



# PANEGYRIA

Connecting the Pagan communities through news, voice, and fellowship!

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I want all of you reading this to remember I'm presenting Advanced Mystical concepts. The deeper you go into Meditation, Mystical Contemplation and the general study of Advanced Magick; the weirder it will get. Page 21



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The Chambered Nautilus is a living animal, not simply an empty shell. Use photographs, illustrations, or responsibly sourced specimens rather than collecting living animals or purchasing shells of questionable origin. Page 9



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# Menhir News

*With V. Rev. Dusty Dionne, AP*



The world outside is changing. The last warm days are leaving like guests who stayed too late and finally remembered the hour. Frost has started its quiet inventory of the garden. What's left on the vine is the property of the spirits.

This is the season when the table becomes an altar, even for those who may not celebrate a Pagan lifestyle. School has become a part of life again. The sidewalks click with the stomping of children's feet. The squirrels have abandoned subtlety, in favor of cheeps, chitters, and the rustling of leaves in pursuit of the last of the nuts hidden there. They know what we know: the wheel has quickened, and the still part is coming. Thanksgiving arrives in that hurry. It is not one of our holy days. It is simply the time of year that the wheel tells us that the late harvest is in. It knows that it belongs there. With its smells taking over the house as we cook, like the dark can be bargained with if the gravy is right.

Spirits have always understood a feast better than a flag, or a calendar. The veil does not check the wheel of the year for a presidential proclamation. It checks for hearth fires, and for the names of our loved ones on our lips. It checks for the particular silence that happens just before someone says what they are thankful for. The sacred dead will be with us in abundance. The famous and the personal alike. The ones who taught you the recipes and the ones who never got credit for the crops they nurtured that got your grandparents through their own beginning of the dark season. The long-lived and







those taken too soon come because food is how the living prove they remember. The faces of our loved ones live in the recipe books in our kitchens and in our hearts.

Pagans will do what Pagans have always done with a complicated table. Some will sit through the story while coveting the potatoes. Some will feed the land first. Some will speak the history out loud so those that are remembered may live another year. Some will offer the first portion to the hearth, to the dead, to the hands that planted what we are about to feast upon. Some will thank the Gods that would listen that they were invited to the table. None of that makes the hunger less honest. The work is still the work, even in times of celebration: Tell the truth, pass the dish, do not pretend the year is kinder than it has been, yet be thankful that you made it to the table.

And so as you find yourself alive this late autumn, remember: Gratitude is not a speech you deliver to those at the table. It is the moment you notice the room is still warm. The final harvest isn't a withering. Sit down. Say the names. Eat like you mean to last. And give thanks for one more season together.



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# Waterbath Canning

*With Teresa Jacobs*



## Blog #9: Pantry Perfection Topic: Jars into a Working Food System

Welcome back to our Water Bath Canning Series, My Friends! I am so glad that you're with us again! This month we are talking about having our pantry work for US by turning our Jars into a working food system that will help us in the kitchen.

### Turning Your Jars into a Working Food System

Many people think home canning ends when the jars are placed on the shelf. I believe that's when the real reward begins. A well-organized pantry is more than storage. It's a food security system. It's convenience. It's peace of mind. And it's one of the greatest benefits of home canning.

### Think Beyond Storage

Every jar on your shelf represents: Time invested, Money saved, Food preserved, and Skills learned. Your pantry deserves the same attention you gave the canning process itself. Having an organized, clean pantry will help you find things quickly, and you will know where everything is.



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## Assign Shelf Levels By Usage:

Use these ideas for your shelves to help you find things easier for you.

- On the very top shelves that are above your head, keep overflow back-stock, party supplies, and/or items used only occasionally.
- At eye level, keep everyday essentials and frequently used ingredients.
- At eye level, keep everyday essentials and frequently used ingredients.
- At lower shelves, keep heavier items, bulk goods, baking, and kids' snacks within easy reach.
- At base/foot level, use boxes or baskets to hold potatoes or onions, or carts filled with other items that you can pull out and use.
- Using clear containers, baskets, and bins to save space and monitor all shelf levels, corral all the loose pouches, seasoning packets, and snacks into labeled bins to keep shelves tidy. Lazy Susans are great for cubby holes and corners too. Your Pantry aligned with great shelf organization along with the canning jars will go hand and hand in your pantry. Store your glass jars right along with the commercial store cans too. Remember, keeping all like things together will make it easier for you! That is OUR Goal here.

## Create a First-In, First-Out System

One of the simplest methods is FIFO: First In, First Out. Older jars move to the front. Newer jars go behind them. This ensures products are enjoyed at peak quality.





## Group Similar Foods Together

Consider organizing by category: Jams and preserves, Fruits, Relishes, Pickles, Fruits, Tomatoes, Sauces. Vegetables: carrots, peas, green beans, potatoes, pumpkin, beets, and onions. Continue with what your family likes to eat. By having them all close by, you will find that finding what you need becomes much easier and quicker too.

## Label Consistently:

A consistent labeling system helps eliminate guesswork. Always include the Product name and the Date canned. You can add a Batch number (as in first bushel of beans-since you may get more later in the season), Recipe source, and a Family rating is very helpful. If the kiddies do like beets, you may not want to can another 20 pints of them.

## Track Inventory:

This is where keeping track will make sure you're not canning those extra pints of beets, and you don't need anything fancy or complicated software. A simple notebook and pencil will work beautifully. Track: What you canned, how many jars, and what remains at the end of the year or the end of the canning season. Whatever works best for you, and this helps keep track for future planning.

## Evaluate Consumption Patterns:

Every year, ask: Which foods disappeared quickly? Which jars remained untouched? This helps focus future canning efforts. Try to figure out how many times in a week you eat something. This might take a little time to see what comes in, what goes out, and what is carried over. You will see a pattern come







together within 2 weeks, but by 4 weeks, you will be more aware. You can multiply this by however long you want to see how much you use and make adjustments for how much you have to can for that time frame.

### **Creating a Pantry You Love**

Your pantry should serve you and your family with food you LOVE to eat. Food you will truly enjoy eating. No sense in having untouched jars of "we're never gonna eat that!" A smaller pantry filled with favorites is more valuable than shelves full of neglected jars.

### **Planning for Next Season**

Season by season and year after year, by keeping good track of your food that you use, will always inform the next season. As food choices change, as your family gets larger or the littles grow up needing more in their tummies, your inventory changes too. You'll gain insight into: your family's preferences, Garden planning, Shopping needs, and preservation goals. Your heart will be happy, as your pantry will be a roadmap for future success in your Organized Pantry.





## Bonus Recipe: Honey Cinnamon Pears

Makes about 7 pints

### Ingredients:

- 6 pounds mixed green and red pears, unpeeled, quartered, and cored
- 3 tablespoons Fruit Fresh or lemon juice
- 3 cups water
- 2 cups unsweetened apple juice
- 1 tablespoon lemon juice
- 1 cup honey
- 7 cinnamon sticks

### Instructions

Prepare boiling water canner. Heat 7 pint jars in simmering water until ready to use; do not boil. Wash lids in warm, soapy water and set aside with bands. Combine Fruit Fresh or lemon juice in a bowl with enough water to cover pear quarters; let soak until syrup is simmering. Combine water, apple juice, 1 tablespoon lemon juice, and honey in a 4-quart saucepan set over medium heat. Bring to a simmer. Add pears to honey syrup and stir gently until heated through. Place one cinnamon stick into a jar; pack hot pears in jar, leaving a ½ inch headspace. Ladle hot syrup over pears, leaving a ½ inch headspace. Remove air bubbles. Wipe jar rim. Center lid on jar and apply band; adjust to fingertip tight. Place jar in boiling water canner. Repeat until all jars are filled. Process jars for 20 minutes, adjusting for altitude. Turn off heat, remove lid, let jars stand 5 minutes. Remove jars and cool for 12-24 hours. Check lids for a seal; they should not flex when the center is pressed.



**Until next time, Happy Canning, and Happy Thansgiving, Friends!**

**-Teresa Jacobs**





# Wavebound Whispers

*with Silas The Sea Witch*



## Sea shell for the month of November: The Chambered Nautilus

There are treasures of the sea that capture our attention with their color, and others that reveal their magic through the wisdom of their design. The Chambered Nautilus is one of the latter. Its beautifully curved shell follows a remarkable spiral, dividing its interior into chambers that the creature occupies as it grows. Each new chamber represents a stage of its journey, while the older chambers remain part of the structure that supports it.

For the sea witch, this offers a beautiful lesson: we can grow beyond who we once were without abandoning the wisdom of who we have been.

November carries us deeper into autumn. The days grow shorter, the nights invite reflection, and the world begins to settle into a quieter rhythm. As we approach the final weeks of the year, the Chambered Nautilus reminds us that growth does not always mean moving faster or reaching farther. Sometimes growth means recognizing how much we have already traveled.

We often imagine transformation as leaving the past behind. Yet the Nautilus offers another perspective. Each chamber remains part of its story, just as our own experiences become part of the foundation from which we continue to grow. Our difficult seasons, unexpected blessings, mistakes, discoveries, and moments of courage all contribute to the person we are becoming.







In ocean-centered spiritual practice, the Chambered Nautilus can serve as a symbol of sacred growth, divine timing, inner wisdom, and the unfolding journey of the soul. Its spiral invites us to look inward, honor our progress, and trust that we do not need to know every turn ahead to continue moving forward.

Place a Nautilus image or ethically sourced shell on your altar this November. Trace its spiral with your eyes and reflect on the different chambers of your own life. What have you learned? What have you outgrown? What wisdom will you carry into the next season?

Remember, beloved sea spirit: you are not starting over. You are continuing the spiral.

### **November Tide Blessing**

*May you honor every chamber of your becoming.*

*May the wisdom of yesterday steady the waters of today.*

*May you release the need to know every turn before you take the next step.*

*And may the Ocean Mother remind you that growth unfolds in its own sacred time, one tide, one lesson, one breath at a time.*

### **Magical Correspondences**

**Keywords:** Sacred growth, wisdom, evolution, divine timing, balance, reflection, life's journey.

#### **Magical uses:**

- Honoring personal growth and life transitions.
- Reflecting on lessons learned throughout the year.
- Strengthening patience and trust in the unfolding of a path.
- Setting intentions for long-term spiritual development.
- Connecting with inner wisdom and contemplative practices.
- Creating rituals for closing one chapter and preparing for another.

**Colors:** Cream, ivory, pearl, warm brown, bronze, deep ocean blue.



**Herbs and plants:** Rosemary for remembrance, cedar for grounding, lavender for tranquility, and frankincense for contemplation.

**Crystals:** Clear quartz for clarity, amethyst for spiritual reflection, labradorite for transformation, and smoky quartz for grounding.

**Ocean allies:** Sea turtles, whales, octopuses, and deep-sea creatures.

**Best spellwork:** Personal-growth rituals, year-end reflection, wisdom seeking, spiritual development, and intention setting.

**Sea Witch's note:** *The Chambered Nautilus is a living animal, not simply an empty shell. Use photographs, illustrations, or responsibly sourced specimens rather than collecting living animals or purchasing shells of questionable origin.*

### Elemental Associations

- **Primary Element: Water** — Intuition, emotional wisdom, adaptability, and the natural movement of life's cycles.
- **Secondary Element: Earth** — Stability, structure, patience, and the foundations that support lasting growth.
- **Spiritual influence: Spirit** — The deeper meaning we discover as we reflect on our experiences and connect them to our larger journey.

Water teaches us to adapt. Earth teaches us to build upon what we have learned. Spirit reminds us that every stage of the journey can hold meaning.

Together, these energies express the Nautilus's central teaching: grow without losing your foundation, and change without forgetting your wisdom.







## Tide & Moon Connections

**Best tide:** The incoming tide symbolizes growth, renewal, and the gradual arrival of new opportunities. Work with this tide when setting intentions for the coming months or inviting greater wisdom and stability into your life.

For reflection and release, the outgoing tide can also be meaningful as you let go of expectations that no longer fit your journey.

### Moon phases

- **Waning Moon:** Reflect on lessons learned and release outdated beliefs.
- **Dark Moon:** Rest, contemplate, and listen to your inner wisdom.
- **Waxing Crescent:** Set intentions for the next stage of your growth.
- **Full Moon:** Celebrate how far you have traveled and acknowledge the wisdom you have gained.

### Lunar energy

The Chambered Nautilus pairs symbolically with the Moon's recurring cycles. Just as the Moon moves through changing phases, we move through seasons of action, reflection, release, and renewal.

November's quieter atmosphere offers an invitation to slow down and recognize that rest is part of growth. You do not have to be constantly expanding to be evolving.





## Journal Prompts

Take a quiet moment with your journal, a cup of tea, and the image of a Chambered Nautilus. Let its spiral guide your reflections.

1. What are the most important lessons I have gathered this year?
2. Which past version of myself deserves gratitude rather than criticism?
3. What have I outgrown, and what wisdom from that experience will I carry forward?
4. Where am I rushing a process that needs more time?
5. What foundations have I built that will support my next chapter?
6. How has my understanding of myself changed over the past year?
7. What would it mean to trust my journey even when I cannot see the destination?
8. What am I ready to leave behind before entering a new year?
9. If my life were a spiral, what lesson seems to be returning in a new form?
10. What is the next chamber of my life inviting me to explore?



## Tarot Pairing for the Chambered Nautilus: The World

The World represents completion, integration, accomplishment, and the closing of a meaningful cycle. It reminds us that the end of one journey is also the foundation for another.

The Chambered Nautilus pairs beautifully with The World, the final card of the Major Arcana in many traditional tarot decks.

The World is not simply about reaching a destination. It is about recognizing the transformation that has occurred along the way. We arrive at the end of a cycle carrying the experiences, relationships, challenges, and discoveries that have shaped us.







The Nautilus echoes this message through its growing spiral. Every chamber belongs to the same shell, just as every chapter belongs to the same life. Completion does not erase the past; it brings its lessons together into a greater understanding.

As November draws us toward the year's final weeks, The World invites us to celebrate our progress rather than focus only on what remains unfinished. Perhaps you did not accomplish everything you intended. Perhaps the journey took a direction you never anticipated. There may still be value, wisdom, and growth in what you experienced.

Together, the Chambered Nautilus and The World whisper:

- You have traveled farther than you sometimes realize.
- Honor the chapters that brought you here.
- Gather the wisdom you have earned.
- And when the tide turns, step forward—not as the person who began the journey, but as the person the journey has helped you become.

### **November reflection**

Before the year draws to a close, name one lesson you want to carry into the next cycle and one expectation you are willing to release.

Let the Chambered Nautilus remind you that your life does not need to unfold all at once. There is wisdom in every chamber, beauty in every spiral, and still more ocean ahead.



**Until the next tide.**



# Notes From The Garden

with Cassan Dionne



## When the Garden Grow Wild

By the final days of the growing season, the garden stops behaving like a tidy collection of rows and cages. It becomes wilder, larger, and less predictable. Demeter's garden has evolved into a tangle of tomato vines, a steady supply of squash, a feast for visiting deer, and a vivid reminder that a harvest is as much about adapting as it is about gathering.

My hours in Demeter's Garden most obviously I needed to work on tomato harvesting! There were tons of tomatoes to bring in. With this Tomato abundance, we were able to begin the next stage of seed stewardship: tomato seed fermentation. This is a fun, messy project that is necessary to store tomato seeds from fresh fruit. Before you can do the fun part, though, you have to make sure you have identified the fruits correctly.

The identification of our tomatoes demanded some detective work. In order to identify the varieties, I first looked up varieties I was not familiar with so that I could recognize them by their characteristics. Color, size, shape, and surface texture are the most common traits you would be looking for in identifying tomatoes. In many cases I had to trace individual vines back through a tangle of intertwined vegetation clear across the garden beds. That was not easy. Many plants had escaped their cages and sprawled freely, crossing paths with their neighbors. Then the wind arrived, toppling a number of vines and turning identification into an even more careful exercise. The scene was messy, but it







revealed the vigor of plants that had outgrown the structures meant to contain them. It was a riot of tomato vigor!

To ferment the seeds, you first scoop and squeeze the seeds out of an identified ripe tomato fruit that is cut in half. The seeds are encased in a gelatinous matrix. Put these seeds into a jar and add at least an inch or two of water. Store the jars, lightly covered, in a warm, dark place and let them ferment. When a moldy layer comes to the top, they are finished. Carefully remove any floating debris and pour the seeds through a sieve fine enough to hold the seeds. Carefully dry the seeds on a paper towel. I label with stickers and use the sticker on the paper towel to keep the identification name with the proper seeds.



We also spent a lot of time weeding a large area in the center of the garden, creating breathing room amid the late-season growth and preparing them for winter. Cucumbers and eggplants contributed to the harvest, while zucchini and butternut squash continued to produce, though more slowly than before. The change in pace was a seasonal signal: the garden was still giving, but autumn was beginning to make itself known.

Not every visitor came to the Garden to help. Deer ate many of the pepper plants and bean vines, along with the greens of the beet root crop. Their appetite left a clear record of the constant negotiation between a cultivated garden and the wildlife around it. A season's outcome can turn on fencing, weather, timing, and chance just as surely as on planting and weeding. We were still able to harvest and dry some of the beans and also of the peppers, so all was not lost. We estimate we have lost probably 80% of the peppers, and 60% of the beans have also been eaten thus far. We plant with full knowledge and acceptance of the wildlife taking a portion of our harvest. We are not unduly dismayed or





seeking retribution on the deer! It's part of this process, and while we would prefer that they left us more beets and peppers, we count their portion as our due.

Even the flavors of this season brought an element of surprise this year. The black and purple tomatoes carry a smoky flavor that was not to everyone's liking. Rather than let them go unused, one volunteer took them home and mixed a generous amount into a giant spaghetti sauce. In that setting, the same distinctive flavor became delightful. It was a small but useful lesson in harvest creativity. If nature gives you an unfamiliar taste, you may simply need an appropriate preparation.

Early fall into the Harvest rush is a time of change and like many kinds of change, it's a bit messy, painful and it's challenging for sure. All this chaos and disruption serves an important purpose, though. It creates a canvas for change to inscribe a future on. It is also pleasurable too! From the satisfaction of ongoing squash production, to the promise held in fermenting seed, and the discovery that a polarizing tomato could become the heart of a delicious meal, there is much good to be gleaned.

Near the end of its season, a garden rarely looks perfect. Vines lean and wander. Production slows. Animals take their share. Yet this is also when the garden's story becomes clearest. Abundance and loss sit side by side. All this crystallizes into knowledge for the next season. We use this lesson to observe, preserve, improvise, and make good use of what the garden provides us.





# Thoughts From The Dean's Desk

*with Kara D. Williams*



## **From Table to Soul: How Gratitude Deepens Our Spiritual Journey at Thanksgiving**

This week many of us will be holding Thanksgiving celebrations here in the US. Being thankful is a part of this tradition for many people. At WSTS we teach our students a gratitude practice as they go through their courses. Gratitude is more than a polite “thank you”. It’s a profound psychological and spiritual principle that shapes how we experience life. At its core, gratitude acknowledges the blessings we receive and fosters a sense of humility and connection. This practice helps us to put our focus on positive things and turns us away from negative destructive thought patterns.

Thanksgiving, a cherished cultural tradition, is deeply rooted in gratitude and community. While the holiday often centers on food and festivities, practicing gratitude during Thanksgiving can transform it into a deeply meaningful experience, one that nourishes the soul as much as the body. It brings our secular holiday in line with our spiritual practice.

The holiday season can bring joy, but it also comes with stress and expectations. Gratitude acts as a spiritual anchor, reducing anxiety and grounding us in what truly matters. Reflecting on blessings during Thanksgiving gatherings increases happiness and life satisfaction, reminding us of abundance rather than scarcity. This mindset builds resilience, helping us navigate challenges with confidence. Many of us come from families that don’t share our Wiccan beliefs. This causes stress at family gatherings. Some of us have chosen to celebrate with our chosen families instead of our birth families. In all cases, looking for what is positive and good in our lives helps us to make this holiday more enjoyable.







Science affirms what spiritual traditions have long taught: gratitude benefits the body. Expressing thanks during Thanksgiving rituals can lower blood pressure and support heart health. Mindful reflection on blessings before bed improves sleep quality, while inner peace and spiritual harmony strengthen the immune system. Thanksgiving becomes not just a feast for the senses, but a tonic for overall well-being. What the mind thinks writes on the body. This is a basic concept taught here at WSTS, and it's backed by science. We ask all our students to practice a gratitude ritual each day and many of our students attend online devotional rituals daily provided by Children of the Crossroads, an ATC Affiliate in Spokane, Washington.

Gratitude is contagious. When families and friends share what they're thankful for at the Thanksgiving table, or elsewhere, empathy and compassion flourish. These moments deepen interpersonal bonds and create positive communication patterns. Framing conversations around appreciation shifts the tone from criticism to connection, making Thanksgiving a catalyst for stronger relationships.

### **Some Practical Ways to Cultivate Gratitude:**

- **Journaling:** Write daily gratitude entries with spiritual reflections.
- **Verbal Expressions:** Share thanks during traditions like a gratitude circle or at holidays.
- **Mindfulness & Meditation:** Begin each morning with a gratitude ritual infused with spiritual intention.

If you don't have a gratitude practice, Thanksgiving inspired gratitude can become a year-round practice. Sustained gratitude nurtures mental health, creates a positive feedback loop for personal and spiritual growth, and fosters compassionate communities. When gratitude becomes a lifestyle, its benefits extend far beyond the holiday season.



Gratitude enriches mind, body, and spirit, and Thanksgiving offers the perfect opportunity to embrace it fully. This year let's move beyond the turkey and trimmings. Use Thanksgiving as a springboard for a lifelong gratitude practice that transforms your life and the lives of those around you. As you find your peace and a more positive outlook, this will affect others around you. We don't live in a vacuum; what we do causes ripples that others see and feel and sometimes want to emulate.

As you gather this Thursday with your friends and family or if you are on your own this year, pause and reflect. What are you truly grateful for? Perhaps your gratuudes are small and simple or you have been blessed by the Gods and have much to celebrate, either way carry that spirit forward not just for a day, but for every day.

**May you all have a wonderful Thanksgiving Day!**



**You can find more of Kara's Thoughts from  
the desk of the dean by clicking here!**





# *Elastic Reality Considerations For the Magickal Adept*

## *With Cheryl Costa*



*In this essay, references to Witch, Wicca, and Pagan should be assumed to suggest the number of people who are studying the Magickal arts to one degree or another. Likewise, some of what is discussed in this essay will challenge your worldview. Keep in mind that a Magickal Adept has to be open to the high degree of strangeness in Reality.*

In mid-2020, a major New York State newspaper published a feature article about the fact that in the past ten years, two dozen mainstream churches in their area have closed their doors. Related newspaper articles have pointed out that Folk Faiths like Wicca are the fastest growing religions in the country.



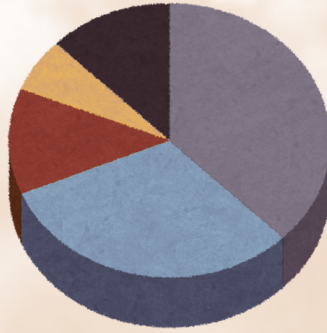
If we examine raw Facebook marketing numbers on appearances, they suggest that upwards of 4.6 million Wiccans are on Facebook. Yes, I hear you. Yes, I know you are probably in multiple Facebook Wiccan or Pagan groups. The Facebook Marketing people know that as well and naturally have heavily massaged the Facebook Marketing data.

An advertiser seeking to purchase targeted promotion to a Wiccan audience is presented with two sets of numbers: Raw potential audience and tempered, reasonable audience. So, for Wiccans on Facebook, raw count is 4.6 million, tempered count about 1.7 million. Of course, not all USA Wiccans are on Facebook either; logic suggests that our numbers are somewhat bigger. Facebook Wiccans total about 1.7 million in the USA. The gender proportions work out to about 86% Women and 14% men.





For the sake of simplicity, let us use measured-tempered metrics to illustrate a point. The USA population is about 320 million; census data says 76% are adults, which would equate to about 243 million adults. Using the 1.7 million as a measured metric, Facebook Wiccans roughly amount to about 2% of the USA adult population. That makes the Wiccan religion comparable in size to many smaller mainstream sects.



But if we consider the greater Pagan community as well, the numbers are more impressive. If we include Norse, Voodoo, Louisiana Voodoo, General paganism, Wicca, Traditional Witchcraft, Druids, and faery traditions, the tempered Facebook total is about 48 million. That number in contrast to the 243 million USA adults, suggests that the overall pagan folk faith community totals about 20% in the USA.

## **What caused the Pagan Folk faiths to grow to be roughly one-fifth of the USA adult population?**

The answer is a bit more complicated. There seems to be a montage of reasons, but let us start with the Boomer generation. We Boomers were growing up in the 1950s. In the post-World War 2 world, rocketry was fascinating everybody. The press in those days regularly published news stories of UFO sighting accounts. The movies of the era were awash with space travel and the possibilities of aliens visiting our little blue planet. All of this forced the minds of both young and old to be a bit more elastic in our view of reality. Star Trek in the early 1960s and in the five decades since also contributed to this growth and a willingness to consider other possibilities.

*What did this have to do with Craft and Pagan thought?  
It is about the impact on the expansion of one's personal reality. A  
concept that challenged mainstream church and Sunday school  
teachings about reality.*



In the 1960s, women had no power in the outside world, especially in the religious world. The women's movement brought about the idea of inner power. Women began embracing a feminine face of deity. Of course, pagan and Wiccan thought fed this view along with the ancient concepts of magick. The ability to bend reality with thought.



Likewise, in the 1960s, there was the tremendous influence of the musical group the Beatles. Their music changed a generation, with complex ideas and a degree of rebellion. Add to this, around 1967 the Beatles; John, Paul, George, and Ringo, became fascinated with the Transcendental Meditation teachings of Indian Yoga guru, Maharishi Mahesh. In 1968, they visited the Maharishi's spiritual training camp in Rishikesh, India.



The immense popularity of the Beatles brought Transcendental Meditation to the West. At the time, mainstream Western clergy was absolutely appalled by this far eastern influence. But the Beatles made these Eastern concepts "Hip!" Again, another stimulus to the idea of mind-altering thought and reality expansion.

Before we leave the 1960s, we must also consider the impact that hallucinogenic substances of that era had on the young adult boomer population. A late government physicist friend of mine once observed that the government was against recreational drug use because it helps you experience an alternate reality, which makes you start to question things, including the government.

Since the 1960's the better part of two additional generations have been influenced by an ever-expanding paradigm shift. A shift that made our collective realities more elastic. We are all magickal people here.



Let's take a walk on the wild side. I hesitate to share the following, but I think it has bearing on something bigger that has been afoot for a long time:



*"For many individuals who have seen a UAP/UFO, have had a near-death experience (NDE), or an out-of-body experience (OBE), or even have had direct physical contact with non-human intelligence (NHI), your life is never the same after this event." (Mitchell Foundation, 2018. Beyond UFOs – The Science of Consciousness in Contact with Non—Human Intelligence - Published by FREE.)*

This is a profound statement! It suggests that the mere experience of seeing a UAP/UFO can trigger big psycho-spiritual changes in the witness. As a journalist, I have read many hundreds of UFO sighting reports. Often, the reporting individuals stated they had never taken the subject of UFOs seriously before. Then they experienced an extraordinary sighting event. These same people frequently report that it profoundly changed them.



Of 3256 experiencers/abductees surveyed by the Dr. Mitchell Foundation, most reported that their experienter event greatly altered their view of reality, of religion, and most certainly, of spirituality. Reinerio Hernandez, co-founder of FREE, told me that he knew dyed-in-the-wool scripture thumpers who came back from their ET experience deeply spiritual. Likewise, atheists and agnostics who were touched by ET and returned intensely spiritual. Then Mr. Hernandez remarked, "ET seems intent on turning everybody into mystics!" To quote a variant of a Wiccan chant, "ET is trying to touch everybody and everybody that ET touches Changes." Mystics! That struck a chord with me.

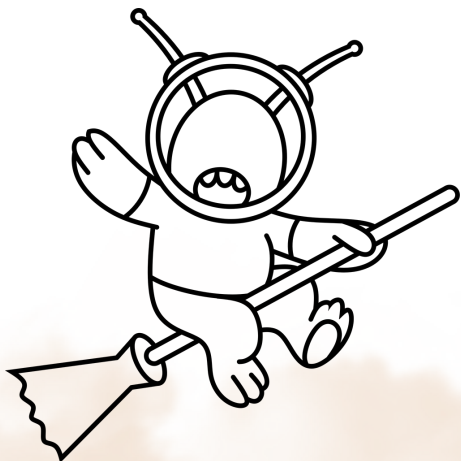
I spent seven years of my mid-life in a Buddhist monastery. During my mystical training, a seasoned Lama told me. "Most people have no idea of the high degree of paranormal phenomena that goes on around them every day. Most people only need to stretch the boundaries of their reality a little bit to be aware of a much bigger world." So how many people have ET touched by simply appearing in the sky for our mortal eyes to see? That is a tough question. But being a statistician, I took a crack at the numbers. In the last twenty years, there have been roughly 167,632 reported UAP/UFO sightings. The sightings were reported principally to two national reporting services. But honestly, 167K reports don't exactly put a dent into the human population if ET is trying to launch humankind on the road to mystical enlightenment.

But in July of 2017, FOX Home Entertainment conducted a national poll about UAP/UFOs and ET. The results were like a 2012 poll by National Geographic that said 36% of Americans believe in UAP/UFOs, 42% were on the fence about the topic, and 17% thought the topic was nonsense.

*The FOX Home Entertainment poll went a step further and asked how many had seen a UAP/UFO. The result was measured at about 16% of adult Americans. This 16% number was a measurable metric. Then, in September 2019, a Gallup Poll did yet another poll on the UAP/UFO topic, and they too measured the number of people who said they had seen a UAP/UFO; again, the 16% number was now a stable measured metric.*



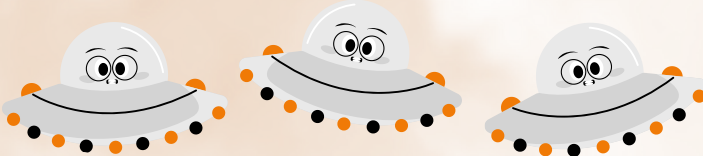




*So why is ET routinely flying over our hamlets, villages, towns, and megacities? If this mystical agenda is at the heart of it, then maybe they're gently trying to coax our human species' narrow-reality minds to be a little bit more elastic. Perhaps their hope is that we'll all gradually wake up to a much bigger reality and join the other citizens of the universe.*

The USA population is about 328 million people. The adult population is approximately 76% of the total, or about 250 million people. 16% of the adult population works out to about 40 million people. That is a lot of people potentially on the road to being ET-initiated mystics. That's 40 million people who have had their view of reality expanded just by having an unexplainable UFO sighting experience. This doesn't begin to address the number of people who have been physically guests of ET, the abductees and experiencers. When I first wrote a UFO-related newspaper blog-column in 2013, I was under the common impression that ET physical contact was a very rare thing. Then I had the opportunity to attend a daily experiencers meeting at a UFO conference. To be honest, I expected to meet 25 or 30 people crying in their coffee that they got probed by ET. To my surprise, there were about 150-175 people at the meeting who had all the high energy of a tent revival. The average experienter told me, *"Those ET folks are great! They want the best for us and want us to save our planet!"*

## *After Thoughts:*



I want all of you reading this to remember I'm presenting Advanced Mystical concepts. The deeper you go into Meditation, Mystical Contemplation, and the general study of Advanced Magick; the weirder it will get. An advanced student and I hit head-to-head brutally after I exposed a recent yearlong Magickal Class to this essay. At issue was that I exposed the class to a little bit of UFO theory. That advanced student refused to confront or even entertain the possibility that there might be other life in the universe and that perhaps it's visited us on our little blue planet. That screamed rigidity! Rigidity poisons thinking in Advanced Mystical Studies. UFO theory was inserted to stretch your reality a bit. My job as an instructor is to stretch you. Remember, I told you all, that working in mysticism requires you to have an elastic view of reality. Put the following quote in your magickal journals or Grimoires.

***"Not only is the universe stranger than we think, but it is also stranger than we can think." — Werner Heisenberg – Physicist***

**About the author: Cheryl Costa** has been a Witch for forty-nine years. She spent seven years in contemplative Buddhist monastic life. She has been an ordained Tibetan Yogini for the past twenty-nine years. She considers herself a simple contemplative sorceress.





# The Element of Water

*with Rev. Castle Silverstar*



The element of water is one that we here at Weavers of the Web, ATC are familiar with having four out of the five great lakes in our back yard. Here at Weaver's, we do a monthly riverwalk clean up so that we are protecting the element that brings us life. This is something that started a couple of years ago after going to Spring Mysteries Festival that the Mother Church puts on. This is one of the ways we honor the water around us and help to protect the watershed that we inhabit in our area.

We also look at water as a connection with the land of the dead. We use this space to share messages across the veil to our loved ones that have gone before us so that we can receive this wisdom of their lessons and not have to relearn them in our lifetime. This is represented in the tarot cards with the suite of the cups. Taking the moment to sit and speak across the chalice so that our departed loved ones know we are thinking about them is import part of my magic that I do this time of year.

Finding ways to honor the spirit of water in your area is equally important. You might join a river cleanup, conserve water instead of letting it run needlessly, and appreciate having clean drinking water readily available.

I hope this insight on what we do here are Weavers of the Web has helped you understand that importance of water in our magical and mundane lives.

Blessed Be  
Rev. Castle Silverstar

*Happy  
Thanksgiving*





# *Grateful For All of You!*

V. Rev. Dusty Dionne for Menhir News

Teresa Jacobs for Waterbath Canning

Silas The Sea Witch for Wavebound Whispers

Cassan Dionne for Notes From The Garden

Kara D. Williams for Notes From The Dean's Desk

Cheryl Costa for Elastic Reality Considerations

Rev. Castle Silverstar for The Element of Water

## *And To All of You Who Subscribe!*

