem obvious to say that a heart attack is uncomfortable, but it's such an obvious symptom that many people miss it just because they think it will go away or happen because of something else. Heart attack symptoms are nagging although slight at first, which is how many people will ignore the first symptoms that they might be about to have a heart attack – and in a few hours, have a heart attack without realizing that your body was trying to tell you about it several hours prior to the actual event.

Jaw tightness and discomfort are common symptoms that many people who have had heart attacks have reported. Often, this goes together with the same tired or numb feeling in the hands, shoulders, back or neck.

It's a very important symptom but also happens to be one that most people ignore when it happens just because it seems simple and insignificant at the time.

See your doctor at the first signs of jaw tightness, even if that's the only experienced symptom.

9. An Increased or Decreased Heart Rate

If you are someone who has a heart condition, someone who is already at risk of having a heart attack or someone who is generally worried about their heart, then it's likely that you make regular doctor's appointments to have your heart checked out – and if you don't, you should!

Vital signs are a clue for what your body might be doing. During the average doctor's appointment, your doctor checks some of these vital signs to gather a clearer picture of your health.

One of the first things the doctor will take note of is your heart rate: Blood pressure, breathing rate, and other elements are also important, of course, but heart rate can reveal a lot about you.

If you notice an increased heart rate (or a decreasing one) from what you are used to, then it might be a potential heart attack sign. See your doctor or visit the emergency room if you feel like your heart just isn't keeping up with what it's supposed to do.

10. Irritability

There are plenty of ways in which a heart attack can signal that it's on the way. One of the most common signs are the ones mentioned earlier on in this list: Symptoms like chest pain, chest tightness, neck pain, numbness, and jaw pain or discomfort are all ones that might serve as potential warning signs that you might be about to have a heart attack, or might already be in the middle of one.

Physical signs aren't the only ones that you should look for: Sometimes there are other signs of a potential heart attack, too.

Irritability means that someone might snap at the slightest thing: Irritability means that someone obviously doesn't feel well. But irritability can also mean a lot more than this, and it could be one of the precursors of a heart attack if it's combined with some other signs on this list: See your doctor for it.

11. Anxiousness

One of the other potential precursor signs of a heart attack that can be said aren't purely physical is the anxiousness that many patients report feeling as their heart attack was about to happen, or as their heart attack was actively happening. Feeling anxious and panicked is a feeling that isn't always just emotional in nature, but can have a lot to do with your heart health – and anxiety or uneasiness has been associated with many cases of a heart attack in the past.

Where it's not a heart attack, it might be indicative of anxiety-related disorders or a panic attack: A history of anxiety and panic attacks is likely in this case – but it doesn't rule out a heart attack, particularly not if you can combine any of the other symptoms mentioned on this list.

See your doctor anywhere you feel anxious: If you can combine any symptoms on this list as heart attack precursors, seek help straight from the emergency room.

12. Headache

A nagging or persistent headache is a very common symptom, and yet one that most people will ignore in their daily life if they were to experience it: Headaches

are usually dealt with by taking painkillers – and from there, these painkillers do little more than suppress the pain of the headache without treating the cause.

A headache can oftentimes be a sign of something more serious, including a potential sign of a heart attack or stroke: This becomes more true for anyone who had previously shown any of the other symptoms of a heart attack that appear on this list – and also remains more true for anyone who is a high risk.

Never ignore a headache as a “simple” medical symptom: It almost never is. See your doctor if you have persistent headaches, whether or not they are combined with any symptoms of a heart attack that appear on this list.

13. Unconsciousness

If you are having a heart attack or suspect that you might be about to, one of the most important things that you can do is to seek immediate medical attention or go to the emergency room: Get help, phone an ambulance or do what you can in order to get yourself to medical help as soon as possible – doing anything else can lead to potential fatality for something that could have been treated in good time.

Never use the “wait and see” approach with your health, and delay when you should be getting yourself to a doctor: Waiting for medical help when you could be at the emergency room right now is one of the most dangerous things that you can do, and many heart attacks lead to eventual unconsciousness.

Unconsciousness can render you helpless in the midst of a heart attack, especially if you are alone when it happens.

14. High Blood Pressure

Heart attacks and high blood pressure are two separate health conditions that might go hand in hand – and that might affect you if you have any kind of family history that includes them.

Do you know anyone in your family that might have had what people today refer to as a “bad heart” even if you aren’t sure which condition might have caused it? Do you know anyone in your family with high blood pressure? It’s a good idea to call up family members about this, to check your family history or to get a genetics test done.

High blood pressure puts you at an increased risk of having a heart attack in your lifetime, and the biggest risk factor other than lifestyle and diet is your family history. (14 Symptoms of a Female Heart Attack, 2022)

Heart Attack Symptoms in Men

By Amanda Gardner

Heart disease is the leading cause of death for men in the United States.

But thanks to many new life-saving treatments, heart attacks don't have to be fatal — sometimes, they don't even slow you down too much. The trick is to know the signs and get help right away.

Symptoms can vary from person to person and even from one episode to another in the same person. Some come on suddenly, and others give plenty of warning. Still, there are some common signs of heart attacks in men.

Chest Pain

This is the most common symptom of a heart attack in both men and women. Most often, it starts slowly with mild pain or discomfort. A sudden onset of severe symptoms is sometimes called a “Hollywood heart attack,” because of the typical way heart attacks have been portrayed in movies and television. A heart attack can happen this way, but it doesn't that often.

Chest Discomfort or Pressure

The pain can be severe, but it doesn't have to be. It can be a feeling of “fullness,” squeezing, or pressure. It can even be mistaken for heartburn. The discomfort often happens in the left or center of your chest. The feeling may last for more than several minutes, or it may come and go.

Pain in Other Parts of Your Body

Pain or discomfort sometimes shows up in other areas because they're not getting enough blood. Usually, it's an area of the body that's above the waist, including the upper part of your stomach, your shoulders, one arm (probably the left) or both, your back, neck or jaw, even your teeth.

Other Symptoms

Shortness of breath, called dyspnea, can happen with or without chest pain and may even be your only symptom. It can happen when you're being active or not and is probably due to congestion (fluid buildup) in your lungs. You may also find yourself coughing or wheezing.

Feeling tired for no reason is another common sign. You might feel anxious, too.

Nausea and vomiting are less common in men than women. Some people say they feel light-headed or dizzy. Another possible sign is breaking into a cold sweat

The more symptoms you have, the more likely it is that you're having a heart attack. But bear in mind, you may have no symptoms at all. These are called silent heart attacks and are more common the older you are or if you have diabetes.

Get Help

If you think there's any possibility that you're having a heart attack, call 911 right away. (Gardner, 2022)

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- **Teen Dating Violence Awareness Month**

Break the Cycle sponsors [Teen Dating Violence Awareness Month](#) in February to help people learn how to create healthy relationships. Get involved by sharing this [evidence-based teen dating violence prevention model](#) from the Centers for Disease Control and Prevention (CDC). And be sure to check out the Healthy People 2030 [violence prevention objectives](#) to learn about national targets for reducing violence. Finally, consider sharing our MyHealthfinder [tips for spotting signs of relationship violence](#). (Heart Health, 2022)



What Is Teen Dating Violence Awareness and Prevention Month?

February is National Teen Dating Violence Awareness and Prevention Month (TDVAM). This is an issue that impacts everyone – not just teens – but their parents, teachers, friends and communities as well. Together, we can raise the nation’s awareness about teen dating violence and

promote safe, healthy relationships.

In his Teen Dating Violence Awareness & Prevention Month Proclamation President Obama called on all Americans “to stand against dating violence when we see it.” At a time when an estimated 1 in 10 teens will experience dating

violence we all must take this opportunity to amplify our efforts and shine a spotlight on this important issue.

What Is the Impact of Teen Dating Violence?

Nationwide, youth age 12 to 19 experience the highest rates of rape and sexual assault. Studies show that approximately 10% of adolescents report being the victim of physical violence at the hands of an intimate partner during the previous year. Girls are particularly vulnerable to experiencing violence in their relationships and are more likely to suffer long-term behavioral and health consequences, including suicide attempts, eating disorders, and drug use.

Adolescents in abusive relationships often carry these unhealthy patterns of violence into future relationships. Indeed, children who are victimized or witness violence frequently bring this experience with them to the playground, the classroom, later into teen relationships and, ultimately, they can end up the victims and perpetrators of adult intimate partner violence.

How Do I Participate in Teen Dating Violence Awareness and Prevention Month?

During Teen Dating Violence Awareness and Prevention Month (TDVAM), we aim to break the cycle of violence by providing support and services to victims, their families and their communities. The following activities represent just a few of the exciting ways that everyone can – and hopefully will – engage in this work:

- **TeenDVmonth Toolkit** – a brand new toolkit released by Break the Cycle just in time for TDVAM. The toolkit provides adult allies with resources to engage communities, especially youth, in a discussion about healthy relationships.
- **What's Real Tool Kit** – The Idaho Coalition Against Domestic and Sexual Violence's Center for Healthy Teen Relationships' new toolkit has an array of resources for use year-round as well as during TDVAM. It includes a youth-led positive social marketing campaign; posters, stickers, bookmarks, and other materials to engage both youth and adult influencers; and reproducible materials you can use to engage youth online.
- **Safety Planning Guide** – a project of Break the Cycle and the National Dating Abuse Helpline. The interactive planning guide allows youth to create a personalized safety plan for work, school, home and while out with a partner. It also provides tips, local resources, and a pocket-sized personalized safety checklist.

- That's Not Cool Ambassador Program – the Ambassador Program is a unique opportunity for teens to raise awareness with friends, family, and the community at large. By completing monthly challenges, That's Not Cool Ambassadors contribute their unique voices to this national initiative while helping to raise awareness about digital dating abuse in their schools and local communities. All teens and tweens across the country are invited to join this Futures Without Violence initiative.
- Preventing and Responding to Teen Dating Violence– this collection of materials including curricula, training tools, guide books, fact sheets, applied research papers, and model programs, emphasizes collaborative and multilevel approaches to the prevention of and response to teen dating violence. It includes information related to: 1) young people, 2) parents and care takers, 3) men and boys, 4) teachers and school-based professionals, 5) health care professionals, and 6) domestic violence and sexual violence service providers.
- Runaway & Homeless Youth and Relationship Violence Toolkit– this toolkit was developed by and for advocates, from the runaway and homeless youth and domestic violence and sexual assault fields, to help programs better address relationship violence among youth who have run away from home, are living on the streets or are homeless. Sections of the toolkit include key terms and definitions, research and resources, a look at each field, recommendations for building partnerships and services, sample materials, and help for teens in need. Check out this one page fact sheet about the toolkit (PDF, 1 page).

Blog! Tweet! Or Participate in a Webinar!

The Family Violence Prevention and Services Program at the Administration for Children and Families is working to bring visibility to the work of advocates, the strength of victims, and the Federal initiatives addressing this pervasive issue by hosting social media events and webinars throughout the month of February. Click [here](#) to access their calendar of events (PDF, 2 pages).

Talk to Teens!

Everyone can make a difference by reaching out to young people in simple ways. As we interact with teens in our work or personal lives each of us can act on President Obama's call to stand against teen dating violence by:

- Discussing the warning signs of dating abuse (all kinds, not just physical abuse).

- Creating a positive connection to the issue – talk about the characteristics of healthy teen relationships, not just abusive ones – and use statistics sparingly.
- Talking about how the media portrays healthy and unhealthy relationships. For example, many popular movies, TV shows, commercials, books, and magazines portray stalking as romantic or harmless when it is actually very dangerous.
- Getting involved even if you don't have a lot of resources – an information table, classroom discussion, or school announcement can get the conversation started.

Anyone Can Do It!

Anyone can participate in TDVAM! Consider one of the following activities:

- Request a DVAM proclamation from your state or local government, such as this example from Minnesota (PDF, 1 page).
- Register your local school for the National School Announcement.
- Ask local school teachers to include a discussion about healthy relationships in their February lesson plans (PDF, 1 page).
- Write an op-ed in your local newspaper.
- Support youth-led events and projects.

How Do I Get Help?

If you know of a teen or parent that could benefit from speaking to a caring, well-trained peer advocate, please connect them with the National Dating Abuse Helpline, a project of the National Domestic Violence Hotline, at 1-866-331-9474 (TTY: 1-866-331-8453), by texting "love is" to 77054, or through live chat at loveisrespect.org.

For more information, please visit the Department of Justice, Office on Violence Women. (Teen Dating Violence Awareness and Prevention Month, 2022)

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MENTAL HEALTH

By Rev Pamela Maxwell Griffith HPS, BS Psych



So many things have been going on since the new year. But this might be the most important. Please access these sources for your children. There are many resources available to you and your children. I decided to focus on our children this month so that they may grow into the best that they can be!!!

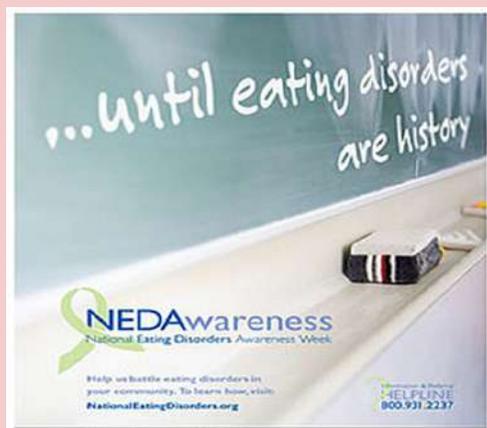
Children's Mental Health Week

Children's Mental Health Week is taking place on 7-13 February 2022. This year's theme is Growing Together.

We will be encouraging children (and adults) to consider how they have grown, and how they can help others to grow.

Our free resources will help you take part in the week. All of the ideas can be adapted for use

in school, for home-schooling, online lessons or independent learning. (Children's Mental Health Week, 2022)



National Eating Disorders Awareness Week (NEDA Week) is an annual campaign to educate the public about the realities of eating disorders, and to provide hope, support, and visibility to individuals and families affected by eating disorders.

NEDA Week 2022 will take place during the week of February 21 - 27, 2022. (NEDA week, 2022)

You've decided it's time to seek help and we're so glad you did. NEDA is here to support you on your journey. These resources can help you take the first step to getting the help you deserve.

WHAT ARE THE WARNING SIGNS AND SYMPTOMS OF AN EATING DISORDER?

The chance for recovery increases the earlier an eating disorder is detected. Therefore, it is important to be aware of some of the warning signs of an eating disorder.

COMMON SYMPTOMS OF AN EATING DISORDER

Emotional and behavioral

- In general, behaviors and attitudes that indicate that weight loss, dieting, and control of food are becoming primary concerns
- Preoccupation with weight, food, calories, carbohydrates, fat grams, and dieting
- Refusal to eat certain foods, progressing to restrictions against whole categories of food (e.g., no carbohydrates, etc.)
- Appears uncomfortable eating around others
- Food rituals (e.g. eats only a particular food or food group [e.g. condiments], excessive chewing, doesn't allow foods to touch)
- Skipping meals or taking small portions of food at regular meals
- Any new practices with food or fad diets, including cutting out entire food groups (no sugar, no carbs, no dairy, vegetarianism/veganism)
- Withdrawal from usual friends and activities
- Frequent dieting



- Extreme concern with body size and shape
- Frequent checking in the mirror for perceived flaws in appearance
- Extreme mood swings

Physical

- Noticeable fluctuations in weight, both up and down
- Stomach cramps, other non-specific gastrointestinal complaints (constipation, acid reflux, etc.)
- Menstrual irregularities — missing periods or only having a period while on hormonal contraceptives (this is not considered a “true” period)
- Difficulties concentrating
- Abnormal laboratory findings (anemia, low thyroid and hormone levels, low potassium, low white and red blood cell counts)
- Dizziness, especially upon standing
- Fainting/syncope
- Feeling cold all the time
- Sleep problems
- Cuts and calluses across the top of finger joints (a result of inducing vomiting)
- Dental problems, such as enamel erosion, cavities, and tooth sensitivity
- Dry skin and hair, and brittle nails
- Swelling around area of salivary glands
- Fine hair on body (lanugo)
- Cavities, or discoloration of teeth, from vomiting
- Muscle weakness
- Yellow skin (in context of eating large amounts of carrots)
- Cold, mottled hands and feet or swelling of feet
- Poor wound healing
- Impaired immune functioning

ANOREXIA NERVOSA

- Dramatic weight loss
- Dresses in layers to hide weight loss or stay warm
- Preoccupation with weight, food, calories, fat grams, and dieting. Makes frequent comments about feeling “fat.”
- Resists or is unable to maintain a body weight appropriate for their age, height, and build
- Maintains an excessive, rigid exercise regime – despite weather, fatigue, illness, or injury

[Learn more about anorexia nervosa >](#)

BULIMIA NERVOSA

- Evidence of binge eating, including disappearance of large amounts of food in short periods of time or lots of empty wrappers and containers indicating consumption of large amounts of food
- Evidence of purging behaviors, including frequent trips to the bathroom after meals, signs and/or smells of vomiting, presence of wrappers or packages of laxatives or diuretics
- Drinks excessive amounts of water or non-caloric beverages, and/or uses excessive amounts of mouthwash, mints, and gum
- Has calluses on the back of the hands and knuckles from self-induced vomiting
- Dental problems, such as enamel erosion, cavities, discoloration of teeth from vomiting, and tooth sensitivity

[Learn more about bulimia nervosa >](#)

BINGE EATING DISORDER

- Secret recurring episodes of binge eating (eating in a discrete period of time an amount of food that is much larger than most individuals would eat under similar circumstances); feels lack of control over ability to stop eating
- Feelings of disgust, depression, or guilt after overeating, and/or feelings of low self-esteem
- Steals or hoards food in strange places
- Creates lifestyle schedules or rituals to make time for binge sessions
- Evidence of binge eating, including the disappearance of large amounts of food in a short time period or a lot of empty wrappers and containers indicating consumption of large amounts of food

[Learn more about binge eating disorder >](#)

OTHERWISE SPECIFIED FEEDING OR EATING DISORDER (OSFED)

Because OSFED encompasses a wide variety of eating disordered behaviors, any or all of the following symptoms may be present in people with OSFED.

- Frequent episodes of consuming very large amount of food followed by behaviors to prevent weight gain, such as self-induced vomiting

- Evidence of binge eating, including disappearance of large amounts of food in short periods of time or lots of empty wrappers and containers indicating consumption of large amounts of food
- Self-esteem overly related to body image
- Dieting behavior (reducing the amount or types of foods consumed)
- Expresses a need to “burn off” calories taken in
- Evidence of purging behaviors, including frequent trips to the bathroom after meals, signs and/or smells of vomiting, presence of wrappers or packages of laxatives or diuretics

[Learn more about OSFED >](#)

AVOIDANT RESTRICTIVE FOOD INTAKE DISORDER (ARFID)

- Dramatic weight loss
- Limited range of preferred foods that becomes narrower over time (i.e., picky eating that progressively worsens)
- Fears of choking or vomiting
- No body image disturbance or fear of weight gain

[Learn more about ARFID >](#)

PICA

- The persistent eating, over a period of at least one month, of substances that are not food and do not provide nutritional value
- Typical substances ingested tend to vary with age and availability. They may include paper, soap, cloth, hair, string, wool, soil, chalk, talcum powder, paint, gum, metal, pebbles, charcoal, ash, clay, starch, or ice

[Learn more about pica >](#)

RUMINATION DISORDER

- Repeated regurgitation of food for a period of at least one month. Regurgitated food may be re-chewed, re-swallowed, or spit out
- If occurring in the presence of another mental disorder (e.g., intellectual developmental disorder), it is severe enough to warrant independent clinical attention

[Learn more about rumination disorder >](#)

Other Food & Behavior Concerns

ORTHOREXIA

- Cutting out an increasing number of food groups (all sugar, all carbs, all dairy, all meat, all animal products)
- An increase in concern about the health of ingredients; an inability to eat anything but a narrow group of foods that are deemed ‘healthy’ or ‘pure’
- Spending hours per day thinking about what food might be served at upcoming events
- Body image concerns may or may not be present

[Learn more about orthorexia >](#)

COMPULSIVE EXERCISE

- Exercise that significantly interferes with important activities, occurs at inappropriate times or in inappropriate settings, or occurs when the individual exercises despite injury or other medical complications
- Intense anxiety, depression and/or distress if unable to exercise
- Exercise takes place despite injury or fatigue

[Learn more about compulsive exercise >](#)

DIABULIMIA

- Increasing neglect of diabetes management; infrequently fills prescriptions and/or avoids diabetes related appointments
- Secrecy about diabetes management; discomfort testing/injecting in front of others
- Fear that “insulin makes me fat”
- Restricting certain food or food groups to lower insulin dosages
- A1c of 9.0 or higher on a continuous basis

[Learn more about diabulimia >](#)

(warning signs and symptoms, 2022)

[Learn more >](#)

HOW DO I KNOW IF IT’S TIME TO GET HELP?

Our online eating disorders screening assesses warning signs of an eating disorder and helps you determine if it's time to seek professional help. But please note, this screening is not a replacement for clinical evaluation.

Get screened >

HOW DO I OPEN UP ABOUT MY ISSUES?

If you are able to recognize disordered eating attitudes and behaviors in yourself, you have already taken the first step toward a happy, healthy, balanced way of life. The second step—telling a trusted friend, family member, or professional counselor/nutritionist—is equally as important.

Learn how to share your concerns >

WHAT'S THE FIRST STEP TO TREATMENT?

Early detection, initial evaluation, and effective treatment are important steps that can help an eating disorder sufferer move into recovery more quickly, preventing the disorder from progressing to a more severe or chronic state.

Learn more about evaluation and diagnosis >

WHAT CAN I EXPECT FROM EATING DISORDERS TREATMENT?

Many people wonder what will happen at their first visit, and what to expect from the overall treatment process.

Learn more about treatment >

HOW DO I FIND TREATMENT?

NEDA has a database of treatment providers across the country. Use our finder tool to locate options near you.

Works Cited

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MIND & SPIRIT - THE ETERNAL BATTLE

Rev. Ser Chad Blackman



Merry Meet readers and welcome to this month's rendition of Mind and Spirit. I just wanted to take a moment and share with you some insights into the external vs the internal that each of us fight on a daily basis. It is that battle of letting external forces determine that type of spirit each of us carries with us daily. Of course, this can be positive or negative, depending on how we see things each day.

Now, I won't deny that the world puts a pretty heavy burden on us all the time. Man, these days it seems nothing can go right if we want to look at it that way. A pandemic, prices rising, the great resignation and the list goes on and on. I just want each of you to take a deep breath and let's take a minute to look at all this in a different light. I'm sure all of you have heard that a diamond takes a severe amount of pressure and heat over time to become a diamond. I want to suggest that you all are already diamonds. The amount of pressure and heat that life has handed you over time has made you into a diamond. Now we just have to get moving with the polishing so you all can really shine.

That means letting go of the old habits and bad things that are in the past. This is no easy task but is it ever rewarding in ways we can't understand much less see until the task is done. Let go of all that crud and dirt that has been weighing you down for some time now. Just take a small task each day to clean up your life and organize in any way you can. As I heard years ago in a movie, "Get your head straight." Sounds rough but honestly when you go with that positive natural intuition you become that unique diamond that is you. Just think about it and start making small changes today. I believe you will find it to be quite rewarding mentally, physically and spiritually. Make it a routine in your life and watch the blessings flow in even the smallest of things. Meanwhile, your gratitude will grow and life can become fulfilled. Stay humble and help where you can folks. Actions, words and thoughts of a positive nature are hard to keep but I have faith in my fellow humans to do better. Until next time my family, Blessed Be!

*The views/opinions expressed in this article are solely those of the author and in no way reflect the views of The Correllian Times or its staff.

THE QUIET CORNER - THE FLIGHT

By Rev. Ser Stacey Blair, HP

Close your eyes and imagine yourself in a park, green and lush. Look around at the people, the children playing, couples strolling, picnic blankets full of friends. Smell the air, feel the warmth of the sun. Suddenly, there is a wind, a giant eagle flies above your head and calls out to you. He circles a few times before landing next to you. You run your hand over his feathers and he nuzzles you, then gently pushes you up onto his back. Suddenly you find yourself riding through the air, over streams, over mountains, over lands and through clouds. You feel free from everything physical, mental and emotional. No cares in the world and so you throw your hands in the air and laugh. The eagle calls to you to look down. You suddenly see the landscape change, becoming a timeline of your life. From birth to the present day you see your entire life play out below you. All the good and the bad. You go through all of the emotions the scenes bring. When you finally reach the present day, you realize what the eagle's message to you is. That you are as free as you allow yourself to be. All of those scenes that played out before you made you who you are today. Forgive the mistakes, embrace your past, love yourself. The eagle lands back in the park setting and you thank him for the ride and the gift. You watch as he flies away. Now open your eyes and give yourself a hug, for you are the one that stood by yourself through all of it and never gave up. Be proud of that!



CALENDAR



Tuesday 1

- New Moon in Aquarius
- LGBTQ History Month begins
- Black History Month begins
- Imbolc in northern hemisphere Lammas or Lughnasadh in southern hemisphere
- World Walker's Meeting 2 PM
- Virtual Circle Imbolc Ritual 9 PM
- Correllian Awards Nominations Open

Wednesday 2

- Start an art project

Thursday 3

- Virtual Circle Imbolc Ritual 9pm

Friday 4

- Celebrate Black History month
- Celebrate LGBTQ month

Saturday 5

- Make a treat with Nutella on World Nutella Day

Sunday 6

- Tea Thyme with Mother and Crone 3 PM

Monday 7

- Chancellor's Chat 9 PM

Tuesday 8

- Have a home spa day and practice the Correllian Ritual Bath

Wednesday 9

- Make a pizza on National Pizza Day

Thursday 10

- Go on a nature walk

Friday 11

- Great Crystal Web 7 PM

Saturday 12

- First Degree Initiation 2 PM
- Red Tent Meeting 9 PM

Sunday 13

- Roman Festival of Parentalia - honor the ancestors
- Tea Thyme with Mother and Crone 3 PM
- La Hora Hispana 12pm EST

Monday 14

- Valentine's Day
- Chancellor's Chat 9 PM

Tuesday 15

- Lupercalia - fertility celebration

Wednesday 16

- Full Moon in Leo - Snow Moon
- Virtual Circle Full Moon Ritual 9 PM

Thursday 17

- Do something kind for someone on National Random Acts of Kindness Day

Friday 18

- Emerging Pagan Leadership Conference



- Celtic Tree Month of Ash begins

Saturday 19

- Emerging Pagan Leadership Conference

Sunday 20

- Emerging Pagan Leadership Conference
- Tea Thyme with Mother and Crone 3 PM
- La Hora Hispana at 5pm EST

Monday 21

- Chancellor's Chat 9 PM

Tuesday 22

- Try a new fitness routine

Wednesday 23

- Donate to local Pagan Food Bank

Thursday 24

- Do something witchy

Friday 25

- Make homemade hot chocolate

Saturday 26

- Make something with pistachios on National Pistachio Day

Sunday 27

- Tea Thyme with Mother and Crone 3 PM

Monday 28

- Chancellor Chat 9 PM

CORRELIAN HELP DESK & 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.

Are you a member of an in-person temple? Ask your temple head if there is a facebook group! Most active temples in the tradition have a facebook group to facilitate communication.

CORRELIAN 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 Hazyoly 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.



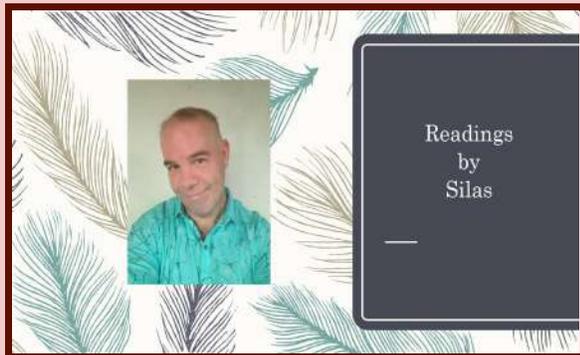
Correllian Order of Seshat is an Order for all those who love Journalism and writing.

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.



Readings By Silas

<http://www.etsy.com/shop/readingsbysilas>
You will find various spreads and decks for Tarot readings. Curious about a past life? Need some help analyzing a dream? Need some advice about your career or love life? There are tarot readings available for all these and more! Come visit us at Readings By Silas on Etsy.

About: Silas has been studying and working with Tarot for over 10 years. He is a High Priest, Reiki Master and a vetted member of the Seattle Psychics Association. He speaks both Spanish and English.

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

By Rev Silas Mimir HP~



“Open your eyes. Listen to the sounds around you. Feel the wind blowing. These are all messages from within. Pay attention to the signs of a better future, and manifest your deepest desires.”

CORRESPONDENCES



A Greek Mythology says that the name Iris means “rainbow”. It is also a goddess who sends messages between gods and mortals on earth. She traveled the earth through a rainbow and beautiful flowers began to appear wherever she stepped upon the ground. These flowers were called Iris, after the goddess. She was also believed to be a guide into the afterlife and purple Irises were placed upon the graves of women so that Iris could lead them to Elysium. This tradition still exists today.

Irises have many meanings and symbols associated with them. They can mean royalty, wisdom, friendship, faith, hope, passion and purity. They can also be used in divination and magic. It’s often used as a pendulum in divination, can ward off evil spirits, as a charm to attract wealth and abundance and the roots used for protection and to attract love.

Nature Spirits: *House Fairies*

Trees: *Rowan, Laurel, Cedar*

Birds: *Eagle, Chickadee*

Deities: *Bridget, Juno, Kuan Yin, Diana, Demeter, Persephone, Aphrodite.*

DIVINATION SPOTLIGHT - DREAMS

We learn that our dreams are telling us a story, becoming more psychically aware. We learn to open ourselves up to these stories and the guides that bring us the images. We then wake in the morning, write in our dream journals and begin to look for the meanings behind the dreams.



Looking for the interpretations, recurring themes, lessons, advice on pressing matters, whatever the subconscious movie we just watched has within its hidden pictures. Below is a list of common items, but I invite you to take these as just a foundation and continue to look into dream interpretation more.

- Anchor - disappointment, something holding you back
- Animals - Connection to nature and survival, holding back repressed aggression
- Apples - Long life with children
- Arrow - Regret at recent correspondence
- Babies - Offspring, vulnerability, need of love, new start
- Bath - Health, long life, marriage
- Being Chased - Feeling threatened, look at the symbolism of who is chasing you and why they are a threat in real life
- Blooms - Fruitfulness
- Bracelet - Good luck and fortune soon to come
- Cakes - Positive omen
- Canary - A new home, charming home
- Cherries - Good news, pleasure, enjoyment
- Clock - Missed opportunity, a need for more imagination
- Clothes - Torn clothing you may feel unattractive or worn out, changing a new lifestyle change, how we want people to see us
- Cornfield - Wealth, security
- Crosses - Balance, death, end of a phase of life
- Daffodils - Pleasure, amusement, abundance
- Death of someone close - Change, come to terms with an event
- Demons - Need to change behaviors for the better

- Doves - Success, love
- Drinking - Celebration
- Exams - Self-evaluation
- Fairy - Success, riches, flights of fancy
- Falling - Anxiety about letting go, losing control, failing
- Fan - Rivals, quarrels
- Faulty machine - Performance anxiety
- Feathers - Loss and failure
- Flying - Attainment of goals
- Food - Knowledge
- Fountain - Laughter, abundance, flowing, good feelings
- Gypsy - Free travel
- Gloves - Honor, safety
- Hair - Sexuality, virility or cutting a loss of libido
- Hammer - Triumph after difficulty
- Hands - Futility, guilt. Look close for the dream to become lucid.
- Hearing Songs - Consolation during a trying time
- Houses - Inner psyche, emotions, memories
- Iron - Good bargains
- Jug - Health and pleasures
- Kettle - Luck will soon come
- Killing - A need to change your personality, hostility
- Kitchen - Success, advancement
- Leaf - Problems are only temporary and change is coming
- Marriage - Merging of feminine and masculine parts of psyche
- Meadow - Comfort, peace
- Milk - Peace, pregnancy
- Missing a Flight - Frustration over missing opportunities in life, a big decision
- Money - Self worth, change in life
- Mountains - Feelings of achievement, review of life
- Needle - Family quarrels
- Nudity - Revealing true self, vulnerability, sexual urges, need for recognition
- Oak - Steady growth
- People - Your psyche, aspects of personality
- Radios and TVs - Communication, questioning
- Roads - Direction in life, your current life map

A dream which is not interpreted is like a letter which is not read.

- The Talmud



- Sage - Wisdom and carefulness
- School - Life lessons
- Sex - Intimacy, unification, need for recognition, awareness and growth
- Singing - Joyfulness, success, faithfulness
- Snow - Hidden matters, fresh start
- Teacher - Authority figures with power of enlightenment
- Teeth - Fear of growing old and unattractive
- Thread - Perplexity, troubles, situations
- Tied Hands - Difficulty getting in and staying out of trouble
- Trapped - Inability to escape or make the right choice
- Vehicle - Control over life
- Wall - Obstacles with future plans
- Water - Unconscious mind, inner peace or unease depending on how the water looks

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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