

# Building Bridges E-Magazine

Sept./10

Vol. 1/Issue 6

## Editor's Corner

Labour Day weekend tends to mark the end of summer, the kids are heading back to school, cottages and trailers are being closed down for the winter and most of us are wondering where the summer went.

I have heard from many people that this summer was a journey, a time of self reflection and discovery. A time to look at where we have been and how we got there. To embrace all that we are and be thankful for all that we have. As the hot summer days fade in the distance of our journey, we are left with all that we have learned about ourselves and even more that we wish to discover.

It truly has been an incredible summer, filled with fantastic festivals, events and hot summer days that have brought kith and kin together in a journey of the soul that will not soon be forgotten by many I'm sure.

After a short summer break Building Bridges E-mag is back to face the Fall and bring you local event info and informative articles. October will mark our two year anniversary and with it will come some changes to our little publication. We do hope that you will embrace the changes along with us.

*Crystal*

Editor In Chief

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**Durham Pub Moot**

**Date:** Sept 1/10  
**Time:** 7-11 pm  
**Location:** Riley's  
**Street:** 104 King Street East  
**City:** Oshawa

**Durham Pagan Coffee Moot**

**Date:** Sept 12/10  
**Time:** 1-4 pm  
**Location:** Country Style at King & Centre  
This month, we are moving the date of the Coffee Moot to Sept 12th to accommodate Labour day. Next month, we will go back to having the Moots on the first Sunday of the month.  
Last month, we met across the street on the lawn at City Hall, and it was a success! Weather permitting; we will be doing this again this month. Be sure to bring something to sit on, snacks - and most importantly - your sunscreen!  
**PRIZES:** We will be selling tickets to fundraise for this year's Durham Pagan Pride Day. This month, Mystic Woodworks has donated a lovely set of meditation beads. Tickets are \$2 for one ticket and \$5 for three.  
<http://tinyurl.com/dpcoffee moot>

**Barrie Pagan Pub Moot**

**Date:** TBA  
**Time:** 6-10 pm  
**Location:** Down the Road Irish Pub (Sunroom)  
**Street:** 650 Big Bay Point Road

**City:** Barrie

We are a friendly bunch of pagans, very approachable and love good discussions. Whether you are new to the area and want to network with like-minded people or have been to many moots before and feel like enjoying a meal in good company. You are most welcome. Make sure to bring your sense of humour!

Please check the Facebook page for monthly date:  
<http://www.facebook.com/#!/group.php?gid=138897710275&ref=ts>

**Kingston Pagan Pub Moot**

**Date:** Sept 14/10  
**Time:** 7:00-11 pm  
**Location:** The Toucan  
**Street:** 76 Princess St.  
**City:** Kingston  
**Contact:** 613-544-0852

**Ottawa Pagan Meet and Greet**

**Date:** Sept 8/10  
**Time:** 7 pm  
**Location:** Dow's Lake Pavilion "Malone's Lakeside Bar & Grill"  
**Street:** 1001 Queen Elizabeth Driveway  
**City:** Ottawa

**Cerridwen's Mug**

**Date:** Sept 10/10  
**Time:** 7 pm - 12 am  
**Location:** The Twisted Kilt  
**Street:** 1954 Yonge Street (Yonge and Davisville)  
**City:** Toronto

Join us for Cerridwen's Mug at our new location, The Twisted Kilt, We are starting later to accommodate more people.. The Twisted Kilt prides itself in great affordable pub fare and a wide variety of import beers on tap. Join us at our new location for great Pagan friends and great conversation at the end of the week. Help us welcome in our new locale!! For more information, contact Samantha at [rayvyn@gmail.com](mailto:rayvyn@gmail.com) or phone her at 647 206 5540. Looking forward to seeing you soon!

**C-K Pagan Pub Moot**

Please Be Advised: This Pub Moot has lost its location and is currently seeking a new venue. The Organizers of this Moot regret their short hiatus and hope to find a new space soon. Check their Facebook page for updates.

*Staff Directory*

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- Women's Sound Circle Facilitator •
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# M O O T R I S T I N G S

## Toronto Pagan Pub Moot

**Date:** Sept 20/10

**Time:** 7-11 pm

**Location:** The Fox and Fiddle

**Street:** 1535 Yonge Street

**City:** Toronto

Join us as we celebrate the Solstice, The Toronto Pagan Pub Moot is the first and longest running Moot in Canada (c. Feb. 1996) It is an open and friendly social event that meets every Third Calendar Monday of every month. It is open to Pagans, Wiccans, Witches, Druids, Asatru, etc of ALL ages. Open to those who are new and would like to learn more, to those who have been walking the path for decades. As this is a social event, there are no lectures or specific talks. It is a GREAT place to meet up with old friends and make new friends.

For more information, please feel free to contact either Evan or Karen

[torontopaganpubmoot@rogers.com](mailto:torontopaganpubmoot@rogers.com)

<http://torontopaganpubmoot.shorturl.com>

## Toronto Building Bridges Pub Moot

**Date:** Sept 15/10

**Time:** 7:00

**Location:** The Blake House

**Street:** 449 Jarvis St

Join Us in our new location as we talk about upcoming events and prepare for the Sabbat. Our networking table will be brimming with info as always and love and laughter will keep us warm and happy as the cooler nights of autumn descend upon us.

Check our facebook page for updates and evites.

<http://www.facebook.com/group.php?gid=19492428280&v=info>

## HammerTown Pagan Pub Moot

**Date:** Sept 19/10

**Time:** 7:00 pm

**Location:** Corktown Pub & Fare

**Street:** 175 Young St

**City:** Hamilton

This moot is going to be one that honours the turning of the year again. It's Autumnal Equinox and we are going to celebrate it with some real serious fun!!

We are pleased to announce that our entertainment for the evening will be the very talented local musician Kirby!! Playing and writing music since age 16, KIRBY fronted Burlington, Ontario prog-rock band 'First Time Fallen' for several years and released his first solo EP "Within These Walls" in 2007 before taking the figurative plunge with his next EP "The Good Fight", in 2008. His sound displays his true passion, as he belts out emotional lyrics right from the bottom of his heart, coupled with the diversity of both a driving rock strum style and quiet thoughtful picking on the guitar, reminiscent of Nick Drake, John Mayer or Dallas Green. Though mostly acoustic in nature, KIRBY displays an obvious penchant for writing epic rock songs. <http://www.kirbysings.com/>

Stay tuned to our website and Facebook page for more details like vendors etc.!

We will have an altar set up to usher in the Equinox and as always, we will be holding our awesome raffle with some SUPER BIG PRIZES and 50/50 draws. There will also be some new and exciting announcements so be sure to "tune in"!

So, come out and get to know YOUR pagan and magically inclined community!

Need more information? Want to volunteer?

Email us at [info@hammertownppm.com](mailto:info@hammertownppm.com)

Check out our Website; <http://www.hammertownppm.com/>

## Moot Night

**Date:** Sept 15/10

**Time:** 7 pm

**Location:** Winchester Arms in Belleville

**Street:** 173 Dundas Street East

**City:** Belleville

This event will re-establish itself in August!!! Come and enjoy an evening with other pagans..This event is a social evening and is a wonderful place to make new friends and contacts...Hope to see you There...Any details needed contact Tracy at "The Crystal Crib" 613-969-7415. Good idea to call Tracy to confirm event is ongoing.

## London Ontario Pagan Coffee Social

**Date:** Sept 25/10

**Time:** 7 pm

**Location:** 513 Queen St

**City:** London

The LOP coffee Social is held at 7 pm on the last Friday of every Month behind Need hams Funeral Home (side door)

This month's topic: Where do we want to go?

There will be Coffee, Tea and Hot Chocolate provided for \$1 cup. All proceeds will go to fund our local Spiral Scouts group.

## The Art of Tea & Tasseomancy

with Amy Taylor

~ . ~ . ~

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# Reflections of Her

*Editor's Note: Tiffany wrote this article for our August issue. We ask that you keep that in mind as you read it.*

## Meeting the Faces of the Goddess

*Greetings from the monthly column: Reflections of Her. A little corner to enter into the specific space of a certain face of the Goddess. A place to explore the specific dimension of a certain reflection of the Divine Feminine. May you find your own reflections here as well.*

### TAILTIU

Culture: Celtic (Irish)

Domain: Land, Sovereignty

Aspect: Mother

Symbols: no traditional symbols found

This Goddess has fascinated me for a long time. Not least because She appears never to have gained the type of reknown that other Celtic Goddesses achieved. No Brigid, Macha or Ceridwen is She. And yet, the entire Festival of Lughnasad is said to have originally been held in Her honour. The Irish town of Telltown in County Meath is named for Her. Some force She must have been. And yet, how many of even the most dedicated Pagans are familiar with Her story?

To learn about Tailtiu and gain some sense of her significance, one must dive into the murky waters of Irish history - in particular, the Invasions. (Grab a cup of tea and settle in.)

It is likely fairly familiar ground to say that the *Leabhar Gabhala Eireann* ("The Book of Invasions of Ireland") lists five Invasions of Ireland. This book is said to have been written sometime around the 11<sup>th</sup> century by an anonymous scholar recounting the ancient and mythological Irish past. For the most part, the first few "Invasions" appear to be less battles for staying power on the land than attempts at settlement. The first 3 Invasions are named for the leaders of the groups who arrived in Ireland and all 3 arrived from the Mediterranean lands.

The first Invasion was led by a woman named Cessair, said to be the granddaughter of Noah. Taking fair warning for what was to befall the Middle East, she fled with a number of companions (numerous women and 3 men). They arrived in Ireland 40 days before the Flood. However, there were problems that arose when 2 of the 3 men died after arrival and the third was rather overwhelmed with the task of populating the Tribe himself. The women are all said to have perished, though no particular reason given. However, Cessair left a legacy: she is credited with having introduced sheep into Ireland.

The second Invasion was led by a Greek named Partholon who arrived many years after Cessair (versions alternately state 300 years or 1002 years). Having to escape Greece for wrongs he had done there, he traveled with companions for many years before settling in Ireland. He is said to have introduced cattle into Ireland and cleared much new land to aid the prosperity of his Tribe. However, Partholon died after only 30 years in Ireland.

The third of these Invasions happened right around the time of Partholon's death, led by another Greek by the name of Neimheadh (Nemed). He appeared to have a bit more of a time of it, needing to oust a strange race called the Fomhoire (Fomorians) who had also arrived and gained a foothold on Ireland as a base for themselves. The Fomhoire were said to be one-eyed, one-armed, one-legged people with dark hair and dark skin who were intimately connected with the sea ("Mor") In myth, they tend to appear as representing chaos and blood-thirstiness. Neimheadh brought with him a wife (named Macha), four sons with wives and about 20 other people. After defeating the Fomorians, the Nemedians worked hard to clear land and create a home for themselves.

It is even supposed that he built 2 royal forts. However, ultimately Neimheadh died (presumably of The Plague), as well as many of his descendents and the Fomhoire returned. His legacy and his connection to Ireland continued, through the story of 2 of his grandsons.

Rest assured, we are getting to Tailtiu! This all ties together, I promise.

One of Neimeadh's grandsons, Semeon, returned to Greece. His descendents became the Tribe known as the "Fir Bolg". Another grandson, Beothach fled to the North and was the forebear of the Tribe known as the "Tuatha De Danaan". Both of these Tribes were integral to the next part of the Invasion story. An interesting aside is that one of Neimheadh's son, Fearghus Leathdheag fled to Britain and is said to have fathered the Britonic people.

Back in Greece, the people known as the Fir Bolg were put into bondage. Many, many years passed. Enough years for, indeed, 3 separate groups to grow from Semeon's line. Not just the Fir Bolg, but the Fir Domhnann (said to be connected with the Celtic Dumnonii tribe) and the Gaileoin (connected with the Laighin tribe of Leinster) sprang from the same line. All 3 actually eventually made the trek back to Ireland, although it is only the Fir Bolg who are mentioned in the *Leabhar Gabhala*. Five brothers of that Tribe returned (apparently arriving around the time of Lughnasad, although it would not have been called that at the time) and divided the land, hence creating the well-known 5 ancient provinces of Ireland. However, the Fir Bolg did not fare well. It is said there were no new cleared plains during the 37 years they were in possession of Ireland. Disastrous in a land where Sovereignty and Land were so intimately connected and significant in the ultimate meaning of Tailtiu's story.

For Tailtiu herself was connected to the Fir Bolg. She was the daughter of Moghmor, the King of Spain and the Queen of Eochaidh mac Eirc, the last King of the Fir Bolg. Which would have been fine except that the Tuatha De Danaan arrived and they wanted to settle in Ireland. As the Fir Bolg did not want to share, war was declared.

It appears that a coalition between the Tuatha De Danaan and the Fomhoire occurred with the marriage of Eithne (daughter of Fomhoire King Balor) and Cian of the Tuatha De Danaan. They had a child, Lugh. Together the Tribes defeated the Fir Bolg. Somewhere in there Eochaidh mac Eirc died and Tailtiu became the wife of a warrior chieftain of the Tuatha De Danaan whose name was (confusingly enough) Eochaidh Gharbh. It was these two, Tailtiu and Eochaidh, who fostered and raised the young Lugh.

All of this background is fascinating for many reasons. The connection of the peoples of ancient Ireland with distant lands, particularly Greece and Spain. The success or failure of the Invaders based on land clearing and nurturance of the Land itself. The connection between the Fir Bolg and the Tuatha De Danaan when looking back to their forebears: 2 very different branches stemming from the same place.

All of this comes together in Tailtiu. As foster-mother of Lugh (a descendent of the Tuatha de Danaan and the Fomhoire), She guided him in His early years (bringing her connection to both the Tuatha De Danaan and the Fir Bolg), laying the foundation for His later sovereignty. The message of Goddess as bestower of Kingship is intact, with the added element of some cohesion of all the disparate lines of the Invaders. She is the mediator, in a sense, between the 2 opposing tribes and nurtures the resolution of all these energies in Lugh.

But what is even more fascinating about Tailtiu is that She is one of the very few Goddesses who dies. Her story ends. One can infer that sometime after Her marriage to Eochaidh Gharbh (of the Tuatha De Danaan) and after having fostered Lugh for some amount of time, She set Her mind to the clearing of a great plain. As was seen with the Invasions, the clearing of plains was enormously important. It was the way in which the Tribes cared for the Land, insuring space for farming, supplies for building, speaking to honouring the intimate relationship between caring for the Land and the success of the Tribe. That Tailtiu takes on this task Herself indicates Her love of the people, her dedication to doing everything in Her power to help Her people and her enormous capacity of self-sacrifice. The burden of the task is so great that Her heart breaks under the strain and She dies. The plain She cleared became the town that bears Her name: Tailtiu in ancient times or Telltown as it is currently known.

Even in this there are many messages we can take from this Goddess. She teaches us that there are times we may need to buckle down and set our eyes purely to the task at hand. She teaches us that our effort and sweat for the greater good of all is a beneficial and worthwhile thing. She teaches us that even a Goddess can dig Her hands in the Earth and get dirty. But Her story also warns us to be aware of the uses of our own energy stores. That we need awareness of when we have taken on too much. Perhaps even a message of not having to do everything on our own, but that appropriate distribution of tasks may not be a bad thing.

There is a part of me which has wondered if Tailtiu was not trying to restore the name of the Fir Bolg through Her actions. That, though no plains were cleared while they held Ireland, She (having been their Queen) made up for that once the Land turned over to the Tuatha De Danaan. That the inactivity of the Fir Bolg never sat well with Her and this was Her chance to correct what had been put out of balance. Unfortunately, at a great cost.

But not without notice. The most beautiful part of Tailtiu's story comes after Her death. And the very reason for the writing of Her tale at this time. The time around the beginning of August had always been significant to the people of Ireland. As mentioned before, it is said that the Fir Bolg arrived in Ireland at this time. It was a time of gatherings, weddings and contract negotiation. Considered the midway point of summer (after the work of cultivating was complete and before the work of harvesting was begun in earnest), it was a time of Tribe gathering to set in place arrangements that would foster (hopefully) beneficial future relationships. It is said that, out of deep love for His foster-mother, Lugh buried Her in a huge chambered cairn on the plain which She had cleared and instituted the tradition of holding games in Her honour: the Aonach Tailteann (Tailtean Games). It is said these games are the oldest in history, pre-dating the Celts and possibly dating back to around 2,000B.C.E.! Not surprisingly (given Tailtiu's feat) these games consisted mainly of sport and feats of strength. They were a way of honouring Her accomplishment and of celebrating the gift which She had given to Her people. I find it particularly beautiful and touching that Lugh clearly held such deep feeling for His foster-mother that He set in place that which would honour Her throughout time. We now know the Festival as Lughnasad (literally "The Fair or Assembly of Lugh"). But, though it bears His name, this Festival still carries the energy of honouring the Goddess who gave Her life in order to insure the survival and future of Her people.

If you are ever feeling overwhelmed. If you are ever feeling you can't see the forest for the trees. If you are ever feeling that you put more energy in than you receive back. If you ever feel over-responsible, overworked or overburdened, remember Tailtiu. Remember the bigger picture of what you are striving to accomplish and hold yourself a beautiful, fun celebration!

By Tiffany Lazic

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**Mondays (ongoing) 7:30 - 9:30**

### *Mythic Living: Archetypes as Patterns of Power*

C.G.Jung expressed that archetypes exhibit a significant impact on our lives, consciously or not, nudging us to act and choose according to their influence. Learn to recognize archetypes as they appear in your life and gain tools for using them for your highest potential.

**Tuesdays (September 7 - October 26) 7:30 - 9:30**

### *Patterns of Conscious Living: Walking to Health Through the Rhythms of Nature*

"Patterns of Conscious Living" has grown out of a passion for psychotherapy, alternative healing practices and spirituality that is based on the Rhythms of Nature. This course focuses on working with the common elements and teachings of all Nature-based spiritual paths, basic psychology and Eastern energetic teachings to gain greater insight into our selves, to facilitate emotional healing and experience our lives as empowered and creative. We are meant to live our lives out loud. This program offers a path to embrace "a life in full bloom".

**Total program: 45 classes, beginning September 2010 which includes:**

Overview introduction to entire course

Interactive class: "Envisioning change" (October 2010)

Interactive class: "Self celebration" (July 2011)

**Course sections (6 weeks each) can be taken individually as follows:**

Effects of Gratitude on Life Purpose (September start)

Healing from Loss (October start)

Roots and Foundations (December start)

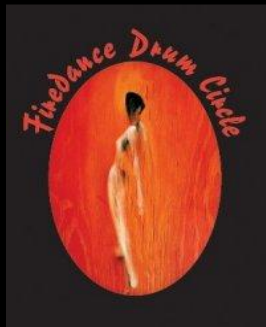
Gifts from the Inner Child (January start)

Nurturing Empowerment and Self-esteem (March start)

Union and Partnerships (May start)

Shining our Truth and Creativity (June start)

**Session 1: Gratitude and Life Purpose: Wednesdays (September 8 - October 6) 10:00am - 12:00pm**



**Date:** Sept 18/10  
**Time:** 9:00 - 2:00 am  
**Location:** Woodbine Beach  
**Street:** Woodbine & Lakeshore  
**City:** Toronto  
 Come out to join Firedance Drum Circle for one last jam at the Beach! We will be playing at Woodbine Beach at Woodbine and Lakeshore. Look for us just south of the change rooms, just west of the Olympic Pool,

and you'll find us. Bring your drums, shakers, bells, and dancing feet!

Sept 18/10  
 7pm to 12am  
[www.firedancedrum.com](http://www.firedancedrum.com)  
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**The Thunderbird Drummers**  
 257 Perth Ave. Dundas West/Bloor St.  
 Please contact me, Pat Red Moon Dragon, at [windhorsesc@gmail.com](mailto:windhorsesc@gmail.com) if you plan to join us for an evening, or call 416-751-3026.

**Navaho Thunder Song**  
 May you be inspired to find your own song. May

this be a power song. May this song bless everyone and everything that you connect with.  
 May it feed the web of life and nurture the beauty that is all around us.  
 May it be a healing song for you and for the planet.  
 Peace be with you all.

**Dorset, Muskoka Facilitated by Gillian Thomas RnB Lead Facilitator**

**Date:** Saturday September 11/10  
**Time:** 1:00pm - 3:00pm  
**Where :** Dorset Rec Center - Main Hall  
**Cost -** \$10.00 suggested donation, or pay what you can.  
 No previous drumming experience is necessary. All ages are welcome. Some drums are provided or bring your own.  
 For more information or to register please contact Gillian Thomas ph 705 766 2323 [gillian@rhythmicbynature.com](mailto:gillian@rhythmicbynature.com)

## PORT DRUM CIRCLE

Born of a need to feel the beat, we are proud to present to you, the Port Drum Circle! We are a teaching, learning and healing circle catering to all levels of drummers!

We \*usually\* meet the third Sunday of each month at 5PM. Admission is \$10. This includes refreshments of healthy snacks, water, coffee or tea. Please "always" check for schedule changes. We meet at the Rundle Community Centre 241 Park Road South Oshawa, Ontario, on Park Road South at Gibb Street. The entrance to the parking lot is on Burk St. Please listen for the sound of drums!

[www.portdrum.com](http://www.portdrum.com)      [portdrum@gmail.com](mailto:portdrum@gmail.com)

**Community Drum Circle**  
 Will resume in September 11/10  
**Time:** 2pm - 4pm  
**Location:** United Steelworkers Hall  
**Street:** 25 Cecil Street  
**City:** Toronto  
**Cost:** \$10 or pay what you can  
 Join us for an afternoon of self-expression, community, learning and playing!  
 No previous drumming experience is necessary.  
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# The Dirt and Nothing but the Dirt

## Hedgewitchery Throughout the Seasons

Summer is almost over, we are now just starting to see the late summer rains and thunderstorms that are bringing the green back to our lawns (if you have one). The warm September afternoons are still shaded by the lush green foliage of trees, but fields and meadows are a yellow sea of goldenrod interrupted only by islands of purple, pink and white asters. Monarch Butterflies stop to sip nectar as they begin their long migration to Mexico.

Most of the harvests have been taken in and the grapes hang heavy on the vine in the Niagara Region, and if you have them in your garden. Hops are ready to harvest the first week of September, this year I'm fortunate enough to have a bumper crop!

When I harvest my hops I always say a blessing before making the first cut in the vine. I pour a libation to the Gods at the base of the plant with beer and say something like:

*Oh great Gods of the Vine, in honour of you and this plant, I pour this libation. It is through the Gods whom we receive the old wisdom and are given the ways of the wise. It is through this plant that we may make merry and heal.*

*As I make the first cut of this vine, I thank you great Gods of the vine, and I thank this plant, for the harvest I am about to gather.*

A similar blessing can be used to harvest grapes, and Dionysus is the deity normally related to grapes and wine. Since wine was, and is such a sacred fluid, the Pagans of old naturally named this lunar month the Wine Moon. Today the term Harvest Moon is applied to the full moon nearest the Autumnal Equinox, or Mabon. This was because, in older times when harvesting was done by hand, as the days grew shorter farmers were able to work into the night by the brightness of Her light.

Throughout the month you will see in your local markets and farmers markets many wonderful gourds, squash and apples. The colour and beauty of these fruits make them sacred to the Goddess in her aspect of the Earth Mother, and this also makes them appropriate décor for the altar and home at the Autumnal Equinox.

There is a type of gourd that is sometimes called a swan gourd, or dipper gourd. These are long necked and have egg shaped bases. These bases can be cut vertically and scooped and dried to make a dipper. I suggest you carve two or three to ensure success. Once they are dried completely, you adorn them with magical symbols, add melted beeswax, to the bowl and lightly wax the rest of it to preserve it. Or if it is to be decorative only, you can use shellac.

You will also find several types of corn available. You can use them to adorn your front door, home, altar, to mark the season. I always make sure that I have some extra for squirrel and bird feed over the winter. There will also be ripe wheat and Chinese lanterns,

these all make wonderful décor for the home and altar but they are magical as well.

This is the time to select the ears of corn and/or wheat that will represent the Goddess in Her aspect as Bride for the Brides Bed at Imbolc in February. The bunch of corn or grain should be brought into the house as part of your Mabon celebrations. Remember to welcome Her into your home: *Welcome Mother! We welcome Thee! Welcome Mother! Blessed Be!*

Seeds are harvested at this time of year, apples, squash and onions are stored in cold cellars.



This is my Garden Altar at Autumnal Equinox.

The harvesting of seeds is a magical act on its own. Take a moment and meditate, think of the seed and the life that it will bring forth from its dead looking shell. Visualize the beautiful plants that will blossom into life from each seed and bear fruit for the coming year. As you begin to gather, a simple blessing can be thought or said: *From this life brings new life to come.* Once harvested, keep the seeds in a cool dry, dark place until the Vernal Equinox where they will be brought out again. Brightest Mabon Blessings!

By Amy Taylor

Have any comments or questions? Please contact me:  
[coventina0@yahoo.ca](mailto:coventina0@yahoo.ca) [www.taotat.ca/coventina's.garden/](http://www.taotat.ca/coventina's.garden/)



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**The r-Evolution: TANTRA Yoga Teacher Training**

When: September 8

Time: 6:00pm - 10:00pm

Where: Follow Your Bliss yoga studio

25 Grange Ave, Toronto, Ontario

Description: - What Yoga teacher training has NEVER taught before...the unique synergy for individual and global transformation created by the complete integration of

Ayurvedic and Yogic Wisdom. The ORGANIC way to becoming fully PRESENT...and the most compassionate r-Evolution in human consciousness. Appropriate for ALL LEVELS.

**Soundwork Practitioners' Training Program Unit One: Soundwork and Seven Stages of Development**

When: September 7<sup>th</sup> - October 19<sup>th</sup>

Time: 7:00pm - 9:30pm

Cost: \$280.00

This seven week series explores the principals and protocols of soundwork as they apply to key stages of maturation. Through interactive and receptive soundscapes, students learn how to facilitate soundwork sessions for individuals or groups. This classroom portion is taught experientially. An extensive guidebook is included. No prior musical training is necessary. Contact Gary for further details, as space is limited.

[garyd@garydiggins.com](mailto:garyd@garydiggins.com)

**Soundwork Practitioners' Training Program Unit Two: Soundwork and the Wheel of Life Model**

When: September 9<sup>th</sup> - October 28<sup>th</sup>

Time: 7:00pm - 9:30pm

Where: 219 St. Clair West

Cost: \$280.00

During each of the seven evenings, students will use soundwork to explore a wholistic model developed by Dr. Bill Plotkin. Skills development will be integrated into each class along with the learning objective of understanding eight tasks of growth. Along with handouts, it is recommended that students read: Nature and the Human Soul by Dr. Plotkin. This course is only open to graduates from Unit One. Contact Gary for further details.

[garyd@garydiggins.com](mailto:garyd@garydiggins.com)

**Rhythmic Expansions: Intermediate Drumming Program**

When: Wednesdays :September 22, October 27, November 24, December 22

Time: 7:30pm - 9:00pm

Cost: \$265.00 + HST = \$304.75 (Payment plans are available. \$25.00 deposit to reserve spot.)

Where: 918 Bathurst Street Bathurst/North of Bloor

This program is designed for those of you who have basic hand drumming (Djembe) experience and are ready to expand rhythmically and technically, while doing so playfully. Continue to experience the benefits of drumming, self expression, and creativity at the next level.

**Rhythmic Foundations: Monthly Beginner Drumming Program**

When: September 22, October 27, November 24, December 22

Time: 7:30pm - 9:30pm

Cost: 4 classes - \$80.00 + HST = \$90.40 Single class: \$25.00 + HT = \$28.25

Where: 918 Bathurst St. Bathurst/North of Bloor

The program will focus on West African Ensemble rhythms, Global Grooves, and accompaniment parts on World Percussion; claves, bells and shakers, all infused with your own creativity and unique voice.

You will develop basic hand drumming techniques, gain confidence playing in a group.

You will have fun, and connect with yourself and others through music.

**Educating For Peace and Justice Conference at OISE**

When: September 25<sup>th</sup>

Time: All Day

Where: OISE Building 252 Bloor St. West

Registration is free.

Gary Diggins will share aspects of his peace work in Nigeria and Rwanda with Between Four Eyes. The workshop will engage participants in interactive exchanges around peacemaking. Other workshops and a keynote address are included in the day. Bring a drum if you have one.

**Pagan Pride Events for  
Southern Ontario**

<b>DURHAM</b>	<b>SEPT 26/10</b>
HEYDENSORE PARK, WHITBY, ONTARIO	
<b>HAMILTON</b>	<b>SEPT 11/10</b>
GAGE PARK, HAMILTON, ONTARIO	
<b>SALT STE MARIE</b>	<b>SEPT 18/10</b>
BELLEVEAU PARK, SALT STE MARIE, ONTARIO	

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### Sonica: Music as Medicine

When: September 1<sup>st</sup>  
Time: 7:30 pm SHARP  
Where: 219 St. Clair West, Toronto  
Cost: \$20.00

A circle where singing and sounding serve the soul. Sonica offers a listening context for intentional soundscapes. All levels of musical ability are welcome.

Contact: [garyd@garrydiggins.com](mailto:garyd@garrydiggins.com)

### Chloe Watkinson and the Crossroads - Soul Funk at Grossmans Tavern

When: - September 4,  
Time 8:30pm - 2:00am  
Where: Grossmans Tavern  
379 Spadina Ave. (at Cecil, just south of College) Toronto Ontario

Description - SOUL FUNK BLUES MOTOWN ETC  
With a powerhouse redhead on lead vocals, a miraculous instrumental section and two beautiful women on backup vox, The Crossroads will make you wanna dance, or just amaze you with genuine 1960` sé70` s style music. This band has flash, and substance.

### Sonic Spaces - Prosad and Gary Diggins in Duet

When: September 10  
Time: Doors open at 7:30 for an 8:00pm start.  
Where: Hosted at 401 Richmond St. West at the Xin Ling School for Chinese Medicine, Suite #384

Cost: Tickets available at the door. \$20.00  
World musicians, Prosad and Garry Diggins, combine everything from the Indian sitar to the African ngoni. The evening can be enjoyed as a meditation (bring a yoga mat) or an opportunity to move to sound.

### The Big Beat - A Fall Equinox Celebration

When: September 18<sup>th</sup>  
Time: Doors open at 7:30 for an 8:00pm start  
Where: Hosted at VIVACE Studio - 291 A Jane Street (four blocks north of Bloor St. West)

Cost: Tickets available at the door. \$20.00  
Contact: [garyd@garrydiggins.com](mailto:garyd@garrydiggins.com)  
A celebratory evening of sounding, celebrating and creating community. TRUIND and musical guests. Drumming, dancing and dreaming. Sound in the spirit of Autumn.

### Vintage Funkabelly

When: - September 23, 2010  
Time 9:00pm - 1:00am  
Where: 1585 Dundas St. W  
City: Toronto, ON.

\$15 in advance  
<http://bellydance.myshopify.com/products/funkabelly>  
or Small World Festival Pass [www.smallworldmusic.com](http://www.smallworldmusic.com)

# Magick

**DURHAM PAGANS  
SAMHAIN COSTUME DANCE  
FRIDAY, OCTOBER 22, 2010 8PM-1AM**

ADVANCED TICKETS \$15 SINGLE - \$25 COUPLE

AFTER DEADLINE: \$20 PER PERSON AT DOOR

ALL ADVANCED TICKETS WILL BE ENTERED IN DOOR PRIZE DRAWS!

DEADLINE FOR ADVANCED TICKETS IS:

**FRIDAY, OCTOBER 1, 2010**

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# The Fool's Journey

## The Psychology of the Major Arcana

*A monthly column journeying through each of the cards of the Major Arcana, one by one in order to explore the themes, symbols and messages of each of these significant Archetypes.*

### THE HIGH PRIESTESS

Moving from the lush outdoors to what seems to be the inside of an elaborate temple, The Fool encounters a regal looking woman who sits between 2 ornate columns: The High Priestess.

Her energy is the complete opposite of The Magician. She seems contained and expectant as she sits. In the deck designed by Pamela Colman Smith, she holds a scroll half hidden under a fold in her robe and has a crescent moon at her feet. The High Priestess is the guardian of hidden knowledge - whatever form it takes.

Traditionally, the High Priestess is approached as being connected with listening to one's intuition. That her realm is that of inner knowing and the voice of guidance that one hears within when one is able to quiet the chatter of the Mind. But she is truly so much more than that.

She is the Divine face of the feminine. The entrance to the Mysteries, especially those of life and death, of transitions and passages. Where she sits gives the key to this. Behind her hangs a veil on which are pictured palms and pomegranates. It is through the High Priestess that we gain the insight and information we need in order to pass through the veil to reveal the Mystery that lies beyond. And though she shows us the face of the Divine Feminine, it is the balance of energies which she is teaching us. The palm points us to masculine energies (active and directive). The pomegranate points us to feminine energies (receptive and inclusive). In her hand she holds a scroll on which is written the word "Tora" from what we can see. The Hebrew word for "The Law", this directs us to keep in mind the Universal Laws that operate around us all. Not transient human law, but that which has existed through all time and beyond the limits of a human life. This is not information to be glibly handed over. We can see it there in her hands, but must make the effort to ask to be shown in order for it to be slipped out from under the folds in her robe. The unchanging Universal Laws are balanced with the crescent moon and flowing water at the High Priestess' feet, representing knowledge that shifts and changes. This is information that is informed by the Subconscious, by our personal experiences and by our emotional responses. Both the constant and the transitory are significant for informing our choices. This balance is also reflected in the pillars between which the High Priestess sits: the dark and the light. We need both and both, indeed are Mysteries: death and birth. The High Priestess knows how to guide us through. She provides the equilibrium between polarities.

In many ways, the High Priestess represents all Moon Goddesses. All those who preside over transitions into and out of life as we know it. It was believed in ancient times that the Moon controlled all birth. It waxes and wanes (as do our lives) and it is intimately connected with the ebb and flow of water which is the source of all life. It is only more recently that the Moon has been associated with the Subconscious, but an argument can be made to say that in order to be truly alive and live a full and fulfilling life, one must be aware of the currents that flow beneath the surface. More than a guide to our intuition and inner knowing, The High Priestess is the doorway to Life itself.

One of my favorite High Priestess cards is the one from the Marseilles deck (one of the earliest known decks). The seated woman is named "La Papesse" ("The Papess"). There is some controversy surrounded who this woman represents, but it speaks to the myth/secret of the legendary Pope Joan (Pope John): the only woman to have held the highest position in the Roman Catholic Church. Said to have occurred around the 11<sup>th</sup> century, Pope Joan supposedly disguised herself as a man and rose through the ranks of the Church to ultimately be named Pope: a position she held for 2 years. It is said that her time as Pope ended (amidst much controversy and consternation) when she gave birth on the steps of St Peter's.

Whether fact or fiction, the story of Pope Joan and her continued resonance through time point to the key aspect of The High Priestess. It is the Divine Feminine that is the Prima Materia (literally, "The First Mother: Mater) Science may tell us all the ins and outs of biology, but the impulse behind the first sparks of creative life and the connection between the realms of spirit and that of the earthly realm are still a Mystery. It is this realm that is the domain of the High Priestess.

Encountering The High Priestess, we are encouraged to ask: What do I need to release in order to lift the veil? How do I ask for guidance and wisdom? Am I open to my intuition? How am I honouring the Mystery of my own life? How do I hold opposites in balance?

#### Recommended readings:

*The Tarot: A Key to the Wisdom of the Ages*

by Paul Foster Case

*Tarot and Individuation: Correspondences with Cabala and Alchemy* by Dr. Irene Gad

*Jung and Tarot: An Archetypal Journey*

by Sallie Nichols

*Tarot Symbolism* by Robert V. O'Neill

*Rachel Pollack's Tarot Wisdom*

by Rachel Pollack

**Tiffany Lazic** is the founder of *The Hive and Grove*, a centre for individual counseling and group classes which integrate ancient wisdom with modern needs. She is Hearthmother of the *Aelwyd am Gwenyfen Arian Novice Hearth* for The Sisterhood of Avalon (a Celtic Women's Spirituality Tradition) and one of the organizers of *Sparks Symposium: Seeking Passion, Adventure, Renewal, Knowledge and Spirit* (August 14 - 15, 2010)

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Tarot Mondays with Monica Bodirsky

12pm - 5pm

\$40 - ½ hr

\$60 - 45 mins

\$75 - 1 hr

This is a weekly event.

Bookclub Friday - Magdalen Rising by Elizabeth Cunningham

September 9<sup>th</sup> (this meeting is on Thursday)

6:30 - 8pm

Juicy Fridays

This is an ongoing event please check the web site for details

For more information please visit our website at [www.qowonderworks.com](http://www.qowonderworks.com) or contact us at 416-323-3131

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at*

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**Unionville, Ontario**

# Coming Next Month

Our Festival Spotlight will offer a review of the summer's events.

More Details about the Durham Pagans Samhain and Costume Dance.

*As always we will do our best to bring you exciting new Events, Workshops and Entertainment.  
Missing a month of B&M would be like missing your morning Tea*

## Moon Moments

**8 September 8.29pm New Moon Virgo 16 degrees**

A sensitive Mars / Neptune link at this New Moon makes it easier to put energy (Mars) towards your dreams (Neptune). Mercury is retrograde suggesting the high functioning analytical skills of Virgo need double checking. Review the facts and reconsider your systems and plans. Streamlining is possible if you put existing facts together in new ways. Venus will soon enter a place of weakness so sort out relationship concerns sooner rather than later. Health and wellness are in focus as the purity of Virgo helps you embrace improved self care rituals.

Planet Tracks:

Mercury direct in Virgo September 11

Venus in Scorpio September 8 - November 9 2010

Mars in Scorpio September 14 - October 29

Jupiter retrograde into Pisces September 9

**23 September 7.17pm Full Moon 1 degree Aries**

This Full Moon, right at the equinox, brings timely reminders of balance. As the Sun reaches it's point of equality, harmony is possible on earth. The Sun and Moon meet as equals, creating the perfect celestial climate for earthly equality. Justice can be created as the Sun in Libra creates the backdrop for fairness while the Moon in Aries fights for the underdog. Power planet Pluto adds intensity to the emotions and energy released at this time. Obsessive thoughts can drive dramatic acts of passion. Motivated by the right reasons, you can be a vessel for change.

Kelly Surtees  
Predictive Astrologer  
Writer ~ Editor ~ Teacher



Sunday Circle @ WCC:  
Every Sunday 7pm ritual start time sharp!  
Tuesday Classes @ WCC:  
Every Tuesday 8pm-10pm

Ritual and classes are free @  
109 Vaughan Rd

See the WCC website for more information  
on classes and rituals @  
<http://www.wcc.on.ca>