



# Gylden Magick

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## Nov. 2018

PRACTICAL MAGICK & UNIVERSAL ENERGY FOR EVERYDAY LIFE

IN THIS ISSUE

## Editor's notes

by Gylden Fellowship

Welcome to **GYLDEN MAGICK** – the third monthly thingy from Gylden Fellowship that spans both pagan belief and spirituality. There's practical magick, ie monthly spells, crystals and herbs. November is the Snow Moon and the monthly correspondence colours are black, red and brown.

The **Market Square** (page 5) gives a useful overview to genuine sources of guidance, as well as items for your own interest. This month, we feature the Rune Reader, [Richard Murray](#).

We'll be looking at how various groups write and run their own rituals – this time, it's the turn of **Samhain**, ie summer's end and the start of the new pagan year. And we have a report from the [Rowan & Thorn Druid Grove](#) - its Samhuinn ritual is due to be held on Remembrance Sunday in Alton.

What else is there? Well, there's plenty of photos from recent events, a winter recipe, poetry and folklore.

Anything else? Oh yes, the title – we never forget that our faith is based upon Nature and that our strength comes from earth magick, regardless of the diversity of pagan pathways. Many of our annual festivals are based upon the light, eg the solstices and the equinoxes, as significant to us today as to our ancestors.

This month sees several important dates, not least **Lunantshees** on 11-12 November for Irish faery folk. It's also **Interfaith Week** between 11-18 November and we'll be at around to show our partnership with Surrey Faith Links. For more info, why not join [Gylden Fellowship](#) group on Facebook today and see our calendar for November?

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# Eagle Magick

by Nick the Witch

In the October issue of **GYLDEN MAGICK**, we had a piece on dragon magick by Spriggan Witch. Now is the time for me to share a little about the spirit being who protects and advises me. I remember writing in an earlier article about totem animals that *"a totem animal is one that is with you for life, both in the physical and spiritual world...though people may identify with different animal guides throughout their lifetimes, it is this one totem animal that acts as the main guardian spirit"*.

Here is something to note – spirits have no real shape. When you first cross over into the Otherworld, a spirit may come to you and it will take a shape that you understand – a shape that reassures you and with which you feel connected.

My first such encounter in this lifetime was with a spirit that took the form of an eagle and we fly together over forests, rivers, mountains, fields and lakes. The key is that your guide is your friend, deserving of your respect and honesty, but not to be consulted on every minor occasion.

Once, I asked if this was a real location. I was guided to understand that the landscape below represented the course of many lifetimes and that one experience can spread across many lives. Thus, if you feel spiritually drawn to a person in this lifetime, you are likely to meet again in future existences, just as you have done before.

I do not speak to my guide, but if I am not sure about a problem, perhaps how to heal a third party, I imagine the problem whilst on a journey and hope that the guide can let me know a solution. That has happened several times before and I am grateful for the eagle's wisdom and clear vision of de-cluttering a problem. Of course, this is one of the great virtues of eagles and some of its clear sight helps me with perspective in everyday life. Often, I wonder whether there is a link between my clairsentience and the eagle vision of the spirit guide – perhaps, I'll find out one day.

For example, after one journey, I felt compelled to write a long prose poem, immediately I came out of trance. Here is a short extract.

*"This is always the place of meeting,  
And I find myself, as ever, in the sky,  
Soaring with my friend nearby,  
Wingtip to wingtip and mind to mind.  
Below I can see dark forest lands,  
White mountains, green grass and silver –  
Occasional glimpses of streams and lakes.  
My soul is open to my friend; all my problems  
And my questions are as trivia to him.  
He will not give me answers, but help is allowed –  
Guidance for me to choose the right path."*

OK, a spirit guide can and will protect you in times of trouble. It is possible to invoke your spirit guide, using your own spirit name, but I would only ever do so if I needed its help or strength in a powerful protection spell.

Once before, I felt under psychic attack and I called for help from my guide in the Otherworld. The being who responded to my call was not the normal spirit guide, but a vastly more powerful entity who, basically, shredded my attacker. For our purposes, I'll call this being the Father of Eagles, because that was its form for me – other people may interpret such an experience as the direct intervention of an archangel.

I prefer to think of it as eagle magick and honour this partnership – which is why I carry an eagle staff with me and keep an eagle statuette on the altar.



## Spell of the month: friendship

With any spell involving future relationships, it's really important to avoid casting a binding invocation. Forcing someone to do or feel something for you is both unethical and wrong, for all types of witches...please bear that in mind when creating your spells from scratch. Having said that, this is a spell to improve an existing friendship. It is NOT a love spell.

Please note that all the spells used or quoted in **GYLDEN MAGICK**, were written by members of Gylden Fellowship.

**Set-up:** run the spell during a waxing moon if possible, a slip of paper, red-tipped pen, an envelope, 1tsp of sugar, some tea lights.

1. Write your friend's name on the slip of paper with the red pen.
2. Add the sugar to the paper and fold together.
3. Make a circle of tea lights around the paper.
4. Light the tea lights.
5. Chant the following five times: "Spiritual bonding, heart to heart, Our friendship shall not fall apart, Envy, pride or jealousy, Cannot become an enmity, So mote it be."
6. Take the folded paper and seal it in the envelope – without spilling any sugar.
7. Let the tea lights burn out.
8. Keep the envelope safe.



## Crystal of the month: sunstone

Having looked briefly at black tourmaline last month, this time it's the turn of sunstone, which, as its name suggests, is coloured like the sun and reflects the light. More about this below, but sunstone is a key tool against Seasonal Affective Disorder (S.A.D.).

It's linked with the element of fire and works best when placed on the solar plexus or sacral chakras. Normally, sunstone comes from Canada, Norway, Greece or India. So, what are the main **healing** properties?

1. It brings warmth and strength to relieve stress.
2. It lifts dark moods and acts as an anti-depressant by restoring energy.
3. Thus, it's really good against the winter blues and S.A.D. – alongside other similar stones as orange calcite, selenite, citrine or carnelian.
4. Sunstone has a reputation for bringing good luck, courage and optimism.
5. It helps people to increase their confidence.
6. Sunstone is good for treating sore throats or nervous system disorders.
7. It clears all the chakras and brings light to your inner self.

Here's some ways **to use sunstone**.

1. Keep the crystal with you when in the company of energy vampires or toxic people who drain you – the sunstone severs the ties that drain your energy.
2. Sunstone is a good crystal for healing rituals, when you need to harness lightwork, positivity, clear thinking and creativity.



## Herb of the month: nettles

The humble stinging nettle (*Urtica dioica*) is really one of the healer's best tools. Nettles are an excellent source of vitamins, iron, calcium, magnesium and nitrogen. The seeds can be eaten raw and have a nutty taste and young leaves taste like spring greens. If you soak the leaves in water or steam them, the stinging chemicals (eg formic acid) are removed. It's probably a good idea to wear thick gloves when harvesting nettles. Incidentally, nettles were used as a source of green and yellow dyes for clothing. Nettle fibres can be woven into cloth.

As a [medicine](#), nettles are really good in these areas:

- a) Nettle tea or soup is rich in iron against anaemia and helps with digestive issues.
- b) Nettle tea or soup is also good for lower blood pressure and varicose veins.
- c) As an infusion, nettles combat inflammation and hayfever.
- d) As a salve, nettle and chamomile are good against skin rashes or hives.
- e) Nettle rinse is good against psoriasis of the scalp or dandruff.
- f) A tincture or decoction of the root is good for prostate problems.

Scott Cunningham suggests these [magickal uses](#) for nettles:

- a) To remove a curse and send it back by putting nettles in a poppet
- b) To be sprinkled around a house to ward off evil
- c) To be carried with yarrow to calm fears
- d) To be worn as an amulet against negativity
- e) To be used in a purification bath.



## Recipe of the month: tomato and chickpea soup

A word of explanation here – the *Gylden Fellowship* editorial team had lunch together recently and the café served this dish. It was just great and a real winter warmer, so here's an adaptation for you too.

### Set-up:

- 1tbsp olive or sunflower oil
- 1 onion, chopped
- 2tsp ground cumin
- 600ml hot vegetable stock
- 400g can chopped tomatoes with garlic
- 400g can chickpeas, drained
- 100g can beans, eg broad or butter or borlotti
- Sprigs of parsley
- Warm rolls to serve
- Black pepper (optional)

### Method:

1. Heat the oil in a large saucepan.
2. Fry the onion gently until softened, stirring frequently.
3. Add the cumin and fry for a minute or so.
4. Turn up the heat and add the stock, tomatoes, black pepper and chickpeas.
5. Simmer for 8-10 minutes.
6. Add the beans and cook for a further 2-3 minutes.
7. Season as necessary and add the parsley as topping.
8. Serve with warm rolls.





# The Market Square: the Rune Reader

In last month's issue of *GYLDEN MAGICK*, we met Chi Coffee in the town square on market day. Now, it's time to meet the **Rune Reader – Richard Murray**. Let's try to visualise the scene. It's market day in a small country town and the traders are setting up their stalls, putting out their stocks. As you read further issues of *GYLDEN MAGICK*, so we'll introduce you to these traders in a lot more detail, but for now, they're here and putting up their stands. It's a lovely sunny day in the town square, with cobbled stones underfoot and an Eleanor Cross in the centre. There are old buildings all around and roads off to the side. So, let's listen to the **Rune Reader** as he explains his craft.

Forty years ago, Wyrd led me to the Runes. which I didn't know existed until then. I came across a second-hand paperback, *The Magic of the Runes*, by Kim Tracy, which without doubt changed my life. Soon after, I came across, *The Way of Wyrd*, by Dr Brian Bates. These two books, together, led me to creating and developing the [Runic Web of Wyrd](#), which I now use and have done for many years to give very accurate and concise readings.

In the early days of my rune readings, probably for the first couple of years, I studied the accepted meanings and interpretations of the Elder Futhark. Then, virtually overnight or so, it seemed something changed within me while giving readings, I noticed that thoughts were coming through that were in conflict with the meanings I had learned. It was when I started to acknowledge these thoughts that my readings improved no end. The way I work with the runes is unique to say the least, but I go by results and how accurate each reading ends up for the client.

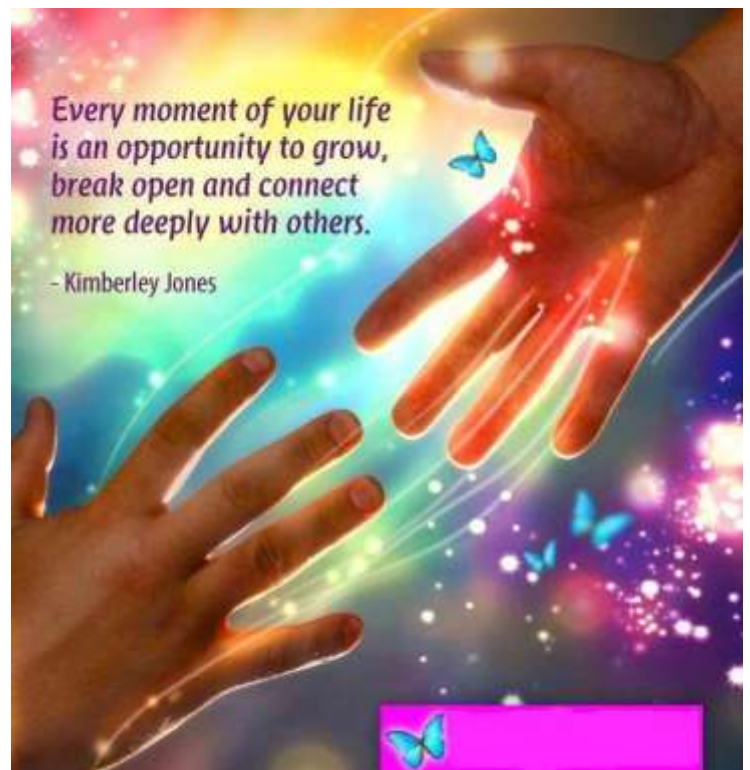
Throughout the years working with the runes and the Web of Wyrd, I have never failed to be amazed at the insight that can be gained during a reading. Time after time, I have seen things that cannot be explained rationally. Many years ago, when I was working at a 3-day psychic fair, on the Friday I did a reading for a man. The reading stood out because the things that came through were unusual to say the least. Then, on the Sunday, I gave a reading to woman and it was identical to the one on Friday. Just before the event ended, I noticed the couple walking out hand in hand.

**Contact details for the Rune Reader:** if you would like to contact Richard for a reading, information or just a chat, his e-mail is [richardruneweb24@yahoo.com](mailto:richardruneweb24@yahoo.com). Richard is also on Facebook and his mobile is [07412 190108](tel:07412190108).



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# October/ November events at Horndean PLG



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# Sparkly Reflections

By Rebecca Granshaw

## *Extra Ordinary*

*It is extraORDINARY to pursue EXTRAordinary,  
What is extraordinary is pursuing ordinary.  
After all what is wrong with BEing ordinary?*

*Or is who I AM not enough?*

*When I AM already ALL.*

*BE ordinary.*

*BE enough.*

*BE YOU TIFUL*

*Ordinary is the new beautiful.*

*Love*



# Spi-rituality: Samhuinn 2018

By Emily Porth

## *Druids as Peace-Makers: A Samhuinn Ritual on Remembrance Sunday*

Druids have long been associated with peace. Classical writers, including Julius Caesar, have written about how Druids historically acted as mediators, not only between people and the spirit world, but in conflicts between human groups as well.

As Samhuinn is the time of year when we honour our ancestors, and many of us have ancestors who died as a consequence of war, it seems appropriate to hold [Rowan & Thorn Grove's](#) 2018 Samhuinn ritual on Remembrance Sunday.

According to the British Legion, Remembrance Sunday "is a day for the nation to remember and honour those who have sacrificed themselves to secure and protect our freedom". Our Samhuinn ritual will broaden this description by remembering all those who have died as a consequence of war, regardless of species, in addition to honouring those we love who have passed on.

Remembrance Day this year is not only the centenary of the armistice of the First World War, but it is also the first day of Interfaith Week in the UK. For all of these reasons, peace is something to seek and celebrate in 2018.

Many Druids today, and particularly those who use the standard ritual format of the Order of Bards, Ovates, and Druids (OBOD), begin ritual with [The Call for Peace](#): "May there be peace in the North..." spoken to each direction, and concluded with all present saying, "May there be peace throughout the whole world".

***"At Samhuinn, we each stand in front of our ancestors and our deities, exposed and in the dark; we can hide nothing from them"***

Many include the [Druid Prayer for Peace](#) in each ritual as well:

*Deep within the still centre of my being*

*May I find peace.*

*Silently within the quiet of the grove*

*May I share peace.*

*Gently within the greater circle of humankind*

*May I radiate peace.*

The [Druid Network](#) also has a beautiful [Peace Ritual](#) that is particularly suited to Remembrance Day. Performing our Samhuinn ritual on Remembrance Day is an opportunity for us to meditate on how we can work to promote peace in our own communities and beyond. This is especially important within the currently tumultuous cultural and political landscape, in which the needs of the environment, other beings, and the most vulnerable people in our society are often ignored.

As Druids, cultivating a respectful relationship with the land is a core part of our spiritual work. We must advocate for peace with the land – within the ecosystems of which we are a part – as well as for peace within our homes, our communities, and our nations. All of this, however, flows from the peace we have within the still centre of our being: our own hearts. This is peace that we can enhance through our spiritual practice.

At Samhuinn, we each stand in front of our ancestors and our deities, exposed and in the dark; we can hide nothing from them. This is a time for profound reflection and honesty about what in your life no longer serves you. Contemplate how you can deepen the peace within your own heart and through your ancestral line. As you pray for peace to fill your being, what will you release into the darkness?



## Something from the Storyteller: the Teeth of Fenrir

At the time when most of southern England was inhabited by the Saxons and Angles, the land from the Midlands to Yorkshire was known as the **Danelaw**, ruled by Danes with their laws and myths. This is a tale from the Danelaw about the **children of Loki**.

That's Loki the trickster who could be either a friend or an enemy of the gods. He had 3 children with a giantess partner: the Midgard Serpent, the death-goddess Hel and Fenrir – the great wolf. And this tale concerns the wolf. All the gods had terrible premonitions about Loki's children and they were right, as the serpent was destined to kill Thor at Ragnarok (the end of the gods' existence) and Fenrir would eat Odin.

So, Hel was sent to the underworld and the Serpent encircled the whole of Midgard from the bottom of the ocean.

All the gods were afraid of Fenrir and he was reared by them in Asgard – where they could control him. However, the wolf grew hugely and threatened to cause massive damage if he broke free from his cage. Only the god, Tyr, was not afraid of Fenrir and fed the wolf regularly. But still, Fenrir grew bigger and it was decided to chain him up and, to do that, the gods decided to trick Fenrir.

They tried different chains on him and, each time that Tyr put a new chain on him, Fenrir would break it and the gods would clap and cheer, praising the wolf's strength. Finally, they tried a new chain, a special one that had been built for them by the dwarfs, who were skilled craftsmen. The chain was called **Gleipnir** and was very flexible, as it had been made from such things as the sound of a cat's footsteps, the breath of a fish and mountain roots. All such things didn't really exist, but then such a chain could not be broken.

When the chain was shown to Fenrir, he suspected a trick and refused to be tied with it unless one of the gods would lay his or her hand in his jaws as a pledge of good faith. None of the gods agreed, knowing that this would mean the loss of a hand and the breaking of an oath. Finally, it was the brave Tyr, who agreed to Fenrir's demands, to safeguard the rest of the world. And, when Fenrir discovered that he could not escape from Gleipnir, he bit off and swallowed Tyr's hand.

Fenrir was taken to a lonely and isolated place and the other end of Gleipnir was tied to a large rock. A sword was placed in the wolf's jaws to hold them open. As he howled wildly non-stop, a river flowed from his mouth and there he remained until Ragnarok.



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