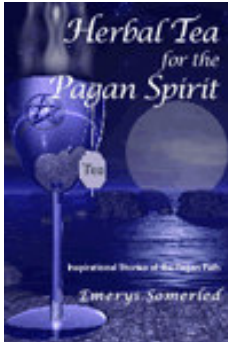


## Press Kit

### Emerys Somerled Writer, Artist, Musician

**Author - Herbal Tea for the Pagan Spirit**



**Herbal Tea for the Pagan Spirit:  
Inspirational Stories of the Pagan Path**  
Publisher: Three Moons Media  
ISBN 0-9725164-1-7  
148 pages  
Available through  
[www.threemoonsmedia.com](http://www.threemoonsmedia.com)  
[www.booksurge.com](http://www.booksurge.com)



### BIOGRAPHY

**Emerys Somerled** has been a practicing Celtic Wiccan for over ten years, Pagan for over twenty. He has written many articles and stories on Pagans and Pagan beliefs both on the internet and in well-known magazines under the name *Myrddann*. Along with organizing meetings, public events, and venues, Emerys maintained a continuous format of seminars, classes and services, all centered on his beliefs and the metaphysical tools (tarot, psychics).

In addition to designing websites and graphics, he has been very active within the Pagan community, as co-coordinator and webmaster for Pagan Pride Day in Hemet, California, coordinating various public ritual events, drum circles and classes. Emerys has given many seminars on Wicca at Border's bookstore as well as his own store, Spiritual Elements, taught Wiccan classes to his students and the general knowledge seeker. Emerys has also been involved with the local interfaith councils and centers for tolerance and education.

An advocate of tolerance, knowledge, and research Emerys has designed websites that contain links for articles, religious rights, tolerance, networking and printable laws on legal issues regarding religion. The site is a continuing knowledge base of information and community outreach. You can read other articles and information about Emerys on the internet.

#### Services Offered

- Psychic Readings
- Astrology Charts
- Reiki/Energy/Polarity Therapy
- Massage Therapy
- Meditation/Journeys
- Past Life Regressions
- House Blessings/Cleansings
- Drum Circles
- Writing
- Websites
- Graphic Art

#### Classes Offered

- Wicca (Beginning and Intermediate)
- Meditation
- Journeying
- Psychic Shielding
- Totem Animals
- Candle Magick
- Energy
- Drumming

[www.geocities.com/emerys\\_somerled](http://www.geocities.com/emerys_somerled)



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### **About Herbal Tea for the Pagan Spirit**

When I first thought of the Pagan community at large, I realized that there were many "how to" books on Wicca and other Pagan paths, but few, if any, books on "how does it work, or how does it effect one's life?"

I searched the internet for inspirational stories and Pagan life experiences that would become a collection of personal anecdotes filled with humor, love and triumph to those who chose to follow a Pagan religion.

I made the decision to contact Wren and Fritz of the well-known internet resource website known as The Witches' Voice (www.witchvox.com) to ask their assistance. They were gracious enough to post a request for personal Pagan experiences for my book, Herbal Tea for the Pagan Spirit. I will always be grateful for their generosity in forwarding my task so that this book could become a reality. Many blessings and thanks to Wren and Fritz!

Within about two weeks, I had received almost thirty anecdotes from around the world! The response and support was both enlightening and exciting! It was fascinating to see how many Pagans were looking for just such a medium to express their own experiences as well as experience others. If it weren't for their contributions, this book would not have become a reality, and I thank the contributors for their openhandedness.

In addition to anecdotes, I received wonderful poetry and heartfelt thanks for taking the initiative to collect and publish experiences from Pagan brothers and sisters.

This book serves as a resource and thought-provoking tool to those who wish to read experiences for others of like-mind. It is also a way for those who do not follow a Pagan path to read, first hand, what it is like to be Pagan, and why it becomes such an important spiritual path for those who are Pagan.

This has truly been a labor of love, and I am pleased to bring it to the general public. *Enjoy!*

### **Release Date and Purchasing Information**

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## General Information

### Paganism – What's That?

Pagan is an umbrella term, based on ancient ways of worship and beliefs. It comes from the Latin word *paganus* which literally meant “country,” or one who resides there. The same goes with heathen, which merely meant “one who lives on the heath,” or “hills.”

In modern times, Pagan, with a capital “P” means an Earth-based or nature-centered belief or practice. Wicca is an example of a Pagan religion, one of which has gained much popularity since the early sixties. Although there are many pantheons and traditions under the term Pagan, Wicca, and all its traditions, practically stands alone as the single most popular Pagan path.

Pagan paths are a reformation of pre-Christian religion and culture, most of which date earlier than Judaism. Wicca in particular combines a number of these ancient ways.

Its root practices are based upon ancient Celtic, Norse, Egyptian, Roman and Greek beliefs, including the many gods and goddesses of those cultures. In addition, many highly ceremonial influences are part of the Wiccan core practices, including the Kabbala and Freemasonry. Gerald Gardner, who first coined the modern usage of *wicca*, has been considered as the forefather of modern day Wicca.

The word *wicca* or *wicce* literally meant witch or wise-one. In Anglo-Saxon, this Old-English word was used in a translation of the Bible to mean witch since no Anglo term existed at that time. In other translations of *wicce*, it literally meant to bend, as a reed bends in the wind.

### Herbal Tea for the Pagan Spirit Book Teaser

For the first time, Pagans speak out about life, love and experiences in the Pagan path. This book is a collection, spanning almost two years, of anecdotes from Pagans across the world.

There are many books on history, ritual and personal biographical information found in stores. Very few, if any, share real-life anecdotes from non-authors. More than just a how-to book, Herbal Tea for the Pagan Spirit can be considered a “how does it work?”

This book is filled with stories where readers can laugh and cry with people they come to know through reading their personal experiences. In addition, this book can, and will become a continuing series for those who wish to add their voices for a second edition.

## Excerpts from Herbal Tea for the Pagan Spirit

### Coming Home

Many Pagans, after discovering and researching a Pagan religion, have often quoted Coming Home when approaching their new beliefs. Many of us find that our beliefs are deeply rooted within, badgering us as we travel through various spiritual journeys. Eventually, we unearth one of the Pagan paths that matches what we already know deep down, calling to our ancient blood and soul.

Whether or not a person experiences a true epiphany, or merely a realization that the path or the beliefs they already followed has an actual name or community. That is the true essence of spirituality—living and knowing of the divine spark within yourself.

Pagans believe in God, or Divine Spirit, in ways that most of the time does not match the mainstream view of God within our current society. As you read on, keep in mind that even though the methods or experiences here are different, they are no less life-changing and spiritual.

In this account, as well as others, you will see a common thread of former beliefs, in this case Catholicism, becoming a catalyst for further seeking of one's spirituality and a continuing search of various faiths before finally discovering Wicca. Although many Pagans begin with a

mainstream religion, such as Christianity, Catholicism or Judaism, more and more families are raising their children with the ability to explore their own spirituality and allowing them to find the path that best works for them.

Here, in this story, the change to an alternative religion proves more than the writer bargained for:

*“Even as a child I had wondered what had happened to the Greek Gods. I hadn’t been able to understand why people had worshipped them once, but now no longer believed in them. I had briefly tried to worship them as a child, but, being a child, lost interest in it quickly. Wicca revived those ancient Gods and I resumed my childhood quest. As I continued to study, my soul clicked into place. The religion had a beauty and simplicity that appealed to me.*

*Discovering I was a Witch, for it was more a discovery than a decision, was like going home. I finally had a place to belong, a place where there were people like me, where my beliefs made sense to other people. The beauty of the religion still amazes me every day. Being a Witch and being a part of the Pagan community is like having a village, a family, a support group and a secret club all rolled into one.”*

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### **Re-Creating Yourself**

In many ancient cultures and in most shamanic paths, changing your very existence to follow a new path can be much like the Death card in the tarot deck. Your old life dies and you are re-born, young, curious and on a new spiritual path. As the transformation takes place, so too does the individual’s outlook and life.

Once an individual has decided to follow a Pagan path, what steps are made to commit themselves to these beliefs? There are various rituals, experiences and practices throughout Pagan traditions. Some also include lifestyle changes, physical changes and even changes in friends and family.

Changing religions is not as easy as it may seem. Even when changing from one mainstream religion to another, families can inhibit our growth or enhance it. Our society can turn us into out-casts or allow us to seek truth in peace.

Think of yourself and your own experiences. What did you feel and how has it changed your life? Did you experience hardship or harmony?

It has been said that finding your true path can be similar to having a craving for a particular food and never getting enough. The hunger is still there, and that knowledge gained is merely a temporary “fix.” Here are some of those experiences as told by Pagans themselves.

Just as in any chosen lifestyle, there are barriers to cross and walls to patch. Pagan religions, like so many others, can be a blessing and a curse. In many instances, the benefits can outweigh the tribulations—in some cases, saving lives.

Of course, Wicca cannot solve all the problems for you, nor can any other path. It is always up to the individual to take responsibility for his or her own actions. In some cases, we seek out others of like mind and kindred spirits that may assist us on our journey, but the gods leave the choices up to us.

*“So I performed a spell I found while rifling through all of the materials I had gathered. I found one in particular that, if I truly believed in it, would grant me some peace of mind. In it I asked for something that would help me be, and stay grounded...and sane.*

*I put all of my heart into it, and within the next few weeks, I met Bryan. I have recently found out that the night I met him, he had decided to make that same night the time that he would follow through on his own suicidal thoughts. I found out that a lot of the things that he went through were similar to mine, though not all of them. “*

