

# THE GROVE GUIDE



## What's Babbling in the Cauldron...


**The Power of Words**  
By LH White

We have all been told to choose our words carefully, but how many of us are truly cognizant as to the degree one carelessly uttered sentence, let alone a single word, can effect change, or inhibit the same?

A cheerful 'good morning' can be smashed into oblivion by someone's dour "what's good about it?", faster than a child can break that priceless piece of crystal out of your china cabinet! How the heck does that happen? I have an interesting theory to throw out at you.

Our bodies are made up of energy; not only the physical form, but our etheric, mental, and emotional as well.

These bodies have electromagnetic vibrations—at various frequencies and respond to favorable or complimentary vibrations.



When someone enters a room and you either feel the 'life get sucked out' of it, or the sound of their voice brings about a feeling of dread, I truly believe that occurs because the frequencies and/or vibrations do not mesh well, and in fact collide with a nasty screech.

If you think that this only occurs on the phone or in person—think again. In

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**Think on this...**

Do not care for doctrines, do not care for dogmas, or sects, or churches, or temples; they count for the little compared with the essence of existence in each [person], which is spirituality.

Bhagavad-Gita

## Salt Types And Tips

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**TYPES OF SALT:**

TABLE: Fine-grained with additives that allow free flow.

IODIZED: Table salt with sodium iodide added to thwart hypothyroidism (goiter).

KOSHER: White, coarse-grained salt with large, irregular crystals. Used by Jews to prepare meat and by chefs and other cooks who prefer its texture and flavor. An equal measure has less saltiness than regular table salt.

SEA: Grayish in color. Made through the expensive process of evaporating sea water and removing impurities. Available in coarse or

## Salt Types and Tips cont



fine crystals; stronger in taste than table salt.

**PICKLING:** Fine-grained and additive-free for pickle and sauerkraut brines. Table salt may be used for pickling, but the additive that keeps it free-flowing may make the brine cloudy.

**FINE:** Tiny, almost powdered granules that adhere well to snack food. Used on popcorn.

**ROCK:** Less refined; not for eating. Used with ice in crank-style ice cream makers, for food displays and to melt snow and ice.

### ADDING IT UP:

One tablespoon of kosher or coarse salt is equal to two teaspoons of table salt.

One tablespoon of table salt contains about 2,000 milligrams of sodium. The recommended daily dietary maximum is 2,400 milligrams; average consumption, though, is 3,000 milligrams. One milligram of salt contains 0.4 milligrams of sodium.

### HOW MUCH TO USE:

Soups and sauces: one teaspoon per quart.

Boneless raw meat: one teaspoon per pound.

Dough: one-fourth teaspoon per cup of flour.

Cooked cereal: one-half teaspoon per cup of liquid.

Boiled vegetables: one-third teaspoon per cup of water.

### TOO SALTY?:

For soups, add more water, pasta or vegetables.

When you can't dilute, toss in a peeled and quartered raw potato and boil for 10 to 15 minutes, then discard the potato.

## Kitchen Witch Corner

Ok all first of all I would like to introduce myself... My name is Arcadia and I LOVE TO COOK so I am going to write this little article on Sabbat cakes. I have yet to make them but by just reading this recipe that I have in a book called West Country Wicca By Rhiannon Ryall I want to get into the kitchen and bake.

To me there is a sort of Magick in cooking... and not to toot my own horn that is one Magick I am good at. Baking especially. Now since I have moved to Florida I have not done much baking its always too hot...I have done more crock pot cooking these days. When I lived in Baltimore, Md. One Christmas my ex boyfriend and I made 70 dozen Christmas cookies. I



loved every minute of it. Now that I bored you with my rambling I will get on to this weeks recipe... I think if Athena likes this first Article I will do one a week and have several recipes in one article...

### Sabbat Cakes

You will need:

4 oz of butter

2 eggs

1 tpls. of honey

2 tlbs of cream ( heavy would be best)

And quite yummy

6 oz of whole meal flour... I would use all purpose or even cake flour as a substitute

1/2 tsp of cinnamon or mixed spices

There are Two methods of preparing by what the book says...

Method 1-

Cream butter and honey together until smooth. Beat in the eggs and cream loading one egg at a time until incorporated. After well incorporated gently fold in the flour and spices. Lay the dough out on a board using some bench flour so it wont stick and cut into crescents. (I am using my own wording theirs is too

*“To me there is a sort of  
Magick in cooking...”*

vague...) I would say bake in a 350 degrees oven for 10 minutes or until golden brown. When cool dust with icing sugar or more mixed spices...

To me these sound good to eat any time... for a snack with Coffee and who's to say that chocolate chips or dried fruit cant be added to make it a whole new pastry...

Well that is all for this week

PS... the second method is different by beating eggs first...

Thanks for listening

Arcadia

## Stories for the Soul

I want to present stories, bits, and poetry that warms the heart and does the soul good. So without further ado, here is this issue's offering.

### Timeless Future Song

Orion, Orion, shining down on me,  
A haunting memory, of all that still may be.

In the vast black sea, Orion oh Orion,  
Do you still love me?

In the firmament you shine,  
Is your love still mine?  
You travel through the skies,  
I'm longing for our sighs,  
That once we shared before,  
In the longer days of yore  
Orion, oh Orion,  
Do you hear my plea,  
Will our love be ever free,  
As I wait earthbound, recalling our decree?

My promise I have kept,  
And many nights I've wept,  
Longing to be swept,  
While knowing I'll be left  
At the sunrise once again.

By Phoenix

Note from the author: you can easily turn a poem into a spell by adding "so mote it be" at the end of it.



## Power of Words (continued from page 1)

This day and age of the internet, an email can do as much good or damage as any phone call or conversation. In some cases I think the potential for negative reception is greater, because you do not have the benefit of body language. If your sender is a lousy typist (like myself), and sometimes lets a post through without properly spell-

checking or editing for content, then you might get an email bomb that you were not expecting.

How do you combat situations like these? Shielding, plain and simple. Deflect what's coming at you back to the sender. You can also strengthen yourself to not "give in" to the mood.

**How do you combat situations like these? Shielding, plain and simple.**

In any case, the call is yours.  
So try it— and let me know what you think!



## Divination in the Grove

I wanted to speak a moment on the subject of divination. Much has been seen and said concerning it lately, with the television psychics, 900 lines, and since I have an opinion on just about everything—I figured that I would share it with you!

I feel that for the large part, these services are there for entertainment pur-

poses only; they claim to be the "real-deal" but too often we hear how people have been swindled, harassed, etc. However, there are psychics out there that are genuine, and of course what we focus on is the negative, the untrue, the con.

My advice to you is this; if you want to seek the advice of a psychic or some

other form of divination, do so with your eyes and ears open! Better yet, why not seek to connect with your higher consciousness yourself? Ultimately the benefits you reap will be much more profound!

Blessings,  
Athena

Athena's Enchanted Grove  
<http://enchantedgrove.net>

CoolBlue Meditations  
<http://coolblue01.tripod.com/>

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*We were given permission by Becca R. to re-post this...thanks Becca!*

### **Tarot Keywords!**

#### **Minor**

<b>Arcana Suit</b>	<b>Element</b>	<b>Aspect</b>
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Wands or Staves	Fire	Passion/Courage/Stubbornness
Cups	Water	Emotions/Intuition/Health
Pentacles or Discs	Earth	Money/Prosperity
Swords	Air	Of the mind and/or Obstacles

*In the numbered cards there can be a consistency of interpretation that holds true for all four suits:*

<b>Number</b>	<b>Meaning</b>
-----	-----
Face Cards	People in reality
ACE	New Beginnings
2	Balance required
3	Growth
4	Stability
5	Change/uncertainty
6	Harmony
7	Endings
8	Balance achieved
9	Achievement
10	Completion

**King/Queen/Page/Knight...** Usually represent people; a dominant person or characteristic. King/Queen is usually an authority figure, parent figure, at least equal to the querent, or in a greater status in their (querent's) eyes. **Page/Prince/Princess...** is usually someone equal to the querent or in a lesser status in the querent's eyes - a child for example.

## Major Arcana:

Card #	Name	Meaning
0	The Fool	Journey, or innocent perspective
I	The Magician	All elements are there, you are ready
II	The High Priestess	Study the situation/Spiritual knowledge
III	The Empress	Growth/Fertility/Mother
IV	The Emperor	Responsibility/Father
V	The High Priest	Wisdom/Study the situation
VI	The Lovers	Temptation/Choice
VII	The Chariot	Direction in life/Struggle or Fight
VIII	Justice	Decision/Weigh the pros and cons
IX	The Hermit	Withdrawal/Solitude/Study
X	Wheel of Fortune	Spinning your wheels/Randomness
XI	Strength	Determination/Strong Woman in life
XII	The Hanged Man	Self-sacrifice or Change your perspective
XIII	Death	Transition
XIV	Temperance	Harmony and healing
XV	The Devil	Pride/Arrogance/Someone against you
XVI	The Tower	Upheaval/Tear down to build up/Change
XVII	The Star	Hope
XVIII	The Moon	Absence of reason (lunatic)
XIX	The Sun	Fulfillment/Things come to fruition
XX	Judgment	Readiness for rebirth or Stubbornness
XXI	The World	Success

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### Surfing on a Broom

We figured that since the explosion of internet usage, there are so many choices of where to visit, that sometimes it can be overwhelming. Here at the Grove, Aengus will be your tour guide to some places that are too good NOT to visit. If you would like to see your site reviewed, then by all means contact us at [elementcreate@earthlink.net](mailto:elementcreate@earthlink.net)



I would like to share two sites with you that I have found while wandering around the web.

This first one is a good site for beginning witches to go for a lot of basic questions to be answered. You get a feel for the basic when one of the pictures on the opening page is "To Ride a Silver Broomstick". That being said this site has easy navigation and breaks down sections well. It does have a catalog on line and sells the books that are on the recommending reading. The prices seemed reasonable and the reading list is interesting, it has the basic but a wide spread of authors from Buckland to Cabot. The subheadings all opened in other windows, with minimal graphics so they opened quickly and easily. They have a Wicca FAQ section, Pagan Holidays, Aromatherapy, Gemstones, Animal Guides, Shamanism and many other areas. There is an extensive links section for even more information that is maintained and up to date. It is worth cruising by and taking a look at, or using for someone that is asking questions about the path we follow.

<http://www.wicca.com/celtic/cc002.htm>

The next site to talk about is just a bit different from the first. It is not your basic this is what paganism is or this is what you must do to be considered pagan. It is The Wiccan/Pagan Times. It features different articles by authors that are as diverse as our beliefs. It is interesting to read them and get perhaps a different perspective on something that you have been thinking about. They also have a book review section that while short, almost like the blurb that would be on the back cover, is quite large and covers the upcoming releases, such as 'When Someone You Love is Wiccan', a book aimed at helping outsiders to understand why someone is practicing Wicca. They also spotlight an interview with a pagan author. The site navigated well off the main page with a lot of links to inside pages. Again not a lot of space devoted to splashy graphics(which are generally long loading), more of a straight to the point type. This is a good site to spent some time finding out how other people are thinking.

<http://www.twpt.com/>

Thanks for your time

Aengus

