

# Gylden Magick

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## April 2021

PRACTICAL MAGICK & UNIVERSAL ENERGY FOR EVERYDAY LIFE

## Editor's notes

by Gylden Fellowship

Welcome to **GYLDEN MAGICK** – the spiritual magazine from [Gylden Fellowship](#) that spans both traditional and newer pagan beliefs and practice.

Dear readers of **GYLDEN MAGICK**,

It's April (the **Seed Moon**) – so-called because gardeners and farmers have found that this is a good time to plant seeds for the forthcoming year. Seeds represent ideas, inspiration and potential. They contain the complete template for their parent plants and they are intended to spread more parent plants down the ages.

This is a time to imagine yourself as a seed or a bulb, dormant in the soil, particularly after the winter, but ready to flower once the restrictions are eased and spring fertility arrives. Seeds are symbolic of individual growth in the face of adversity. This

is a time for self-care, as well as helping others and it's OK to take time for meditation or reflection. Even those who are working need a little time to take stock. As Pooh Bear might say, don't underestimate the value of doing nothing, of just going along, listening to all the things you can't hear and not bothering.

Altar colours in April are green, purple and yellow. Ornaments might include hares, painted eggs or egg trees and seeds. This year, Easter is fairly early - a lot of the Christian beliefs for this festival do reflect our thoughts on seeds, rebirth and chocolate. In the past, I've been to rituals that featured chocolate big-time throughout.

This issue of **GYLDEN MAGICK** does have a spring feel to it with new poetry, spring photos of local

wildlife, celestial forecasts for the month ahead and a fun quiz on dragons for 23 April. Worth noting that 5 April is the **Festival of Kuan Yin** – a goddess who is a symbol for mercy, compassion and healing in China and Japan. It's also worth noting that we're due to see a **pink moon** on 27 April, if the skies are clear!

In past years, we would be frantic with preparations for the Wandering Witches' Fayre. We look forward to the return of all the festivals, fayres and markets in a post-covid world.

Thank you for all your feedback and many blessings.

**Gylden Fellowship admins**

For more info, why not join [Gylden River LRC](#) or [Gylden Fellowship](#) groups on Facebook today and see our archives or new briefings?

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## Animal spirit guides: kingfisher

Not all animal spirit guides take the form of primary mammals like wolves, lynxes, bears or birds, eg crows. It is common to have a reptile guide or an insect one. Last month, we considered the otter as a spirit guide – now we think about the kingfisher. In the first part of this series, we looked at the *Place of Meeting*. So, you've crossed into the Otherworld and a spirit comes to you in the form of a kingfisher – what does it symbolise?



OK then, a kingfisher guide symbolises an element of risks and new experiences, namely to overcome your fear of the unknown and plunge into something new. Another vital message that a kingfisher guide teaches is that you should listen to your visions and dreams. If you have any recurring dreams, the kingfisher guide encourages you to look for a hidden message in your dream.

Also, a kingfisher guide indicates prosperity is coming your way, particularly if you have debts. Alternatively, this spirit animal reminds you to pay careful attention to what is going on around you and that some type of balance is returning to your life. This is mostly applicable for those who spend lots of time on work and less time on personal relationships. The kingfisher encourages you to take action now to regain your sense of control.

People with a kingfisher spirit guide are brave and are able to conquer their fears. Also, they are not averse to taking risks such as projects or ventures that others may avoid. For this reason, they tend to live more exciting and colourful lives, but they can be reckless and impulsive too.

Many individuals who have the kingfisher spirit animal as their guide make incredible parents. They are protective of their children and ever willing to sacrifice all just so they have the best life. A hidden danger here is that some such people may become over-protective of their families.

## Crystal of the month: garnet

Actually, garnet can be found in several guises, as listed below. It's a correspondence stone for April.

- Red garnet
- Melanite
- Rhodolite
- Andradite
- Hessonite.

Garnets are found across the world and are relatively easy to source. The cost of rough or tumbled stones is not so bad, but buying garnet as a gemstone is not required for healers! Garnet was a popular ornamental adornment among royalty and aristocrats. So, what are the **main healing properties?**

- Garnet is a good stone for meditation and aligning your chakras. Lay on your back on a yoga mat and, with your legs uncrossed, place a garnet over the pubic bone, the heart, and between the feet and begin to feel all seven chakras easing gently back into alignment.
- While the garnet is balancing your root chakra, you'll find that it's clearing out any negativity too by taking away your fears and worries.
- Garnet is a crystal that is a symbol of physical love and the relationship between loving partners. If you're in a relationship, use garnet to deepen your romantic love. If you're single, garnet enhances the laws of attraction.
- Keep a garnet on your crystal shelf and let it represent the earthy tones created from the life-giving elements of the planet. It's rich lustre and unique vibration gives us the strength to take charge of our lives and make a move in the direction of progress and reaching a higher state of consciousness.
- The easiest way to experience the healing properties of garnet is to wear it as jewellery, eg in a ring, necklace, amulet, etc
- Garnets bring healing to the circulatory system and improve the heart function.



## Herb of the month: rose

**Roses** (*rosa x damascene* – damask rose) have so many healing applications that it's hard to know where to begin. In my youth, I was able to make rose petal wine (with parental permission to plunder their rose garden!). I'm not sure if this was medicinal, but one can make all sorts of wines, depending upon the roses used, eg from a deep rosé to a sweet pale sauterne.

Red rose petals are great as an infusion several times daily, but can be mixed with chamomile or lemon balm. It's an ace remedy for anxiety or emotional stress. Also, I use pink rosebuds to make either a flower essence or a crystal elixir when mixed with rose quartz.

Roses are not herbs, as such, but definitely fall under the heading of useful healing plants in the garden. OK then, roses can be used for the following ailments.

- It's quite common to obtain or make rose massage oil. If we're talking essential oil, you need 1 drop of rose oil in 1tsp of a carrier oil, for stress relief or fatigue.
- If you have depression or insomnia, 2 drops of rose essential oil in a bath helps out, although I'd also suggest lemon balm in this respect. Damask rose essential oil is not the cheapest remedy!
- It's not hard to make rose petal cream, face scrub or lotion for dry skin or inflammations.
- In this respect, a mix of rosewater and either lady's mantle or witch hazel makes a salve or rinse for acne, skin rashes or vaginal itches.
- Another healing application of roses includes rosehip syrup for bronchial infections, coughs or sore throats.
- A tincture of rose petals helps to fight indigestion, nervous dis-eases or high cholesterol



## Recipe: seed cake

Thinking about correspondences in and around Ostara to Beltaine, we've referred to seeds and an old Victorian recipe was seed cake. You can put any seeds into these cakes, but I've kept to the original, namely caraway seeds.

Seed cake is actually a very traditional cake which goes way back in British history. It was very popular in Victorian times and a good seed cake recipe would have been included in most cookery books of that era. We know that it was a popular item for occasions when the local ministers visited a household. Seed cake was also a favourite food of Dorothy Wordsworth and her brother, William.

### Ingredients

1. 225g plain flour
2. 2 level tsp baking powder
3. A pinch of ground ginger
4. A pinch of salt
5. 75g butter, cut into small pieces
6. 75g soft brown sugar
7. 2 level tsp caraway seeds
8. 125ml milk (I use oat milk, but it's whatever you prefer, eg lactose-free or full cream).

### Method

1. Heat the oven to 180°C.
2. Sift the flour, ginger, baking powder and salt into a mixing bowl.
3. Add the butter and rub in with your fingers.
4. Stir in the seeds well.
5. Add the milk and stir to make a soft mixture.
6. Line a 17cm deep round cake tin with grease-proof paper
7. Pour in the cake mixture and smooth the top.
8. Bake at 180°C for 45 mins or so until firm.
9. Remove the cake from the tin and leave to cool.



# Poetry (1): Sweet Little Wren

By Bernadette Flynn

*Sweet little wren I know where you hide,  
'neath bramble and grass stem,  
on sparse mountainside.*

*Silent, I watch, as you dart cross the ground;  
a flash and a flutter,  
then nowhere to be found.*

*I picture your nest,  
all stitched through with green,  
where your young will soon shelter; warm, safe, and unseen.*

*How clever you are,  
as you flit to and fro,  
so quick and undaunted  
by the last melting snow.*



Gylden  
Magick  
April 2021

## Springtime magick

### Photos by Thiago Coelho and Sussex Wildlife Trust

Contact: <https://www.thiagocoelhophotography.com/>

My name is Thiago, I'm 29 years old and was born in Brazil, but I also have a Portuguese passport. I came to England three years ago. I care about wildlife because animals have no voice, they deserve to be seen and someone needs to speak for them. Through photography, I want to show the world the beauty of nature, wildlife and our planet.





# Cosmic energies: lasers

By Mark Sharpen

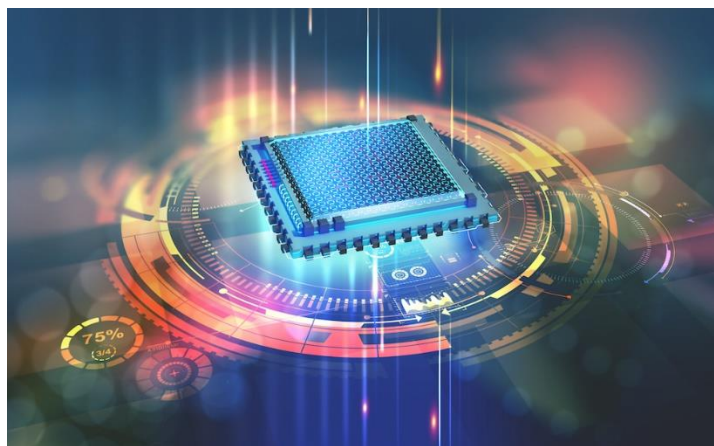
Right then, I was listening to the news about the Perseverance space craft and its array of laser retroreflectors, which are used to evaluate the landscape on Mars. The microphone records the sound of the Martian wind and the lasers zap whichever rocks they find with a series of clicks. And the Curiosity Rover uses a laser spectrometer to see what kinds of chemicals are in certain rocks on Mars. It's all interesting stuff and I thought that we could look at lasers this month.

First things first though - for those who remember the James Bond film, *Goldfinger*, the image of a laser is inextricably bound up with the large device used to penetrate Fort Knox or the smaller one used to torture Sean Connery. The word itself is an acronym of *Light Amplification by Stimulated Emission of Radiation*. A laser produces a narrow beam of light in which all of the light waves have very similar wavelengths. The laser's light waves travel together with their peaks all lined up in phase. This is why laser beams are very narrow, very bright and can be focused with great precision.

The lasers used in 2021 have advanced a lot since the ruby or gas lasers of the 1960s, as can be seen from the Mars trip or the LIDAR project (see *GYLDEN MAGICK*, September 2020). The main lasers are the following types.

- Gas, eg carbon dioxide, carbon monoxide, argon ion or helium-neon.
- Liquid or dye.
- Solid-state, eg not ruby crystals any more, but glass or sapphire.
- Semi-conductor or laser diodes.

Please remember though that all lasers are dangerous – the beam of concentrated light is hot and dangerous. You can see a laser drill a precise hole through a brick. Also, blue or violet light in a laser is particularly hazardous for one's eyes.



So, here's a concept for the future. The **Photonic Laser Thruster** is a new idea for easier space travel. An experiment showed that an object weighing 750g could be moved via the power of solid-state laser light. At present, a laser thruster requires a powerful laser for a small amount of thrust. The new idea envisages a laser beam that is bounced back and forth between the laser and the spacecraft many times so that more energy is produced each time. By using this method of recycling the laser beam, the energy increased by several hundredfold. The application would be to propel a spacecraft or satellite faster between planets.

A bit closer to home is using lasers for quantum applications. If you order something online, your credit details are coded via cryptography. A newer idea is to develop a quantum computer to process such orders with a quantum encryption security. A working quantum computer may eventually be composed of a network of small processors, all connected to laser light pulses through optical fibres.



# From the Grimoire: Daisy magick

By Nick the Witch

The name, daisy, comes from a Saxon term – *dæges eage* – which means day's eye after the flower's ability to open its petals by day and close them by night. They are everywhere at this time of year (between Ostara and Beltaine) and here is a magickal use for them, which will relieve your daily stresses and anxieties.

**What you will need:** a clear glass bowl or vase filled with spring or mineral water, a bunch of daisies and symbols of the elements. If possible, do this spell during the evening, when you want to release the strains of a busy day.

1. Put the daisies in the bowl/vase of water.
2. Prepare yourself for magick by turning off any distracting electrical devices or phones.
3. Invoke the elements, using the symbols on your altar/table.
4. Take the daisies and put them in front of you.
5. Empty your mind and look only at the daisies.
6. Breathe in and out slowly and regularly.
7. Imagine the daisies' essence coming into you each time you inhale and the stress leaving you every time you breathe out.
8. Chant these words, "Through the daisy's power, a simple spell is done, My daily stresses and my strains have left me – every one."
9. Release the elements and return the daisies to the water. You should be feeling much better and lighter of spirit.

## Am Beannachadh Bealltain (The Beltane Blessing)

*Bless, O threefold true and bountiful,  
Myself, my spouse, my children.  
Bless everything within my dwelling and in my possession,  
Bless the kine and crops, the flocks and corn,  
From Samhain Eve to Beltane Eve,  
With goodly progress and gentle blessing,  
From sea to sea, and every river mouth,  
From wave to wave, and base of waterfall.*

*Be the Maiden, Mother and Crone,  
Taking possession of all to me belonging.  
Be the Horned God, the Wild Spirit of the Forest,  
Protecting me in truth and honour.  
Satisfy my soul and shield my loved ones,  
Blessing every thing and every one,  
All my land and my surroundings.  
Great gods who create and bring life to all,  
I ask for your blessings on this day of fire.*

© Patti Wigington, April 2016, adapted from the Carmina Gadelica (Alexander Carmichael, 1900)

## Celestial notes

*By Joanna Bristow-Watkins, Harmony Healing*

As mentioned before, we are very pleased to welcome **Joanna Bristow-Watkins** as one of our contributors for **GYLDEN MAGICK** in 2021 and, here, we're including a few details about her expertise – many thanks to Rebecca Granshaw for suggesting Joanna. Joanna runs **Harmony Healing**, which may be accessed at [www.harmonyhealing.co.uk](http://www.harmonyhealing.co.uk). It should be noted that many of the training events are online at present – all details on Joanna's website.



Joanna is a Reyad Sekh Em® Egyptian Alchemy Healer and Teaching Mentor. We also have [meditations](#) available and a number of virtual courses including [Reyad Sekh Em \(RSE\) Egyptian Alchemy Healing Level 1](#) (which is now fully available as interactive training modules) and a [monthly virtual healing circle](#) - details on [Harmony Healing Virtual Events](#). Joanna also offers [distant intuitive readings \(past life and/or aura readings\)](#) and [distant 1-2-1 healings](#) and runs various [Meet-up groups in London and Surrey](#) and the [London & Surrey Alchemists Facebook Group](#) and posts regularly on [Instagram](#) and [Linked-In](#). [Harmony Healing Gift Vouchers](#) are available.

***As we progress into April, a theme emerges which venerates spring, renewal and fertility as well as nourishment.***

*For a more in-depth analysis of the listed festivals and spiritually significant days, such as April Fool's Day and Veneralia, I publish a [blog post](#) on the day in question. Or to receive the information to your mail inbox, [sign-up for Blog update alerts](#).*

*We are delighted to be allowed back in the forest this month. We have North Surrey Forest Bathing events scheduled for 17 April at Harry Edwards & 22 April at Newlands Corner, see those dates below for details and Eventbrite booking links.*

*We are also re-running the [New Moon New Vision](#) virtual course for a full lunar cycle, 12 April-11th May. During this programme, we learn together how to take full advantage of energetic support from the moon cycle which assists manifestation when waxing and promotes release when waning.*



These monthly Celestial Forecasts (CF) are generally uploaded to the Harmony Healing website 2-3 months ahead and can be accessed there. They are sent out to the main mailing list and CF subscribers a few days before the month starts. Please note that for **significant dates from ancient folklore, timings given are UK time (GMT)**

**Thursday 1 April is April Fool's day.** A day for practical jokes, April Fool's Day may originate from the move from the Julian calendar to the Gregorian calendar. This moved the start of the year by four months! Those who refused to recognise the new calendar and still saw April as the start of the year were labelled April Fools.

In addition to being April Fool's Day, **1 April is also the Roman celebration of Veneralia and Fortuna Virilis.** Both celebrations seem loosely connected with Venus who is honoured on this day and whose advice is sought on matters of love.

**Friday 2 April is the Christian Festival of Good Friday**, which is a Bank Holiday in the UK as part of the Easter break. This commemorates the day when Jesus was crucified. It was not called Good Friday until 4th Century and may be a corruption of God's Friday. **Saturday 3 April is Easter Saturday** in the Christian Calendar.

**Sunday 4 April is Easter Sunday**, which is generally taken to celebrate the resurrection of Jesus three days after his crucifixion. Intriguingly, Easter Sunday is not a set date, but is calculated according to the lunar cycle, so it can move around between 22 March and 25 April. It's fixed as the Sunday following the first Full Moon after the Vernal (Spring) Equinox. This points to the celebration being linked to an earlier pagan celebration, which were all associated with seasons and moon cycles. The name Easter, itself is derived from the pagan deity of Eostre; the Easter Egg is reminiscent of the pagan egg to symbolise fertility. And of course, the Easter Bunny, a strange addition to a crucifixion story, makes a lot more sense when viewed as a sign of spring, and possibly even a hare, which is another ancient symbol of fertility, with a 28-day gestation period very linked to the lunar cycle. In Ancient Egypt the hare is a hieroglyph meaning **existence**.

**Sunday 4 April, this year, is also Magna Mater** in the Roman calendar. This is the festival of Cybele, Phrygian Great Earth Mother. Her priests took on female clothes and identities to commemorate her son Attis, who was castrated and died of the wounds but was later resurrected.

**Monday 5 April in Egypt is the ancient festival of Sham El Nassim** (literally meaning *smelling of the breeze*), which dates back to Pharaonic times (about 2700 BCE) although it is celebrated on the Coptic Easter Monday. It's not seen as a religious festival as it's a national holiday for both Egyptian Christians and Muslims. Traditional activities include painting eggs, picnicking, and eating feseekh (fermented mullet).

**Wednesday 7 April is World Health Day.** The message of World Health Day is simple: giving people access to healthcare without the prospect of financial hardship. COVID-19 has highlighted, that our world is an unequal one, with access to healthcare being entirely dependent on the geographical location and conditions into which people are born, live, work, grow and age. The theme for 2021 is *'building a fairer, healthier world'*.

**Monday 12 April** is the start of our ***New Moon New Vision; lunar cycle alignment programme***, running until 11th May 2021. Cost is £155. This lunar cycle applies the transformational properties of spiritual alchemy to help you feel rejuvenated and purposeful about the rest of the year, via the creation of a Vision Board. It's a special one lunar month empowerment and attunement programme combining the solar & lunar balancing with various ceremonies throughout the month. The next Moon Alignment Programme begins with the New Moon on the 12 April and culminates with the New Moon on 11 May. This takes in the Festival of Beltane (1 May) and also the 5 May which carries the Expansion energy of the 555 numerology.

The new moon or dark moon occurs at 03.31 on this day. The ***New Moon Abundance Ritual*** should be carried out within 24 hours after the New Moon. It needs to be after the New Moon because the moon should be waxing (getting bigger again) to carry the manifestation energy. There are video instructions on my [Facebook Page](#) or [You Tube Page](#). New Moon is a good time to work on your Vision Board for the rest of 2021.

**Ramadan begins after midnight on the 12 April.** Ramadan is the Islamic remembrance of the reception of the divine revelation by Muhammad as recorded in the Qur'an. Complete fasting is observed from sunrise on 12 April to sunset for 30 days, until **Wednesday 12 May**.



**Friday 16 April** is the [Moon Lodge Healing Women's Circle](#), 7-8.30pm GMT, £11 + Eventbrite fee = £11.27. Run by Harmony Healing collaborator, Sarah Jane Dennis, this is a sacred circle for women in the community to come together as we once did, to connect in a safe and loving space to the energies of the moon and our own cycles. Talk, support, heal, celebrate, and hold each other. It's a virtual event on Zoom. Book at [Eventbrite](#). Contact Sarah-Jane via [crystalhealingbysarahjane.co.uk](mailto:crystalhealingbysarahjane.co.uk) or email.

**Saturday 17 April**, 11am-2pm, Forest Bathing+ in the grounds of Harry Edward's Healing Sanctuary, £38 (+ Eventbrite fee = £38.32). Immerse yourself in the healing elements of nature and connect deeply with all your senses. Spend 3 hours in the woods mindfully connecting to your surroundings and living fully in the present moment, guided by me in simple sensory exercises and a treelaxtion. A deeply relaxing and rejuvenating experience, and which, despite the title forest bathing, does not involve any swimming! Some of the scientifically proven benefits of spending time in woodland include reduced stress levels, stronger immune system response and a stabilised cortisol cycle.

We have small groups of maximum 12\* including guide(s) to allow us to adopt COVID precautions and social distancing. Book at [Eventbrite](#). If the event is full, email me to go on a waitlist. \* We were previously exempt from the social group maximum 6 rule due to our categorisation under sport and exercise. This is a 3-hour Forest Bathing+ session which will take place in all weathers except 30+mph winds.

**Wednesday 21 (late) until dawn Thursday 22 April is the Lyrids Meteor Shower.** The Lyrids are an average shower, usually producing about 20 meteors per hour at their peak. These meteors can produce bright dust trails that last for several seconds. This year the shower peaks on the night of 21/22 April, although some meteors can be visible from 16-25 April.

Look for meteors radiating from the constellation of Lyra after midnight, the later you view in the morning of the 22 April, less meteors will be below the horizon and therefore more will be visible, but as sunrise approaches, light pollution will hamper viewing. However, the proximity of the Waxing First Quarter Moon on the 21 April means light pollution shouldn't be too bad.



**Thursday 22 April**, 10.30am-1.30pm Forest Bathing+ at Newlands Corner, an Area of Outstanding Natural Beauty (AONB) in the Surrey Hills, £38 (+ Eventbrite fee = £38.32). What better way to celebrate Earth Day than to join me for a reviving yet relaxing Forest Bathing+ session in our local ancient woodlands? I will lead you slowly and purposefully through a series of mindfulness-based sensory exercises and a treelaxation. Deeply relaxing and surprisingly profound, you will be delighted by your reconnection with, and enhanced appreciation for, nature. Despite the name, there's no swimming involved, this relates to bathing in the ambience of the tree canopy.

We have small groups of maximum 12\*, including your guide(s) to allow us to adopt COVID precautions and social distancing. \* We were previously exempt from the social group maximum 6 rule due to our categorisation under sport and exercise. This is a 3-hour Forest Bathing+ session which will take place in all weathers except 30+mph winds. Book at [Eventbrite](#). If the event is full, email me to go on a waitlist.



**Thursday 22 April is Earth Day**, which is heralded as a pivotal opportunity for people, corporations and governments to join together to create a global green economy. The theme for 2021 is *restore our earth*, see more at [earthday.org](http://earthday.org).

**Monday 26 April**, 7.30-9.30pm UK Time (GMT+1 which is also UT+1) - Virtual Healing Share & Healing Circle, £22 to participate. This will be a Zoom video gathering and all participants will receive group healing, be able to nominate others for healing, plus there will be a global healing exercise. This event is during the range of the ETA Aquarid Meteor Shower (though the peak is 6 May) so we also tune into the energy of that with Zikiel, Guardian Angel of Comets and Meteors. Please email or contact me via Facebook Messenger/What's App to let me know you've booked to make sure I send you the link.

**Tuesday 27 April (Monday night/Tuesday morning) @ 04.31am is Beltane Pink Supermoon**. It's Full Moon and also the first of three consecutive Supermoons. A Supermoon or Super Full Moon are names used when a Full Moon takes place at a time when the Moon is near its closest approach to Earth. Between Full Moon and the next New Moon is considered as a good time energetically for detoxing the body. (*Editor's Note: there may be a full moon ritual that night and we'll report details in the next GYLDEN MAGICK*)

**Wednesday 28 April is the Roman fertility festival of flowers and crops called Floralia**, that later developed into celebration of sexuality, and may have influenced the subsequent celebrations for Beltane and May Day. Bright coloured clothes are worn (if any!), races and shows are performed.

**Friday 30 April, is the pagan Eve of Beltane**; celebrations begin with people dancing around the fire clockwise, singing. Sometimes two fires are set, and cattle are driven between the fires to purify them. Dew gathered from the grass at dawn is used in potions for luck and, indeed, it is believed to be lucky to roll naked in the dew!!! On Beltane, it is traditional to drink from a well before sunrise. Wash in the morning dew, and adorn yourself with greenery. Watch the sun come up, dance round the Maypole, and otherwise abandon yourself to the season. Round Full Moon Cakes are eaten and blackberry, elderberry, dandelion wine or cider is drunk. Sacred springs are visited and healing water is drunk.

*Celestial Forecast is compiled by Joanna Bristow-Watkins of Harmony Healing, the original is published at Joanna's [Monthly Celestial Forecasts](#). It is created using many sources but notably the Moonwise Calendar and Lia Leendertz's 2021 Almanac. Whilst considerable effort is made to ensure accuracy, this is not an exact science and sources are sometimes contradictory!*

# Tales for spring evenings: The Dragon of Clandon

By the Storyteller

**As we approach Beltaine, the evenings are much lighter after the clocks have been adjusted. Here's a local tale from the Guildford area that is still commemorated at present.**

Here's a folk tale from 1796, when a lot of press-ganged soldiers (due to fight Napoleon) deserted from Newhaven: sleeping rough and foraging for food. One of them came north to the Guildford area and his only friend was a stray dog that went with him everywhere.

Unfortunately, the deserter was caught by local militia, the dog was shooed away and the deserter was sentenced to death by firing squad. While in jail, he heard a story that a large dragon was terrorising the people of West Clandon – so he asked the local magistrates for a pardon, if he killed the dragon.

The offer was accepted, the deserter was given a bayonet and taken to West Clandon. Well, there was no dragon to be seen, just some large mounds in a field (it's still there – Deadacre Field) – until one of the large mounds opened an eye. It was the dragon and rose to its full height, all long claws, poisonous fangs and spiky tail. The deserter stabbed again and again, but his bayonet bounced off the dragon's scales and the creature tried to bite him.



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Suddenly, from behind the dragon, the deserter's old friendly dog jumped out and bit the dragon's neck. The dragon fell and the deserter was able to stab its heart via the softer skin underneath. So, the deserter (and dog) had won and he was pardoned. The people of West Clandon were very grateful and the battle is remembered to this day: a plaque and vane to commemorate the event is kept at the Church of St Peter and St Paul.

## Family quiz: so, you think you know about dragons?

By Gylden Fellowship (answers at the end of the page)

**What was the name of a local knight who fought (and lost to) a dragon?**

- a) Sir Guy of Arundel
- b) Sir Gawain of Chichester
- c) Sir Roger of Walberton

**Where did this dragon come from?**

- a) Worthing
- b) Lyminster
- c) Lidsey

**How was this dragon killed in the end?**

- a) St George killed it
- b) It ate a poisoned pie
- c) It was killed by a larger dragon

**How did St Petroc get rid of a local dragon?**

- a) He showed it the Cross
- b) He threw holy water on it
- c) He whispered a prayer in its ear

**Which of these dragons appear in Sussex folklore?**

- a) The Crawley Dragon
- b) The Cissbury Serpent
- c) Both of the above

**Which author described Smaug and Ancalagon the Black?**

- a) J.R.R. Tolkien
- b) Christopher Paolini
- c) Cressida Cowell

**Why was the O-Gon-Cho dragon worshipped?**

- a) It was lucky if you saw it fly overhead
- b) It brought rain for crops after famine
- c) It defended its worshippers against enemies

**St George is also the patron saint of which country?**

- a) Cyprus
- b) Sicily
- c) Malta

**What colours are St George's flag?**

- a) A red cross on a white background
- b) A white cross on a red background
- c) The Union Jack – blue, white and red



Answers – for those who didn't use the internet - a, b, b, c, c, a, b, c, a.

# Poetry (2): The Fae Folk's Task

By Mike Flynn

*The Fae Folk's task is here again;  
to greet the year's new Spring season.  
Emerging from a Winter's nap;  
to usher in the leafy green.*

*Flowers blooming all around us.  
Pixies stretch and take to the wing;  
flitting around to each new flower,  
spreading their mischief as they fly.*

*Ashrays swim in foaming waters,  
dipping and diving, having fun;  
leaping the cresting sea waves –  
melting to rainbows in the sun.*

*The Water Fairies tend the plants,  
nourishing crops with careful skill;  
helping all who deserve their gifts,  
punishing those with bad intent.*

*Dryads emerge from budding trees;  
ethereal they bob and weave,  
dancing across the forest floor,  
singing their songs of hope and joy.*

*Devas shine bright as they move about,  
from branch to branch they float along.  
Like balls of fire, they light the wood,  
bringing strength to the forest's heart.*

*Nightly the Will o'the Wisps' dance  
like a flickering candle light;  
guiding travellers to their new fate –  
and all who head their siren's call.*

*All but unseen, save for a glimpse,  
the Fae Folk live around us all;  
and go about their daily chores,  
ushering in a new Spring's dawn.*



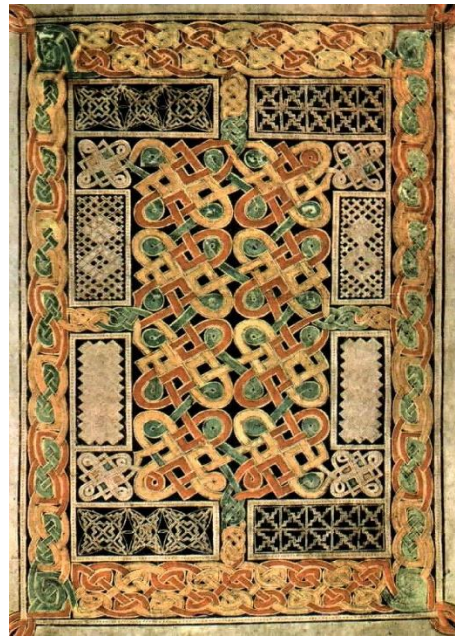
## Sacred art: The Book of Durrow

Pictures collated from mixed sources by Gylden Fellowship

Many people have heard of the Book of Kells, but less have heard of the Book of Durrow. It contains the four Gospels, each of which is preceded by carpet pages and the evangelist symbols. The opening words of each Gospel are written in colours and adorned with geometric decorations. The manuscript's sources and inspiration stretch from Ireland to Anglo-Saxon England and from Pictland (Scotland) to the Mediterranean.

There has been a gradual return to the traditional view that this gospel-book was produced in the monastery of Durrow, Co. Offaly, founded by Colum Cille (c. 521–597), or that it reached there from Iona, perhaps via Kells, Co. Meath. Kells is only forty miles from Durrow, and the texts of the Book of Kells are close to those of Durrow. At Durrow, the book was considered to be a relic and was placed in a shrine by Flann Sinna Mac Máel Sechnaill, King of Ireland (879–916). This caused considerable damage, leading to the book's later breakdown into single leaves. However, it is still a wonderful introduction to Celtic Christian art.





**I**tem in secundo in mattheo  
euangeli  
uithu xpi  
fuit iohannis in deserto  
habuit cibus & pnaedictans  
habuit mimum paenitentia  
hanc misionem peccatoru  
Cetera iohannis ueritas prus cam

## A Witch's Herbal - around the kitchen

By Nick the Witch

It's always useful to know which items in your kitchen can be used for impromptu healing. As we've noted before, a banana skin is really good for pulling out splinters and a ginger poultice can be produced easily for someone with aching muscles or a bad back. The picture below shows some remedies for anxiety.



Now I'd like to draw your attention to the **cucumber**, which is a very versatile resource for healing, as listed below.

- For fatigue, cucumbers are good sources of vitamin B and carbohydrates that provides a quick tonic for hours.
- For removal of wrinkles or cellulite, rub a slice or two of cucumber along your problem area for a few minutes - the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite.
- Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!
- Stressed out and don't have time for massage or a facial? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during exams.
- Just finish a meal and realise you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath; the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
- Cucumbers contain most of the vitamins you need every day. Just one cucumber contains vitamin B<sub>1</sub>, vitamin B<sub>2</sub>, vitamin B<sub>3</sub>, vitamin B<sub>5</sub>, vitamin B<sub>6</sub>, vitamin C, folic acid, calcium, iron, magnesium, zinc, phosphorus and potassium. There's a lot of water in a cucumber, so much so that it's been said that humans are just cucumbers with attitude!

*For past issues of Gylden Magick magazine, please contact us:*

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