

Silver Wheel

Magazine of the Pagan Alliance South Australia Inc.



Number 4 Summer 2017



Silver Wheel

OUR VISION

Silver Wheel aims to provide a forum through which the South Australian Pagan community may express its creativity, share news and distribute information about various Pagan paths. Spirituality seems barren if it does not reinforce our connections to the Earth and to each other, touching all facets of our lives. Through Silver Wheel we hope to weave the strands that will link us more intimately to each other and inspire us to manifest our own personal visions through music, poetry, art, ritual, tree planting, environmental activism, mythology, recycling, celebration – the affirmation of our common passion for life.

THE PAGAN ALLIANCE ETHIC

As Pagans we sincerely affirm the following principles:

Reverence for the life force and its ever-renewing cycles of life and death. Each individual is responsible for discovering and developing his/her own true nature in harmony with the greater world and takes full responsibility for his/her own actions. We accept that divinity exists in many forms and can be worshipped as male, female, androgynous, or in a form beyond definition.

DISCLAIMER & CONTENT POLICY

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ARTICLES & IMAGES

Written articles of 900 words or less are very welcome. To fit space and content requirements, these may be edited. Please keep Letters to the Editor to 300 words or less. Photos and artwork are also welcome. Please send by disk, or reduce (Hi-res jpgs to approx. 2.5 mb at 300 dpi) before emailing.

Send your creative efforts by e-mail to tomtam@chariot.net.au, or post to Silver Wheel : 1 Riggs Road BIBARINGA SA 5118. If you would like your original returned, please send a stamped, self-addressed envelope.

ADVERTISING

If you would like to advertise any Pagan related events, goods or services in an edition of this newsletter, please send payment if required (see back page for details) and a copy of your advertisement to: Silver Wheel, 1 Riggs Road BIBARINGA SA 5118. Please make your cheque payable to PA SA Inc.

All enquiries email: tomtam@chariot.net.au

MATERIAL DEADLINE

Material and advertising due date for the NEXT EDITION - Autumn- is
March 15th, 2017

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" Summer Rose " Photo by Tamzin

Subscriptions

You can subscribe to the Silver Wheel newsletter by becoming a member of Pagan Alliance SA Inc. Membership forms are available on the web at <http://PaganAllianceSA.net> or can be obtained by forwarding a request, together with a stamped, self addressed envelope to: The Secretary, 1 Riggs Road BIBARINGA SA 5118

Website

PaganAllianceSA.net





EDITORIAL

Hello all PASA members!

This edition is really full of interesting information!

Hints to celebrate the Solstice begin the articles, and also some information about an exhibition which is running in Melbourne Street. I plan to go and have a look at this fantastic-sounding display of Greek and Roman deity statues...

We haven't had much mention of Indigenous spirituality in the Silver Wheel lately, so I wrote a piece on an interesting sacred site that I came across almost by accident in Western Victoria. It was a life-changing experience.

PASA's Spring Picnic and Rite was held in October, and although there was really only a core group who

attended, it was a wonderful afternoon. I encourage all PASA members to attend the next one - our Summer Rite and Fish and Chips on the beach. Date to be announced soon.

Don McLeod presented a magickal and very practical session at Pagans in the Pub, and the details are within the pages so that you are able to practice these techniques.

A get-together of Adelaide's Pagan community as we celebrated Spiral Dance's new CD Land and Legend has been written up by the ever-talented Mike Adamson. Some pictures of all of us doing our thing can be found if you flip through the edition.

And some adorable tiny members of our gardens are shown in Creature Feature, with exquisite photos by Kari Dawson.

So settle down and enjoy a New Year look at the wonderful Silver Wheel!

Tamzin

Silver Wheel - in this edition

Special Features

" Solstice "

By DD - Page 10

"Bunjil -An Unexpected Pilgrimage"

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"PASA's Spring Picnic"

By Tamzin - Page 12 and 13

"Preparation for Ritual"

By Don McLeod - Pages 14 and 15

"Spiral Dance's CD Launch- Land and Legend"

By Mike Adamson Page 16 and 17

"Creature Feature "

By Kari Dawson - Page 18

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“Preparation for Ritual”

A “Pagans in the Pub” talk by Don McLeod

Creating a ritual that connects you to the Gods, or to nature, or to yourself, is a very powerful opportunity.

Ritual can be a meaningful experience, but only if you are open to its psychological and psychic effects. So, a ritual is only as good as the preparation that goes into it.

We often spend a lot of time preparing the circle for ritual: taking time to make sure that we have all the tools and goodies at hand so that our working area can be made into sacred space. But sometimes we prepare our ritual sites with more care and thought than we prepare ourselves for ritual.

What is Ritual?

- It's a physical expression of a spiritual path
- In a magickal situation it's an enactment, or a dramatisation of a spiritual truth
- It is empowering, educational, and enlightening

"Ritual...is the practice of reminding ourselves of the value and power of living. It is that moment in which we stop and, looking around, understand that life is sacred."

Emma Restall Orr, from the book 'Ritual'

How does a good ritual affect a participant?

- If the ritual has been effective, it should affect the participant in a profound way! If you come away from a ritual thinking, "That was fun. What's to eat?" Then either the ritual was not set up well, or the preparation for ritual was not done well. Or, the participant was not there for the right reasons
- A ritual is an act of personal transformation
- It should have participants questioning their values, their way of life, their place in society and in the universe!
- Rituals are wonderful expressions of spirituality and they are a great way to feel connected to nature and to the essence of spirituality

What are some of the ways that people can prepare for ritual?

- Research: Ask the participants to write a poem about the festival celebration, or to find a poem or piece of literature pertaining to it. Or ask them to find an obscure piece of trivia about a festival
- Eat food associated with a particular god, goddess or seasonal festival. For example, at Summer Solstice it would be good to share summer fruits. At Lughnasadh, perhaps share bread and sweetcorn. We normally have a symbolic 'feast' during the ritual, but why not share some appropriate food prior to the ritual to help you connect with that season?
- Prepare an altar. Having the attendees help with building an altar is a great way to get them in the right frame of mind for a ritual
- Make incense. Research the type of incense appropriate for a seasonal ritual or particular deity and create that as a group just before the ritual begins
- Smudging and/or anointing with appropriate herbs or oils
- Visit places that are appropriate to the ritual about to be undertaken, i.e. the beach at midsummer, woodlands at Beltaine, or a cemetery at Samhain



Preparation for Ritual through Physical Movement

Grounding:

Grounding exercises help to place you in the present moment. They help you restore your mental focus to the here and now, which is especially helpful if you've rushed from work to get to an event and all of a sudden you're supposed to be open and receptive to the energies of a ritual. Touching the ground with your hands can also be helpful, or standing with bare feet on the earth...this is quite literally a grounding exercise.

Loosening Exercises:

Here are some very simple and effective exercises for loosening up your body, in preparation for meditation or ritual. Do them slowly and with mindfulness.

- Loosen and shake each part of the body. Stretch to complete
 - Rotate each shoulder forwards and then backwards and then both shoulders together. Do this slowly so that your focus and concentration is fully on the shoulders
- Breathe in and raise shoulders. Hold that breath while pulling the shoulders back. Slowly exhale while lowering the shoulders

Full Moon Stretch:

Start with your arms at the side. Slowly raise them until the palms meet above your head. Slowly take arms back to the side, tracing a full moon circle around your body. It should take about one minute to raise and one minute to lower.

Tree Visualisation:

The following visualisation combines a physical and mental exercise to get you into a state of mindfulness.

Close your eyes. Picture yourself as a tree. Your feet and legs are firmly upon the ground, but now imagine that roots are growing and extending from the soles of your feet and they extend down

into the ground. Draw earth energy into yourself. Feel it flowing through your body.

Slowly raise your arms out to the side, palms up. Imagine clouds gathering above you. You feel some warm and gentle rain flowing from the sky and cleansing your leaves. Draw the water element into yourself. Feel it gathering in your hands and being absorbed and flowing through your body.

Raise your hands so your fingertips lightly touch together above your head. Your arms form the outline of the tree. Feel the sun on your branches and leaves. The sun dries off the rain, and you feel refreshed and alive. From the sun's energy and warmth, draw the fire element into yourself. Feel it flowing through your body.

Lower your arms until they extend out from your sides, palms down. Feel a soft breeze flowing through your branches and rustling the leaves at the end of your fingers. Draw the air element into yourself. Feel it flowing through your body, bringing clarity to the mind.

Lower your arms until they rest at your sides. Keep your eyes closed. The spiritual essence from the combination of all of the elements flows throughout your body. You bring your awareness back to the space. You are relaxed and focussed and ready for ritual or meditation, or both!

Conclusion:

Many of us have the desire to lead more spiritual lives. It is only through touching the sacred that we can become more spiritual. Being aware of the sacred awakens the spiritual. We can do this through visiting sacred sites, or we can simply regain awareness of the sacredness that is already around us, and within us. We connect with sacredness during ritual, and by preparing ourselves properly for ritual, we make the most of an opportunity to immerse ourselves in spiritually enriching and blissful states of consciousness.