

# A Year & A Day: Personal Pagan Paths



Presented by

## Ancient Sea Island Continuum

[AncientSIC.org](http://AncientSIC.org)



# After the Videos



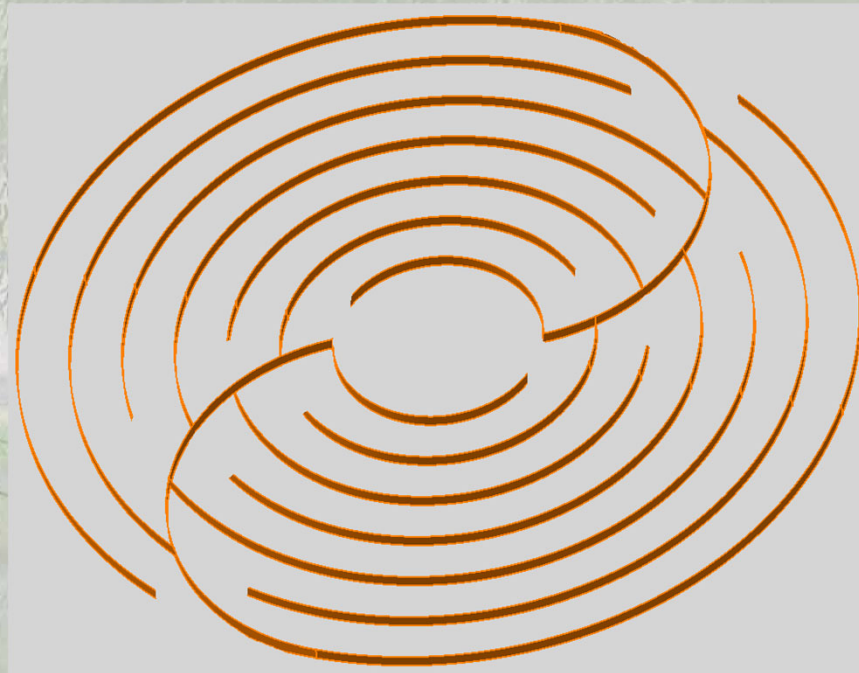
- ◇ Welcoming
- ◇ Opening Blessing
- ◇ Celtic Tree Month
- ◇ Ostara Sabbat
- ◇ Correspondences
- ◇ Blessings
- ◇ Your Next Step
- ◇ Things to Come
- ◇ Closing



# Video Preludes

Dancing Witches (2016) In Nomine Hecate

<https://youtu.be/KqI3rJM4Gvg>



S. J. Tucker (2008) Rabbit's Song

<https://youtu.be/1AZNOvj1w4o>



# Common Sense

The views held by ASIC's Pagan guides may not necessarily reflect the opinions & views of the greater Pagan community or the minister, board, or congregation of the Unitarian Universalist Fellowship of Beaufort. While covering the essential aspects traditionally considered to be the foundation of a Pagan spiritual education, statements of ASIC guides should not be considered the Truth but only suggestions for you to consider. Statements by the guides are also not to be construed as a contract or agreement for promises of wealth, power, or spiritual salvation. The views expressed by the guides are presented only as possibilities, reflecting our experiences to help encourage you to find your own Personal Pagan Path.

*-- Your ASIC Guides*



# Ancient Sea Island Continuum



is the Earth-centered spiritual affinity circle of the Unitarian Universalist Fellowship of Beaufort.

**Unitarian Universalism** is a liberal religion with positive values for living that encourages members to search for truth on many levels. **UU**s identify & draw insights from Buddhist, Christian, Hindu, Indigenous, Islamic, Jewish, Neo-Pagan, secular & other religious & philosophical traditions.

*"Coming Home"*

<http://www.youtube.com/watch?v=vbJ32h-YpQA>



# Opening Reading





# Opening Reading

May our journey tonight  
Be blessed with insight,  
Guided by understanding and wisdom,  
We seek to learn with respect for all.  
May the God/dess  
Give us strength  
To act wishfully, wisely, and well.

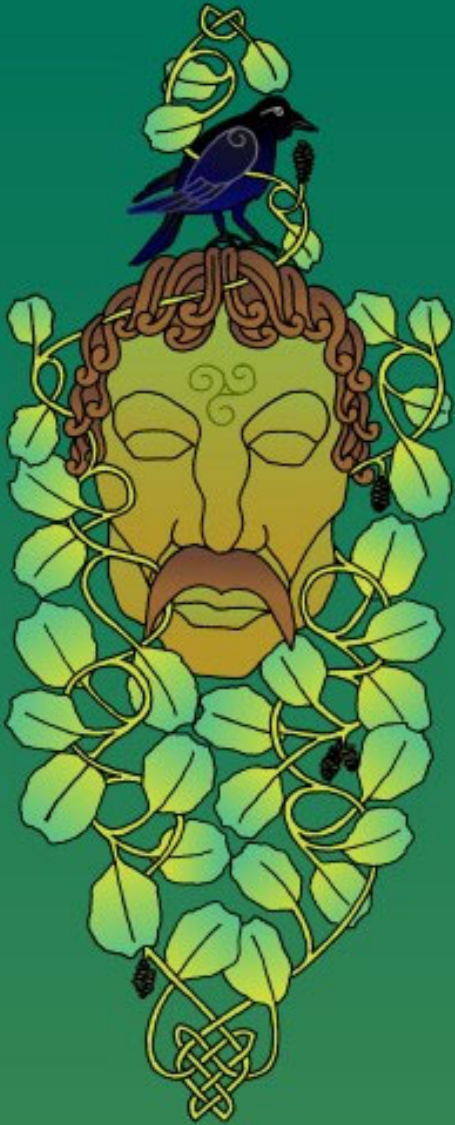
— adapted from Abby Willowroot 2008



# Tree Month - Alder

March 18 – April 14

The alder tree is associated with death & resurrection, with courage & with balancing the male & female principles within a human being. Its wood is used for such elevated purposes as the making of magical flutes & whistles, the foundation of medieval cathedrals & the fabrication of cigar boxes.





# The Wheel of the Year





# Ostara - Vernal Equinox



- ◇ March 19<sup>th</sup> – 23<sup>rd</sup>
- ◇ Corresponds to growth, renewal, & fertility
- ◇ Eggs incorporated as fertility symbols
- ◇ Easter eggs came from ritual coloring patterns
- ◇ Celebrate by planting gardens, enjoying the outdoors, & painting bright colors



# The Journey Ahead

## ♦ *What is 'A Year & A Day' about?*

- Teaches the essentials of modern Paganism so you can validate your spiritual yearnings
- Delivers critical knowledge, insight, & inspiration of living in harmony with sacred, local Magic
- Enables you to cooperate, share your values, and earn respect, even from those of different beliefs

## ♦ *Is it for you?*

- There is only one way to be find out



- Follow the path you create... for a year & a day



# A Year & A Day

◊ Modern Paganism ◊ Ethics & Morality ◊  
Natural Elements ◊ Correspondences ◊  
Blessings ◊ Origins of the Sacred ◊ Creating  
Sacred Space ◊ Celebrating Seasons ◊  
Meanings of Magic ◊ Esbats ◊ Grounding ◊  
Tools of the Craft ◊ Altars ◊ Circle Etiquette ◊  
Labyrinths ◊ The Process of Ritual ◊ Music &  
Chants ◊ Worship Encounters ◊ Meditation ◊  
Invocations ◊ Spells ◊ Outdoor Circles ◊ Rites  
of Passage ◊ Divination ◊ Self-Dedication ◊



# Mind Body Connection





# Mind Body Connection





# Mind Body Connection



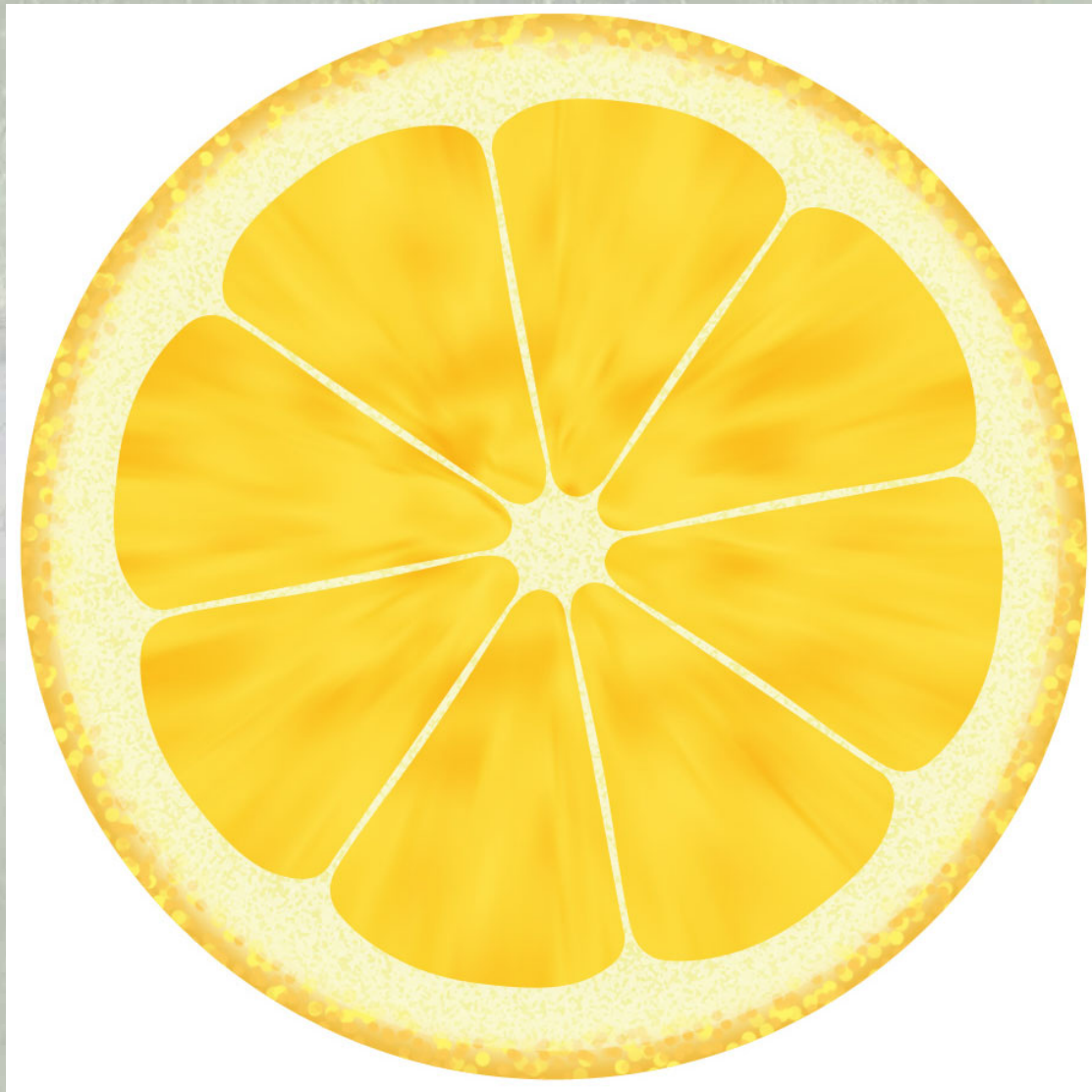


# Mind Body Connection





# Mind Body Connection





# Magical Correspondences

Use color correspondences to help choose the colors of your candles, altar decorations and more when planning a spell or act of worship. Colors can also be used in home decor and clothing choices to bring their energies into your everyday life.

Color	Elemental Correspondence	Astrological Correspondence	Associated Chakra	Associated Body Parts	Magical Association
Red	fire	Aries, Scorpio, Mars influencing Saturn	Root	Bones, Teeth, nails, colon, prostate, rectum, blood	Passion, fire, courage, strength, power, joy, renewal, energy, health, motivation, desire, ambition, leadership, self-esteem, business deals, combat, confrontation, buying & selling, mechanical things, repairs, hunting
Pink	N/A	Venus, influencing Mars		Muscular systems	Personal success, self-love, personal harmony, friendship, calming, romance, harmony, passion, partnerships, getting a move on, physical energy, sex, action, exercise, surgery, buying, selling & adopting animals, gardening, woodworking, new beginnings, honor, morality, emotions, femininity, breast cancer, homosexuality, compassion, relaxation, infants
Orange	fire	Sun, Leo, Sagittarius	sacral	pelvis, kidneys, uterus, bladder, lymph, sperm,	relieving depression, feelings of abandonment, increasing opportunities, happiness, mental alertness, breaking down barriers, material gain, kindness, making a cr



# Color Correspondences

## Correspondences for the Color Red

**Number:** 1

**Zodiac Sign(s):** Aries

**Planet(s):** Mars

**Element:** fire

**Direction:** South

**Season:** Summer

**Day:** Tuesday

**Holidays:** Beltane, Yule, Lunar New Year

**Rite of Passage:** Birth, Death, Marriage

**Tool(s):** Athame, Candles, Sword, Incense Burner

**Chakra:** First, root chakra

**Fragrances:** Basil, Cinnamon, Dragon's Blood, Pine

**Herbs:** Cayenne, Chives, Cranesbill, Crowfoot, Hibiscus, Holy Thistle, Hops, Onion, Nettle, Sunflower, Rose, Tobacco, Wormwood.

**Animals:** Alligator, Ant, Bear, Badger, Beetle, Chicken, Lion, Ram, Tiger, Wolf

**Stones/Minerals:** Agate, Garnet, Ruby, Spinel, Red Tourmaline, Red Topaz, Rubelite, Rhodochrosite, Red Jasper

**Tarot:** cups, Fives

**Politics** The color red is associated with communism. It is also associated with the Republican party in the United States.

**Symbols:** The color red means STOP in Western culture. In the US's color coded terrorist threat system, the color red means "severe". A red cross symbolizes medical personnel.

**Feng Shui:** Paint your door red to invite prosperity to your home.

**Magical Intent:** Action, birth, change, courage, lust, passion, life, excitement, energy, celebration, blood and healing and purification of blood and physical body, sexual healing, sex, inflammations, violence, stimulation, passion in love, transformation, will, passion in love and beauty.

<http://www.witchipedia.com/correspondence-tables>



# Blessings



PaganPages.org  
"From Knowledge Grows Acceptance."

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## BLESSINGS

### ■ Pagan Theology

by [Porphry](#) March, 2011

#### Pagan Theology: Blessings

A Unitarian Universalist minister I know recently said that one of the purposes of religious practice is to empower us so that we may go out and bless the world [1]. That idea of empowerment as a vehicle through which we both are blessed and bless the world intrigues me. How do we Pagans bless ourselves, so that we may be powerful enough to bless the world?

As Pagans we talk a lot about blessings. Blessed be. House blessings. Blessing the working or tools. We even use "blessings" as an address when closing out letters or e-mails. But what, exactly, is happening when we bless? Who is doing the blessing, and what happens? In the Christian beatitudes there is a whole list of people and traits that are blessed, like the poor in spirit. When we bless what do we place in the recipient of the blessing, and what do we retain for ourselves?

One way to understand blessings is that they are given and received, thus establishing a relationship between the giver and the recipient. Blessings create a social contact between those involved. They are an exchange of magical

### ■ Articles

[A Shamanic View](#)

[Across the Great Divide](#)

[Astro Report for May 2013](#)

[Dawn's Constitute](#)

[Gems of the Goddess](#)

[Girl Talk: Getting to know the Goddesses](#)

[Hally's Hints](#)

[Interweavings](#)

[Mama Donna's Spirit Shop](#)

[Meditation Moment](#)

[Merry Meet!](#)

[Musings of a Massachusetts Witch](#)

[NATURE ALCHEMY ~ Journey through Spirit in the Natural World](#)



# Blessings

## ♦ *Purpose*

- Calm the mind
- Open the spirit
- Open us to the positive forces of the Universe
- Allow us to *look beyond* present events preoccupying us

Cleanse this space,  
remove the past. I've  
found my happiness at  
long last. Fill this  
space with joy and  
love; send your  
blessings from above.

## ♦ *Speak, motion, or visualize*

- To *remove negative energy* around a person, animal, place, or thing
- Instill & empower them with *positive energy*



# Blessed Be

- ♦ All existence is **blessed**
- ♦ We must treat the "other" as a **subject**, not object
- ♦ Expect recipient to **exist** in a state of blessedness
  - Reminds recipient **they are not alone**
  - Others wish them happiness & fulfillment
  - Will work with them to achieve their goals
- ♦ **Invoke** the sacred in what is already sacred



# In Gratitude

*Blessed Be!*

*Heidi*





# Types of Blessings

- ♦ *Life*
- ♦ *Healing*
- ♦ *Strength*
- ♦ *Changes*
- ♦ *Journeys*
- ♦ *Devotions*



- ♦ *Meals*
- ♦ *Honor*
- ♦ *Harvest*
- ♦ *Projects*
- ♦ *Rites of Passage*

More blessings: <https://paganpages.org/emagazine/2011/03/01/pagan-theology-24/>



# Rite of Release

♦ *Motion* Invoke *fire pentagram* with horned sign

♦ *Speak* "Small friend,  
In the name of the Gracious Lady  
I bid you: Forget your broken shell  
For it serves you no more.  
In Her name,  
Goddess of all that is wild & free,  
I bid you: *To go beyond...*  
To rest, to enjoy the Summerland.  
Blessed be, small friend, & farewell."

♦ *Visualize* A glowing portal

- Flowing with *positive energy*
- Opened to a forest, meadow, or beach, etc.





# Your Next Step

Create a Pagan grace using  
what you have learned

*Invitation to the Gods —*

*I set a place at my table for the gods,  
& ask them to join me here tonight.  
My home is always open to you,  
& my heart is open as well.*

*A Simple Thanks —*

*Lord and Lady, watch over us,  
& bless us as we eat.  
Bless this food, this bounty of earth,  
we thank you, so mote it be.*

*Offering —*

*This meal is the work of many hands,  
and I offer you a share.  
Holy ones, accept my gift,  
and upon my hearth, leave your blessings.*

*Prayer to the Earth —*

*Corn & grain, meat & milk,  
upon my table before me.  
Gifts of life, bringing sustenance & strength,  
I am grateful for all I have.*





# Grace of Eileen

Food on the table before me.

Sustenance on the table before me.

Lord and Lady, we reap your bounty and blessings on this table.

We give thanks to the fire, air, water and earth that sustains and nourishes us all.



# Grace of Layla

Lord and Lady  
We give thanks for this meal  
And for the plants, animals and people...  
Who gave their lives and labor that we might enjoy it.  
May it nourish us in body, mind and spirit.  
Blessed be.

– Dianne Sylvan



# Grace of Heidi

I summon Air to our feast, for your spirits carried the seed  
I summon Fire to our feast, whose warmth and light gave life to the seed  
I summon Water to our feast, for without your gift no seed could mature  
I summon Earth to our feast, you are the womb, life and grave in which the seed exists...

I summon Spirit to our feast, to fill each soul with the endless bounty of this harvest and to bless us as we go forth into the new cycle

Blessed be this circle  
Blessed be the Goddess and her spirits  
Blessed be our harvest

I release Air and ask you to bless us again at Imbolc  
I release Fire and ask you to bless us again at Beltane  
I release Water and ask you to bless us again at Ostara  
I release Earth and ask you to bless us again at Lughnasadh  
I release Spirit and ask that you continue to bless us until our next great harvest

So mote it be



# Things to Come

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# Closing

Bless me with good means  
Bless me with good intent  
Bless me with good estate  
Finer than I know to ask

— Lisa Thiel (*Invocation of the Graces*)



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