



Oimelc Issue, Y.R. XLVIII
Feb 4, 2012 c.e.
Volume 28, Issue 1

EDITOR'S NOTE:

I feel a little less inspired than normal for this season, so I'm glad that the rest of you have been pumping out material over the last 5 weeks. Look at what you have contributed to our Druidry and I really like how the new social media allows us to be more active than in previous decades where technology, distance and mailing costs really limited who could share parts of their experience.



Druid Pictures on Facebook
Druid Video & Music on Facebook
DEBATE Liturgical Research
DEBATE Paying for Druidry
NEWS Orkney Temple

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Sacred Groves

- Been cleaning house and trying to be a bit more Spartan/Zen/Ascetic. Doesn't seem to be working.
- Built a large set of shelves for my wife and a flower-box for the window of our new apartment which I moved (BY MYSELF) over the New Year break, another reason, this issue is late.
- Been thinking about marketing and public relations at work, and it all factors into Druidism.
- Read Isaac Bonewits' Neopagan Rite, a great primer for Druid liturgical design and implementation. I'll write it up for the Spring Issue.
- Haven't done as much music as I would like for this season.

-Mike the Fool

NEWS OF THE GROVES

Monument Grove: News from D.C.

- No snow. Really bummed about this.
- Mind has been working on the story arc for Desperate Druids for the next spate of 10 episodes which would cover the next 5 months of editing. Hope to have one in the works by February for episode #12 "Invitation"

Three Stones Protogrove: News from Arizona

Greetings to all!

We here at the Three Stones protogrove under this mildest winter on record, are accelerating out 'public to protogrove' moots, and have been holding twice weekly 'meditations under the tree's' for some locals who have an interest in tree 'thought and communions' by the large clusters of pines and shrub oaks.

We have no season of sleep here in the Mohave desert, at least not this year, so we voted and started 'flower and wild herb' classification and understanding in the ever changing bio-sphere of our desert. Our external 'druid walks' led us to the Red Rock conservation areas, with the winding maps about the small mountains we attuned to the 'straight tracks' in meditation and help a semi-public Earth healing ritual with an understanding this should continue in the spiral of the year!

Preparing for the three formed fires about our protogrove and the awakening of the 'illumination and flames of Brid' for the life flow of hearth and home. Now the time comes for the 'washing of the Grove stones' and step forward into the tides of Spring!

In the service of the Mother!
Brid the acting ArchDruid
Three Stones Protogrove

Raven's Grove: News from Quebec

Well our grove has been active and growing in members. We have been holding our weekly Druid's Goblet every Wednesday night for almost a year. In fact, Imbolc will be the first full year of gathering for the grove. To mark the occasion we are hosting our first retreat during the whole weekend of the 28th. Many activities have been planned such as pottery and glass workshops, and a Saturday night of Bardic entertainment. Sunday, we will be our gathering for Imbolc ceremony at Karen's cedar circle.

Wishing you all a wonderful Imbolc and Bridgit day, may nice cold milk fill your Goblets!!!!

Sébastien Beaudoin
Your friendly Canadian Druid

RDG NEWS

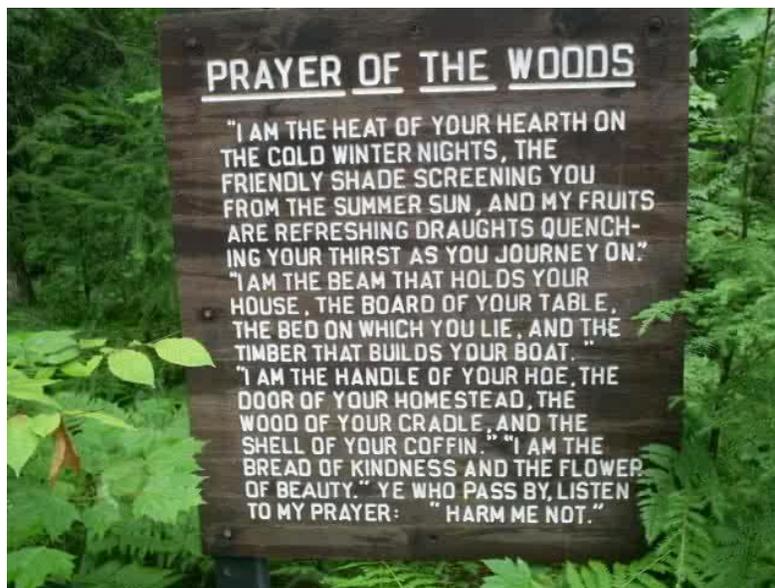
Congratulations to Jacqueline M. Bushong on her ordination to the 3rd Order of the Reformed Druids of Gaia, this past January 15th.



[The Druid's Egg: Samhain - Yule 2011](http://druidsegg.reformed-druids.org)

druidsegg.reformed-druids.org

The official online e-zine of the Reformed Druids of Gaia - Samhain-Yule 2011





DRUID PRODUCTIONS

Desperate Druids: Part 10 – Witchy Ways

<http://youtu.be/ISVSU0wrTqI>



An irate Kikki and her mysterious sister (Zoe) compare Wiccans and Druids for Peter, and then reveal a dangerous secret about the Spooky Woods. The conservative sheriff of Ypsalantu city discusses the dire situation of the city to the university chaplain, and enlists his reluctant assistance in a secret campaign. Finally, Andrea unleashes her pent-up fury upon her inconsiderate husband, Ishaan.



www.bmdo.org

Hi Mike-

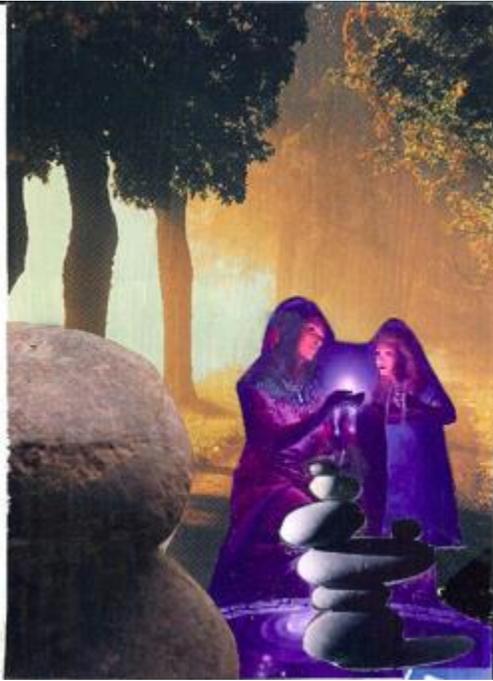
I host a show called 'Practical Druidry Radio' on www.paganradio.net and [groveradio.net](http://www.groveradio.net). I would love to interview you or someone from RDNA. I do interviews via Skype. Would you be interested?

Blessings of the Gods and non-Gods-

Sencha /\ (Chuck Hall)

<http://www.paganradio.net/programming/shows/practical-druidry-radio/>

Practical Druidry focuses on Druidry, Paganism and other topics of interest to those who practice a nature-centered spiritual path. The 60-minute show airs Sundays at 11:00 a.m. and 4 p.m. Eastern Standard Time on *Pagan Radio Network* and 3 p.m. EST Wednesdays on *Grove Radio*.



QUOTES, IN GENERAL

"It is not so much for its beauty that the forest makes a claim upon men's hearts, as for that subtle something, that quality of air that emanation from old trees, that so wonderfully changes and renews a weary spirit."

~~ Robert Louis Stevenson

"We must rapidly begin the shift from a thing-oriented society to a person-oriented society. When machines and computers, profit motives and property rights, are considered more important than people, the giant triplets of racism, extreme materialism, and militarism are incapable of being conquered."

~~Martin Luther King

(Words Before a Meal) We Are The Land "When we eat food, we are eating of the land. What we take in becomes part of us and in turn we become part of the land our food comes from. We are not separate from

the land, we are the land. When we speak it is the land speaking. Each one voice among many singing the land's song. Let us all respect ourselves by respecting the land, remembering our connections and being grateful for them."

"Connected to All"

Helga - Ehoah

Sometimes being a Druid feels so natural and normal that one forgets what a rare and interesting adventure and responsibility it is!

Mike

Fire of hearth, fire of life, fire of spirit bright. Brigid exalted one, the wheel of firelight. The crossroads where the two worlds meet, is the crossroads of the light and dark. You spark the flame of inspiration deep within our heart.

Penny

"There are uniters, and there dividers. Uniters want everyone to be of equal importance. Dividers want to separate everyone into little factions. BUT there are some dividers who pose as uniters in order to further their agenda of division. The simple truth is that there is only one group, which I call GOD. There are a whole lot of people who deny that they are part of that group, and that you are too." -- Stephan Gabriel

"We must rapidly begin the shift from a thing-oriented society to a person-oriented society. When machines and computers, profit motives and property rights, are considered more important than people, the giant triplets of racism, extreme materialism, and militarism are incapable of being conquered."

~~Martin Luther King



Pottery, Druidry & Christianity

by Sébastien Beaudoin,
Claire du Corbeau Grove, Quebec

I first discovered my passion for pottery as an art student in college. At that moment, I envisioned myself owning my own pottery shop one day. Fresh out of college, I rushed back to my roots, to the peacefulness and to simplicity of rural life in the Ottawa valley where I knew that I would easily set up shop. Just a few years later, I was the proud owner of Campbell's Bay's first pottery shop.

Shortly after being settled in, I began to study ancient pottery and experimented with the local natural clay. Since then, I have distinguished myself as the local earthenware potter, solely dedicating my production to creating a unique local pottery for collectors from around the world.

With time, what was to become the driving spirit behind my pottery came while I was progressing in improving my work. I stumbled upon ancient Celtic pottery techniques, which brought me to discover ancient Celtic society, early Celtic christianity and (not deliberately) druidic wisdom. The simplicity of their ancient wisdom quietly inspired me, plunging me into a new perspective, re-focusing my attitude behind what later became 'Atelier du Druides'. From that point on, I redesigned the way I conveyed my artwork, my creativity and my self-expression. Today I have not only become a potter, but also a modern-day druid.

What is a druid?

My own definition of a modern-day druid is someone who is inspired by celtic myths and lore, who lives deeply connected with the spirits of the land and who works directly with the divine being as well as our ancestors. Within my druidry, nature is the second Holy Scripture, considered to be unconditionally sacred, the expression of the purest form of God's manifestation and divinity.

As for myself, I began my druid path with the Reformed Druids of North America (RDNA) a few years ago, and am now recognised as a Third Order Druid. However, I consider myself as a solitary and reserved druid within my rural community. With time, my path has changed since I began and is still changing. My practices have gone from neo-pagan to christian druidry. Today my druidry is deeply enriched by a combination of many spiritual traditions, but mainly it has become an interweaving christian and druidic tapestry. In other words, I'm a christian that has a totally unusual perspective.

Walking the solitary druid path is not uncommon, but the key thing about solitary druidry is that it is just that – solitary. I may celebrate festivals common to others druids, and I may not, because as a christian druid, I also attend a few church services now and then. As for my ceremonies, they are casual, very simple and usually outside at my altar in my backyard, or somewhere deep within nature. This form of druidry is freestyle and very experiential. But basically for me, druidry is the art of meditation and continuous study.

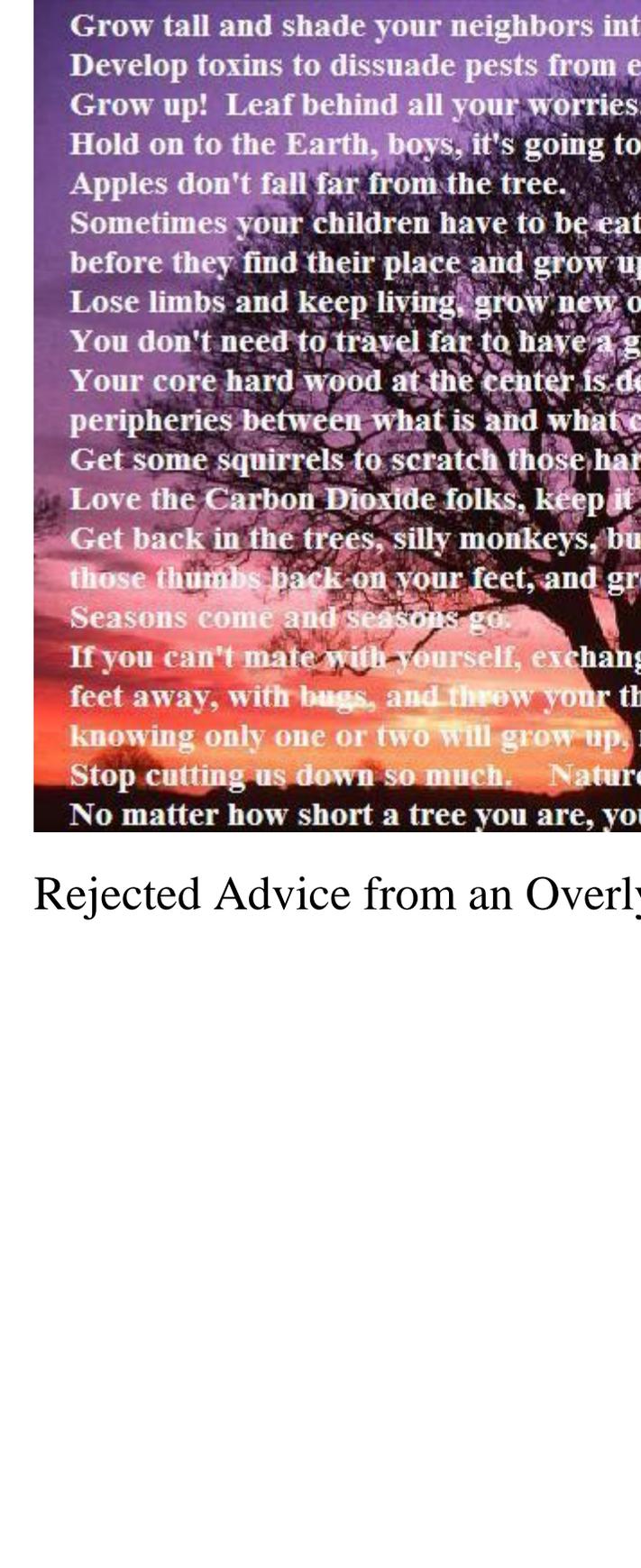
See Sébastien Beaudoin's website with details of retreats and courses he holds in Canada



Advice From a Tree

Dear Friend
Stand Tall and Proud
Sink your roots deeply into the Earth
Reflect the light of your true nature
Think long term
Go out on a limb
Remember your place among all living beings
Embrace with joy the changing seasons
For each yields its own abundance
The Energy and Birth of Spring
The Growth and Contentment of Summer
The Wisdom to let go like leaves in the Fall
The Rest and Quiet renewal of Winter

Feel the wind and the sun
And delight in their presence
Look up at the moon that shines down upon you
And the mystery of the stars at night
Seek nourishment from the good things in life
Simple pleasures
Earth, fresh air, light
Be content with your natural beauty
Drink plenty of water
Let your limbs sway and dance in the breezes
Be flexible
Remember your roots
Enjoy the view!



Grow tall and shade your neighbors into submission.
Develop toxins to dissuade pests from eating you.
Grow up! Leaf behind all your worries. Don't be a sap, that's my job.
Hold on to the Earth, boys, it's going to be a wild ride!
Apples don't fall far from the tree.
Sometimes your children have to be eaten and go through all kinds of shit
before they find their place and grow up.
Lose limbs and keep living, grow new ones, branch out!
You don't need to travel far to have a good life.
Your core hard wood at the center is dead, you are only alive on the
peripheries between what is and what can be.
Get some squirrels to scratch those hard to reach spots.
Love the Carbon Dioxide folks, keep it up!
Get back in the trees, silly monkeys, but first drop some weight, get hairy, put
those thumbs back on your feet, and grow a tail.
Seasons come and seasons go.
If you can't mate with yourself, exchange gametes with a partner a thousand
feet away, with bugs, and throw your thousand children into the unknown,
knowing only one or two will grow up, now that's good parenting!
Stop cutting us down so much. Nature is within you. FreeFoto.com
No matter how short a tree you are, you can touch the sky.

Rejected Advice from an Overly Talkative Tree - Mike

Our Lady Earth

Blessed now, upon the earth i stand, my ladies meadows, how green they grow, the whispering of her summers grasses, and all that she has sown. Blowing and rocking to gentlest breeze, she dances to her bordered trees, the wind does whistle her summer song, it dances with her, and skips along. Waves of green fluttering in the breeze, dancing now in her skirt of leaves.

Twig, branch, root, leaf, we ground in her deepest keep, deep her roots, deep she weaves, deep into the soil, deep beneath. High her branches, waving at the sky, providing shade, for you and i. She provides the air i breath, protected and loved, my gentle trees.

Fertile is her soil, giving life and love, hot does she spark, her molten core, rivers of lava, flowing to crusty floor. Hard the rock that she does form, giving foundation, stability and strength to, us all.

Spinning and whirling in glorified dance, transmuting energy in her stance. Basking in day and night, weaving energies, dark and light. Sun and moon, come out to play, and she twirls in there celestial ray.

Beautiful now, our lady fair, who dances in the summers air, the whispering wind skips along, whistling her summer song.

By
Penelope Leyson Young

Dragon Smoke

Come, come, come smell my cinders, i smote their ruin, the riches i bare in
my dragons lair.

Deep in the mountains, in the caverns of old, i perch on my lair, my lair of
gold.

My dragon soul, is the breath of us all, the spark that ignites, from the
ashes i crawl.

Cinders black, my passion flairs, like spirals of smoke rising on the air.

The scales of my hide glisten and gleam.
I am but, a beautiful, yet fierce some dream.

My golden hoard is the wealth of your soul, the seeking, the riches, the
knowledge untold.

My dragon lines flow across this land, my energies embrace this wizened
earth, open now to those who prove thier worth.

Beware, beware, do not awake me in my lair, for i will raise the flames of
old, i am made of fire and fire i hold.

I am but a dragon, a guardian of your soul, you don't want to rouse me in
the depths of my home.

For my coils are but, the spiralled journey, we all take, and the treasure i
guard is your deepest soul, wake me, and i will char your skin, i will char
your skin deep from within.

For i am but a dragon, and i can raise the flames of old, i am made of fire
and fire i hold.

By
Penny Leyson Young

Nothing Else Matters

In your arms i drift away, the meeting of mind, body and spirits play,
in waters deep of sheets of linen, there is no end and no beginning.
Skin on skin and silkiness to touch, i love to linger and hold you much.

In your arms, come to me my love, your force, your strength and
yet, gentleness of a dove. Closer, deeper craving the lovers tryst,
the energy floats, like static mist.

Bodies collides, waves break upon the shore, the ecstatic joy, rhythm
dances once more. So powerful my lovers touch. It consumes all, that
heady rush. For you, i hunger and i need, i welcome you my beautiful
steed. Writhing now in unison, the mating dance, the rattle the hum.

Feats of strength and gentleness proceed, always thoughtful of my
need. Entwined like serpents on a sunny day, the lovers come out on
the rocks to play. Bands of color and energy flows, the crescendo
now our bodies glow. Waves crash now upon my shores. I am woman
hear me roar.

Gentle now my beautiful lover, the depths of his soul i wish to
discover. No fairer face has ever set such beauty before me, his eyes
speak volumes, and loveliness i see. My beautiful steed, my noble
soul, with you i dwell, we are but whole.

By
Penelope Leyson Young

Land Of My Fathers

The valley is ever green in my heart, the prettyest green you ever did see. As i look upon my valley, my heart starts to sing, from the depths i bring it, my Awen.. The harp liltts away at my heart strings, my body joins the dance, the fields, the streams, the rivers deep rise in chorus stance. Horses in the field now race to say hello, where shareing this happy, sunny day, wishing the hours away. The isle of dreaming comes to me as the sun beats down upon my face, peace and tranquility with me now, within my happy place. Trees greeting me fluttering there leaves have come to join the dance. Horsetails flicking at the flies swish, swosh there awrkwad stance.

Hares frolick in the meadow sweet, ambling on there way, horses now laying in the sun have welcomed me to stay. Green the leaves, green the grass, green tides of green. Sometimes the sun is masked from my sight and the rain drizzles as is seen. Grey is the day, grey the valley, grey the Rhodda grey. Faces of grey, terraced housed of grey, grey the mood, then all fades to black. The black is worse than the grey, it's the core of the dragons land, it takes you to the depths of despair this palpable black land. The wheel of indusry tells it's story, of the core of the earth, of anthracite and money lust that gave it it's birth. The racking cough that barrels over the chest. Is the sealing of the cromlech tomb. The omen sings it's song of death and sweet imminent doom. Oh my valley has many faces, many tales to tell, she is sometimes at the seas edge, drinking in it's swell. The tempest roaring as the sky meets the rising waves, the crashing of the waters deep, splattering into haze, the rumble of the violent sky and lightening acrosss the sea, the meeting of the elements, awsome and magical to me. Hear me now the energy soars swirling upon rockface and shore. Devouring sand, washing and cleansing as she goes. Hear me roar, so powerful at her core. Tendrils stretching over the shore. The many faces of the land of my fathers frequently come to visit me, she tells the tale of rock, sand turf and sea, but my valley is forever green in my heart and will always remain so, she tells me tails of wonderous times and not always tales of woe.

By
Penny Young

Family Camping

Well it started out with Leonard's bike, we think it's bloody cursed, it rolled through blueberry bushes, over rock and turf, and now it's heading for the house as if it's caught a surf. It rolls right up onto the new deck and stops at the BBQ, we all sigh, a sigh of relief and let out a mighty Pheeew! McArthur Mills, Bessemer road Timmy's here we come. Ann pipes up "where all over dressed" i say "unlike some", "at get we don't smell to bad", "mphfff, there all so scantily clad", as so our coffee break goes. St Peter's now, we take to flight, trying to find a campsite for the night, turned away, we head down the road looking for a humble abode. Lost now in the wood, we double back looking for the woodland track. A man meets us at the fork he's yelling now with quite a squark. Down the road he cuts of Phil's bike, close enough to take a strike. "No private signs did we see, we offer you an apology". Aggression now, it isn't right so we speed off into the night. Cold and tired we all feel, campsite to find and then a meal. We pull off from the road and perch ourselves in a humble abode. Ann and Phil set up the tent, Len has gone for kindling. I unpack i'm out of whack my bodies gone so cold, "fun and laughter it might be, boy are we getting old". Coals alight steak shared tonight, our strength returns with all it's might, it's time for us to bid good night. 3 AM the ritual pee, "i can't get up, i cannot see", and Phil has to pull me. Once outside, the moonlit night is a welcomed site, when all is bathed in silvery light, and thankfully i can see "especially when one has to take a pee". Back to sleep we all go, after the communal woe, awoken at dawn by the lights throw. Breakfast, pack, hit the road, we return to our permanent abode. One must say, where getting old, as we all suffered from the cold. Glad to return home, even though we laughed, "jokes aside we need a bath". Bed beckons our weary bones, rest my loved family we do need to sleep, the love, laughter and family memories we shall keep.

By

Penelope Leyson Young

Triple Spiral

Triple spiral, power of three, love of clan, my family.
Triple spiral, polarity, both positive and negative, flow
through me.

Triple spiral, embrace all three, love and forgiveness
gives birth to the passion in me.

Triple spiral, the clan has always remained with me, we
are but one, the light i now see, the triple spiral , love of
all existence's divine within me.

Triple spiral the cauldron born, strength, love and
passion, Awen to all, the cauldron born Cerridwen blesses
me, she nurtures, nourishes and sustains me, Reflection
of life, past, present, and future combine, the brew of
Awen an ancient line. Pillars of life all combine, the brew
of the ancient the Fferyllt did find.

My guardians teach the wisdom i will ever seek,
primordial depths and highest peaks, triple spiral, you
have guided me, you will forever dwell, in the heart of
me. Protected now by the power of three, the goddess i
did find and the inner worth of the three.

By
Penelope Young



Franciscan Pantheist

<http://franciscan-pantheist.tumblr.com/post/15663220420/i-am-the-forest-the-forest-is-me>

By Forrest Walker

Submitted by Helga Healingline

I am the forest, the forest is me...

Every breath you draw is the sweet breath of the plant world, offered to you for continuation of your life. Your every exhalation is your gift back to the plants.

When you enter the forest, rest your forehead against a tree, and inhale through your nose. The tree offers its breath to you.

Exhale through your mouth, and give your life-breath back to the tree.

Know that this tree has seen fires, droughts and torrents—hardships and headaches—its entire life, and has endured, nonetheless.

Inhale...

Consider the challenges you face in your life.

Exhale...

Recognize that you yet live; the troubles you've had were part of making you who you are now. If you're struggling right now, don't lose yourself in those difficulties.

Inhale...

The tree is strong. As you continue to share breaths with it, imagine yourself taking in needed strength.

Exhale...

Continue for as long as you need to... Know that you're capable of making it through hardships, and that, even the trees fall, but new life springs up from old life.

Even if you hit rock-bottom, you can be sure that when you're ready, you can rise again.



Pet v.2011 by Diego Fernandez, 2011, <http://diegoidef.deviantart.com>

Deep Ancestral Totemism, Part One

January 3, 2012 by lupa • Categorized: Earthly Rites.

The human brain is a fascinating thing. I had already learned a good deal about it just in personal reading, but when I went through my graduate program to get my counseling psych degree, I got a lot more up-to-date information. For example, I learned about the triune brain—the idea that we have the reptilian brain (the basal ganglia, the most primitive part of the brain), the paleomammalian brain (the limbic system) and the neomammalian brain (the neocortex). What I also learned is that this model is overly simplistic, that it doesn't correspond as neatly to actual reptile and various mammal brains as is popularly assumed. Also, some non-mammalian species exhibit levels of

intelligence and behavior that rival neocortical capacities, without an actual neocortex in the brain. And all mammals have some neocortical development, just not to the degree of humans. So, in short, the triune brain model has fallen out of favor due to its flaws.

Still, as very brief shorthand, the “reptile”, “old mammal” and “new mammal” models of the different sections of the human brain work if you keep its limitations in mind. It's a good set of mnemonics to remember that the oldest portion of the brain (“reptile”) is that which is associated with primitive territorial and aggressive/defensive actions, the next part (“old mammal”) has diversified into more complex behaviors surrounding the care and feeding of young and other family as well as the first development of emotions, and the newest portion (“new mammal”) has even more complex social and communication skills, as well as planning and foresight.

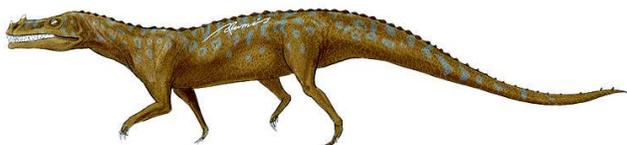


By Peter Maas, care of <http://bit.ly/sTxNLM>

My interest in it here is as a model for self-reflective meditation. Even as highly developed as we humans are, our brains often get the better of us, particularly the more primitive portions. We still can fall prey to uncontrolled and unexamined anger, territoriality (literal and symbolic), fear, and other such impulses. We fear the Shadow-self and often try to excise it. And the more primitive self sometimes manifests as unnecessary violence that too often gets justified in the name of religion and other ideologies. Wars are massive groups of “reptiles” in territorial conflict.

So much of spirituality and religion seems to be aimed at quelling or rising above what we perceive as the most animal parts of ourselves, whether that's sex or violence or desire and need. Sometimes mortification of the body is used; other times, we receive punishment for exhibiting “base” behaviors”. Look at the concepts of sin and uncleanness when applied to perfectly normal, harmless human behaviors like consensual sexuality. Or we try to escape the body and the physical needs through meditation and projection, and many of us are taught to idealize an afterlife where the gross weight of the body is left behind and we are made “perfect”. In any case, the animal self is all too often demonized and shunned.

Yet the answer is not to further distance ourselves from these parts of who we are as human animals, but instead to reconnect with them. Our increasingly (perceived) detachment from ourselves as animals, the idea that we are “above” or “better than” animals, doesn’t take away the fact that we are animals still, including in our brains. No amount of rationalization or distancing will remove that, nor will any level of supposed transcendence. As long as we are human animals in human animal bodies, we are responsible for our human animal selves, motivations, and actions.



By Alannis, care of <http://bit.ly/tDaQI8>

We don’t, of course, need to swing all the way in the other direction and let our ids go wild in order to “be animals”. Yes, we are attracted on a certain level to the idea of unfettered fighting and fucking and competing relentlessly for resources to maximize the likelihood our genes will be passed on. But let’s not break out the blood sacrifices and wild orgies just yet. If we are to give honor to the evolution that has brought us to where we are, let’s not forget the compassion and humane treatment of ourselves and others that we have developed to a high degree (though we are not the only species to possess them). After all, we have seen the atrocities that have occurred when people display little to no control over their more primitive instincts at all. That’s where we get war, assault, selfish hoarding of precious resources, etc.

I propose, instead, a middle ground, one that allows us to aspire to the best of the uniquely human traits we’ve developed as a species, and also the more primitive foundations that we are built on. The goal is to first be able to identify what parts of the brain/self are active at different points, particularly those seen as negative; and second, instead of pushing them away, observing and knowing the impulses and feelings for what they are and thereby letting them have a place while keeping them in check.

And we’re going to do this by looking to our ancestors and our much-extended family for their experience and wisdom. In the second part of this series, I’m going to show you a guided meditation that you can use to contact animal totems that correspond with the various layers of your brain as a way to begin this reclaiming of yourself as a human animal.

Deep Ancestral Totemism, Part Two

January 10, 2012 by lupa • Categorized: Earthly Rites.

In my last post, I introduced the model of the triune brain (reptilian, old mammalian, new mammalian) as a structure for basic understanding of yourself as a human animal, not just a human being. If you have not yet read the first part of this series, please go and check it out over here before reading on, as it will help you make sense of this second portion, for it is here is where we can put the theory into practice.



By Michael B.H., care of <http://bit.ly/xDvoBJ>

What you’re going to do in this meditation is meet with totems that can help you learn more about the origins and the purposes for the reptilian (territoriality, basic instincts), old mammalian (more complex care of young and family, basic emotional capacities), and new mammalian (more complex social and communication skills) parts of your brain. The meditation is only meant to be an introduction to these totems; you certainly can’t learn everything there is to know in one exercise! Think of it as a starting point; I’ll give you some ideas for where to go next later on.

Before you begin, there is one thing to consider—do you want to specifically work with the totems of species that are considered most likely to be our direct ancestors, or of species that simply share the same general brain structures we have? For example, let's say you want to learn more about the old mammalian brain by working with the totem of an animal whose most advanced neurological development is at that level. Would you prefer to specifically seek out *Thrinaxodon*, a cynodont closely related to the as-of-yet-undiscovered exact predecessor species of all mammals, humans included? Or would you rather work with the totem of an extant species of primitive mammal which is not a direct ancestor of ours, such as American Opossum?

Either way, prepare to do some preliminary research. There's plenty of information on animals still alive today, but not quite as much on extinct ones, especially older or less charismatic species. Here is a good starting point for researching our likely direct ancestors; as with anything on Wikipedia take it with a bit of salt, but also make use of the cited resources for further research.

It may seem a little like “cheating” to go into a guided meditation with certain species more at the forefront than others, but considering how difficult traversing your own psyche can be, working with animals you know more about can help give you more of an anchor as you dig in deeper. Let the meditation choose the specific animals for you, though. Go in with a good amount of information in your conscious mind, and allow your subconscious to make use of the material.

Keep in mind, too, that these are animal totems; as archetypal, spiritual beings, they are comprised not only of the natural history and traits of the species they spring from, but also the animals' relationships to other species, including humans, as well as our myths and folklore about them. So while talking to a physical animal, especially in light of the differences of our brains, may not be feasible, animal totems are entirely different sorts of beings themselves.



By Tree & J. Hensdill, care of <http://bit.ly/zf9zWa>

The Meditation

Get comfortable in a quiet place where you can be undisturbed for at least an hour. Sit or lay down as you see fit. You can even dance if it will help you travel into the right mindset. Let go of your everyday cares and concerns, and relax.

Focus on your head. Feel your attention going inward, into your head, through your skull, and into your brain. The first place you enter into is the new mammalian brain.

Remember your social skills, the basic interactions between humans. Think of how we socially interact, the structure and processes of how we choose who to communicate with, who is close to us and who isn't, how we collaborate and come together. Then think of how other higher-order mammals do the same. What makes us unique? How are we like other mammals in that respect?

Envision an animal coming toward you that represents the new mammalian brain and its origins. Let it approach you. Greet it, and see if you can engage it in conversation. Find out why it has arrived in this part of your brain. Once you're done with this conversation, thank the totem for introducing itself, and bid it farewell.

Next, move deeper into your brain. Feel yourself move through the new mammalian brain, and into the old mammalian brain. Remember all the times you've felt deep, seemingly uncontrollable emotions, good or bad. Feel the bonds between you and those closest to you; don't think about them, just feel them. Then think about mammals caring for their young, cleaning them and keeping them safe. Think about how other animals show care for

each other—sadness when a fellow creature dies, joy at reunion with one who has been away.

Envision an animal coming toward you that represents the old mammalian brain and its origins. Let it approach you. Greet it, and see if you can engage it in conversation. Find out why it has arrived in this part of your brain. Once you're done with this conversation, thank the totem for introducing itself, and bid it farewell.

Now, move to the deepest part of your brain, down at the base of the skull. This is the oldest part of all. Think of any situations, perhaps an emergency if you're comfortable, where you simply acted without thinking. Remember the basic impulses of survival—sating hunger, finding rest, acquiring resources. Think of all the animals do to survive; think of fish, and amphibians, and reptiles, and others, all working to live each day.

Envision an animal coming toward you that represents the reptilian brain and its origins. Let it approach you. Greet it, and see if you can engage it in conversation. Find out why it has arrived in this part of your brain. Once you're done with this conversation, thank the totem for introducing itself, and bid it farewell.

Then envision yourself traveling down your spine, and let your awareness expand throughout your entire body. Feel yourself back in your entire self, and when you are ready, open your eyes and come back to full waking awareness. Ground yourself as needed.



By Stevenj, care of <http://bit.ly/xAQNv8>

Write down or otherwise record as much as you can remember of who the totems were and what they may have said, with as much detail as possible. You

may find that you don't actually recognize an animal, especially if it's some obscure extinct prehistoric critter. Do your best to sketch it out and otherwise record its physical traits, and then compare it to pictures of known extinct animals. Totems, especially those who no longer have a living physical connection to this world, can sometimes appear a bit "warped" in appearance, as part of their existence hinges on our awareness of them; as our species' memory of them fades, so can the image we still have of them shift as well. Do your best with what you have, and if you end up with a "nameless" totem, it doesn't mean you can't still work together.

As mentioned before, this meditation is just the start. In the third and final section, I'll give you some ideas on where to go from here, now that you've been introduced to these totems.

Deep Ancestral Totemism, Part Three

January 17, 2012 by lupa • Categorized: Earthly Rites.

In the previous section of this series, I discussed a guided meditation to help you find animal totems associated with the three basic evolutionary parts of the human brain, the reptilian, old mammalian, and new mammalian parts of the brain. If you have not yet read the first two sections, please go back and read them here and here so that this section will make more sense.

Once you have identified these three totems, here are some ways to work with them and beyond:

"The Frog Prince" by Christina Maria, 2010, <http://ladyimogen.deviantart.com/>

—Spend time each week meditating with each totem, and on the part of your brain and its bailiwicks that each corresponds to. Where do you see each part of your brain coming into play in your everyday life? Are there any situations in which you could be more balanced, perhaps bringing the rational thought of the neocortex (new mammalian brain) into play when you're perhaps too worried about something

and your limbic system (old mammalian brain) could use a little calming?

–If you find yourself in a situation where you need more balancing, ask the totem of the part of the brain you want help from to give you aid in that moment. For example, if you’re feeling unmotivated about something, talk to the totem of the reptilian part of your brain to figure out why that might be, and what you could do to give yourself more incentive to act.

–When interacting with others, how do you see the various parts of their brains potentially coming into play? Does this help you understand them better? How are your two brains communicating? Are you trying to approach them on a primarily new mammalian level, while they may be in a more defensive, reptilian mindset?

–What about interacting with other species of animal? Often they have been belittled as being “lesser” than humans, even though we have gone through the same evolutionary processes they have. Can you relate to them more knowing that you share some similar brain structures? Do you understand the other animals and their motivations better? Do you give them more respect for what they are, rather than what they are not?

–While this particular meditation dealt with just a few points on the long line of our evolution (or, rather, various diverging lines of evolutionary history), you can use it to find other extinct totems, to include those of ancestral species before the rise of reptiles. If you found yourself connecting to still-living species, try asking them for help in traveling further back in evolutionary time, perhaps asking one totem to introduce you to its ancestor, and then that ancestor introducing you to another, and so forth. You may want to check your work against a known timeline of evolving species as you go along.

–If you don’t already do so, think of yourself more as a human animal. Emphasize the animal part, not in the Hollywoodized version of the “wild (wo)man/cave(wo)man”, but a human being who is the latest in one line of evolved animals. See how

you fit into your ecosystem as an animal, eating, drinking, sleeping, etc. Do you feel more kinship to the other animals, both living and extinct? How about connection to the land?

–Practice being very physically aware of yourself-as-animal. Walk around and otherwise move your body, and notice how your limbs are still very much like those of a quadruped, how your knees and back especially still hearken back to before we began to walk upright (and like to remind us, sometimes painfully, that the evolution isn’t done yet!). Imagine what it might feel like to shift your form backward in your evolutionary history to that of a proto-mammalian ancestor, or an earlier reptile, and even further back to aquatic ancestors. If it helps, read up on some comparative anatomy before you try this exercise.

–You may also wish to ask one or more of your “brain totems” to show you a bit of what their physical counterparts’ forms were like. If you feel comfortable, try to accentuate the part of your brain that is associated with the totem you’re working with; if you’re working with your reptilian brain totem, imagine that you are primarily concerned with the basic needs of survival, defense, territory, and reaction.

These are just a few paths you may choose to explore from here. Feel free to explore beyond them, and to experiment.

Ultimately, the point of all this is to be more familiar with yourself as an animal, with how your motivations, thoughts and feelings are largely inherited from our species’ ancestors. Rather than shoving down our animal selves, we can learn from other creatures how to use these various levels of our brains, the hard-wired seats of our minds. Our comparative neurophysiology shows us our heritage; we have only gained ignorance by trying to push it away. Let us embrace ourselves as human animals. Let us learn to balance what is unique to us with humans, with all that humanity has been built on. Let us become the best human animal beings possible.

DRUID PICTURES ON FACEBOOK

I found some interesting stuff since Yule



Every tree, every growing thing as it grows, says this truth, you harvest what you sow.

[Rumi](#) ♥



Penny



Penny



I found this totem lying on the ground inside my Grove of Oaks today. At first I thought it was wet, but I saw it looked like an elephant, so I picked it up. It appears to be professionally carved in bas-relief.

It strikes me as a votive offering, so I resisted all urges to take it home. I set it in a natural niche in the bark of the big oak tree to make it easier to find again. However it got there, it seems to have been dropped without intent to retrieve it. It blended in almost perfectly with the other small rocks.

As far as I am concerned, it is now intrinsic to the grove, and I may consider making a tradition of bringing my own votives in the future. I have already begun bringing cantaloupe-sized stones to place along the outer circle of daughter oaks in the grove and marked out alignments for midwinter sunrise and sunsets. It will take many trips, as the perimeter of the grove is vast in circumference.

John Martens



This is a translation of a story cycle at the core of the saga of Cuchulainn, one of the masterpieces of Irish literature. Cuchulainn was the son of the God Lug and the daughter of the king of Ulster. Cuchulainn had the strength of Hercules, but was slow in gaining control over his

powers, which turned him into a monster, leaving a trail of mayhem in his wake. At the age of seventeen, still beardless, Cuchulainn single-handedly repeals an invasion of Ulster by Queen Mebd of Connacht to steal the mythic bull Donn Cuailnge. Cuchulainn has parallels in other great sagas worldwide, such as the Mahabharata and the Iliad.

This was apparently one the first English translation of this story from the original manuscripts. This account and the rest of the 'Ulster Cycle' is widely retold (e.g. Lady Gregory's Cuchulain of Muirthemne). --JBH

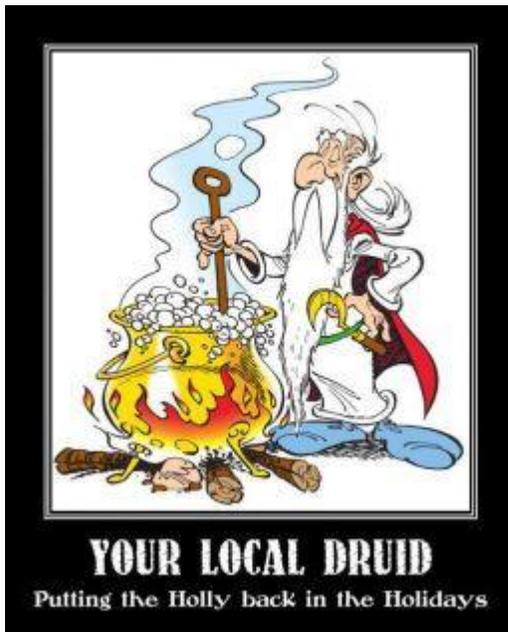
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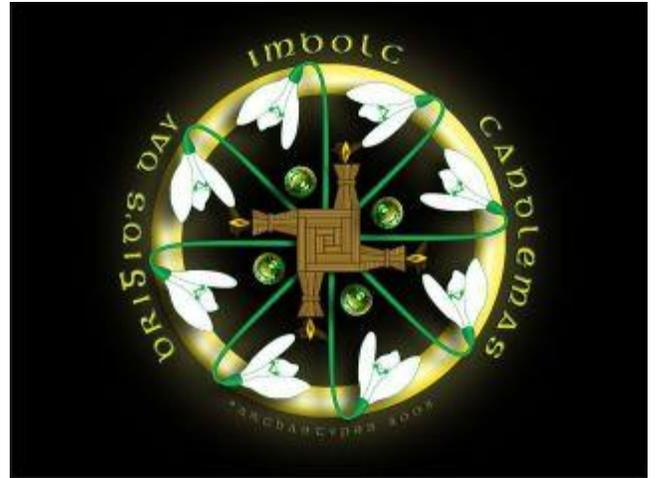
John Martens



Stacey



Domi and Stacey



From Cerridwen



From the brush of Tom Butler



[Elen of the Ways, the Antlered Goddess](http://www.seawitchartist.com)
www.seawitchartist.com



Stop by our sister site, [The Athena Tree](#) today through Sunday to connect with information, updates and pages concerning the "Occupy Movement". Get busy, get occupied!

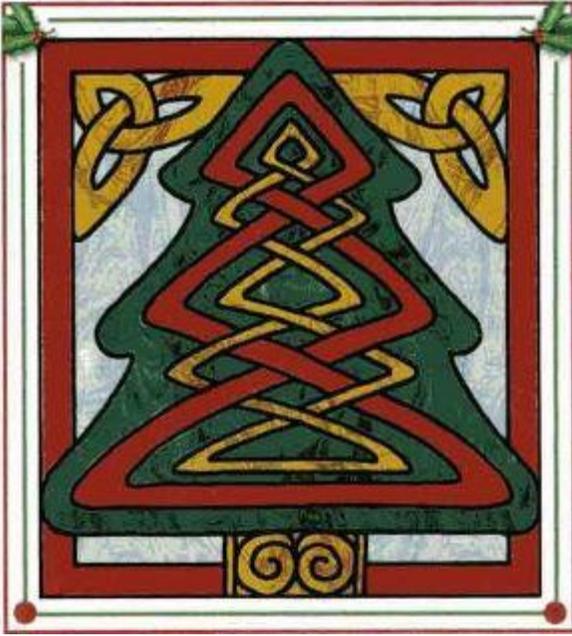


Tree house

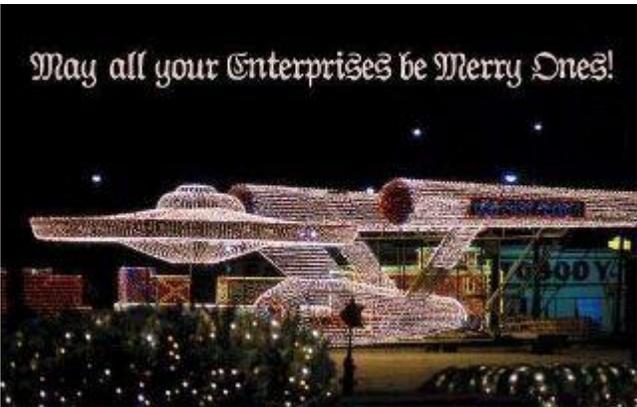


Tom Butler





Oriana



DRUID VIDEO & MUSIC ON FACEBOOK



<http://youtu.be/NCOFFwh7Xbl>

[Only Time - Enya Harp Duet - Camille and Kennerly, Harp Twins](http://youtu.be/NCOFFwh7Xbl)

www.youtube.com



<http://www.youtube.com/watch?v=vUr07Onal-Q>

Survival International campaigns for the lands, lives and futures of tribal peoples. Join the movement <http://www.survivalinternational.org>



<http://www.bbc.co.uk/news/magazine-16295830>

[How the Amazon rainforest is being saved](http://www.bbc.co.uk/news/magazine-16295830)

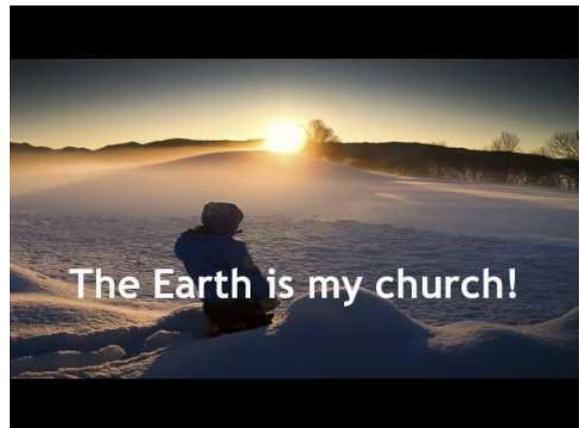
www.bbc.co.uk



Crazy Canuck Fishermen Are the Toughest

For years, the story told about the Amazon has centred on the destruction of the world's largest rainforest - but that is no longer the whole truth.

<http://www.youtube.com/watch?v=x768VAsOQS>
[w](http://www.youtube.com/watch?v=x768VAsOQS)



Earth Day 2011: The Earth Is My Church

<http://youtu.be/uoKAYoe6Tuw>

In honor of the upcoming Earth Day celebrations (April 22), my friend, I wish you and your dear ones continued blessings, and an ever-increasing sense of connection and communication with the dear Mother Earth.

In Lak'ech Ala K'in,

CG



A passionate rhythmic British poet

<http://youtu.be/VI9eKlaFleo>

Filmed in Kate's house back in November 2010. These were the

final recorded set

of poems before Kate's throat operation, and the release of her album with Sound of Rum. Some pagan themes pop up.



http://youtu.be/10hZQ6jo_Tw

Folk metal

Rusia

Album debut: Dance Of Druids



<http://vimeo.com/33347421>

Haunting time-lapse filming that shows plants growing, vines crawling, flowers blooming.



Narrated walk through a redwood forest describing the growth of the forest.

<http://vimeo.com/18305022>



http://youtu.be/gpzuVt_mkKs

This beautiful film celebrates forests and our connection with them. If you like it and care about forests please pass it on!

You can help protect forests and communities by choosing wood and paper with the FSC logo.

<http://www.wwf.org.uk/whatwoodyouchoose>



Nelson with Frangquist and Fisher, Spring 1964

Liturgical Research Debate

Led by Mike the Fool

I'm reading Brother Isaac Bonewits "Neopagan Rites: A complete guide to creating public ritual". I love his prose, and he's never on firmer ground than liturgy, he was a ritualist-par-excellence, not many others (perhaps Ian Corrigan) have been as deep into the theoreticals, but still able to put on a good show.

Episodes 11-15 of Desperate Druids will talk about the basic questions that new comers ask about Reformed Druid ritual, why, how, when, where, etc.

I'm curious what you folks think are the top 10 questions that new folks are curious about. (What should I wear?, What should I do? Do I expect a miracle? etc.) What's your

experience with briefing people before their first service and anything surprising?

Mike TheFool It's been 20 years for me, so I've forgotten those nervous newcomer memories. I remember telling my room-mate I was going out to a druid service late at night, "just in case". They were so mysterious back then as a Freshman.

Patricia its weird because I haven't had a lot of questions from complete newcomers who have never experienced a Pagan group of any kind. usually I get asked 1 if they should bring food or something else 2 is it going to be a rite or a class that sort of thing. The few absolute newbies we've had usually end up deciding right away whether the OOS would be a good fit for them and if they feel they could both learn and contribute.

Adam Ian (Corrigan) is a close second, Mike.... when it comes to Creating Liturgy and Ritual, Isaac was in a class all by himself.

Jeffrey Were I to actually have a grove nearby, before my first ritual I would probably ask how I should act. Is it going to be very strict and forthright like a catholic mass, or more group oriented and playful? Should I wear something nice, like a button up shirt and some slacks, or go with a robe and blue facepaint? You know, the basics ;)

Adam Skyclad or not..... ;)

Finneagas I've found that the biggest question with a new person/people in a Grove is ...where do I stand and during the rituals...what does that mean/or do?We created a decent training cycle to help ease others past these points of questions before the enter the Grove area.

Penny Young As newbie, for me the most important thing was to find a Grove close by, i was really surprised, that there where so few, i guess i thought, it would be easy, just like in the U.K., and when i did finally find a Grove, i was then concerned about, if i would be accepted, in particular dress code, as i tend to wear, what some would consider, kinda different clothing. I was so fortunate, to find like minded people, as

that was very much a big concern also, and it was a great relief to me, to realize i wasn't on my own, at that i really enjoy the company of our Grove members, they have all become good friends to me. Most of my friends back in Wales are Wiccan, i only have 1 druid friend there. Where as there where lots of elements of Wicca that appealed to me, i found myself teetering back and forth. Where as Druidism i knew, right from the get go, hook, line and sinker, it was for me, and i felt truly blessed, the night Seb asked me if i wanted to be initiated, i didn't even have to give it any thought :-)

Mike TheFool Okay, what I'm thinking, is for a person who has already found a grove, but going to their first service. As you know, Peter, has already had a lot of briefings on what Druids do/do not believe in the series. --- I think a first time ritual attendee would want to know; where/when should I show up, how should I dress/what bring, how should I participate, Do I have to "join" on the first service (become 1st order), which gods are coming?, do we cast a circle, when do we eat?, how long will it be, is their a script, will we dance/sing? --- If you have a monotheist, they might be worried that they are apostates of some sort by participating, and I'd have to explain that that is a matter of perspective, as I don't believe Reformed Druidism is incompatible with other religions, or at least other religions can "flex" a bit to accomodate our practice, with some effort.

Penny I think that is great idea, for all us new to this path, for those who don't have a Grove near them, i would think that, would be of great interest to them, it can be incredibly confusing, if you don't have any guidance of any sort, even with guidance it can be confusing LOL, i have been so fortunate in my endeavours :-)

Patricia It would be a good idea for any newbie to prepare a list of questions they would like to have answered so that they can discuss it with the grove leaders or other grove members before the fist meeting they attend. Most groves I know of give newbies a chance to come to a few meetings before deciding to join. As a visitor you would naturally be a seeker, and would continue in that capacity as you made your decisions as to whether you wanted to join or not. One reason you find that the groves are so far apart is that there is usually only one or two in a townshjip because they have an area of about 25 miles between groves usually unless you are in a big city such as Tulsa where several different Druid Orders may call home.

Penny The first ritual, i listened intently, and afterwards when i got home, i was overwhelmed with emotion, in good way :-) What was interesting at the time was, i was concerned whether they would except me, and they did with, very much so, but i wasn't so trusting, i wanted to feel them out, i even got my hubby to come with me, who isn't on this spiritual, but has a great appreciation for it. I smile when i think of this now, because all our Grove members have become very dear to me, we have all shared so much, and Seb has facilitated this, and enabled all , this, it humbles me it truly does :-)

Mike TheFool First time is daunting. You think everyone is soooo experienced and wise and knowledgeable. Then you realize increasingly their weak spots, your strengths, and how we complement eachother, even we don't compliment eachother often.

Patricia my first time at a full mocc rite was a real eye opener, I'm still amazed that two groups which started in separate cities at the same time could evolved to be so similar. I am glad to be an RDNA grandchild. Mike the anthology has been of great help to me and it enabled me to answer a lot of those newbie questions. I think your doing even more to answer those questions in your desperate druids videos. Things like that really help.

Mike TheFool Desperate Druids is trying to show how a GROVE operates (or falls apart) under various stresses and the types of dynamics that play out as people train, have problems, vie for power, leave for work or play, or deal with criticism, or interact with other groups. You can research Ancient Druids until you are "blue on the face", but many ADs don't know how to do outreach with the local city council or do a

decent and respectful job of recruiting, or how to release power gracefully after an election. That's the type of mechanics I hope to show, "Druidism in motion." rather than "Druidism in the book". ^o^

Patricia truth and it is a fact that we must live as druids in this age reaching out here and now even as we honor the past

Helgaleena Now see, this is exactly why I avoided having a Grove for so very long! I didn't want to tackle these questions. I still am dodging them, actually.

Mike TheFool Groves are headaches, but when one gets lonely, sometimes the cats won't stay in a circle for 20 minutes... :)

Ellis In Eureka we're taking a "less is more" approach to liturgy: <http://eureka.reformed-druids.org/practice.htm>

Patricia that is a beautiful service you posted Ellis Arseneau. I really like it.



PAYING FOR DRUIDRY DEBATE

QUESTION

I want to learn the ways of the druid but i dont have the money to join any site that teaches it

John I started out going to several of my area public libraries, searching for any historical books I could find, archaeological books that contain evidence of the old ways, then I found that the RDNA has thousands of pages of free PDFs on Reformed Druidry, with a disclaimer that it's largely unofficial. I found the original

ARDA documents useful (and entertaining) and printed off a condensed version of the stuff that really spoke to me. Most of the documents can be found here: <http://www.rdna.info/arda.html> and I still haven't gotten through half of it. It's a whole mini library & all for free. To my knowledge, The Order Of The Mithril Star is not free, but I think it's reasonably priced and is an academic order within Reformed Druids Of Gaia.

John Ah, I may have said something slightly confusing. The ARDA (A Reformed Druid Anthology) will not be found in public libraries, just online at the link above. And it is indeed free. They are in PDF form, so your computer will need Adobe Reader or equivalent compatible software.

Mhichil Yes, download the ARDA and have fun, however be warned the ARDA is only a guide and a glance at the insights and inspirations of the founders within Reformed Druidry. The true practice comes from applying the two tenets to daily life and developing your awareness with nature and the world around you. In the end the Reform may or may not fulfill your idea of what Druidry is, but at least it was free.

Aisling That was the original reason I joined RDG/OMS and RDNA. But I have found that I really like the openness and freedom these groups offer. The thing is, you have to own your own spirituality, no one can tell you what it is, what to believe or how to practice. These are things you have to discover on your own if your path is going to have any true meaning in your life. Regardless of monetary concerns, having someone tell you *this* is how it is, *this* is what you must do/believe, study *these* texts and not those... is spiritually limiting. I may as well join one of the organized religions! I like being able to take a bit of this and a bit of that, to do my own research into the aspects that interest me and have meaning to ME. As John pointed out there are PLENTY ways to follow the druidic path without spending a lot of money to do so. And there are plenty of Druids who would be more than happy to answer questions you many have without charging you for the advice!

Crìsdean thank you all for your help I have been told by people who have done my past life readings that I have been a druid in every past life I have had I want to continue that tradition I want to learn all i can. do any of you know of any books that have the right information. What is reformed druidry what is the difference between that and the old druids.

John One of my personal favorites is "Drawing Down The Moon" by Margot Adler. She covers much of paganism and witchcraft in general, has a section on the Reformed Druids and ancient druids.

Generally, look at as many resources as you can, except anything that spells Merlin with a Y like "Merlyn" in the title. I think it's called "The Lessons Of Merlyn" or something and everyone says it's hogwash. So, read anything but that.

Ellen Evert Hopman has a range of good books that are relevant to modern Druidism in general, which is great for solo druids. :)

Crìsdean yeah I read the mer;yn one it is hogwash. i read drawing down the moon but felt the info was limited ill have to re read it

Aisling Don't forget about the video series Desperate Druids either it is full of useful info on modern Reformed Druidism.

Desperate Druids: Part 0 Introduction - An Overview of the Series

www.youtube.com

(CC) This 40 episode animated drama series examines grove matters in Reformed D...

See more

John Ah yes, the videos! Another free resource are audio podcasts. There aren't many druid podcasts, but I subscribe to DOZENS of pagan podcasts and I've learned more from them than I did from any book (aside from when I read the original ARDA 3 times)

Good druid podcasts (which can be easily downloaded/managed for free in iTunes) are "Northern Druid" & "Druidcast," the latter of which is associated with OBOD.

"The Druidic Craft Of The Wise" I find neither druidic nor wise. It's been called the pagan equivalent of Scientology.

Aisling As far as the ancient druids go, there honestly isn't a whole lot we REALLY know about them. The Celtic peoples didn't really use a written language. While the Druids and Celtic peoples did have an alphabet called the Ogham, it was only used for minor communications. They felt that anything worth passing on and

knowing needed to be memorized and passed on orally (a bit shortsighted of them but there it is). So what we do know comes from just a few sources. Archeological evidence and second or third hand accounts. These written accounts generally come from two sources. The Greeks who had some limited contact with the Druids and Celtic peoples and were on friendly terms with them and the Romans who were decidedly NOT friendly. The Greeks didn't really write much but it seems they felt the Druids and Celtic peoples were a bit of kindred spirits with beliefs they could understand and accept. There are a few surviving texts from the Romans as well which speak of the Druids, though how much of what is said can be taken at face value is questionable. After all they were at war with the Celtic peoples and hardly objective. What we do know is that the Druids served a variety of roles. Seers, Priests, Oracles, Judges, Advisers, Historians, Story Tellers, Healers, Bards and probably several other roles were filled by Druids. And we know their religion was Nature Based, that they revered Trees and assigned spiritual and magical aspects to different species of trees. There is some evidence they practiced Human Sacrifice which of course modern druids do not (thus the Reformed part). :)

Crìsdean again I would like to thank you all for your help you have been most helpful. I have recently dedicated myself to the God Taranis and the Goddess Nicevenn, they came to me in a dream. They told me who they were and in the dream i dedicated myself to them I was doing research and not alot can be found.. I know Taranis is one of the main Gods of the druids but After that i dont know

Crìsdean how do i get to the podcasts

Channahzohara, I appreciate your candidness on this matter. Through your being candid and sharing, I learn more about you AND present Druid info in general. Thank you & Blessed Be!

John For me I find it easiest to use iTunes, so in the iTunes Store section, you can search for pretty much anything, then on the left side of the search results page, you can "filter by media type" and click "podcasts."

"Druidcast" and "Northern Druid" are currently listed in the top results. You can click on the podcasts to view details and stream episodes without downloading them. There are also little gray buttons saying "Subscribe Free" which downloads the latest audio show and will periodically check for new episodes. That's the route I always take.

Then your subscribed podcasts will be on the left hand gray sidebar in iTunes where you can download any back episodes if you like. I just counted my subscriptions, and I have listened to every episode from 34 different pagan podcasts (and more, because some shows have ended and I no longer have those subscriptions). You can listen to them on your computer or sync them to your iPod if you have one.

Podcasts, for anyone wondering, are audio shows that everyday people can record and upload to the web to share their thoughts with the world in episode format. Much like talk radio (and sometimes it IS talk radio, recorded and uploaded). And lots of them are uncensored for language, so don't crank the volume too high, hehe.

If you don't want to use iTunes, you can use Google to search for pagan/druid podcasts and download or stream the episodes directly from the websites like <http://www.northerndruid.net/listen/> for "Northern Druid" and <http://www.druidcast.libsyn.com/> for "Druidcast"

I know many of us have busy lives, but I am fortunate that I can listen to episode after episode while I'm at work; that's when I have the most available listening time.

I hope some of these resources help your quest for awareness and enlightenment, and anyone else who finds they might enjoy podcasts. :)

Listen!

www.northerndruid.net

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var pod_video_flashvars_1 = { file: "http%3A%2F%2Fwww.northerndruid.net%...
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See more

Ellis For a flat, one time, \$19.99, the RDG gives you access to their lessons, which are designed to take you to the 2nd Order, and lay a foundation for the 3rd. This is a lifetime membership fee. There's also a "hardship" level - \$10.99; no difference with what you get. Go to <http://reformed-druids.org/node/37>

The Reformed Druids of Gaia Invite You To Join Today | Reformed Druids of Gaia
reformed-druids.org

By affixing my name below, I hereby acknowledge my agreement with the two tenets...

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John ...and if you follow politics of Great Britain you might like this song, but the lyrics have a LOT in common with what is happening in our own nation. And it's composed by a Druid! I like the verse about the British Conservative Party "I see your symbol is the English Oak tree; is that your idea of irony?"
<http://www.youtube.com/watch?v=i8DoHLdYrdo>

The Sons and Daughters of Robin Hood by Damh the Bard with Lyrics

www.youtube.com

I present to you The Sons and Daughters of Robin Hood by Damh the Bard, with lyr...

See more

Aisling Well said :)

Ellis I can't say that "The Druids" support any one candidate. But I can say who they don't support: Does a candidate want to sell off the National Parks to private concerns? We don't support that. Does the candidate think that global warming is a scam? We don't support him. Would the candidate privatize or eliminate Social Security, Medicare, Medicaid, Unemployment Insurance, etc.? He's wouldn't be acceptable to Druids. Does the candidate want to overturn Roe v Wade? Not acceptable to Druids. Those are just a few questions I would ask, and really that's the tip of the iceberg.

Sean TheDruid There is an ADF Grove, Grove of the Red Earth, located in Duluth, GA. It is about 85 miles from you, but all of our rituals are open to the public and free to attend. Membership in ADF is only if you want to pursue the study programs. Their website is www.redearthadf.org.

default

www.redearthadf.org

Rusty Politics, is what Druids do...so, back to the point of this Thread...RDNA, indeed has free information on the Druidic Practices of this New Age...OMS is an off-shoot, as is ADF, but seeing as how they need sustenance to keep themselves "green", try the original, and still Free. RDNA.

Sean TheDruid Rusty, thanks for responding. While you are correct, it takes money to keep an organization solvent, RDNA is indeed free with lots of great information. ADF rituals though are open and free to the public. There is a culture of acceptance to those who don't wish to formally join, and we welcome helping folks along their path--even if ADF is not their eventual choice. I was pointing Crisdean in a direction where he could have fellowship with druids face to face, and I stick with my feeling that it is a

great way to mingle and talk to those who can chat with him. No politics in my post--just fellowship with good people.

Cywarch OMS? Who mentioned OMS? They're just an Order, like so many other Orders. You have to join RDG or RDNA before you can even think about joining OMS. Yes, RDNA is free, but good luck slogging through the ARDA to learn what you need to learn. Good luck finding a Priest who can ordain you to 2nd and 3rd "Live and in person." The RDG has streamlined and simplified all these processes, plus they'll ordain long distance. But, all things being equal, your mileage may vary. There's a neat little comparison chart at <http://reformed-druids.org/node/56>

Why Join RDG? | Reformed Druids of Gaia
www.reformed-druids.org

Ellis Actually Rusty, about 3% of the proceeds from initiation fees go to pay for our website, domain fees, and overhead. The other 97% is collected to help save the Coast Redwood, our sacred tree, from extinction. The Coast Redwood cause is also where the profits from our online store, Avalon Risen go. Besides that, we feel that a small fee helps to separate serious candidates from those who might join just for fun, or maybe to cause trouble. Of the groups that charge something, we give the most bang for the buck: <http://reformed-druids.org/node/60>

What Other Druid & Pagan Groups Charge for Membership | Reformed Druids of Gaia
www.reformed-druids.org

Crìsdean I have always liked dahm the bard but the sons and daughters of Robin hood has to be one of my favorites

John That, and "The Sun And The Rose" are my favorites. :)

Crìsdean I like them all mostly like merlin am i, the hills they are hollow, lady of the silver wheel and pipes of pan

Morgan RDNA is free, and was the first place I started a *long* time ago... You could also try ADF. I could be wrong, but I think it's only \$15 if you opt out of their newsletter...

Morgan Otherwise, you can find a lot of free reading and research online, and also at the local library. www.sacred-texts.com is free, and has nearly all the great Celtic myths and legends to get you started.

Crìsdean thanks Morgan. Does anyone know what each point of the seven pointed star represents and what the star is called

Aisling The Star itself is generally known as the Fairy Star, so you will find that those who practice Fairy Magic use it as well as Druids. The OMS/RDG version with the ring around the outside we call the Seren Derwydd. Each point represents the seven Druid attributes or virtues the OMS/RDG recognizes... they are: Wisdom, Compassion, Liberalness, Abundance, Non-conformity, Learning and Idealism. (I think I got those in the right order) But many orders have similar yet different virtues, gifts or attributes and some do more than 7.... Here's a link to site with further information on the RDG/OMS views of the Seren Derwydd <http://druidsegg.reformed-druids.org/newssamhain09-22.htm>

Meditation on the 7-Pointed Star of Druidism - Some Final Thoughts - The Druid's Egg: Samhain-Yule 2

Aisling I also like the thoughts behind the Seven Gifts of Druidry which could also be represented by the fairy star.... <http://www.youtube.com/watch?v=rKdoJjzizN8>

Seven Gifts of Druidry by Druid UU

www.youtube.com

This video highlights the Seven Gifts of Druidry, as expressed by Philip Carr-Go...

Mike TheFool I haven't found the Druid groups very expensive, libraries have many of the academic books (only need 4 or 5 to get a working background), a little ARDA grazing if you wish, but our best and most free resource is the nearest tree or forest, each others Insights on these conferences and a few quiet moments each Day meditating or scribbling out your thoughts. Becoming a Druid is nearly free And easy, refining and challenging yourself takes discipline and courage. It can become as simple or grandiose a thing as your inclination and resources permit, but always rewarding and hopefully open to insights from many traditions you bump into, you just need to have a lot of self-initiative.

Penny OBOD if you have a friend who is doing the course you can share for a small fee like i did, however RDNA is a great place to start, and a very friendly bunch of people here, who have been a great help to me :-)

Mike TheFool Resist the urge to collect big piles of arcana, kilts harps CDs and magic paraphernalia. They are nice but not necessary. A cup, a kitchen knife, a book and and other reused everyday objects work well for me. I realized this only after buying all the aforementioned crap. SAME goes for clothes. A bedsheet or two or curtain does fine drapping and plain clothes are fine.

Mike TheFool And the best entertainment I've had is watching the seasons and chatting with friends, in person when possible. Druids tend to make stuff and hake things happen, and they make us Druids in return.

Aisling RDG has the most reasonable membership fee.. I mean really a lifetime membership for under \$20... less for hardship/student? You get both the Druid Path course AND a very nice little CD with 7 lovely songs by RDG bards, your membership card/certificate. It's a nice package for the price AND for the majority of the proceeds to go toward saving the Redwoods. Well worth it. I like RDNA too but as mentioned it IS a lot to wade through... and heck IDK if I EVER found a link to actually join... I subscribe to the e-group, hang out on the website from time to time and have joined the FB page but I don't even know if any of them know I exist... or care! I looked into OBOD when I first started wandering this path... but if you sit down and add it all up (at least 2 years ago) by the time you got through all the courses and reached the exalted status of Druid you would be into them for something like \$400 O.o True they provide very structured instruction and your own personal weight loss..err I mean druidical mentor but yeeeeeeesh.

Penny Actually OBOD will let you share with a friend for 25 pounds sterling, (\$50) or alternatively if you don't have any funds you can, they tell you on there website to write and plead your case . I had help from the most unlikely source and only paid the 25 pounds sterling for the bardic course. When all is said and done you have to follow what feels right. I am also an active member of a local RDNA grove, the members have embraced me, and i cannot foresee at time where, i wouldn't participate. :-)

Ellis If you can get an RDG 3rd Order to sponsor you (as is the case with nearly all Grove members) you can join for free, or at least receive The Druid Path for free.



Imbolg Recipes from Grove of the Golden Leaves

Cooking with Domi O'Brien

Imbolg is

particularly associated with dairy products, lamb, and new greens (such as watercress or peppercress or shav or sorrel).

This Grove tries to do all feasts as three realms-- fish (sea), fowl (air) and flesh (earth). This menu of lamb cooked with winter vegetables or grain and beans, roast tarragon chicken, baked honey-glazed salmon, cheese and herb pie, fresh-baked rolls, served with a tossed salad and finished with a dairy dessert, is a typical Imbolg feast and in keeping with our motto: "We're Druids; we feast."

Domi O'Brien

Crescent Rolls

Melt a stick (1/4 lb) of real butter in a large glass mixing bowl in the microwave or in a saucepan. (You can use 1/2 lb if you want extra-rich rolls)

Add 1 cup milk or light cream, warmed in saucepan or microwave to 100 to 115 degrees (slightly above body temperature, but not hot).

Add 2 to 4 tablespoons sugar. Stir.

Sift over it 4 cups unbleached white flour (you may use half whole-wheat flour but they will not be as light) and 2 packets active dry yeast and a tablespoon of salt.

Add 4 eggs.

Mix with dough hooks at low speed or mix with large wooden spoon, then knead with hands.

When well mixed and a little softer and stickier than a baby's bottom pour 1/4 cup mild oil (light olive or peanut or canola works) over.

Cover with plastic wrap or waxed paper and a clean dish towel and let rise 45 minutes to an hour in a warm place or until doubled.

Preheat oven to 375.

Line two baking sheets with waxed paper or parchment paper.

Divide dough in quarters. For each quarter, put 1/4 cup flour on pastry board, marble slab or waxed paper sheet.

Shape dough in ball; roll in flour; flatten to 9 to 10 inch circle; butter or oil lightly; cut in 8 wedges; roll into 8 crescent rolls; place on lined baking sheets.

Repeat with the rest of the dough.

Cover sheets; let rise half hour to 45 minutes or until rolls are doubled in size.

Bake 20 to 25 minutes or until golden. Serve warm or cooled.

For pull-apart loaves, cut each quarter of the dough in 16 to 24 narrow wedges instead of 8 bigger ones. Grease 3 ten inch round pans or one 16 inch pizza pan and arrange small shaped crescent rolls on greased pan(s) to rise. Bake 25 to 30 minutes for smaller round pans or 30 to 35 for pizza pan. This works well for ritual bread.

Variants

Ham and cheese rolls. Spread circles of dough with thin sliced ham and swiss cheese and prepared mustard before cutting and shaping. Serve warm as appetizer or luncheon dish.

Sweet crescent rolls. Add one half cup sugar or Splenda to dough before rising. Spread circles of dough with jam, cinnamon sugar, almond paste, sweetened cream cheese, lekvar, lemon curd, or prepared poppyseed filling. Roll and shape; let rise. Bake; serve warm or cooled and dusted with powdered sugar.

Herbed rolls: spread dough rounds with olive oil or butter; sprinkle with minced garlic and chopped herbs (rosemary, thyme, parsley, sage are nice) to your taste; shape; let rise; bake.

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Lamb in the Pot

Preheat oven to 400. Arrange in large roasting pan with lid:

6 to 8 lamb shanks (Or a leg of lamb, bone-in)
3 to 4 cups peeled quartered or small potatoes or 4 cups cooked
barley or quinoa
3 to 4 cups cut carrots
2 to 3 cups quartered small onions
1 cut-up whole celery head
4 cups cooked or 2 cans white beans
In blender place
2 cups fresh basil leaves
8 cloves garlic
1 tablespoon salt
2 cups fresh parsley
1/2 half cup olive oil
Blend until chunky.

Pour over lamb and veggies.

Add 4 cups water. (rinse blender container with water)

Cook half an hour uncovered, then cover and reduce heat to 275 and cook 3 to 4 hours or until very tender. (Can also be cooked in an 18 quart

freestanding roaster-oven. My experience is it takes longer that way.)

Serve with fresh bread or rolls and a salad with watercress or peppercress.

To reduce fat, cook 2 or 3 days ahead; chill; remove hardened fat from the top; remove bones if you like; reheat and serve.

Domi O'Brien

Salmon of wisdom

Preheat oven to 400.

Arrange 2 lb salmon fillet on baking sheet, skin side down. Brush with honey; sprinkle lightly with coarse salt.

Bake 10 to 20 minutes depending on thickness, or until done to your liking.

Domi O'Brien

Herb and Cheese Pie

One one-lb box phyllo (fillo) dough, thawed if purchased frozen
3 lbs whole-milk ricotta cheese
half lb shredded mixed Italian cheeses (Parmesan, Romano, Asiago, etc)
half lb feta cheese, crumbled
salt and pepper to taste
8 cloves garlic, minced
2 sweet onions, diced small
bunch fresh parsley, minced
bunch fresh dill weed, minced
1 lb fresh spinach, washed, dried, and chopped (baby spinach is best)
one lb unsalted butter, melted
one dozen eggs, preferably free range

You will need 2 baking pans 9 by 13 inches and a pastry brush and a large wire whisk.

Preheat oven to 400.

Butter the pans using the pastry brush.

In large bowl, mix cheeses, herbs, spinach, onion, garlic; salt and pepper to taste. Then use the wire whisk to beat in the eggs one at a time.

Layer about a third of the phyllo sheets into the two pans, buttering each second sheet.

Spoon half of the egg and cheese mixture on top of the phyllo in the pans.

Layer another third of the phyllo in the pans, buttering every second sheet.

Add the rest of the egg and cheese mixture.

Layer the rest of the phyllo on top, buttering every second sheet.

Make sure edges are tucked and top is buttered. If you have any extra butter pour it on top

Bake about an hour to an hour 15 minutes, or until deep golden brown and set. Let sit 15 to 20 minutes before serving-- filling will be very hot when it comes out of the oven.

Domi O'Brien

Roast chicken

6 to 8 lb roasting chicken.
3 lemons
fresh tarragon
coarse salt
paprika
olive oil

Preheat the oven to 400.

Remove giblets from chicken (you can simmer them to make stock for gravy if you like).

Place chicken in roasting pan. Rub it with olive oil inside and out. Cut lemons in half; squeeze them all over the chicken; place the remaining peels/pulp inside the chicken. Place several sprigs of tarragon in the chicken; chop the rest finely and sprinkle it all over

the chicken. Sprinkle the chicken with paprika and coarse salt. Roast

for 2 and a half to three hours, until golden brown, crispy-skinned, and thoroughly cooked.

Domi O'Brien

Simple salad:

Mixed spring greens including watercress or peppercress if available, tossed in bowl with pitted drained black olives, sliced red onion, and segments of oranges or tangerines. Drizzle with olive oil and vinegar or Italian dressing; sprinkle with coarse salt. Serve immediately.

Domi O'Brien

Mock Syllabub:

Just before serving, whip a quart of heavy whipping cream to slightly more than soft peaks; fold in a half cup of semi-sweet white wine such as reisling and a token for luck (such as a clean shiny dollar coin). Serve immediately from the bowl into individual dessert dishes with a large spoon. If you want it a little more firm, when you whip it, whip in a packet of whipped cream stabilizer or a packet of instant pudding mix (vanilla, cheesecake, or lemon).

Domi O'Brien

NEWS



'Discovery of a lifetime': Stone Age temple found in Orkney is 800 years older than Stonehenge - and may be more important

The site contains 100 buildings, forming a 'temple precinct'. Stonehenge may not have been the centre of Neolithic culture after all. It could take decades to fully explore and examine.

By **TED THORNHILL**

Last updated at 3:09 PM on 2nd January 2012

Read more: <http://www.dailymail.co.uk/sciencetech/article-2081254/Stone-Age-temple-Orkney-significant-Stonehenge.html#ixzz1IVHEzdub>

A 5000-year-old temple in Orkney could be more important than Stonehenge, according to archaeologists. The site, known as the Ness of Brodgar, was investigated by BBC2 documentary A History of Ancient Britain, with presenter Neil Oliver describing it as 'the discovery of a lifetime'.

So far the remains of 14 Stone Age buildings have been excavated, but thermal geophysics technology has revealed that there are 100 altogether, forming a kind of temple precinct.



'More important than Stonehenge': The temple precinct being uncovered in Orkney contains 100 Stone Age buildings

Until now Stonehenge was considered to have been the centre of Neolithic culture, but that title may now go to the Orkney site, which contains Britain's earliest known wall paintings.

Oliver said: 'The excavation of a vast network of buildings on Orkney is allowing us to recreate an entire Stone Age world.'

'It's opening a window onto the mysteries of Neolithic religion.'

Big draw: Britain's earliest examples of artwork have been found on the walls at the Orkney site

The site in Orkney is surrounded by other Neolithic remains

Experts believe that the site will give us insights into what Neolithic people believed about the world and the universe



Nick Card, an archaeologist from the University of the Highlands and Islands, said: 'It's an archaeologist's dream site. The excitement of the site never fades.'

'This site is a one-off.'

Professor Mark Edmonds from the University of York, meanwhile, describes the excavation as 'a site of international importance'.

Some parts of the temple are 800 years older than Stonehenge, which lies 500 miles to the south in Wiltshire.

The site is very close to the Ring of Brodgar stone circle and the standing stones of Stenness and is surrounded by a wall believed to have been 10-feet high.

Archaeologists found red zigzag lines on some of the buildings' inner walls that they believe is Stone Age art – the oldest ever found.

So far only around 10 per cent of the site has been examined – and it could take decades to uncover and analyse everything there.



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