



## Sacred Earth Newsletter

April 2005

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Light the Beltane Fires and make a wish over the fire  
While the sacred wood burns and the herbs turn to ash  
As the Wheel keeps turning around and around.

Dance in a meadow around the May Pole.

Let the spirit of the bright fire of spring take flight in your soul.

Blessed Beltane!



## Beltane - Celebration of Spring

Beltain is celebrated on April 30 is also known as Beltaine, Belltaine, Bealtaine, Beltain, Beltine, Bealteine, Bealtuinn, Boaldyn, May Eve, Roodmas, May Day, and Walpurgis Night. It celebrates the height of Spring and the blossoming of life. The Goddess comes through as the May Queen and Maia. The God comes to light as the May King and the Green Man.

Beltane means 'bright fire' or 'lucky fire' and celebrates the start of the crop and pasturing season. As summer begins and the weather becomes warmer the blossoming plant causes an high-spirited mood. In ancient Celtic traditions it was a time of shameless sexuality and promiscuity and when marriages of a year and a day could be accepted. The Maypole dance represents this unity, with the pole itself representing the God and the ribbons ringing around it are symbols of the Goddess.

At Beltane, we open to the God and Goddess of Youth. No matter what our physical age is, Spring makes us feel young and vitalized. For those who are young this time can be an opportunity to connect to our sensuality in a positive creative way. When elderly the unification we seek might may be our feminine and masculine sides to our nature.

Integration of the male and female aspects of the self has long been thought to be one of the prime goals of spiritual and personal development work. Beltane represents the ideal time to open up fully to this work. The natural union of polarities that naturally occurs at this time in nature around us enhances our inner work - a work that is fundamentally alchemical.

Beltane is a festival of flowers, fertility, sensuality, and delight.

### **Simple ways to celebrate Beltane**

- Prepare a May basket by filling it with flowers and goodwill and give it to someone who needs healing and a kind gesture, such as a shut-in or elderly friend.
- Make a wreath of freshly picked spring flowers and wear it in your hair-the energy will make you radiate joy and beauty.
- Dance the Maypole and feel the balancing of the Divine Female and Male within.
- Bless your garden on May Eve in the old way by making love in it.
- Make a wish as you jump a bonfire or candle flame for good luck.
- Welcome in the May at dawn with singing and dancing.
- Celebrate a wedding feast of foods you enjoy for the God and Goddess!
- An early morning walk through a local park or forest could be fun for everyone. Gather some plants and flowers for your home.
- Use tender blossoms to weave or braid into your hair.

## **Beltane Meditation**

*Father Sun shines brightly*

*Warming mother Earth*

*Joining in creation*

*Nurturing growth*

## **Beltane Recipes:**

### **ORANGE WHITE CHOCOLATE CHIP BELTAINE COOKIES**

Recipe by Gypsy

The cookies get crispy when cool. The lady who made up this recipe wanted something that tasted bright and sunny like Beltane!

#### **INGREDIENTS:**

1 1/4 cups butter, softened  
1 1/3 cups white sugar  
1 tablespoon vanilla extract  
1 egg, beaten  
3 cups all-purpose flour  
1/2 teaspoon salt  
1 tablespoon baking powder  
2 tablespoons orange zest  
1/2 cup white chocolate chips

#### **DIRECTIONS:**

Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with parchment paper.

Sift together flour, baking powder, salt, and orange zest.

In a bowl of mixer, cream butter on medium speed, adding sugar gradually. Add vanilla and egg. Add flour mixture gradually, stopping frequently to push down from sides of bowl. When flour mixture is thoroughly combined, mix in chips.

Drop dough by scant spoonful onto baking sheet, spacing 1 inch apart, flattening slightly with back of spoon. Bake at 350 degrees F (175 degrees C) 10 to 12 minutes or until beginning to brown. Allow to cool completely on cooling rack.

Recipe Yield: 3 dozen.

### **FRIED HONEYCAKES**

From Wisteria's Faery Recipes

These cakes are just like those made on Beltane Eve. Leave a few of these cakes in your garden to please Faeries.

#### **INGREDIENTS:**

1/2 cup sweet white wine  
2 tablespoons sugar  
1 egg  
1 cup honey  
2/3 cup flour  
1/8 teaspoon nutmeg  
1/8 teaspoon cinnamon

Oil for frying  
1/8 teaspoon salt

**DIRECTIONS:**

Beat the wine & egg in a medium bowl. Combine the flour, cinnamon, salt & sugar in a small bowl. Stir into the egg mixture. Let stand 30 minutes. Combine the honey & nutmeg in a small bowl. Heat 1/2-inch of the oil in a frying pan until hot, but not smoking. Drop the batter into the oil 1 tablespoon at a time; fry until golden brown. Drain on paper towels. Dip in the honey.  
Yield: 1 1/2 Dozen.

Can also be eaten on Lammas and the Day of the Dryads.

## *Hera the Greek Goddess of Marriage*

Hera (also known as the Roman goddess Juno) is often represented with symbols associated with her majestic, yet generous, behavior. Many of our modern representations of love and marriage originated from the ancient goddess symbols of Hera.



**QUEEN OF HEAVEN**

Patron of: the Air; Clear skies; Rain; Storms; the Constellations, our galaxy the Milky Way  
Benefit: Clear skies; Rain-showers; Cool- breezes  
Challenge: Storms

**GODDESS OF KINGS & EMPIRES**

Patron of: Kings; Kingdoms; Empires; Royal dynasties; Politics

[http://www.ansgeulaiche.co.uk/images/jumping\\_besom4-a.jpg](http://www.ansgeulaiche.co.uk/images/jumping_besom4-a.jpg)

**GODDESS OF MARRIAGE**

Patron of: Maidens of marriageable age; Maiden virginity; Betrothals; Bride-price (dowry); Weddings; Marriage; Wives; Fidelity; Widows  
Benefit: Good betrothal; Marital harmony  
Challenge: Marital discord; Punishment of adulterers

**GODDESS OF WOMEN'S FERTILITY**

Patron of: Menstruation; Women's fertility

**GODDESS OF CHILDBIRTH**

Patron of: Childbirth (the Mother) As Goddesses of childbirth, Hera was protector of the mother, Artemis of the birthing infant.  
Benefit: Successful birth  
Challenge: Protracted labor; Death in childbirth

**GODDESS OF HEIRS**

Patron of: Heirs; Dynasties; Fidelity (legitimate heir & not the product of adultery); Inheritance

Benefit: Birth of a male heir

### **Hera's Symbols, Attributes, Sacred Plants and Animals**

#### SYMBOLS

Crown; Lotus-staff and Cuckoo

#### ATTRIBUTES

Wisdom, Unions, Leadership, Marriage and Blessings.

#### CHARIOT

Drawn by peacocks

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#### SACRED PLANTS / FLOWERS

Pomegranate (Greek "rhoa", "rhoie" or "side"); Willow (Greek "itea"); Lotus / waterlily (Greek "lotos"), Apples

#### SACRED ANIMALS

Heifer / young cow (Greek "damalis" or "portis"); Lion (Greek "leon")

#### SACRED BIRDS

Cuckoo (Greek "kokkux"); Peacock (Greek "taos"); Wide-winged hawk; Crane (Greek "geranos")

#### PLANET OF HERA

Venus (named after Venus, the Roman goddess of love identified with Aphrodite). The Greeks called the planet "Aster Aphroditas" (Star of Aphrodite) or "Aster Heras" (Star of Hera), for the women's star was shared between the two goddesses.

### **Popular Hera Mythology**

#### SAGA OF THE GODS

Hera and her siblings were swallowed at birth by their father Kronos. Zeus later conscripted Metis to feed the Titan-King a draught which made him disgorge the five.

After Zeus birthed Athena from his head (don't you hate it when that happens?), Hera conceived her own child without intercourse. This son was born deformed, and Hera cast him out of heaven in disgust. Hephaistos, when grown, trapped his mother on a magical, binding throne as punishment of her earlier rejection.

Ixion tried to seduce Hera, who reported his actions to Zeus. The God formed a simalcrum of the Goddess out of clouds and sent it to the man. When he slept with this false Hera, Zeus sentenced him to spin for all eternity on a fiery wheel.

More than any of the other greek goddesses, the goddess Hera reminds us that there is both light and dark within each of us and that joy and pain are inextricably linked in life. The greek goddess Hera represents the fullness of life and affirms that we can use our own wisdom in the pursuit of any goal we choose.

Like modern women, Hera seeks a life partner who meets her needs on several levels. She's not concerned just with his physical fidelity (although it would be nice), or his

ability to father children with her, or be a responsive parent to the children. She's driven by a compulsive necessity to be perfected through conjugal union.

Even while dating, Hera was always looking for a potential spouse. Hera feels essentially incomplete without a partner.

Through working with Hera, we can learn about our unconscious attitudes toward marriage or bonding with a spouse. She can show us how we subconsciously are feeling toward our spouse or the institution of marriage at any given time.

In your mind's eye her mood will reflect the state of the relationship. She might appear as the elegant bride or celestial queen. Or, If you grieve for a lover who's crossed over, she may appear as Hera Chera, who lost her mate.

She can illuminate our individualization process when she is seen as the Queen of Souls and her husband Zeus as the King of Spirit. Pay attention to your dreams for images of weddings and nuptial festivals as it could be Hera sending a message.

If you're dating and actively seeking a potential spouse, or if you're engaged and fantasize about your wedding, it's probably Hera is at work. For Hera, the accent is on the marriage itself, whereas a goddess such as Demeter primarily seeks a father for her children.

If you're single and considering marriage, mentally ask Hera what type of spouse will fulfill her requirements for a multidimensional relationship. Cover all aspects of this relationship-physical, emotional, intellectual and spiritual bonding

If you've ever divorced, working with Hera can be very healing. In meditation she can explain the subconscious currents that brought on the breakdown of the relationship. You may have known the conscious reasons for the split but there could be unresolved personal issues that fed into it which remain to be explored with her help so patterns aren't repeated.

## *Sacred Stone Lapis Lazuli*

### **PHYSICAL PROPERTIES**

**Composition:** Lapis lazuli is a rock composed mainly Lazurite, Hauynite, Sodalite, Noselite, Calcite and flecks of Pyrite.

**Habit:** compact massive

Index of refraction: approximately 1.5

**Hardness:** 5.0 to 5.5

**Color:** deep blue, purplish-blue, greenish blue

**Transparency:** translucent



### **METAPHYSICAL PROPERTIES**

Lapis Lazuli is sacred to the Goddess Isis and was prized by ancient Egyptians who believed this stone to be a "Stargate" that holds the energy of the celestial sky,

limitless in its wisdom. Lapis provides mental clarity and objectivity.

Psychically assists in awakening the third eye and is wonderful for tapping into our intuition. It also strengthens one's psychic abilities.

Lapis lazuli's energies can amplify mental ability. It's said to filter out the distractions that can keep us from remaining focused. It's connected with Jupiter so it's known to expand intellect, wisdom and leadership qualities as well as helping in legal matters.

Lapis works as a shield from psychic attacks.

It is used to relieve insomnia and let go of anxieties. It aids us to harmonize body and mind, resulting in a more balanced state.

Lapis can help our ability to communicate when we focus on its subtle energies to develop our natural talents for speaking.

Calms the mind and soothes the body helping us achieve spiritual enlightenment. It allows one to open up to the subtle messages of the spirit world. Lapis lazuli teaches us how to apply these spiritual lessons to our life.

Lapis lazuli can help us see the positives of depressing situations. It helps us let go of fears based on past experiences leaving us open to a happier, more meaningful life. It's also claimed to have the ability to clear negative karma.

Lapis lazuli's soothing energies will help us enter the meditative state more easily. It's also been used to assist astral projection.

Lapis lazuli is helpful to the respiratory system, especially the lungs and throat, the nervous system, and the cleansing organs. It's also said to be beneficial for its ability to purify the blood and improve the immune system. It can help eliminate problems associated with the thyroid and skeletal system.

Lapis lazuli and synergy:

Lapis lazuli is complementary to individuals born during The Moon of Growth (Apr 20 - May 20) because of its ability to intensify mental activity. It can help them overcome the challenges created by a tendency to make spontaneous changes in their lives.

Lapis lazuli is also complementary to people born during The Moon of Cleansing (Jan 20 - Feb 18). It can help them tap into their creative powers and reveal new areas of discovery allowing them to plan and be ready for change.

It's also a good choice for anyone born during The Moon of Long Nights (Nov 23 - Dec 21). Not only does it help these people communicate their ideas to others, but it can also help them see their past with a new, higher perspective.

## Sacred Herb - Woodruff

Woodruff (*Asperula odorata*) is a sacred Druid herb that's also known as sweet woodruff, master of the woods, and wuderove. Has also known as bedstraw because it was used for stuffing mattresses.

Masculine, Mars, Fire.

**Origin:** Northern Europe.

**Part Used:** Leaves.

**Sabbat:** Beltane.

**Scent** - Tart, musky, earthy.

**Basic Powers** - Consecration, endings, money, overcome opposition, protection, release, success, transformation.



### Sweet Woodruff Lore

To change the course of your life or bring victory, carry a sprig of woodruff on you.

Add to Beltane wine as a symbol of clearing away barriers.

Sweet woodruff is carried to attract money.

To use as an amulet of protection to guard against all harm, sew into a sachet of leather, or carry in a leather pouch.

Include it in dream pillows to protect against nightmares.

A bracelet of woodruff worn on Beltane is said to provide protection from the evil eye.

Woodruff is added to wine for the traditional German Mayday beverage "Waldmeisterbowle." It was a traditional herbal remedy when mixed with wine. "May Wine" can be made with a handful of woodruff leaves harvested in April (or just before full bloom). Dry them then crush in a mortar. Moisten them slightly with a little squeezed lemon just before steeping it in a bottle of unchilled wine for about three hours. The FDA has banned it for use in herbal remedies to be ingested internally because can be very dangerous if too much is taken. However, it's specifically cleared by the FDA for use as an additive to wine.

Since it brings victory, it's often placed in the left shoe before a game.

When herbal branches are dried they can fill a room with a lovely grassy-vanilla odor and is claimed to serve as a household insect repellent. The dried leaves & flowers can also be made into a potpourri and kept in a linen closet to repel moths and add its sweet odor to linen or clothing.

The pleasing odor and perhaps some of its alleged medicinal qualities are from the chemical coumarin, a one-time perfumery ingredient that resembles vanilla.

Sweet Woodruff is sometimes called Fragrant Bedstraw or Our Lady's Bedstraw, because in Catholic mythology it became sacred to the Virgin Mary when she used this herb to sweeten the bedding of her newborn infant.

It was hung in medieval churches on holidays not only because of its sacred associations, but to disguise the odor of the unwashed congregation.

## Tarot Prediction of the Month

### April 15 to May 15 - The Hanged Man

by Janice Olson

Many of us may find ourselves in some type of limbo over the next month. We may have trouble making decisions or if we do there may be some delays or sacrifices will have to be made. This is a good time to draw on our courage, endurance and faith.

Assess what's really valuable in your life. Do a "clean sweep" of your house, garage, storage space, etc. It may not be something we want to do but doing it may bring about a change we've been waiting for.

We all seem to be waiting for the right moment in time to do something. We may be waiting for more money, better circumstances, a bigger house or car, whatever we believe will make everything perfect in the mythical future. While we're waiting, life continues to march ahead whether we're ready or not.

Ask yourself what you're waiting for. What sacrifices do you need to make to walk the path you choose? No one needs to be a martyr or a slave to circumstances. Make your choices with a clear mind and an open heart. Know who you are in the scheme of life. Don't let fears and worries get in the way.



Janice's website is [www.shininglite.com](http://www.shininglite.com)

## *Metaphysical Comedy Standup and Mediumship Readings*

Sacred Earth is proud to present a unique evening of laughter and spirituality. **Connie and Martin Jordan** are coming to Antioch. On Saturday, April 23, at 7:30 p.m. and Sunday, April 24, at 5:30 p.m., join us for two hours of metaphysical comedy standup by Connie Jordan and mediumship readings for audience members by Martin Jordan. Martin will be doing private readings on Sunday, April 24, from noon to 5pm.



Tickets for the shows are \$25 and can be purchased by phone using a credit card. To reserve your space for the show or to make an appointment for a private reading with Martin, please call Adam at Sacred Earth, 847-838-5694 to Reserve your space.

Where else but Sacred Earth will you find this kind of combination? You can't buy this kind of entertainment... oh wait! Yes you can.... for \$25 you can!

Call 847-838-5694 to reserve your seats or email [AtSacredEarth@msn.com](mailto:AtSacredEarth@msn.com) if you have questions or want more information.

**Pagan Discussion Group** 7 pm, Tuesday April 26, May 10 & May 31. \$2 (to cover costs) -Adam

Meet and greet other local pagans to share your views and experiences. Call for upcoming dates.

### **Psychic Readings**

Various readers are available on  
Saturdays Noon - 5:30 - Janice  
Sundays Noon - 4:30 - Dave

If you would like a specific time for your reading call for an appointment but walk-ins are always welcome!

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**Sacred Earth Hours**

Monday 11 to 8 (CLOSED BEGINNING MAY 1)  
Tuesday 12 to 7  
Wednesday CLOSED (11 to 8 BEGINNING MAY 1)  
Thursday 11 to 8  
Friday 11 to 8  
Saturday 11 to 7  
Sunday Noon to 5

**EFFECTIVE May 1st our HOURS ARE CHANGING. Sacred Earth will be CLOSED on MONDAYS and OPEN on WEDNESDAYS.**

We will be closed on Thursday, April 26.

Sacred Earth is located on Route 83 approximately one mile north of Route 173 in historic downtown Antioch, Illinois.

Don't hesitate to call or email for directions!

At Sacred Earth merchandise includes various candles, incense, herbs, books, tarot and oracle decks, crystals, stones, teas, high-quality essential oils, hand-crafted essential oil blends, distinctive gifts and carefully selected statuary that includes Deities, dragons, fairies, mermaids and angels.

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