



Jasper's Gems

In The Spotlight: Tree of Life Workshop

I crossed off one more item on my 'Things to do Before I Die' list. I've taught a class at a university! There was an SCA sponsored event at Wilfrid Laurier University in Waterloo on March 27th. It was a one-day symposium with speakers on a broad range of historical topics including the arts and crafts practiced by various cultures, the history of particular regions, cultures, or times, and where feasible this learning was conducted in a hands-on environment.

My lecture was about the Tree of Life – Myth & Symbolism. I spoke about the myths, stories and legends from around the world since ancient times featuring the Tree of Life or World Tree. One of the interesting little tidbits that I learned during the course of my research in preparation for this event was that the fleur-de-lis is actually a motif from ancient Egypt that represented the Tree of Life. Who knew?

During the workshop, each of the five participants created their own unique Tree of Life pendant to take home. The fee included all the materials required to make one pendant, full colour instruction sheets, plus a set of small pliers. I even sent them all home with most of the materials they'd need to make a second pendant to give to someone special.

Look below to see the different interpretations of the Tree of Life made by them. They are all fabulous!!



Sacred Strands is a gathering place for lovers, creators, collectors, and vendors of prayer beads, rosaries, malas, and other sacred strands. I am one of the founding members. Please check out the website and join us, if interested.

<http://sacredstrands.ning.com>



Mystics & Mysteries – St. Catharines

Date: Saturday, May 8, 2010

Time: 12:00pm - 8:00pm

Location: Canadian Legion, 57 Lakeport Road, Port Dalhousie, ON

FREE ADMISSION

Faerie Moon New Age Gifts (www.faeriemoon.ca) is hosting this event. The goal is not only to provide readings, products and spiritual services but to offer free information to the public, promote the spiritual community at large and to celebrate & bring together what we have in common. **Jasper Moon** and **The Chain Mail Guy** will be at this event.



50 Ways to Use Essential Oils



- 1.** For good smelling towels, sheets, clothes, etc. place a few drops of your favorite essential oil onto a small piece of terry cloth and toss into the clothes dryer while drying. Add 5 drops essential oil to 1/4 cup fabric softener or water and place in the center cup of the washer.
- 2.** Potpourri which has lost its scent can be revived by adding a few drops of essential oil.
- 3.** Add a few drops of oil to water in a spray bottle and use as an air freshener.
- 4.** Add a few drops essential oil to a pan of water and simmer on
- 5.** To enjoy a scented candle, place a drop or two into the hot melted wax as the candle burns.
- 6.** To dispel household cooking odors, add a few drops of Clove oil to a simmering pan.
- 7.** For tired aching muscles or arthritis aches, mix 1 part Cinnamon, Sage and Basil oil to 4 parts Sweet Almond or other vegetable oil and use as a massage oil.
- 8.** Ease headache pain by rubbing a drop of Rosemary I Lavender oil onto the back of your neck.
- 9.** To blend your own massage oil, add 3-5 drops of your favorite essential oil to 1 oz. Sweet Almond or other skin-nourishing vegetable oil.
- 10.** Add 10 drops of essential oil to a box of cornstarch or baking soda, mix very well, let set for a day or two and then sprinkle over the carpets on your home. Let set for an hour or more, then vacuum.
- 11.** To make a natural flea collar, saturate a short piece of cord or soft rope with Pennyroyal or Tea Tree oil, roll up in a handkerchief and tie loosely around the animal's neck.
- 12.** Shoes can be freshened by either dropping a few drops of Geranium essential oil directly into the shoes or by placing a cotton ball dabbed with a few drops of Lemon oil into the shoes. Athlete's foot? Tea Tree is great!
- 13.** Put a few drops of your favorite essential oil on a cotton ball and place it in your vacuum cleaner bag. Lemon and Pine are nice. Rose Geranium helps with pet odors.
- 14.** To fragrance your kitchen cabinets and drawers, place a food scent dabbed on a cotton ball into an inconspicuous corner.
- 15.** Are mice a problem? Place several drops of Peppermint oil on a cotton ball and place at problem locations.
- 16.** The bathroom is easily scented by placing oil-scented cotton balls in inconspicuous places, or sprinkle oils directly onto silk or dried flower arrangements or wreaths.
- 17.** Apply true Lavender oil and Tea Tree oil directly to cuts, scrapes or scratches. 1 or 2 drops will promote healing.
- 18.** Homemade soaps are pleasant and offer therapeutic effects when scented with essential oils. Use soaps which contain pure essential oils.
- 19.** Homemade sachets are more fragrant when essential oils are blended with the flowers and herbs.
- 20.** An essential oil dropped onto a radiator scent ring or light bulb will not only fill the room with a wonderful fragrance, but will also set a mood such as calming or uplifting. (Don't put essential oil in the socket.)
- 21.** A few drops of your favorite oil or blend in the rinse water of your hand washables makes for pleasant results.
- 22.** Anise oil has been used by fishermen for years. Use a drop or two on the fingertips before baiting up. Anise covers up the human scent that scares the fish away.
- 23.** Essential oils or blends make wonderful perfumes. Create your own personal essence! Add 25 drops to 1 oz of perfume alcohol and allow to age two weeks before using.
- 24.** To dispel mosquitoes and other picnic pests, drop a few drops of Citronella oil on the melted wax of a candle or place a few drops on the Bar-B-Q hot coals.
- 25.** 1 drop of Lemon essential oil applied directly to a wart is an effective means of elimination. Apply the essential oil daily until the wart is gone.
- 26.** Rosemary promotes alertness and stimulates memory. Inhale occasionally during long car trips and while reading or studying.
- 27.** Selling your home? Fragrance sells! Fill the kitchen area with the aroma of spices such as Clove, Cinnamon and Vanilla. Simmer a few drops of the essential oil of Cinnamon, Nutmeg and other spices. Geranium oil sprinkled throughout the home creates a warm, cheerful and inviting mood. Add Cinnamon oil to furniture polish and wipe down the wood.
- 28.** Add essential oils to paper mache, the result is the creation of a lovely aromatic piece of art.
- 29.** Infuse bookmarks and stationery with essential oils. Place drops of oil on paper and put them in a plastic bag. Seal it and leave overnight to infuse the aroma. Send only good news in perfumed letters.
- 30.** Neck pillows, padded and decorative hangers make more memorable gifts simply by putting a couple of drops of essential oil on them before giving.
- 31.** Overindulge last night? Essential oils of Juniper, Cedarwood, Grapefruit, Lavender, Carrot, Fennel, Rosemary and Lemon help soften the effects of a hangover. Make your own blend of these oils and use a total of 6-8 drops in a bath.

- 32.** Essential oils of Vetivert, Cypress, Cedarwood, Frankincense , and Myrrh all make wonderful firewood oil. Drop approximately 2-3 drops of oil or blend of your choice on a dried log and allow time for the oil to soak in before putting the log on the fire.
- 33.** Flies and moths dislike Lavender oil. Sprinkle it on the outside of your window frames.
- 34.** Place 1 or 2 drops of sleep enhancing oils such as Chamomile, Lavender or Neroli on your pillow before retiring for restful sleep.
- 35.** When moving into a new home, first use a water spray containing your favorite essential oils and change the odorous environment to your own. Do this for several days until it begins to feel like your space.
- 36.** Ideal scents for the bedroom are Roman Chamomile, Geranium, Lavender or Lemon.
- 37.** 1 drop of Lemon essential oil on a soft cloth will polish copper with a gentle buffing.
- 38.** When washing out the fridge, freezer or oven, add ~ drop of Lemon, Lime, Grapefruit, Bergamot, Tangerine or Orange essential oil to the finalrinse water.
- 39.** For burns or scalds, drop Tea Tree oil directly on the effected area.
- 40.** Place 1 drop of Peppermint oil in ½ glass of water, sip slowly to aid digestion and relieve upset stomach.
- 41.** Use 1 drop of Chamomile oil on a washcloth wrapped ice cube to relieve teething pain in children.
- 42.** 6-8 drops of Eucalyptus oil in the bath cools the body in summer and protects in winter.
- 43.** Add I drop Geranium oil to your facial moisturizer to bring out a radiant glow in your skin.
- 44.** Place 1 or 2 drops of Rosemary on your hair brush before brushing to promote growth and thickness.
- 45.** When the flu is going around add a few drops of Thyme to your diffuser or simmer in a pan on the stove.
- 46.** To bring fever down, sponge the body with cool water to which 1 drop each of Eucalyptus, Peppermint and Lavender oils have been added.
- 47.** The blend of lavender and Grapefruit oil is good for the office. Lavender creates a calm tranquil atmosphere while Grapefruit stimulates the senses and clears up stale air.
- 48.** A blend of Geranium, Lavender and Bergamot alleviates anxiety and depression. Use in a room diffuser or 6-8 drops of this blend in the bath.
- 49.** A wonderful massage blend for babies is I drop Roman Chamomile, 1 drop Lavender, 1 drop Geranium diluted in 2 Tablespoons Sweet Almond oil.
- 50.** 1 drop Peppermint oil diluted in 1 teaspoon vegetable oil rubbed on the back of the neck helps to relieve headaches.

Recipe of the Month

Ingredients

6 cups assorted trimmed baby vegetables (such as halved fingerling and purple potatoes, baby carrots, brussel sprouts, cauliflower, pearl onions, pattypan squash, and/or strips of large vegetables like bell peppers)
 1 cup olive oil
 1/2 cup Champagne vinegar
 4 small bay leaves
 2 teaspoons coarse kosher salt
 2 teaspoons freshly ground black pepper
 1 teaspoon fennel seeds
 1 teaspoon dried oregano
 1/4 teaspoon dried crushed red pepper



Directions

1. Steam all vegetables until potatoes are tender, about 8 minutes. Transfer to large bowl. If including pearl onions, pinch the onions on the root end until the skin slips right off; discard the skins. Meanwhile, bring remaining ingredients to boil in medium saucepan, whisking until salt dissolves. Pour over all vegetables.
2. Let marinate at least 15 minutes, tossing occasionally. Serve warm or at room temperature. Serves 4.

Spring into the Season with Marinated Baby Vegetables



New Products: Now Available From Jasper Moon

	<p>Viking Cloak Clasp</p> <p>The design for this clasp is based on a Viking belt tip found in Sutton Hoo, England that dates from about 600 A.D.</p> <p>The complete clasp measure 4 3/8 inches from side to side and about 3/4 inches high. It has four points for attaching and a double hook and eye closure. It is cast in lead free pewter.</p> <p style="text-align: center;">\$16.50 per set</p>
<p>Viking / Celtic Brooch</p> <p>This is a big brooch! 2 3/8 inches [61mm] in diameter.</p> <p>Wonderfully detailed, with a raised woven pattern around the outside. The inside has an interlaced pattern that would work with Viking or Celtic garb.</p> <p>This Viking brooch is cast from lead free pewter, and has a hinged pin on the back.</p> <p style="text-align: center;">\$20.00 each</p>	

Upcoming Events: May – June, 2010

<p>May 21 – 24, 2010</p>	<p>The Gaia Gathering is the Sixth Annual Canadian National Pagan Conference and will be held at the University of Guelph over the May long weekend. The weekend kicks off with an Opening Ritual and social mixer on Friday May 21st, and concludes on Monday May 24th with the AGM and closing ritual.</p>
<p>Saturday, May 29, 2010</p>	<p>The 3rd Annual Brantford Pagan Meet & Greet will be held at Mohawk Park, 51 Lynwood Drive in Brantford from 10 a.m. to 8 p.m. People of all faiths & paths welcome. Meet like minded people, enjoy a day out in nature, shop, talk, learn & more. Musicians will be performing through the course of the day.</p>
<p>Saturday, June 5, 2010</p>	<p>The Robin in the Hood Medieval Festival takes place at Gibson Park in Elmira from 10 a.m. – 5 p.m. and promotes a family friendly environment to educate people about life in the middle ages. Audiences of all ages will be dazzled by magic shows, knights in battle, jesters, musicians, jugglers, comedy and of archery. We also have numerous merchants on hand selling jewelry, leather goods, armour, toys and other period novelties as well as a gypsy fortune teller.</p>
<p>June 23 – 27, 2010</p>	<p>WiccanFest is Canada's oldest & longest running pagan festival and is held at the Mansfield Outdoor Centre in Mansfield, southwest of Barrie. It is dedicated to providing a warm and friendly environment for members of the Pagan community to gather for the purpose of shared learning, ritual, workshops and fellowship in a wonderful outdoor woodland setting. The site opens at 3 p.m. on June 23rd and ends with the closing ritual in the early afternoon on June 27th.</p>



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Spring is nature's way of saying,
"Let's party!"
~Robin Williams