Serpentstar

ALBAN ARTHUAN...The Light of Arthur is the Winter Solstice ceremony. Here Arthur is equated with the Sun God who dies and is reborn at the Winter Solstice.

It is he who will be reborn awakening from his slumbers in a secret cave in the Welsh mountains to return as savior of the British Isles.

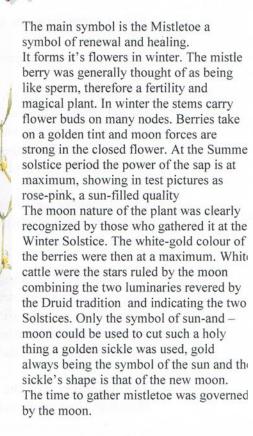
The whole ceremony is of a moment of time, the turning point between the year's darkness and its new light. It thus marks both a beginning and a completion.

Alban Arthur celebrates the rebirth of the tiring sun from the Great Mother, as Mabinog and is clearly a mother –goddess ceremony.

During the ceremony the apparent death of the sun is mourned, and then, as the need-fire is lit at the time of the solstice, the rebirth of the Sun and by association, the return of Arthur, is celebrated.

Reminding us that in our dark silent depths, we contact the spark of the new Sun child that will grow into a shingin child of the light as the year progresses.





Newsletter for Australian & New Zealand members of O.B.O.D. vol. 2 no.3. June 99. ASSEMBLY NEWS.

Welcome to all members from Cooringal Grove. This year's Third Annual Australian Assembly will be held on our farm near Port Lincoln in S.A. The event commences on Friday the 24th September at 4pm and finishes on Monday the 27th of September 1999. There have been articles in both 'Touchstone' and "Serpentstar", but if you have missed both of these I have summarized the events of the Assembly. When you register, I will send you a map to our farm.

To get an idea of the number of people coming and your interests and needs, I have sent out a registration form. You will need to bring your own tent and sleeping gear. Everything else will be provided. There are hot showers provided at the farm.

If you are planning to fly, I can organize some tents at this end to save you carrying so much luggage. You will have to let me know ASAP as there is limited supply. If sleeping in a tent is not possible or not your choice, then there are two local caravan parks nearby, where you could stay., with all facilities. (see last page for addresses.)

Port Lincoln has six hotels and several motels. These can be checked through your travel agent. Book early to avoid school holiday rush.

The cost of the 4 day assembly (all meals included) will be \$150 pre adult, \$40. per child under 15years and children 5 years old and under are free. Please send a deposit of \$30.per person, along with your registration form and your filled in questionnaire, no later than the 30th of June. Include also your preferred sleeping arrangements. The menu is being prepared now and there are some delicious treats in store!

Prior to finalizing the activity schedule, I would like your input to find out what you are interested in. Please indicate interest in order of preference and send back to me ASAP either through post or e-mail.....

PLEASE DON'T PUT THIS ON YOU INFAMOUS PAPER PILE, DO IT NOW!

REGISTRATION FORMS ARE ON THE BACK PAGE OF THIS NEWSLETTER...../over

ASSEMBLY continued.....

Just to summarize the article in Touchstone and Serpentstar:

We are planning to produce an Australian compilation CD of Bardic music and poetic efforts put to music.

For those who want to, during the assembly we will form a choir and record the vocals for the songs. There will be toning circles over the week end to tune up and practice the material. At present we have received some wonderful contributions which are being worked on and arranged by Carrl Myriad and myself. It is however not too late to sending your submissions if you have a piece that you would like to be considered for inclusion.

Cut off date is the Winter Solstice. Over the assembly we will be holding ceremonies for each grade and performing initiations. If you would like to initiate at the assembly, please let me know.

An Eisteddford is being planned for the Sunday evening that will include a large feast, the spring ceremony and plenty of live entertainment. A sweat lodge will be available and a teepee for quiet meditation. For those who wish to take part in the assembly but do not want to sing, some other workshops are being planned. These are listed on the registration form on the back page of the Newsletter

The Assembly and the Spring Ceremony are of course open to friends and relatives of members. Initiation and Grove ceremonies will for members only.







OTICE BOARD



Alban Arthuan Ceremony in Victoria

Melbourne Seed Group, will be celebrating the Winter Solstice on the 19 th of June at 8 p.m. Members interested in attending can phone Kirsty Roberts on 03-09702-8360

Alban Arthuan Ceremony in New Zealand.

Please Contact Bill Huddleston at 25 Paranui Valley Rd. Tikipunga, Whangarie.

Macadamia Seed Group

Contacts are Joel Hopkinson P.O.Box 7023, HOLLAND PARK EAST . QLD. 4121 OR phone Sandra Gosley on 07-3369-8297







ALICE PORTMAN

Between the ages of 27 and 291/2 a very interesting phenomenon occurs.

At 29½ Saturn returns back to the same place it was at the time of your birth. During he 2½ years before that, the unconscious programming that all humans have, starts a process of assessing and filtering your life up to date. The unconscious is programmed to discard anything that has brought misery, pain, discomfort or unhappiness and accept all that has brought fulfillment and happiness into your adult life. This process is automatic, just as learning to talk and walk is automatic for most healthy people. You will know this is happening because during this period your mind tends to think about your parents, childhood and young adulthood and important events in your life.

The reason this is set in motion is that at 29½ you become a full adult, not dependent upon anyone, with enough experience of life to live it fully and richly within your society. From about 21 to 27 you are a "practicing adult", with enough experience of life to make most of your own decisions, but you still need full adults there to help you in emergencies or when you are likely to make a really foolish decision out of inexperience.

Because most of the cultures of the earth are dysfunctional to a degree, and therefore families are also dysfunctional to a greater or lesser degree, the unconscious often has quite difficult experiences to filter out or discard to bring you to a fully functioning adult. On occasion, it reaches a "boggle", i.e. a situation in your life, which has brought you great unhappiness, but for some reason, you have accepted as an integral part of your life. This happens quite a lot when people have lost a parent through death or divorce or have been heavily programmed in religions, belief systems or behavior patterns that bring unhappiness, but because the programming was so strong, it is difficult to discard.

When the unconscious hits such a "boggle" it will manifest in your life the same or similar situation, not necessarily with the same people that set the boggle in motion in the first place, but with a similar emotional impact on you. The decisions you then make about yourself, your worthiness for happiness and your life direction is incorporated into your adult life.

Remember, Saturn's function is that of structure, that is why it is connected to our skeletal system (which holds us up) and skin (which holds us in). If the structures in a situation are not correct, whenever Saturn triggers that area problems occur. When the structures are exactly right, whenever Saturn triggers that area, rewards happen. So it is wise to look at the structures of your life, your belief systems and your body on a Saturn return.

During this 27 to 29½ period people will often start to get interested in areas that are new to them, or reactivate interests that they had as a child, but didn't continue developing. These areas are important as they bring talents or interests that will enhance happiness and success in the adult life.

For people carrying the Capricorn or Saturn energy, this is particularly important, as they often start to find their feet during this period. Capricorn is usually a slow starter, with restrictions of various kinds in early life. They start to find their feet between 27 to 30 and continue to improve right through to old age. (Grandma Moses, the famous artist didn't start painting until after 60 and became famous at around 80.)

THE UNCONSCIOUS

Your Unconscious mind is your "Genie". It provides in your life the manifestation of your most intense feelings and desires. The best analogy I can use to describe the working of the unconscious is that of an EMOTIONAL COMPUTER. It works on feeling rather than logic and is interested in all

fulfillment in adult life clicks in, it will then start sorting out the different types of feelings you have had and start a filing process on the ones it would like to keep and the ones it would like to discard. For this reason, this is a very powerful and important time of life, with feelings, emotions and the development of talents abounding.

The conscious mind's task is to decide what to do with the feelings presented. Saturn transits often brings up negative areas with bad feelings attached, because those areas are clearly not working properly. If the conscious mind indulges in these feelings and says things like:-

"I am never going to be happy"

"No one loves me"

" I never have enough money"

"I have no real friends" etc.

when such negative feelings arise, the unconscious takes it that that is what you want, and provides such situations from then on, until you change your input.

If the conscious mind looking at negative feelings approaches the situation practically and decides that it would like:-

"A life that is very happy"

"Plenty of real love from people I love in return"

"Plenty of money to live a prosperous and fulfilling life"

"True friends with whom I can have fun" etc

and powerfully informs the unconscious that is what is desired, the unconscious will provide these situations. THIS IS PARTICULARLY IMPORTANT ON A SATURN RETURN.

Some things are more difficult to get than others, particularly if the family has no skill in an area which is important to you, or you have planetary aspects which make it a bit of a task to get it. However, if you decide you want a way of life or a certain situation and inform the unconscious repeatedly, with the feelings of happiness or fulfillment you want to have within that situation, it will happen. You r unconscious will often give you as near as it can get to what you want, and then you see what is missing, praise yourself for what is right and add what is missing, the unconscious will then provide that. This process will go on until you fully understand yourself and your needs and then you can ask for what will truly satisfy you. When the unconscious provides that you are fulfilled. It is impossible to desire that which the unconscious cannot provide, as your own nature and inclinations will be the source of your desires anyway. For example, if you have an artistic inclination it is not likely you would truly desire to be the most profound scientist of the Century, you would much prefer to be the most wonderful artist you could.

Sometimes the unconscious finds it very hard to provide what you ask for. For example, if you have been crippled in an accident and you are asking to be able to walk again (like Christopher Reeves of "Superman" fame), but there is no known way of healing the body, the unconscious might take quite a while to be able to provide you with the cure. Nevertheless, if you follow up all leads, and are persistent, it can happen as your unconscious will search the world and all known reality to find it for you. The actual search is a healing in itself as you grow in wisdom and awareness through it. If it is a true impossibility within your way of life, (and this is very rare) then the desire will be "flagged" as most important to be fulfilled in another lifetime.

+Because we have so much input these days, from television, film, newspapers, books, etc and have often quite strong feelings about the information these give, the unconscious has difficulty deciphering just what it is you want. That is why a lot of people benefit from techniques like creative visualization, affirmations, hypnosis, ceremony, spells and various other forms of "programming the unconscious" which is really giving a repeated strong input on what you truly want in life. The unconscious can then spot this repeated information amongst the enormous amount of information and feelings coming into your human system and provide what you want.

Remember, if you are putting in negative ideas or fearful emotions it will provide that if it is the most repeated and strongest in feeling. The unconscious is an emotional computer, and will provide according to the strongest emotion connected to a situation, that is why the conscious mind needs to really discriminate how it presents what you want to the unconscious mind.

Really, an intelligent assessment of difficult emotions and situations is all that is needed. If you get lost in self-dislike, or unhappy emotions, it takes discipline and commonsense to pull yourself out of them, but it can (and frequently is) done and then what you really want from life can be sorted out.

.Following is a personal example of how literal the unconscious can be at times.

As I started to get older, I didn't like the appearance of wrinkles and sagging on my face, so I used to pat my face and say "firm up darling" every morning as I performed my ablutions.

The day before I was due to fly back to Sydney I did the astrological chart of someone who thought I might be interested in a new skin range he was selling. I had very little time left, but arranged to pop into see him on the way to the airport. I had the feeling it would be important for me to do so. I was running a little late, but did manage to see him and one of the creams he showed me was called "Firm Up" and was designed to firm the face and prevent sagging!

I still find it amazing that the unconscious was able to provide me with a cream that even had the same name as my description of what I wanted!

Alice Portman Tutor A.S.A. e-mail: alice@bettanet.net.au
Alice can also be contacted at the Eternal Spirit Center 69 Goodwood Rd. Wayville S.A. 5034
PH. 08-8271-9666





Dear Serpentstar I have sent in a photo of the Naming Ceremony for Indigo Rose Coate--Thompson.

The ceremony was conducted by Akkadia and Zan and Noel and Pat, all of whom we would like to thank for a very special day.

Note.

The ceremony was held at Parraweirra in the stone circle that was that was created for the wedding of Simon and Liz. also performed by Noel ,Pat, Akkadia, Zan and Carole and Parrawirra was then to become the place for the first Assembly not quite twelve months later

Correction of email address for Ganieda Grove Sanctuary Development. Healthquest. www.helathquest.com.au



Samhuinn in Whangarie - May 99



This was going to be a little different, and special because we were going to join in with the local Wiccan group. They were to have their meeting on Friday night and we held ours on the Sunday morning. The time span seemed like a nice thing to do over the Samhuinn time of notime. As it turned out none of it eventuated.

On Friday we had the worst flooding we have had in decades in Whangarei and the Wiccan site was foldded out. By Sunday morning the weather was brilliant.

We met in what is becoming our regular site at the local public park. We meet at 7am. The nearly full moon was up, bright in the western sky. The sun not quite up over the eastern hills.

The ceremony was as usual a gentle, healing and calming time. Because it is a public park and a native reserve, we are very careful to remove evrything after each ceremony. This also causes some problem solving for having fire. This time we lit it in a large flower pot, Just before the meditation time the wind picked up a little and began to blow smoke out through the south west where we had left an opening.

At the end we had a naming ceremony for one of the participants. She has been doing some deep healing over the past two to three years and had decided that a name change was an important marker in her progress towards wholeness and wellness. Just as we finished this, the sun burst over the hills and flooded our group with warmth and light. A poignant moment indeed....Who ever said concidences were accidents?

As usual we ended up at our place for breakfast.

At our next ceremony I am hoping to have a stone circle I have begun to make at my place dedicated. Alban Arthuan seems to be time to do this.

With peace and love, Bill Huddleston.

SAMHUINN AT WINDANG



Five hardy souls braved the elements at Windang on a wintery rainy Saturday. With the moon in Scoprio risen in the sky, we walked by the lake through a colonade of 60 Norfolk pines and out onto the beach to cross over to Windang Island., for our ceremony.

The tide was out and we walked up along the spine of the island with the sun at our backs and down the eastern face to a large shadowed gully in the rocks. We were almost below water level, and as we cleansed and concecrated our circle and called for the blessing of our ancestors and the ancestors of this place, the waves dashed high above us in the east.

The sky was purple with rain clouds coming up the coast in a front from the south west, and out over the sea, a rainbow blessed us and fortunately the rain held off for our ceremony.

With our fire burning in a brass bowl in the center of our circle we celebrated the decent of the sun into the womb of the mother. The embedding of the seed into the earth to be held safe until the return of the growing sun and the first warm flush of spring., remembering and welcoming our ancestors, those who have gone before us also embedded in the time of no time.

Everyone brought something to contribute, and we committed those things that we would leave behind in the old year, to paper, or pieces of resin and let these fall like dead leaves into our ritual flame.

Being prudent people, we saved our Eisteddford and feast for indoors. As we finished our last chant three mutton birds circled, above us calling overhead,. We climbed up the face of the cliff and there was the sun in white winter light getting ready to go behind the escarpment, and we raced across the small neck of land, being guarded by three pelicans, as the tide raced in . Wet and energized by the elements, we headed for home. Good food, poems discussion and stories of ancestors past finished the night. Carole Nielsen.

Essences of the Journey....3

Lunar month 7

Victorian Mountain Ash is for the Counsel of Balance.

Colour: Silver Grey. Musical chant ("Om") F#

The remedy is for the closed mind, mental imbalances, clouded vision and being unfocused. Its positive outcome is to allow opening to other dimensions, creating a balanced link between body, mind and soul, clarity of direction and focus.

It connects at our heart chakra, which is concerned with selflove, universal goodwill and balance, and also the crown chakra, our seat of consciousness.

From this 7th lunar moon cycle, the energy vibrations of the essences are more refined, affecting the physical body more subtly. Nevertheless they still test you to see if you have completely learned their lessons, acknowledging and clearing the energy blocks, attuning you to the natural rhythms of the moon, preparing you so you can move on to the next set of lessons.

From this cycle, the colours/sound tones are as they appear at the 4th dimensional level, so as you pair off each essence - i.e. in this case Wholeness (Rose She-Oak, Lunar month 4, Chakra 4) and Balance (Victorian Mountain Ash, Lunar month 7, Chakra 7) you will have a third dimensional colour and tone vibration balancing and working through the 4th chakra as well as a 4th dimensional colour and tone working through the same chakra connection but with more refined vibrational energies. This creates polarity, balance, stability, harmony at the 4th chakra.

Physical connections: heart, thymus glad, immune system, circulatory system, lungs, respiratory system. Imbalance is linked to heart and circulatory as well as lung and respiratory problems, high blood pressure, upper back troubles and childhood diseases.

Psychological influences: understanding, compassion, unconditional love.

Imbalance is linked to inner conflict, self-destructive tendencies, relationship problems and feelings of alienation and loneliness.

Astrological connection: to Urania, giving us connection and the capacity for inspired knowledge. This is a transformer energy between the lower octave planet Mercury and the higher octave planet Uranus, the universal principle of wisdom.

Devic Counsel (Waxing/active phase)

Overseeing Deva: Mee-Ash We help you to keep balance. We impart knowledge from all worlds, keeping the link strong and Balanced Our connections are many, worlds within worlds. Allow us to show you your world, as you truly know it. Awaken to your home and realise your part in it We want you to operate as you truly are, for you are indeed one of these worlds. So join us in unity and help us to keep the balance between heaven and earth.

Tree Spirit Counsel (Waning/Integration phase) Tree Spirit: Ash-ta

My counsel is Balance.

To know yourself, you operate in this way: you can tap into our realities by only trusting in you. This is our dream: remembering your ways of operation, worlds within a world - the worlds of the heaven, the earth and the underworld in perfect harmony. Acknowledging this brings balance. This is my counsel. Visualise this, and allow me to take you to your many realities.

Realisation:

For you too are a world of three aspects: body, mind, spirit. When this is truly felt, you will be in perfect Balance. This is my counsel. Go and enjoy your world.

Affirmation:

I am in Balance.

Lunar month 8

Snow Gum is for the Counsel of Knowledge Colour: Moss Green. Musical chant ("Om") G

The remedy is for when you feel stale, unworthy, childish, lacking vision, unable to cope. The positive outcome is feeling connected to nature, a visual survivor, informative.

The essence connects at our 8th chakra and the 6th or third eye chakra of our physical body, situated in the centre of the forehead and associated with perception, discernment and clairvoyance.

Physical connections: the pituitary gland, left-brain hemisphere, central nervous system. Imbalance is linked to nervous upsets, eye vision problems, headaches, sinusitis.

Psychological influences: clarity and insight, interest in spiritual issues. Imbalance is linked to confusion, poor memory, inability to focus, paranoia, detachment from reality and in severe cases schizophrenia.

Astrological connection: to the planetoid Chiron, giving us the capacity to absorb wholistic understanding.

Devic Counsel (Waxing/active phase) Overseeing Deva: Sai-Bum

We are the connectors to the tree of Knowledge. We help you to keep a pure channel between all kingdoms. The tree is our source of information, acting as a spokesperson between kingdoms...../over

We allow the energy of these many kingdoms to flow through you, helping to impart a sense of openness, thus allowing great wisdom to come through as pictures. We help to enhance your visualisation skills. We ask that you connect with us when you want access to the different kingdoms.

Tree Spirit Counsel (Waning/integration phase)
Tree Spirit: Tha-Ti
I am the Tree of Knowing. Draw on my wisdom by merely closing your eyes and waiting for the true vision to appear.

I can show you your real vision and through this great wisdom can be obtained. My counsel is Knowledge. I give you the clarity to accept your true wisdom within.

Realisation:

My role is to help you integrate this into pure Knowledge, for without the Knowing it is useless. Draw on my energy. Come and see the many sides to each one of you, and in turn find the real identity of self, always bringing you closer to all. For there is nothing wiser than the Knowing when it arrives.

Affirmation:

My Knowing is my wisdom.

Lunar month 9

White Mangrove is for the Counsel of Nurture Colour: Lemon. Musical chant ("Om") G#
This essence connects at our 9th chakra and the 2nd or Hara chakra situated at the centre of the abdomen just below the navel.

Physical connections: ovaries, testicles, uterus, bladder, circulation.

Imbalance is linked to lower back, infertility, reproductive problems, pre-menstrual syndrome, urinary problems and arthritis.

Psychological influences: sexuality, creativity. Imbalance is linked to a weak personality, depression, hysteria and an inability to be sexually intimate or able to work with your own creativity.

This essence attunes and aligns to the higher, finer vibrations of the 4th dimensional energy flow, thus allowing connection to our creative soul-self.

Astrological connection: the asteroid Sappho, giving us connection and capacity for romantic and artistic sensitivity. This is a transformer energy between the lower octave planet Venus and the higher octave planet of Neptune, the universal principle being Love.

Devic Counsel (Waxing/active phase) Overseeing Deva: Why-The

We help you to Nurture your emotions at all levels of your existence. We help you to get in touch with your sensitive side, yet keep your rational point of view. We keep you grounded, but open to your watery emotions, the deeper side to yourself. We are good for you when you are accessing information during regression work

.It is our purpose, within all kingdoms, to allow the different levels of information to pass through your emotional states with maximum ease and understanding

We are like the moon's energy, giving you strength to work with your lessons. We are intuitive and caring, giving balance to you throughout your process.

Tree Spirit Counsel (Waning/integration phase) Tree Spirit: A-Bo

Call me, feel me, see me, but mostly talk to me. For I am the on e who can help you in what may seem your darkest hour.

Draw on my energy when you need guidance and love, for I am the Nurturer. My counsel is just that.

The way to Nurture yourself is to go within. Always, my guidance is through you. Go to that safe space - it is located below the navel – where all your stirred-up feelings can find comfort and guidance. I guide you through watery emotions, taking you to that safe space within with maximum ease and understanding.

Realisation:

When you feel this way, push those feelings down to this area and allow a safe, grounding energy to arise, in turn allowing you to Nurture yourself.

You can release much emotion by understanding your feelings, and in understanding Nurture, comes always balance. Remembering this is my counsel.

Affirmation:

I Nurture myself.

Note:

The astrological and chakra connections were not given for the first three essences (Serpentstar vol.2, no.1). They are as follows:

Lunar month 1, Blue Gum, Communication. Cobalt blue is for the 5th or throat chakra, the centre of trust. Astrological connection: the planets Mercury and Saturn. Mercury represents your reasoning ability, your mind and the way you communicate; Saturn the learning principle.

Lunar month 2, Golden wattle, Growth. Golden yellow is for the third or solar plexus chakra. Situated above the navel, this is the seat of the emotional personality. Astrological connection: the Sun. This represents your inner self, your personality and your ego.

Lunar month 3, Silky Oak, Self. The colour amber orange connects at the second or Hara chakra. Situated at the centre of the abdomen just below the navel, it is often thought of as the seat of power and vitality.

Astrological connection: the Moon. This represents the emotions, the instincts, and the feminine principle.



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Carrl Myriad and the Ragged Band offer great Celtic music on tow CDs, Up the Sides and Down the Middle, and Distant Shores. Both of these are available for Carrl. Cost \$25. Each or \$2 for \$40.Handeling cost of \$5.00. P.O.Box 1492 Potts Point, N.S.W.2011

Ravenswing.... For the CD Time to Heal. Beautiful Celtic tunes from the W.A. Grove of Sgiat h an Fhithich. Cost \$20.00 P.O. Box 356 Kelmscott. W.A. 6911

Caravan parks close to Assembly site.

Book early as school holidays are on at the same time Kirton Point Caravan Pk Hindmarsh St. Pt Lincoln 08-86822537

Port Lincoln Caravan Pk Lincoln Hwy Nth Shields 08-86843512



Thanks to all those who responded re the Web site. It seems that most are happy to have our poems and writing up the on the web, with our contact lists and ceremonies kept to the newsletter.

I have had good feedback from those of you who have brought the CDs from members skill share being are happy with the music,

I guess we are all looking forward to hearing the CD that comes from the next Assembly.

Already we have chants poems and songs being sent and Lesley and Carrl are working hard to compile them all.

As the Assembly moves around the country it will develop a special flavor at each place, each grove bringing it's own special energy, each time.

It is of course hard for us all to get to different places, but the unity built by the Assemblies is with out price or measure. Lesley has already planted the food we will be eating in September and preparations are well underway.

Cut off date for articles for the next SS will be the last day in August.

Send to Serpentstar PO box 44 WINDANG NSW 2528

Joy of the new born sun to you....Carole/\

ASSEMBLY RIGISTRATION FORM.

Please return this section and forward any submissions or inquiries to: Lesley Gentilin P.O.Box 1446 Port Lincoln S.A. 5606. Telephone no. 08-86842003. E-mail Cooringalgrove@hotmail.com

*		
Name		
Address		
	State	post code
Phone number		
Number of people in your party: Adults		
Subjects – number in order of interestBio-dynamics/organic gardening	Paramagnetism	Ley Lines
Herb gardening and harvesting	Dowsing	Making Herbal Medicine
Other/ please specify		

Please include your \$30.00 per person deposit with this form