



# Spirit, Rhythm & Bone

“White Oak Stag”

Buffalo hide rattle  
w/ Deer rawhide lace  
and antler slice  
made and painted  
by Sonara

~ White Oak Stag ~

(Fairy Doctoring Rattle)

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One of a Kind

Shamanic Tools, Custom Drums & Rattles

by Sonara

? "THE OAK KING"

At Midsummer it is the Oak King who is at the height of his strength, while the Holly King is at his weakest. In some Wiccan traditions, the Oak King and the Holly King are seen as dual aspects of the Horned God. Each of these twin aspects rules for half the year, battles for the favor of the Goddess and then retires to nurse his wounds for the next six months until it is time for him to reign once more.

Often these two entities are portrayed in familiar ways – the Holly King frequently appears as a woody version of Santa Claus. He dresses in red, wears a sprig of holly in his tangled hair and is sometimes depicted driving a team of eight stags. The Oak King is portrayed as a fertility god and occasionally appears as the Green Man or other lord of the forest. Ultimately, while these two beings do battle all year long they are two essential parts of a whole. Despite being enemies, without one the other would no longer exist.

? "The Horned God – Herne"

Herne is suggested that "Herne" may be a cognate of the name of the Gaulish deity Cerenunos in the same way that the English "horn" is a cognate of the Latin "cornu". Some modern Neo-pagans equate Herne with Cerenunos. Therefore implying that Herne and Cerenunos are one in the same. Herne however was a localised figure not found outside Berkshire and the regions of the surrounding counties into which Windsor Forest in England once spread. The legend is that Herne is the ghost of a forester employed by King Richard II who was said to have saved the King's life when the monarch was attacked by a Stag in Windsor Forest. Herne was killed by the Stag but brought back to life by a shaman. He later fell from the king's favor and hung himself from a great Oak tree which became known as Herne's Oak. It is said that his ghost is seen riding through the forest wearing the antlers of the stag on his own head.

The Oak King, Lord of the Greenwood and golden twin of the waxing year rules from Midwinter to Midsummer. At Midwinter he goes to battle with his twin the Holly King for the favor of the Goddess. He slays the Holly King who goes to rest in Caer Arianrhod until they do battle again at Midsummer. The Oak King and the Holly King are mortal enemies at Midsummer and Midwinter but they are two sides of a whole. Neither could exist without the other.

Two themes run throughout the Oak King and Holly King saga. The first of course, are the two great yearly battles between them. The second is the sacrificial mating, death and resurrection of each in his season. At the peak of the Oak King's reign at Beltane, he sacrificially mates with the Great Mother, dies in her embrace and is resurrected. As a re-enactment of the natural fertility theme of the season it is not uncommon in other mythologies too: Osiris, Tammuz, Dionysus, Balder and Jesus are only a few of the other gods who die and are resurrected. The Holly King on the other hand, mates, dies and is resurrected at Lammastide. This aspect of the Oak King and Holly King has not been widely discussed but is nonetheless an important element in their role as fertility gods.

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Wisdom of the Oak Tree

- The Oak tree is considered one of the most powerful and most sacred of the trees to the Celtic peoples. It holds the true alignment of balance, purpose and strength. The Oak imparts strength and endurance to any who stay within its aura and commune with it. Each Oak tree is a very metropolis of fairies, and each acorn has its own sprite. Bringing one into the house is a way to enhance contact with the fairy realm. Oak beams are often used to make doors, but the tree itself is a great portal to the other realms.

Every house has a front door. If you wish to enter, the door must be approached and your presence made known. The door may then be opened. The very word "door" comes from the Gaelic and Sanskrit "duir" - a word for the Oak tree. In the essential forest, the Oak is King. He stands mightily solid with great branches matched only by still greater roots. He is often struck by lightning. The force of the strike and the heat bursts the sap and stem apart leaving the trunk gnarled and withered. Yet he still manages to survive over the years, decades and centuries. His growth is slow but sure. His children grow into magnificent replicas of himself and he is a marker point, a cornerstone and a refuge in the forest. The Goddess was believed to impart her wisdom through oracles in sacred groves of Oak. The Oak has sheltered many a King and hero in myth and real life. The Oak fairy brings courage and a stout heart. Both are necessary to brave the challenges in this world and to journey in the Otherworld. The Oak's essence helps boost energy levels and the ability to manifest your goals. The roots mirror the branches and stretch as far below ground as the branches do above. Dreaming of resting under an oak tree can signal a long life and wealth. Climbing an Oak tree in your dream means a relative will have a hard time of it in the near future. Dreaming of a fallen oak can mean the loss of love. If you catch a falling oak leaf you shall have no colds all winter. If someone does get sick, warm the house with an oak wood fire to shoo away the illness. Carry an acorn against illnesses and pains, for immortality and youthfulness, and to increase fertility and sexual potency. Carrying any piece of the Oak draws good luck to you (remember to ask permission and show gratitude). The Oak reminds us all that the strength to prevail come what may, lies in an open mind and a generous spirit. Inflexibility however, is the Oak's one weakness and the tree is prone to lose limbs in storms. The Oak therefore carries the warning that those who's stubborn strength resists will not endure and may break under strain.

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#### Medicine of the White Stag

- White deer hold a place in the mythology of many cultures. The Celtic people considered them to be messengers from the Otherworld. They played an important role in other pre-Indo-European cultures, especially in the north. The Celts believed that the white stag would appear when one was transgressing a taboo such as when Pwyll trespassed into Arawn's hunting grounds. It also signaled that the time was nigh for the knights of the kingdom to pursue a quest. Arthurian legend states that the creature has a perennial ability to evade capture and that the pursuit of the animal represents mankind's spiritual quest.

The white stag has also been invoked in contemporary society for its symbolism. Robert Baden-Powell, founder of the Scouting movement, spoke to Scouts at the 1933 World Jamboree in Gödöllo, Hungary, about the white stag:

"The White Stag has a message for you. Hunters of old pursued the miraculous stag, not because they expected to kill it but because it led them in the joy of the chase to new and fresh adventures and so to capture happiness. You may look upon the White Stag as the true spirit of Scouting, springing forward and upward, ever leading you onward to leap over difficulties, to face new adventures in your active pursuit of the higher aims of Scouting.

—?Baden-Powell's farewell speech to the Scouts.

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### Medicine of the Buffalo

- It is important that those who carry Buffalo medicine remember to use their energy and resources wisely. People who carry strong Buffalo medicine often find themselves called upon to shoulder some very heavy burdens by others. For some this can be a joy though even so, many end up feeling drained and exhausted if they find they are trying to do for everyone and leaving little time and energy left over for themselves. We all need a shoulder to cry on or support now and again yet for Buffalo people too often there are simply too many folks who want the Buffalo energy to shoulder all their problems while they do little to help themselves. The tragedy is that not only does the Buffalo person feel drained, but also those who rely on them may not learn how to empower themselves through dealing directly with their own issues resulting in the fact that both parties could lose in the long run. This particular rattle spirit helper enters your life to help you walk the Healer's path of love with full consciousness and awareness in order to help the Fae with "Fairy Doctoring".

### ? ITEM DESCRIPTION -----

This particular rattle....

I painted it with acrylic paints by hand then coated it with a satin polymer varnish for the protection of the image and to strengthen it's overall hardness. The handle is a varnished piece of oak without the bark. There are small clear quartz stones inside that give this rattle a softer sound along with one larger, grey-green ocean beach "talking stone" that has it's own separate and distinct voice. It is great for journeys with the Oak King or to the White Hind.

(The colors will vary slightly from the photographs).

- natural buffalo rawhide tinted green
- hand painted White Stag with silver crescent moon to represent the Goddess in acrylic paint
- the rattle head is approx. 3" diameter/wide x 4" tall not including the throat
- the throat overlaps the handle by about 1.5"
- Clear Quartz chips/stones inside
- beige and moss green leather accents wrap around the neck
- dyed white deer skin rawhide lace wraps around the lower portion of the handle
- a slice of deer antler is attached to the bottom of the Oak handle
- the oak handle is 11" long, coated in a clear acrylic varnish
- the total length of the rattle is 14.5"

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### The Pouch

- is a moss green upholstery material with Oak leaves in the design

- dark taupe cotton tshirt lining

- 6" wide by 15" long