



Gylden Magick

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March 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 March (the **Storm Moon**) – so-called because of the Old English term, *hiyd monath* (the stormy month). It's been very busy here with moving home = never realised there was so much clutter – mainly books, crystals, candles, etc, etc! My sympathies lie with anyone who's also moving home atm or is about to do so.

I'm really looking forward to visiting everyone again when the government decides to lift its restrictions. Anytime someone wants to drop in for a cuppa – you'd

be very welcome. Actually, on that note, I've been wondering whether there's a sneaky pagan influence in 10 Downing Street somewhere. The Census takes place on Alban Eilir (Ostara) and Boris named Alban Hefin (Litha) as the date on which all the restrictions are due to stop. Incidentally, there's a longer note about the Census in this edition.

I guess you'd describe this one as the spring edition and we feature some lovely seasonal pictures from Andrew Merritt. Altar colours in March are pink, lavender and yellow. Ornaments might include Ostara hares, painted eggs or egg trees and seeds – this is a good time for planting.

If you don't have a garden, try a mental de-clutter and a real sort-out of old stuff. My new place doesn't

have a garden for me to tend, but there's lots of nature, just across the road. And my local garden centre suggested that, as an alternative to house plants, I could get some bottle gardens instead.

As mentioned last month, this is a time to imagine yourself as a seed or a bulb, dormant in the soil, but ready to flower once the restrictions are lifted. And **GYLDEN MAGICK** has a host of new features to come this year.

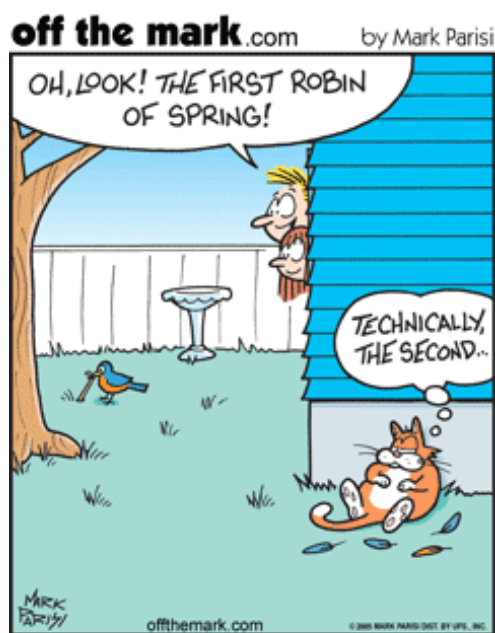
Thank you for all your feedback and many blessings.

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: otter

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 puffin as a spirit guide – now we think about the otter. 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 an otter – what does it symbolise?



OK then, the otter is really a symbol of empathy and emotional love. As one of our admins would say, in otter news, the otter guide warns against over-worrying and encourages self-reflection, kindness or self-love. If you can follow this advice and bring it into your life, you will find that the care and kindness can be given to those around you too.

Following on from that, if you have an otter guide, much of your focus supports others and helps them in times of crisis. The otter guide puts an emphasis on listening and tactful communication. As befits an animal that lives in water, it will advise you to relax and follow the current – not fight it. This suggests that you look forward rather than living in the past and explore what's to come with pleasure.

You are most likely to be curious about all sorts of different topics. An otter spirit guide encourages you to appreciate nature and to support other members of your family. Love of money is less important to you, because you will be guided that greed or avarice only cause problems and you want to swim, free of such problems.

The otter spirit guide symbolises the ability to play as a way of balancing the stresses or tensions. It is common that the otter guide enters your life if you're taking everything too seriously and over-thinking stuff. In more spiritual terms, the otter is a combination of earth and water energies, both in rivers and in the ocean.

Crystal of the month: beryl

Actually, beryl is not so much a crystal as a family of crystals called cyclosilicates – some of which are better known by other names, according to their colours.

- Blue beryl (aquamarine)
- Red beryl (bixbite)
- Pink beryl (morganite)
- Clear white beryl (goshenite)
- Green beryl (emerald)
- Orange beryl (heliodor).

Beryl is found in several place in the world, eg Sri Lanka, Myanmar, Brazil, Columbia, Australia and Madagascar. The cost of rough or tumbled stones is not so bad, but buying beryl as a gemstone is not required for healers! So, what are the main healing properties?

- It is a soothing stone that helps with calm and meditative trance – useful for ascension.
- As such, it is associated with the third eye chakra, but beryl is good for working with all chakras.
- Many healers use beryl as a remedy for stress, mental fatigue or anxiety – it's a sedative when used as a crystal essence.
- It's a very good stone for improving clarity of thought, strengthening motivation and restoring balance. One can use beryl to increase your IQ, creativity and learning.
- Beryl is often used to help with intestinal dis-ease.
- It is good for cardio-vascular problems.
- Beryl is also used for pituitary gland issues.
- I referred to quintessence (crystal essence) above and a beryl essence allows your body to absorb vitamins and minerals more easily. From a woman's point of view, a beryl essence, tincture or infusion is used to help with period pains and menstrual cycles.



Herb of the month: lady's mantle

Lady's mantle (*alchemilla xanthocloro*) has long been used for women's health problems, eg heavy bleeding, period pains and to help in pregnancy. Healers use the flowers and leaves for remedies – the roots are not used.

It's best as an infusion several times daily, but can be mixed with raspberry leaves, for example. Incidentally, if you make a macerated oil from lady's mantle and let it cool – you can bathe your vagina with it against thrush or other such dis-eases

It's not a plant that would be prescribed by a doctor, but lady's mantle can be used for the following ailments, with the proviso that more extensive research needs to be done.

- Its main medicinal use is as a menstrual regulator or for period pains – an infusion is best taken here, but a tincture can be used instead.
- Lady's mantle can be taken as a tonic for the digestion, diarrhoea or gastric pains – use it as an infusion several times a day.
- It does have an antiseptic property that aids in the healing of wounds and cures inflammations. For example, if someone has open sores, eczema, etc, the infusion is used as a skin wash.
- On that point, if you have a sore throat, mouth ulcers or have lost your voice, an infusion of lady's mantle can be used as a gargle or mouthwash.
- As might be expected for women's health, lady's mantle is particularly good for making creams, lotions or salves – to help relieve vaginal itches or problems.



Recipe: Ostara fish pie

Thinking about correspondences in and around Ostara, a correspondence food for March is anything with fish. Some people also use eggs as a symbolic food for this time.

However, fish tends to be an easy food to bake, fry or poach. It's full of Omega-3 (to help control cholesterol), it's low fat and low in calories. Other types of fish are rich in minerals like potassium or proteins and vitamins. With that in mind, here's an easy recipe for a fish pie that serves 3-4 people and takes about 30 minutes to make.

Ingredients

1. 320g fish pie mix (eg salmon, haddock and prawn)
2. 2 x 200ml tub of half-fat crème fraiche
3. 2tbsp chopped dill
4. 1 bunch chopped spring onions
5. 450g mashed potato
6. Boiling water.

Method

1. Cook the chopped spring onions for a short time with 1tbsp boiling water to soften them before use.
2. Grease a 900ml ovenproof dish and tip in the fish pie mix.
3. Pour over 1 tub of the crème fraiche, 2tbsp fresh chopped dill and half a bunch of chopped spring onions.
4. Season generously and stir to combine.
5. Put the pack of mashed potato into a bowl and stir in the other tub of half-fat crème fraiche with the rest of the spring onions. Stir together until smooth and spoon on top of the fish.
6. Bake at 200°C for 25 mins until golden.



Census 2021

By The Pagan Federation (written by Lee Smith, Council Representative to Committee and RC for Cambridgeshire)

The national census is occurring on 21 March 2021. UK national statistician, Professor Sir Ian Diamond, has stated that after 220 years of the national census, this is likely to be the last. Question 16 of the census relates to religion and has tick boxes for the big six religions, as well as a box for **no religion**. There is then an opportunity to write a descriptor under **other**.

We're all aware of the maxim, "If you ask 10 pagans about their paths, you'll get 11 different answers", which is entirely valid; as a faith with one of the widest umbrella titles of all, we take pride in our paths being as individual as we are.

However, having as many pagans answer this question as a simple one-word answer of "**pagan**" is crucially important. There has been a massive growth in the number of pagans in the last 10 years and it would be nice for this to be legitimately quantifiable. A larger number here opens up new opportunities for us and will give our community a bigger voice.

Whilst it is lovely to be able to write "*Eclectic Gardinerian/ Alexandrian 3rd Degree Wiccan Druid Herbalist with Heathen / Thelemic leanings and a Shamanic Animist twist, worshipping only Egyptian Goddess pantheons*", these types of answers will result in devastatingly large numbers of potential pagan responses being lost to the non-itemised **other** category.

We are better than **other**.

Besides, there's only space for 19 letters. So, I ask of you this: for now, just this once, can we all agree to just write **pagan**? The advantages to us as a community will be massive. We currently fight tirelessly to be represented professionally; from seats on Sacre educational boards and university faith panels, to government consultations and hospital and prison chaplaincies. Having a Pagan *Thought for the Day* was rejected by the BBC on grounds that we don't even total a 365th of the population; if we can demonstrate our true numbers, this could change.

With this likely to be the last national survey of its kind, it is likely that most statistics in the future will be based on projections from the final census. We are often anecdotally described as the "world's fastest growing religion", but now is our time to be officially represented. The larger our statistical representation in 2021, the more chance we have of being heard; or as Sarah Kerr, PF President recently put it more elegantly: "As one voice we have more chance of change". So please, in March when you answer Q16, if you feel comfortable, please just put "pagan".

Editor's note

Please note, this article refers to the census in England and Wales only. The census in Scotland has been delayed until 2022 because of the Covid pandemic in which pagans have a tick box of their own thanks to the extended efforts of our esteemed colleagues in the Scottish Pagan Federation. Since this piece was written, new information has come to light that tells us that we may be able to add our particular path within a certain list that is recognised by the Census office. If so, updates will be added to the Gylden Fellowship Facebook group and linked sites.

Gylden
Magick
March 2021

Springtime in lockdown

Photos by Andrew Merritt Photography Ltd

Contact: <http://andrewmerritt.zenfolio.com>





Cosmic energies: stochastic resonance

By Mark Sharpen

Hi everyone, this month's overview has very little to do with quantum theory, but quite a lot to do with one of my favourite things – coffee, preferably in a coffee shop setting with loads of croissants! Working from home, where there's loads of coffee (and tea) and cream and syrup is OK, but it's not the same as doing work in my local tearoom or coffee shop. Funnily enough, I get more done in the coffee shop either reading or with the laptop than at home. And there's a scientific reason for this outcome – it's known as **stochastic resonance**.

Put simply, research carried out in 2012, 2016 and 2019 showed that a certain threshold of ambient noise actually boosts our creativity, eg conversation, visual changes in the immediate environment, a little muzak and the associated aromas of coffee. Such ambience works to help our abstract thinking, thereby increasing creative output, rather than staying in our home offices with the same décor. The stochastic resonance bit is something that originated from animal research, but the scientists realised that the motivational results apply to humans too.



Similar to the Schumann Resonance that I described last year, stochastic resonance can play a functional role in the brain and in our perceptions. Stochastic resonance is usually seen when random noise increases and causes changes in the neural patterns of our brains. Such fluctuations can give noise-benefits and stochastic resonance is now used in therapy too, for children with ADHD to improve cognition and reading or writing skills.

The results show that the degree of resonance is different for each of us, but when the right degree is achieved, that person can improve his or her decision-making, new ideas generation and rates of productivity. To be honest, this is something that always worked for me in my set of companies – we always held our author and/ or strategy meetings in coffee shops within hotels or the like. And it's not really a new idea either – the history of the coffee house as a place for business within British history goes back some 300 years or more. Moreover, many non-Western cultures have societal norms that cover drinking tea, prior to discussing business – for reference, see *Three Cups of Tea* by Greg Mortenson, which was set in Afghanistan.

There is something else about working within the laid-back atmosphere of a café, tea-room or coffee shop. My recollection of office working was a constant stream of agendas, meetings and reports. The coffee shop encourages collaboration rather than competition and office politics, although you may have to ask for them to turn the muzak down a little!

From the Grimoire: Ostara magick

By Nick the Witch

Note: my spells and blessings involve Brighid, but do include your own goddess in the spells.

Here's a seasonal blessing or prayer for Alban Eilir.

“O Brighid, our Lady, Goddess of fire,
Mother of hearth, home and desire,
You are the passion in Cernunnos' heart,
So that inside you, his seed of life does start.

O Brighid, you are the Queen of Spring -
Bring life and light to all living things.”

The second one is apt for Alban Eilir (Ostara), as it includes a seasonal flower (tulip). Tulips are interesting, because there are only a limited number of magickal uses for them, as opposed to flowers like lavender, roses or lilies.

One of the tulip's main attributes is its ability to strengthen rocky relationships, particularly those that are broken in some way. If you have argued with a close friend or your partner, the tulip can be used as a type of magickal bond to repair the damage and this is how it goes.

What you will need: an object dear to you, an object belonging to the person that you have argued with, several tulips and symbols of the elements.

1. Invoke the elements, using symbols on your altar/table.
2. Create a circle and place the two objects in the middle of the circle.
3. Lay the objects together and place the tulips across both of them.
4. Prepare yourself for magick by turning off any distracting electrical gadgets and putting the phone on recording.
5. Empty your mind and look only at the items in the circle.
6. Breathe in and out slowly, noting the scent of the tulip.
7. Chant these words, “Arguments gone and the break is no more, With the help of these tulips, our love is as before.”
8. Release the elements and return the objects to their places.

Put the tulips in some water. You have done what is necessary to repair the breach.

Celestial notes

By Joanna Bristow-Watkins, Harmony Healing

As mentioned before, we are very pleased to welcome **Joanna Bristow-Watkins** as one of our new 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. 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.

We have North Surrey Forest Bathing events scheduled for the 18th & 20th March, but as this goes to press, we are unsure whether they will be allowed to go ahead, as this will depend on the latest government guidelines. In order to be first in line when restrictions are lifted, please get in touch to join the waiting list.

We have exciting news that Surrey-based GPs will now be allowed to offer social prescribing and I hope to be on the team for this rewarding work when we start the trials. Apart from nature-watching, try to observe the phases of the moon – you may find that bringing more lunar alignment into your life is a good first step. My New Year **New Vision** students benefited. I loved running it and feedback has been phenomenal. Here's a typical response:

"As we're almost at the end of the course, but still the beginning of a journey, I thought I'd share a few of the things that have changed for me during this moon cycle. I have more space within ... I can literally feel it - possibly as a result of the Soul Star and Earth Star Chakras attunement, and also because of the releasing that has been happening over the last 2 weeks. I have recovered a routine which brings about a more productive day. My brain has tuned into the fact that I need to lose weight ... I've let go of snacking, I'm having beautiful detox baths and have done the oil pulling. I am doing daily dance exercises. I am meditating more and got back on track with daily self-Reiki. I'm seeing the bigger picture. I am generally more focused. Such positive stuff for everyday living! ❤️"

Yvonne Oaks, Light From Within, London, 10th Feb 2021 📍

Next course is 12 April – 11 May 2021.

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)**

March was a busy month in the Roman calendar! March is also a month for celebrating women, with International Women's day, Mothering Sunday and the celebration of numerous goddesses, both Egyptian and Roman. Indeed, there's even a festival for Roman Matrons (older married women) to celebrate by turning the household hierarchy of their day on its head.

Monday 1 March is St David's Day. St. David, Dewi Sant, is the patron saint of the Welsh, and 1 March, his feast day, is celebrated as a patriotic and cultural festival in Wales. Saint David, Grandson of the King of Ceredigion, was said to have been born on a clifftop during a fierce storm. He died on this day during the year 500 CE. He grew up to be a celebrated bishop and founder of monastic settlements and churches. Glastonbury Abbey may have been founded by St David. So, why is David associated with a dragon? There is a myth that when David was asked by villagers to slay a dragon, he instead went to visit the dragon and listen to its sad tale.

Monday 1 March is Matronalia, according to Roman tradition, which was the topsy-turvy feast sacred to Juno, the birth Goddess. It was also a celebration of marriage and the peace that these unions could usher in between Romans and Sabini, tribes from the mountain region near the Tibor. The Roman mistress of the house waited on her servants for the day and presents were given to other people's partners! These wives of the house also gave a feast for their female slaves.

Friday 5 March is Ploiaphesia, Egyptian Festival of Navigation. This was when one of the most important festivals of the Egyptian Goddess, Isis, was celebrated, the Ploiaphesia or Navigium Isidis (Ship of Isis). The festival marked the opening of the safe sailing season after the stormy weather of winter had passed. A statue of Isis was carried in procession from her temple down to the harbour, where a specially-built ship was moored. The ship would then be loaded with offerings and dedicated to the Goddess, before being launched and carried out to sea by the wind. The festival is described by Apuleius in his Metamorphoses. To participate, you can enjoy the energy of water and celebrate with processions, lights, mirrors, music and flowers.



Monday 8 March is International Women's Day. It is a day designated to celebrate the empowerment of women worldwide. This year's theme is "Choose to Challenge", which is a powerful message on many levels - "a challenged world is an alert world and from challenge comes change. So, let's all choose to challenge."

#ChooseToChallenge

See the [International Women's Day website](#) for more.

Or for other inspiring ideas, [see womenforwomen.org](http://womenforwomen.org)

Thursdays 11, 18 & 25 March, is the start of the Mindful Chakra Alignment & Unity Consciousness Interactive online evening course (7.15-9.30pm GMT). Rebalance your chakras and reconnect with the Earth and Sky. Learn to work with etheric crystals and the energy of the chakra system. Many of my students report powerful and transformational experience during this course of meditations and alignment techniques. Cost is £66 including a balancing attunement and 6¾-hours of mentoring. See [Harmony Healing Website](#) for details.

Saturday 13 March at 10.21 is Pagan Dark Moon (New Moon). The reference to Dark Moon literally reflects the fact that the Moon is not lighting up the sky and some pagans believed it was an auspicious time for celebrations and rituals, but others would always choose Full Moon. The New Moon is a good time for starting projects and working a [Vision Board](#) for the rest of 2021. 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 [You Tube Page](#) and on [Facebook](#).

Sunday 14 March is Mothering Sunday in the UK - often posies of daffodils are presented. Mothering Sunday is celebrated by Christians in the UK & Ireland and some other English-speaking countries. It takes place on the fourth Sunday in Lent, which is exactly three weeks before *Easter Day*. It was once observed as a day when people visited their *mother* church, but has become a day for honouring mothers and exchanging presents with them. Increasingly, it's being referred to as *Mother's Day*, although that name originated as an American secular holiday, celebrated on a different date and quite distinct from the initial UK-based *Mothering Sunday*.

Monday 15 March was the Ides of March in Roman tradition and a Festival to Jupiter. Shakespeare had a soothsayer warn Julius Caesar, "Beware the Ides of March", indeed he was reputedly assassinated on 15 March 44 BC.



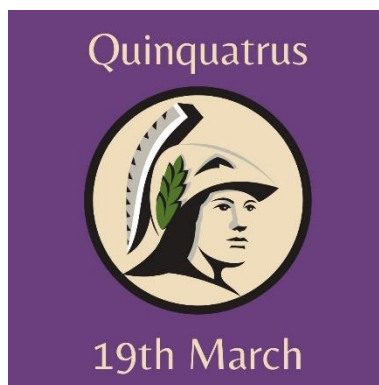
In Ancient Rome, 15 March was also the celebration of *Anna Perenna*. Offerings were made to the Spirit of the Year, so that the circle could be completed.

Tuesday 16 March is the start of Harmony Healing Virtual Module: Planetary & Elemental Essene Angels. In this series of workshops, you will receive guidance and practical experience on working with the weekday & planetary angels and learn how to integrate them into your life.

<https://harmonyhealing.co.uk/harmony-services/harmony-training/virtual-events#essene>

Friday 19 March is the Roman Festival of *Quinquatrus*, so named because it was the 5th day after the Ides of March. This was a Festival in honour of Minerva; it seems that women were accustomed to consult fortune-tellers and diviners upon this day.

Friday 19 March is also the [Moon Lodge Healing Women's Circle](#), 7-8.30pm GMT, £11 + Eventbrite fee = £11.27. It's a virtual event on Zoom. 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. Book at [Eventbrite](#). Contact Sarah-Jane via her website at crystalhealingbysarahjane.co.uk or email apriestesspath@gmail.com.



Saturday 20 March is the Spring Equinox at 09:37. Pagans know this day as Ostara, Eostre or Alban Eilir. On the Equinox, light and dark are equal over the whole world: mark the moment of the Equinox with silence and stillness. Representing balance of opposites, it's a good time to bring balance into your life.

Saturday 20 March is also the Egyptian Festival of Pelusia, with the Egyptian Goddess Isis working her spring magic to ensure the flooding of the Nile later in the year, thereby guaranteeing a fruitful harvest.

Saturday 27 March, in the UK this year, is also when the clocks go forward, in fact at 01.00 on Sunday 28 March, and that is the start of British Summer Time, although we often have a while to wait until summer arrives in the UK.

Sunday 28 March is Palm Sunday in the Christian Calendar this year. Palm Sunday, also known as Passion Sunday, is the 6th Sunday of Lent and the final Sunday before Easter. Traditionally, it marks the entry of Jesus into Jerusalem. The name is believed to commemorate the placement of palm leaves on the road to soften the surface for the donkey on which he was riding.

Sunday 28 March at 19.48 is the Easter Equinox Full Moon. Between Full Moon and the next New Moon is considered as a good time energetically for detoxing the body.

Sunday 28 March, 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. Please email jo@harmonyhealing.co.uk to let me know you've booked and to make sure I send you the link.

[2-hour Virtual Healing Share & Healing Circle, 28th March @ £22](#)

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 Salisbury Hare

By the Storyteller

As we approach Ostara, the evenings are lighter and we can see hares in the fields. So, we'll include a story about a very special hare, that comes from about 700 years ago.

The **Salisbury Hare** is a 700-year-old [folk tale](#) from Warminster in Wiltshire and tells of a hare that dances during a full moon. Anyone who sees the hare is said to have good luck for life, as the hare has been linked with the goddess, Ceridwen.

And so, this tale comes from 1318 when a shepherd, John Godwin, was out on Salisbury Plain with his flock of sheep at eventide. One of the ewes was due to lamb, but John could not find the ewe anywhere. He had rounded up the rest of his sheep, putting them in a small paddock, but this one ewe was nowhere to be found. John looked high and low, but with no success.

John knew that sheep nearly always give birth at night, although some lambs do arrive in the afternoon, but he was afraid that her time was almost due and she'd wandered off on her own to find a quiet spot. The problem was that all manner of vicious animals wandered the plain at night, including the occasional wolves, so it was not safe to let sheep wander unattended.



Having checked that the paddock was secure, John set off to search the land – in the moonlight - where his flock had been grazing, but there was no sign. At that moment, John noticed a movement to his right. It was not his sheep, but it was a large hare, which seemed to be stamping its back legs. As he watched, the hare started to run around him, still stamping its back legs. It ran in a wider circle and paused by a small dip in the land. Then, it ran off into the shadows.

John went over to where the hare had gone and then saw his ewe just below his feet in a small crevice. He also heard the suckling sound of a new-born lamb. There was nothing to do, but keep the sheep safe, so John picked up the lamb and walked slowly back to his paddock, followed watchfully by the lamb's mother. So, all the sheep were safe and whether John had good luck for life, this tale does not tell, but his luck was good on the night he saw the hare.

Environment: Short-eared Owls

By Sussex Wildlife Trust (Michael Blencowe, Wilder Horsham District)

(Editor's note: this article caught my attention – it was in one of the SWT February 2021 news posts and we've included an abridged version here.)

I've been taking a short local walk down across the fields towards the Adur in recent weeks. It's a short circular trudge but it's the only exercise I'm getting at the moment. But my three-mile journey is nothing compared to the journey that some birds have made to visit the Horsham district. The thrushes and ducks I have seen would have flown over a thousand miles from Northern Europe. The White-fronted Geese I have watched grazing have flown over two thousand miles from Northern Russia. Recently, there has been another winter visitor seen along the Adur - a Short-eared Owl.

Short-eared Owls are scarce winter visitors to Sussex. Swiss ornithologist Paul Geroudet described them as "nomads who camp where the table is laid". This winter there have been a few of these wandering diners reported in Sussex and a small parliament (the collective term for owls) have arrived and have been hunting around the county's meadows where they have been tucking into a bountiful rodent buffet.

In the Horsham District, we have four breeding owl species. The most familiar will be the Tawny Owl – who's hoots and twit-twoos can be heard in and around towns and villages. The Barn Owl is that pale spectral spirit that may be glimpsed in the headlights along our country lanes at night. The Long-eared Owl is our rarest, most elusive species. The Little Owl was introduced here in the 19th century. It eats worms.



Short-eared Owl photographed by Frank Hollis.

In cold winters Short-eared Owls can be added to our list. A hunting Short-eared Owl is a sight to behold. It's a large bird - with a 1m wingspan - but agile. It twists, weaves and glides low over the ground before dropping hard on its prey. Its short ears are just feather tufts. Its bright yellow eyes are set in a face which seems fixed in a permanent impatient, angry expression. After hunting along the Adur, the owls will roost, no doubt dreaming of Northern Lights, lemmings and that long journey home.

[Wilder Horsham District](#) is an innovative five-year partnership between Sussex Wildlife Trust and Horsham District Council working to deliver a Nature Recovery Network for Horsham District.

Cosmic energies (2): Pleiadian starseeds

By Soma ARah, The Pleiadian Starseed Channel

The following text follows on from the articles in 2020 by Soma ARah (Carol Noonan), Channelling The Pleiadians, www.ThePleiadianChild.com

For more info, please refer to the YouTube channel "Carol Noonan"

https://www.youtube.com/channel/UC17VkZKI3BitQEDMb2HWztQ?view_as=subscriber



OK then, there's been lots of virtual events for people during lockdown, including zoom moots, online gigs and lectures, but few actual gatherings. Here's a workshop for starseeds and newly awakened souls. It's due to take place on 27-28 March 2021 online via zoom. Among the contents are the following:

- Meditations for starseeds
- Direct voice channelling
- Raising your frequency/vibration
- The Great Awakening of Humanity
- Who we are, where we came from, why we are here and our true history
- Newly awakened souls
- A new dawn
- Taking back your power
- Live sessions by Soma ARah and Brad Olsen.

Editor's note: Soma ARah ~ Carol Noonan

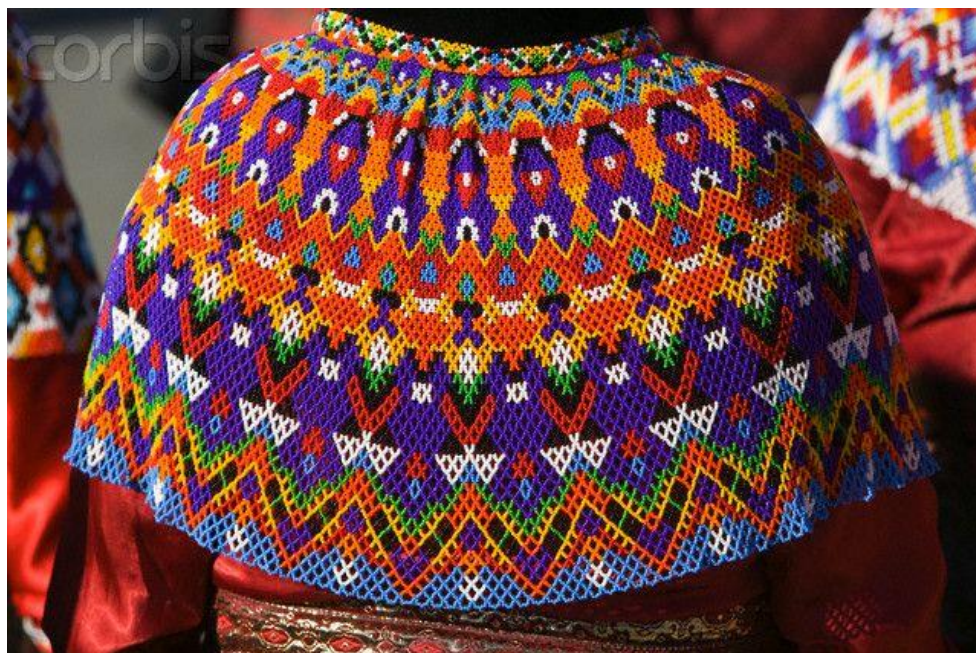
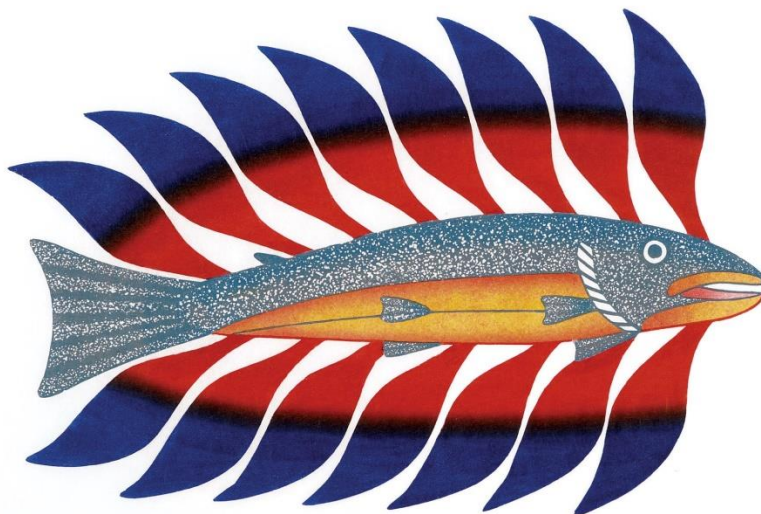
Psychic Medium Pleiadian StarSeed Pleiadian Channel, UFO Experiencer, UFO Contactee, UFO Abductee, Author of The Pleiadian Child - TO BOOK, GO TO WWW.THEPLEIADIANCHILD.COM.

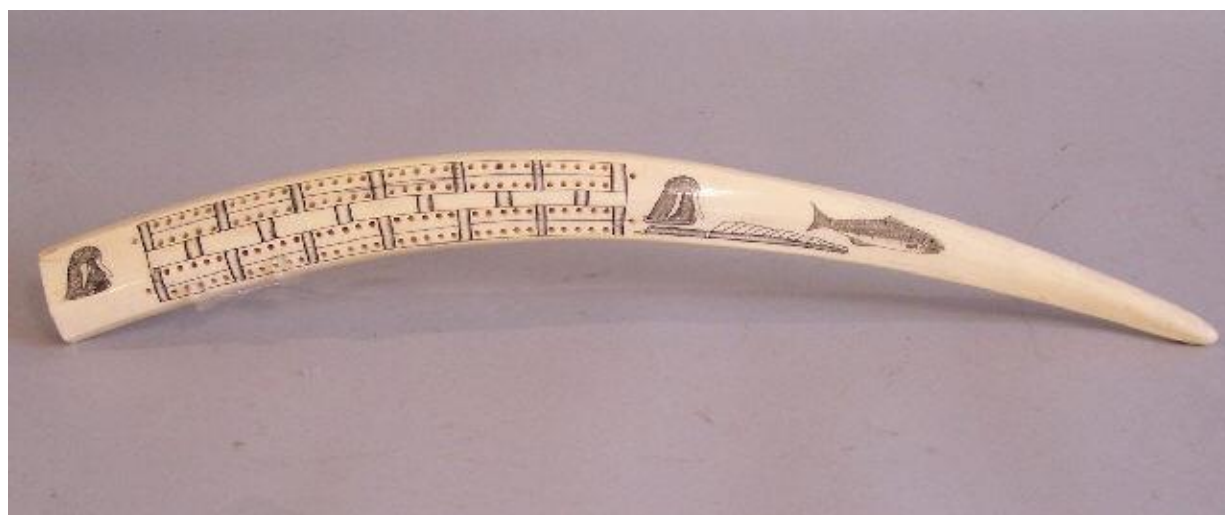
Cost: £88 total £77 + £11 DEPOSIT NON-REFUNDABLE

Sacred art: Inuit art and culture

Pictures collated from mixed sources by Gylden Fellowship

The Inuktitut word, *Inuit*, is a fairly recent Anglo-French Canadian term and is used here to refer to the historical and modern Inuit people of **Canada**. The Inuit people of Greenland speak a dialect similar to the Canadian Inuktitut and have art and artifacts that are almost identical to those found in the Canadian Arctic for the past 4000 years, but they call themselves, *Katladlit*. The Inuit people of Siberia and the Inuit of western and southwestern Alaska call themselves, *Yuit*. They speak a dialect called Yupik and their art forms bear few stylistic resemblances to those of the Canadian Arctic. Yet there exist strong thematic relationships between the art forms, indicating a common ancestry or various cultural interchanges. So, following on from last month's look at the Nasir al-Mulk Mosque in Iran, this month we're heading north to sample some Inuit culture.





A Witch's Herbal - pregnancy

By Nick the Witch

Last month, we looked at some plants that help to mitigate period pains, menopausal issues and vaginal disease. Staying with the ladies, this month we consider plants that are good for pregnancy. I'll also provide a little list of herbs that **are to be avoided** by those who are pregnant.

As noted last time, several herbs that help with PMS or painful periods have the opposing effect on pregnant women – namely, they'll bring a pregnancy to an abrupt stop. For example, black cohosh can be mixed with sage as a tincture to relax the uterus during the menopause, but that's not so good during a pregnancy. Here's a short list of key herbs – a lot of these are best used as antidotes to varicose veins or morning sickness...if you consult our **GYLDEN MAGICK** indexes in the August 2020 issue, you'll be able to see which issue has more detail on specific herbs.

- **Calendula:** quite a lot of people have used my calendula ointment over the years or taken a jar from our stand at fayres. Calendula (English marigold) is one of nature's best skin moisturisers. It's great at sorting out skin that's been torn or stitched or stretched. I'd suggest you make it into a macerated oil, cream, salve or tincture.
- **Dill:** these seeds are best used during breast-feeding. The dill helps your baby to cope with colic or wind and strengthens your breast milk - the seeds are drunk as part of an infusion.
- **Ginger:** in respect of pregnancy, ginger is good against morning-sickness – all you need to do is add some fresh ginger root to a mug of hot water. You could also use the ginger fermentation approach for tight muscles, backaches or sore joints, as ginger is such a good source of natural warmth. What you need to do is make up a ginger poultice. Get a bowl of warm water (not boiling) and grate a shedload of ginger root into it (that's not a technical term!). Take an old towel and soak it in the mixture. Then you apply the towel to the aching muscles or ask someone else to help you if it's backache. Actually, I'd add a dry towel on top of the other if it's backache. After a while, you'll feel the warmth of the ginger easing your pain.
- **Chamomile:** this has an antiseptic property for lots of health issues. Chamomile tincture or infusion is well-known for its calming effect, particularly for those who have insomnia, nausea, nervous issues or tension.
- **Raspberry leaves:** OK then, those of you who have come along to one of my herbal workshops will know that this mix is great for heavy or painful periods. Raspberry leaves contain a lot of nutrients (magnesium, potassium, iron and loads of vitamins) – raspberry is really good for all women at all ages and stages of life, eg help with PMS and any uterine problems. Raspberry leaf infusion helps to relax your uterus in the last 2-3 weeks of your pregnancy, to prepare for the birth. **Note:** I'd suggest consulting a specialist if you're pregnant, before drinking any such infusion earlier in the pregnancy.

Right then, here's a short list of herbs to be avoided by the pregnant. Some herbs used in cooking are OK in small amounts, namely turmeric, celery seed, rosemary, sage and thyme. If you're pregnant atm, please stay from these herbs.

- Hyssop
- Crampbark
- Black cohosh
- Vervain
- Yarrow
- Feverfew
- Juniper
- Red clover
- Aloe vera
- Licorice root.

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