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Goddess Temple News

Lammas 2026

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The Sacred Abundance of Lammas

We are at the threshold of another wave of heat as I write this. The grass in the summerlands remains green but with a growing straw-coloured hue. I expect that to become more apparent, more visible, as She basks in the abundance of these solar energies. This is what we all are, energy converted into life. Life feels so energetic at this time of year.

This is the third of the primary colours on The Wheel of the Year, which starts with the full, blood red of Beltane, the pulse of the land, followed by the cooler blues of water at Litha. From the water we now pass into yellow, gold, straw, the colour of grain ready for harvest. So too do we notice the transition from Lover to Mother on the wheel. Lover, the union of seed and egg. An explosion of Her creation. Carried as a loving embrace by water, so vital for life. This new life grows, pulses, within Her liquid love, to be birthed from the water into the arms of Mother. It is no surprise that Lammas represents Mother, Mothering, MotherWorld. We celebrate the first harvest as the grain crops are baked by the sun, these small seeds are also birthed from their husks so that we may be fed. We call her Ker, Cornucopia, Kernababy, Grain Goddess.

At this time there is more to harvest than that which becomes available on supermarket shelves. In Avalon there is meadowsweet, red clover, rose petals, self-heal, chamomile, yarrow, plantain, and the nettle seeds are just coming into their fullness. This is a veritable larder of gifts to heal us, help us, to name but a few. You may also have a rainbow allotment of edible treats that you have been growing. She is even more abundant than we know. Are we more abundant than we know? This is a central theme in this month's Madron story. Our ability to be fully grateful is such an important acknowledgement, not only of Her bounty but how this can help us feel where we have enough, that we are enough.

We are each born of a Mother. The circumstance and happenstance of this is as unique as each one of us. In the first

spiral of the Priestess of Avalon Training we explore our lineage and we honour the connections which join us at Lammas. Many of us remember being a Priestess or Priest before, perhaps even with those we have stepped onto the training with. The Lady of Avalon calls us to be in community together. We explore community and we step into a path of service. All the principles of MotherWorld are relevant to us every day. We honour mothers, fathers, family. We do not need to birth children ourselves to help raise the children of the community, each of us is important. That old adage of, 'it takes a village to raise a child' is mirrored here. We all grow together in the nurturing of our young ones. MotherWorld reminds us to hold love for ourselves and each other with kindness, respect, support, care and compassion. This isn't just a reference from Kathy Jones' book titled *MotherWorld*. This has a beating heart and is alive. She is alive.

May we honour and nurture our Mother Earth. May we nurture ourselves and each other. In these days of less kindness may we bring more, and more, and more to the nourishing dinner table where all are welcome to belong. May you find your abundance. May you know you belong.

*With blessings, Kathryn Crowther,
Priestess of Goddess, Priestess of Avalon*

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Seasonal work with Ker: Blessing the bread of the first Harvest



Lammas marks the first harvest, when the abundance of summer reveals itself through ripened grain, heavy orchards, and fields ready to offer their gifts. It is a time of gratitude, nourishment, and fulfilment, as every harvest is the fruit of patience, care, hard work, and sacrifice. In this season, we honour Ker, an ancient and deeply primal Goddess whose presence embodies the eternal Mother, feeding, sheltering, nurturing, and sustaining all living beings. As the Wheel turns towards the Mother's season, we are invited to recognise the sacred relationship between humanity and the living Earth, receiving her generosity with gratitude and remembering that nourishment is both a physical and spiritual blessing. In the Wheel of Avalon, Ker is honoured as the Mother Goddess, whose energies sustain all living beings, uphold the Motherworld, and embody the abundance of the living Earth. She is present in every ripened field, every ear of grain, every loaf baked from the harvest, and every meal. Ker teaches us that nourishment is a sacred exchange: the land offers itself so that life may continue, and every harvest reminds us that giving and receiving are inseparable. Through this simple act of blessing and eating bread, we can celebrate Ker's mysteries.

Prepare your altar with a candle, a small loaf or piece of freshly baked bread, a small dish of olive oil, a small bowl containing sesame, flax or sunflower seeds, another small bowl containing a pinch of salt, and a clean cloth. If you wish, you may also place a few ears of wheat or seasonal fruits upon the altar to honour the abundance of Lammas.

Sit quietly before the altar. Light the candle, welcoming Ker's presence into your sacred space, and take the bread into both hands. Feel its weight, its texture, its warmth if it has only recently been baked. Notice its fragrance and remember that every loaf begins as a single grain planted in darkness before rising towards the light. Hold the bread close to your heart and softly speak words of gratitude to Ker, thanking her for the harvest, the fertility of the land, every farmer, every field, every season, and every unseen force that has made this nourishment possible. There is no need for formal prayers. Allow your gratitude to arise naturally, speaking to the Mother as though addressing someone who has lovingly prepared a meal for you.

When you feel ready, pour a little olive oil over the bread, allowing it to soak into its surface as a symbol of the richness and generosity of the land. Then scatter a few seeds on top, honouring the promise of future harvests resting within every seed. Finally, sprinkle a few grains of salt lightly over the bread, acknowledging the connection between humanity and the Earth. Lift the bread gently, offering it symbolically to Ker before receiving it back as her blessing. Pause for a few moments, allowing the blessing to settle, then break the bread with your hands. Eat one small piece at a time without haste. Resist distraction and remain fully attentive to every bite. Notice the bread's texture, the smoothness of the oil, the gentle crunch of the seeds, and the movement of chewing, allowing each flavour to remind you of the countless gifts offered by the Earth. Allow each mouthful to become an act of communion with the Mother Goddess herself.

When the bread has been eaten, remain seated before the altar for a few quiet moments. Rest your hands upon your abdomen, feeling the simple miracle of being sustained by the living Earth. Let gratitude settle naturally into your body, trusting that every future meal may also become an opportunity to remember the loving care of Ker, the Great Mother.

By blessing, breaking, and eating the bread, this seasonal exercise honours Ker as the Mother who continually nourishes all life. Receiving the fruits of the first harvest with gratitude transforms an ordinary meal into a sacred act of communion, reminding us that every gift of the Earth carries the Mother's love and sustains both body and soul.

For more posts on Lammas and seasonal spiritual practices, I invite you to visit my blog, Zona Arcana, where many exercises and reflections can be found in multiple languages: <https://zonaarcana.com>

Nuhmen Delos

Priest of Avalon, Priest of the Goddess, Priest of Iberia.

Photo © Katia Pulli

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GODDESS TEMPLE MADRONS

Goddess Temple Madrons are our amazing circle of supporters who donate a monthly amount to the Temple. Madrons receive entry into a monthly membership scheme of content, which connects them to the energies and activities of our Temple and the Lady of Avalon. We aim to offer a devotional path of practice that allows all who wish to journey with the Temple to discover the gifts of the Goddess. This includes:

- ◆ Seasonal prayers connecting you to the land around you and to the Goddess of the season
- ◆ Seasonal video filmed in Avalon
- ◆ Live streamed Virtual Full Moon Temple
- ◆ A Facebook group for Madrons with additional content throughout the month and much more!

Together, we are creating a thriving, open hearted virtual community of Goddess loving people around the globe, spreading Her love into the world. We are so grateful to our wonderful Madrons, and to all who give to the Temple in so many ways, for your support.

Find out more about becoming
a Goddess Temple Madron by visiting:

Happy Lammass from Goddess Temple Pilgrimages



Patricia Sutherland

We have had such a wonderful year, walking the sacred land with people from all over the world. We have done many trips to Tintagel, Stonehenge, Avebury and Glastonbury. There is nothing more beautiful than seeing how the land activates people's emotions. How the stones stir people's memories, and how the ancestors bring visions and inspirations. We are so blessed.

Avalon Labyrinth Pilgrimage with Patricia Sutherland

In ancient times, labyrinths were sacred sites of initiations. The journey into the labyrinth symbolised a descent into the underworld, into the depths of the unconscious. It was a deep path of healing and transformation. It is believed that Glastonbury Tor was an ancient ceremonial landscape – a great seven circuit, sculpted by the ancestors.

We are pleased to offer a new one day ceremonial pilgrimage of the labyrinth of Avalon to groups and individuals. This is a deep journey, where we walk into the labyrinth and back out in one day. Here is Patricia's lovely experience of walking the labyrinth...

The Labyrinth on the Tor is where I come home to myself. From the moment that my feet touch its ancient path,

something within me softens. The world becomes quiet, my heart opens, and I remember that I am part of something far greater than myself.

Every walk is different. Some days I arrive carrying questions, grief or uncertainty, other days I come simply to give thanks. Yet the Labyrinth always meets me exactly where I am. It asks nothing of me except that I keep walking, trusting each turn, each step, even when I cannot see what lies ahead. In its gentle rhythm, I find healing, clarity and peace.

Her nature is not always kind... it is not easy... I am reminded that I am alive, feeling the nettle stings within my skin so much that my whole body will hum with the sound of Grandmother nettle... My body will both feel and know Her landscape through the many twists and turns, climbs and descents.... But I feel ALIVE.....

I feel the loving presence of the Lady of Avalon there more strongly than anywhere else for She is not separate from the land but woven into every stone, every breeze, and every whisper that moves within and across the Tor. She reminds me to trust my intuition, to honour my feminine spirit, and to live from my heart with courage and compassion. When I walk the Labyrinth, I feel held by Her, guided by Her, and deeply loved.

The Labyrinth has become part of my own spiritual path for it has witnessed my tears, my prayers, my gratitude, and my transformation. It has taught me that there is no straight road to the soul, only the beautiful unfolding of life's sacred circles. Each time I reach the centre, I feel as though I have come into the heart of Avalon – and into the heart of myself.

Walking back out is just as sacred, because I carry that stillness with me into the world. The Lady of Avalon reminds me that the journey never truly ends: it continues on with every choice I make, every kindness I offer and every step I take.

My love for the Labyrinth is difficult to put into words because it is something I feel with my whole being. It is my sanctuary, my teacher, my prayer and my sacred place of remembrance. It is where I return, again and again, to listen, to heal, and to remember that I have always been held by the wisdom of the land and the loving embrace of the Lady of Avalon

Visit our website for more information about the Avalon Labyrinth Pilgrimage and any of our other trips. www.goddess temple pilgrimages.co.uk



A Blessing from the Lady Of Avalon for Lammas

Beloved children of both Earth and Sun, As the golden grain bends beneath the warmth of the summer's hand, I, The Lady of Avalon, offer you my blessing. At this turning of the wheel, when the first harvest is gathered and the fruits of labour are revealed, may you recognize the abundance that surrounds and dwells within you.

May the fields of your spirit be rich with wisdom earned through effort, patience and love. May you give thanks for what has ripened in your life, and release without sorrow what was not meant to grow. As the grain is cut and transformed into bread, may your experiences be transformed into nourishment for your soul.

May the fire of Lammas kindle courage in your heart. May it illuminate your gifts and remind you that every ending carries the seed of a new beginning. May your hands be blessed in their work, your home in its hospitality, and your path in its unfolding. I bless the harvest of your body, mind and spirit. I bless the ancestors who walked before you and the generations yet to come. I bless the land beneath your feet, the waters that sustain you, and the sacred mysteries that guide you through the seasons of change. Walk in gratitude. Walk in balance. Walk in the knowledge that you are woven into the living tapestry of the world.

By the sun's golden crown, by the apple boughs of Avalon, and by the eternal turning of the wheel, so may you be blessed.

Priestess of Avalon Patricia Sutherland

Lammas Sunflowers

On a cold, dark day
I decided to plant sunflowers
In all of the stuck places
I had neglected for so long,
In all of the cobwebby corners
That long for the sun.
One Lammas sunrise
They took me by surprise
Standing golden, tall and proud
'You didn't think we'd show up,' they said
'But here we are to remind you
That hope can be fleeting –
Sometimes it can wither away
But sometimes, just sometimes
It can be wild and proud
Like sunflowers.'

Lorraine Pickles, Priestess of Avalon



The Fool of the Tarot Major Arcana

The Fool is the floating card of the Major Arcana; the named cards which come up in Tarot Readings when it's a particularly significant point on your life's journey. Fool is a loaded word in modern English meaning idiot, thoughtless, gullible. But in earlier times, when the Tarot deck was emerging, the Fool was a very particular kind of comedian – the Jester – one who viewed life through a different lens, and who pointed out the hypocrisies of human hierarchies. We see this in the Fools in Shakespeare's plays – where the jester is expected to provide humour, and whose satire and incisive comment can hit too close to home. This is particularly so in King Lear where the Fool is closely connected to the youngest daughter, Cordelia, both parts originally probably played by the same actor. Both speak truth to power, and like Troy's Cassandra, aren't believed by those they seek to warn, and are punished for trying.

The Fool's energy in the Tarot is about this ability to detach from ideas of who we should be, and to embrace all of who we are. To set off on the chaotic adventure that is life, without trying to control the journey, because control is always an illusion. Setting off over the mountain without being utterly certain what IS over the mountain – the adventure is in the promise, and the discovery of the new. The depiction of the Fool is one that has remained fairly constant – a young man setting off with a knapsack or bundle over his shoulder. So not leaving unprepared, but also ready to travel, and to meet challenges. I have been tracing my West Country ancestors and thinking of them setting off in search of better lives, to their apprenticeships, and in ships to an unknown future.

This is the courage to be vulnerable to growth and new things that we need to advance on our spiritual journey. To

leave the safety of our comfort zone and go exploring. I often think here of the Buddhist concept of beginner's mind; the richness that we can gain, even from the familiar, if we meet it afresh, without our preconceptions. I was once in a Tai Chi class where we often had new students, and the teacher would go back to basics, and the beginning of the form we were learning. One, more experienced, student would roll his eyes, disappointed not to be learning new moves, and the teacher would tell us to strive for a beginner's mind. Could we meet the first few steps as if it were the first time? Could we be utterly present to each step, each direction? How could this inform, and deepen, our experience of the form? This is what the Fool has already mastered, as he hoists his bundle and sets off into the future.

If you'd like to learn more about the Fool, and the Tarot, Katie is offering a two year Avalon Tarot Priestess Training through Goddess Temple Teachings starting this October. An in-person taster day – The Magician and the Fool – is happening on Saturday 29th August.

<https://goddess temple teachings.co.uk/tarot/>

Katie Player

Priestess of Avalon, Tarot Priestess

<https://katieplayer.co.uk/>

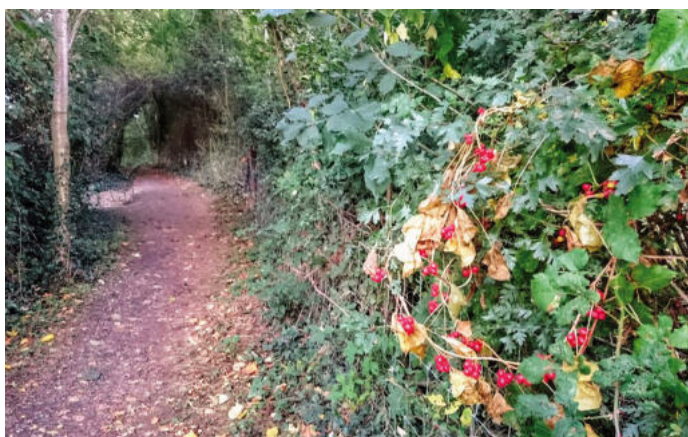
Motherpeace Deck by Karen Vogel and Vicki Noble

Autumn Equinox Walk: Honouring the ancient trees of Avalon

approximately 4 miles / 6.5 km – 2½ hours

As the days and nights even out, and the Wheel turns to the midpoint between action and stillness, Banbha calls to us with the heartbeat of Her drum, inviting us to follow the tracks of Her beloved creatures – fox, hedgehog and badger – into the trees. We will pilgrimage to the ancient trees, Gog and Magog, honouring their strength, their beauty, and their deeply rooted connection to Mother Earth, while visiting other tree friends along the way. May their qualities become ours as we prepare to journey into the darker, colder half of the year. In preparation, you might like to place a tealight on Banbha's altar in the Glastonbury Goddess Temple, which will be dressed in the colours of sunset. As you offer a prayer of gratitude for all She gives us, may She bless you with groundedness.

Leaving the Courtyard of the Glastonbury Experience, turn right up the High Street, then bear right through the pedestrian passageway into Silver Street and stride the incline to the top. Turn right at the junction into Chilkwell Street, cross the road and take the first left into Dod Lane. Continuing straight, as you pass Sambogaya, pause to spin the Prayer Wheels, sending your peaceful intentions airborne, before passing through the metal gateway – the familiar portal where everyday Glastonbury yields to the older, quieter and deeper currents of Avalon. Ascend the stepped path up to the crest of Bushey Combe. Above you, Moronoe, Queen of the Autumn Equinox, may be caw-cawing to her crow sisters. They swoop and circle around their roost on Chalice Hill, gathering in the mellow ambiance of an Autumn afternoon. Walk across the grass at the top to meet Grandmother Lime. Under her broad canopy, teenagers, lovers, and Wise Ones have all held inner council. Sit with her for a moment to receive her wisdom. Her distinctive heart-shaped leaves begin turning a brilliant yellow at this time of year. This gold represents the harvest: a visual reminder to gather your own lessons and blessings from the passing Summer.



Black Bryony, Bulwarks Lane

Meander back to the path, go through the gate and onto Bulwarks Lane, following the lane as it bends round to the left. Look out for garlands of Black Bryony entwined amidst the hedgerow, while all around you are small apple orchards whose fruit is ripening, ready to fall. About halfway along, pause beside the magnificent Copper Beech on your left. When the evening sun shines on her leaves, she truly becomes Queen of the Woods, illuminating the gloaming. As her deep purple Summer leaves fade into a fiery copper glow, she acts as a bridge between light and shadow, reminding us that we

too can hold onto our inner light even as the dark Winter months approach. Continue to the end and turn right. Walk uphill to the top. As the road bends to the right, go through the metal gate straight ahead into Paradise Lane.

It is a joy to walk along this Green Lane, to allow the eternal vigilance for cars and traffic to fall away and to listen instead to the natural rhythm of the sacred land. Here, we are walking in the footprints of the fox, the hedgehog and the badger all of whom forage along this trackway. We are also walking in the footprints of our ancestors who trod this way as they processed to the Tor when it was once a Ceremonial Avenue of Oaks. Look through the hedgerow to your left for views of the Mendip Hills while, on your right, the Tor plays peek-a-boo with the cheeky squirrels in the branches around you. In the Autumn, and especially at Equinox, these hedges burst with blackberries – a reminder of Banbha's wild abundance.

Eventually, you will arrive at an open field. Follow the trail that runs alongside the line of trees on your left. As you cross the crest of the hill, head straight down the slope toward the foot of the field. Watch your step: cows often graze here and the slope around the gate can be very muddy. Last Spring, I gracelessly slipped and skidded my way down, much to the bemusement of the cow hiding behind the bushes!

Once through, walk down the remaining incline to another gate at the bottom of the field. The later the hour and the moodier the weather, the more you will sense the Two Tribes gathering in their roosts. In the treeline behind you stands the Jackdaw Tree; in the valley below lies the Crow Tree. Their cacophonous banter and competitive avian antics are both an amusing delight and an arcane mystery to behold. Similar yet distinct, they are the epitome of sibling rivalry. As you walk, the Mendip Hills rise in several humps across the horizon, like the back of an Earth Dragon encircling the land. From the gate, turn left along the footpath. A short walk brings you face-to-face with the mighty Gog and Magog, ancient guardians of Avalon. For good or ill, they are enclosed by a metal mesh fence – a bittersweet irony that we must hold these giants captive to protect them from the very people who love them. You might wonder if they miss our human touch, evoking Joni Mitchell's prophecy about putting the trees in a tree museum. Together, they symbolise the eternal cycle of life and death. With Gog now standing as a weathered sentinel and Magog still embracing life with her leafy outstretched branches, they mirror the Equinox itself: that precise tipping point where the vibrant, green world begins to bow to the dormant, grey season of rebirth. A Mirror-Touch Meditation ensures the trees still receive the warmth they miss. Stand at the fence between these two majestic Oaks. Instead of touching their bark, press your own hands together in a prayer position. Feel the heat of your skin. Close your eyes and project that imagined touch across the gap. In your mind, feel the gnarled, spiralling ridges of Magog's living trunk against your right palm, and the smooth, hard silver of Gog's wood against your left. Inhale Magog's light Summer-strength through your right side. Exhale your heavy Winter-bound thoughts toward Gog's quiet stillness on your left. When you are ready, thank these two beautiful souls for their enduring presence and softly release your connection.

Go through the gate on the far side of Gog and follow the passageway to a meadow. Bearing left, cross the field at a soft diagonal, towards the corner of a copse. Climb the stile, which



Gog at Autumn Equinox 2025



Magog at Autumn Equinox 2025



is steep, and descend the steps, which are deep. Just before the footbridge, take the path right which runs parallel to the stream, into the trees. A little way into this magical wood, you will meet Alder Deer Mother who invites you to sit awhile on Her broad trunk and to rest your back against Her “antlers”. Because Her roots grow directly into water, the Alder represents the bridge between Earth and emotion. Sitting on Her at the Autumn Equinox is beautifully symbolic of crossing a threshold and finding a safe place to simply be, while the seasons shift around you. Known as the Bleeding Tree, when Alder wood is cut, its pale interior turns a vibrant blood orange, representing the lifeblood of the Summer retreating back into the Earth.

Once you feel restored, cross the stream and climb the slope past the grazing llamas. Turn left, letting the lane wend its way through Paddington Farm. As the way begins to climb, you can see the Tor shapeshifting on your left. The road steepens into Maidencroft Lane, while overhead, tree branches weave a

natural bower. Once the hill levels and dips, ignore the left bend; instead, step straight ahead, over the stile, and into the field beyond. Keep to the path along the righthand side of the field. It leads to a green passageway which brings you out at Wick Hollow. Turn right onto Wick Hollow and follow the road downhill towards the edge of town. The enchanted shapes formed by the massive tree roots hanging from the high banks on either side are reminders of the message of the trees: digging deep into Banbha’s earthy presence is how we stay grounded and balanced and strong when the winds of change come sweeping and stirring. Turn left at the junction with Bove Town and coast downhill. The top of the High Street will come into view in due course.

You have journeyed from the heartbeat of the Lime, through the fire of the Beech, into the silence of the Oaks, resting finally in the watery embrace of the Alder.

Blessed be. Morgen Priestess of Avalon Carol Morgan.