



# Gylden Magick

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## May 2020

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.

The **Gylden Community** is one of the most extensive pagan libraries in southern England. Its website, [www.gyldenfellowship.co.uk](http://www.gyldenfellowship.co.uk), is growing too. Our meetup group membership has almost 200 people and we welcome new members constantly.

On Facebook, the **Gylden River LRC** (Learning Resources Centre) is a social learning hub with optional study units in key areas of magick.

**Gylden Fellowship** continues as a pagan support mechanism, albeit less so at the moment, in the light of

the COVID-19 travel restrictions. So, this time, we're very grateful to our friends for their contributions too.

Our **Flower Moon** issue continues with the 20-page format with ever more guidance on spiritual issues and magick. This edition has a definite emphasis on spring - the altar colours for this period are green, yellow and white. But no ads – after all, we're like a pagan public library and all the information is free.

Dates for your diaries – not least the **super moon** on 7 May, **Apollo's Day** on 18 May and **Sacred Well Dressing** during 26-28 May. And we are still in the Feast of **Beltaine** (from 1 May).

**What else is there?** Well, we continue our new series about animal spirit guides with the bat, a

folklore tale about a mermaid, artwork, poetry, seasonal protection magick, the Larzac Witches, some self-help guidance with herbs and oils, a peaceful meditation for early summer, spirit communication, herbal healing with alkanet and our crystal of the month is lapis lazuli.

Anything else? Oh yes, the title – we never forget that our faith is based upon Nature and that our strength comes from earth magick. Many of our sabbats are based upon the light, eg solstices and equinoxes, as vital to us now as to our ancestors.

For more info, why not join [Gylden River LRC](#) or [Gylden Fellowship](#) groups on Facebook today and see our stories, reports, updates or briefings for May?

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## Animal spirit guides: bat

Not all animal spirit guides take the form of primary mammals like wolves, bears or birds. It is common to have a reptile guide or an insect one. Last month, we looked at the dragonfly as a spirit guide – now we think about bats, particularly as the warmer evenings have meant that my garden is full of pipistrelles. 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 bat – what does it symbolise?



OK then, bats are usually symbols of change, but if your guide is a bat, it's a sign that you are a sensitive person – bats are very sensitive beings. A bat spirit guide accentuates all your senses, including your psychic or clair-audient ability.

Having a bat as your guide is all about endings and new beginnings or initiations. We're not talking about an actual death here, but it could be moving house, changing a job, changing a relationship or discarding old beliefs. The bat guide will help you to make such transitions smoothly and without too much pain. In this context, the bat resembles the dragonfly guide as a symbol of ascension – yours.

Many people fear changes in their lives, but others see such transformations as blessings. To paraphrase a close friend, it is necessary for all of us to evolve – to achieve higher understanding. After all, rebirth is part of the pagan cycle of life and the bat shows that rebirth is vital when losing outdated practices.

Another key feature about a bat spirit guide is that it flies, not like a bird, but flying nevertheless. We can fly with this guide and at night too, using all our senses. Note that bats trust their instincts while flying, using sonar. With a bat as your guide, you will learn to rely on your intuition and detect the truth in other people's words.

## Crystals: lapis lazuli

Lapis lazuli is one of my favourite meditation stones - alongside amethyst, calcite and labradorite. The best stones come from Russia, the Middle East, Italy, the USA and Chile.

It's actually a combination of pyrite, calcite and lazurite – the pyrite is responsible for the gold flecks in polished lapis lazuli. As a decoration, lapis lazuli was used in Ancient Egypt (in the pharaohs' funeral masks) and in the Middle Ages.

And what of its **healing or magickal** properties?

- It is a brilliant protective stone, particularly against psychic attacks.
- Lapis lazuli is good for peacefulness and releasing stress, as it puts an emphasis on self-awareness, inner truth and reflection.
- It is a stone of friendship, love, compassion and emotional healing.
- Further, it's good for meditation and mental health issues involving insomnia, phobias and depression.
- It could be described a crystal of truth as it improves honesty, clear expression, intuition and morality.
- Lapis lazuli is most effective with the throat and third eye chakras.
- It helps anybody suffering from cardiac problems, as it lowers blood pressure and cools and cleanses the blood.
- It's a good crystal for strengthening the immune system and reducing inflammations.
- Lapis lazuli is good for the respiratory and nervous systems and the throat, vocal cords, and thyroid.
- Also, it cleanses both the bone marrow and major organs in the body.



## Herb of the month: alkanet

Alkanets cover several types of plants that were, traditionally, grown for dyeing purposes – the original plant (*Anchusa officinalis*) owes its name to a Greek word meaning to paint. The dye produced resembles henna. And alkanet belongs to the family, *Boraginaceae*, which includes borage. Green alkanet (*Pentaglottis sempervirens*) is an evergreen variety of alkanet and can be found in many verges – with its green leaves and small blue flowers. In fact, alkanet roots are still used to produce a red dye in the manufacture of lipsticks, lip balms and soap.

Like borage, alkanet is edible (leaves and young tops), tasting a little like spinach – it can be cooked or used as a salad leaf. Alkanet leaves and flowers can be dried and used in potpourri and the fresh leaves smell a little like strawberries. The alkanet root found on the Indian sub-continent (Kashmir) helps to give a reddish tinge to much Indian food, eg rogan josh.

On the **healing side**, alkanet leaves and roots are all good as remedies for various ailments, including the following.

- An infusion of the leaves alleviates persistent coughs and helps cause sweating during fever.
- Such infusions also combat depression and anxiety.
- Alkanet juice as a decoction or expressed juice was a remedy for pleurisy.
- Alkanet infused oil can be used to moisturise skin, calm any skin rashes or inflammations and cleanse cuts – like a form of chamomile.
- It is sometimes used to purify the blood, because alkanet acts as a diuretic.
- Alkanet tincture is known for its antiseptic quality for ulcers or varicose veins.



## Recipe: goat's cheese & wild mushrooms

Goat's cheese recipes are quite ancient, dating back to the Celts, who mined salt in Austria and used it as a preservative for churned butter. The following recipe makes about 3-4 servings.

### Ingredients

- 340g (about 12ozs) wild mushrooms – oyster, cap, shiitake mushrooms or chanterelles
- 1 large garlic clove, chopped
- 2tbsp soft goat's cheese, divided into 4 portions
- 250g lettuce
- 2tbsp fresh parsley, chopped
- 2tbsp fresh tarragon, chopped
- 2tbsp fresh marjoram, chopped
- 2tbsp white wine or white vinegar
- Salt and pepper
- Oil for cooking.

### Method

- Wash all the mushrooms and slice them.
- Heat 2tbsp oil in a pan and cook the garlic and mushrooms over a medium heat until tender.
- Add salt and pepper to season.
- Lift mushrooms out of pan with slotted spoon onto a lightly oiled baking sheet and divide into 4 portions.
- Put goat's cheese portions in centre of each pile.
- Bake at 200°C for 5 minutes, until cheese melts and browns slightly.
- Meanwhile, wash and dry lettuce and herbs.
- Mix together in a bowl, divide into 4 portions and place on warmed plates.
- Add remaining oil and wine or vinegar to the pan, turn heat to medium and simmer until reduced slightly.
- Spoon hot mushrooms and cheese over lettuce, then drizzle with hot wine or vinegar. Serve immediately.



# Self-help (1): Making essential rollers

By Rebecca Granshaw

***Editor's note:** in one of our website files in A Witch's Herbal section, there's some guidance on natural healing and how to make various soaps, herbal shampoos, conditioners, etc. It's not totally necessary to buy the stuff at the supermarket or chemist. How can you make your own deodorant then? Well, most natural deodorants require the mixing of 1-2 tsp of vegetable glycerin with 90ml of witch hazel as the base. Here, **Rebecca Granshaw** explains how to create your own rollerball deodorant with those fragrances that you find most attractive.*

1. Choose the selection of essential oils that you would like to combine into a rollerball bottle.
2. Oils that go really well and are great for calming are lavender, clary sage and bergamot.
3. Drop 3-4 drops of each oil into a small measuring dish.
4. Fill up to 10ml with fractionated coconut oil.
5. Fill your roller bottle with the mixture.
6. Add the roller and shake the bottle well.

It's as easy as that. There are many recipes online too, should you wish to experiment with other mixtures – it is best to source organic essential oils.



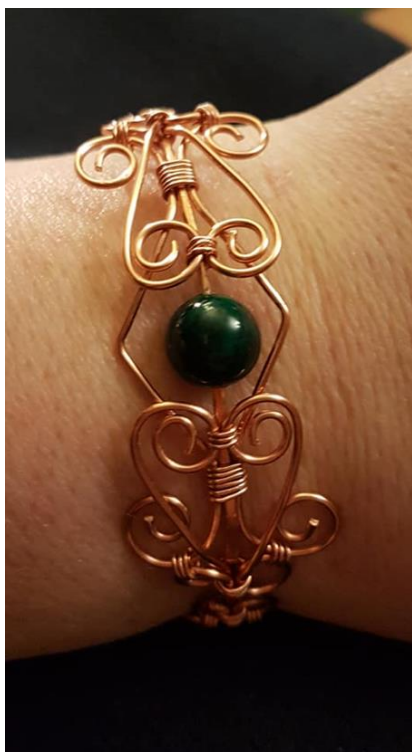
As with all home-made herbal or similar products, health and safety are important – here's some contacts for further info.

- National Institute of Medical Herbalists – [www.nimh.org.uk](http://www.nimh.org.uk)
- British Association for Applied Nutrition and Nutritional Therapy – [www.bant.org.uk](http://www.bant.org.uk)
- Garden Organic – [www.gardenorganic.org.uk](http://www.gardenorganic.org.uk)
- British Herbal Medicine Association – [www.bhma.info](http://www.bhma.info)
- Purple Flame Aromatherapy - <https://www.purpleflame.co.uk/>
- Absolute Aromas - <https://www.absolute-aromas.com/>

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## Art showcase (1) by Clare Coombes

Contact: @Coombes.Crafts





# Poetry: Four O'Clock Shadow

By Nick the Witch

Four o'clock in the morning,  
Listening to the rain,  
They said it would rain earlier,  
But here it comes again.

Not sleeping now, just thinking,  
About so many things:  
Health and friends and family stuff -  
Modern cabbages and kings.

And yet and yet, a shadow falls  
Across my flow of thought.  
I cannot see what it is,  
Nor how it can be fought.

All the areas of my life,  
I review in some detail,  
But this shadow is elusive:  
Only the faintest, taunting wail.

Four o'clock in the morning,  
Hoping to return to sleep,  
The shadow has gone for now -  
Buried in my memory deep.





# Ancient peoples: the Larzac witches

By Gylden Fellowship

The **Larzac tablet** is a **curse tablet**, found in 1983 in Aveyron in southern France (from a grave of La Vayssière cemetery close to the village of L'Hospitalet-du-Larzac). The cemetery is near to the old Roman road from Millau to Lodève. The tablet is now kept in Millau museum, but it is most important for the inscription in the Gaulish language. The inscription is in **Roman cursive** script, preserved in two fragments, dated to about 100 CE. It is the longest preserved Gaulish text, extending to more than 1000 letters or 160 words (an unknown number of lines at the end of the text are lost).

The inscription is in two hands, labelled M and N. The text of N is later than M and is preserved in its entirety, on the six first lines on the second side of the second fragment, but parts of the original text of M have been lost. The writer of text M was an experienced scribe whereas the writing of N is inexpert and laborious.

The fragmentation of the tablet may have been intentional, done by its original authors, as part of the ritual burial of the curse, to send it on its way to the underworld. The magick invoked is malicious, of a nature well-known from other Celtic sources, eg Irish myths. Some Roman writers have documented groups or sisterhoods of female magicians in ancient Gaul, eg *Pomponius Mela* shows a group of nine priestesses who could take animal form and raise storms. Another writer, Strabon, described a group of women who lived on an island in the Loire and who worshipped Dionysus.



## The meaning of the Larzac inscription

The Larzac text is clear that its nature is that of a magickal curse, cast by one group of women or sorceresses against a rival group. The placement of the curse tablet in a tomb is not unusual within the Roman context – a tomb was seen as a gate to communicate with the gods by whom the curse would be implemented. Part of the actual inscription reads:

***"Inside se, bnanom bricton, eianom anuana sananderna, brictom vidluvias vidlu----- tignotias so".***

This roughly translates as below.

***"Behold: the magick of women, their special underworld names, the prophecy of the seer who weaves this magick".***

Both the context of the curse tablet and the names of the women listed as targets of the curse reflect the mix of religions at the end of 100 CE in Gaul – both Roman and pagan. The name of the head witch, *Severa Tertioncna*, targeted by the curse, is a personal name (common in Roman families) *Severa* and a patronymic, which combines the Roman family

(*Tertio*) with the Gaulish suffix (-*ikno*). The discovery of the Larzac text helped to increase knowledge of Gaulish grammar, due to it being one of the very few inscriptions containing fully formed sentences with finite verbal forms, and many feminine declensions. It is also important in terms of core vocabulary, eg it is the only source for the Gaulish word, *duxtir*, (daughter).

So, the text contains a curse against one Severa Tertioncna and a group of women, presumably her followers. Adgagsona seems to be the name of the principal goddess invoked for the purposes of the curse. A total of 12 names of women who were to be cursed alongside Severa Tertioncna have been preserved. Most of these are identified by their given name plus a specification of a relation, identified either by one of their parents (eg *daughter of*) or one of their children (eg *mother of*). The list of cursed women is:

- a) Banona Flatucias
- b) Paulla dona Potitius
- c) Aia duxtir Adiegias
- d) Potita, matir Paullias
- e) Seuera duxtir Valentos dona Paullius
- f) Adiega matir Aiias
- g) Potita dona Primius Abesias
- h) Eiotinios
- i) Ruficna Casta dona Banonus
- j) Diligentim Vlationicnom
- k) Aucitionim materem Potiti
- l) Vlatucia matir Banonias.

**Note:** some of the women in the list seem to be related to one another, i.e. *dona* could mean a clan or family member or relate to the structure of the group hierarchy: mentor and novice.

The importance of the Larzac tablet to pagans is that there is historical evidence for the existence of witches, outside of Celtic religion and druidry and pre-Saxon settlements. It should be noted that there is no word in Irish Gaelic for witch – the nearest term for a woman that worked with magick is a synonym for a female druid (*filidh*).

During and after the Roman purge of druids in Gaul and Britain, the concept of the witch became even more widespread, but evolved into the concept of the village wise woman. The Saxon words, *hesse* or *haegtessa*, relate to witches in this sense, so that the modern village of Hascombe (near Godalming) derives its name from the Saxon, i.e. valley of the witches. The idea of witch-groups had existed during the time of pre-Roman Celtic paganism, but any evidence lay with the rituals and magickal traditions, eg the Celtic Saga of Conaran. Peter Berresford Ellis, a Celtic scholar and author, believes that "*female druids have become reduced in old Celtic stories to witch-like figures*" since the onset of Christianity.

Nevertheless, archæological excavations in Romano-British cemeteries show that the treatment of these magickal women in the 4<sup>th</sup> century was very different from that of female druids. Lankhills and Winchester cemeteries contain burials of old women. Before being placed in their graves, these women's heads were decapitated and their heads were placed by their legs. The Celtic people may have wished to separate their spirits from their bodies or to celebrate the significance of the severed head. In battle, this meant victory, but here it could have shown either victory over evil magick or to ease their way to the underworld. In some cases, these witches not only had their heads decapitated, but their lower jaws were removed completely – to keep them from casting spells on the living after death.

Some graves also contained a spinal whorl, a woven string of threads and a symbol of fate and destiny in both Roman and Celtic religions. The threads refer to the Gaulish and Roman goddesses who could predict life and death and end it simply by snapping a thread. Such symbols might have signified that these women held a similar power in the eyes of their peers.

# Psychic protection magick

By Nick the Witch

In Ancient Rome, the period of mid-May (roughly 9-12 May) was the **Festival of Lemuria**. It was a festival of the dead, particularly the spirits of those who had died from each household and who were believed to return at Lemuria. Some such spirits might have feelings of ill-will for the living and each household would need to take protective measures – so, this article looks briefly at techniques for personal protection against psychic attack.

What we're **not** covering here are Lemurian beliefs in relation to Sirius, Atlantis or starseeds. Those are separate topics and would probably fill several books. So, back to Ancient Rome then and what we do know is that, during Lemuria, all the normal business of life was put on hold, eg no marriages took place, no battles or campaigns happened and financial transactions were delayed.

Mind you, many Roman families did carry out sacrifices to placate the gods at this time and the head of each household might scatter black beans in the house at midnight (on the first night) as a tribute to any revenants, known as **lemures**. And each Roman family would make suitable offerings to their ancestors.



While we're on the subject, which **tools are best for protection magick**? I'll be covering amulets and certain crystals, eg black tourmaline or celestite. Here's some other tools that are useful.

- ✚ Athame.
- ✚ Pentacle.
- ✚ Wand – the best wood for protection magick is rowan.
- ✚ Cauldron.
- ✚ Charged candles.
- ✚ Icons, eg a statue of your deity or protective spirit.
- ✚ Talismans and amulets.

## Protection spells in practice

Do not discount the practice of using personal energy as a shield against psychic attack. Many times, I've gone along to a moot where the theme has been protection magick. A very common technique is to protect oneself in a bubble of white or blue light where you are safe – but this technique needs practice. Your personal energy can be a tangible shield against psychic attack or, even, physical attack, but your focus needs to be both solid and strong.

On the other hand, here's me saying that white light is not enough if you are under malicious psychic attack or if someone is trying to harm you or those close to you. An experienced witch who casts a targeted curse on you will be able to go straight through your bubble – pop! Having cast protection spells in the past (for me and those I love), means a little more power is needed – extra insurance if you like. More details are contained on our website, [www.gyldenfellowship.co.uk](http://www.gyldenfellowship.co.uk).

Before we come to protection spells, let's have a look at things like **amulets and talismanic charms** for personal protection. I'll try to be brief here, because this topic has also been the subject of books. Such items are often natural that seem to be attuned to your energies, eg holey stones, flints, fossils, four-leaved clovers or pebbles that resemble eyes. Mint, sage and oak are also believed to offer protection.

An amulet is like a charm that is designed for a single purpose that is special to the person making or carrying it, like warding off harm and a talismanic charm is there to focus magick on a short-term purpose. Such charms are very ancient and have been found in archæological digs in Iraq. Today, it is best for each person to fashion his or her own talismanic charm for protection, for luck or against evil. Here are some things to consider when creating such charms.

- Zodiac signs or runes on parchment or thick paper.
- Use of correspondence tables to define which sigils to use.
- Ribbons, again using correspondence tables for colours.
- Herbs, eg fennel, basil, anise or cloves.
- Crystals, eg jet, black tourmaline or obsidian.

Here's a little spell to be used either in a waning moon phase or at the dark of the moon, **to repel a psychic attack**

**Set-up:** cauldron of water, salt, cloth, table and athame.

1. Sprinkle some salt on the cloth.
2. Use the athame to bless the salt, "*I bless this salt to make it fit for my spell.*"
3. Add the salt to the water and hold the cauldron up towards the sky and then replace it safely on the table.
4. Visualise your deity, eg Brighid or Keridwen.
5. Say: "*I ask you, Brighid/ Keridwen, to let this bowl receive all those negative energies sent against me, so that I can cleanse myself and become whole again once more. Blessed Be.*"
6. Dip the fingers and thumbs of both your hands into the water and focus on all the negative energies moving through your body, down through your arms and out of your hands into the water. As you do this, you may be aware of becoming lighter, losing the effect of the attack sent against you.
7. When you are sure that this is completed, take your hands from the cauldron and shake any drops of water back into the cauldron.
8. Ground yourself and hold up the cauldron again.
9. Say: "*I ask you, Brighid/ Keridwen, to take this negativity from me through your elemental power and to keep me safe in your hands. Blessed Be.*"

Throw away the cauldron of water into flowing water or the drain (away from plants).

Here's a spell that's designed to give basic personal protection in the form of **a protection bag**.

**Set-up:** a small black bag, a black tealight + holder, a selection of small crystals - jet, onyx, flint, tourmaline and obsidian.

1. Light the tealight in its holder.
2. Place each stone in the bag one by one.
3. As you put each stone in the bag, say: "*Every stone used in this charm, deters all those who cause me harm*".
4. Place the bag of stones near the tealight.
5. Allow the tealight to burn out.
6. Carry the protection bag with you or keep it by the main door to your home.

Here's a **red candle spell** that's designed to give basic personal protection, including your personal workplace. A lot of candle magick involves writing on the wax and I find that using a black tourmaline crystal to write on the candle can give a boost to the spell. Never blow the flame out - just pinch it or snuff it out.

**Set-up:** a blue candle and holder, a small container of patchouli oil, pine or sandalwood incense, salt and water.

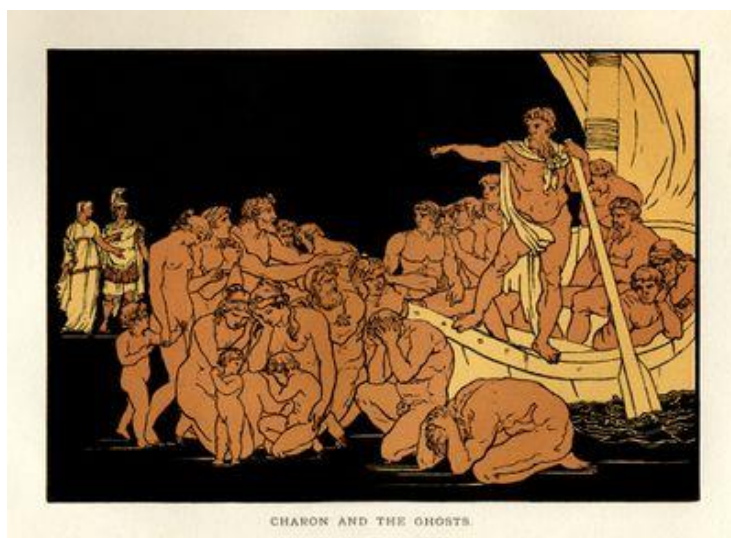
1. Anoint the candle with some of the patchouli oil.
2. Chant: "*Candle of protection, power and might, protect me from evil with your pure light*".
3. Light the candle and the incense.
4. Anoint your forehead with some of the patchouli oil.
5. Sprinkle salt and some water around the candle.
6. Visualise all negative energy fading away.
7. Chant:

*"Let all the elements now combine,  
To protect my heart and mind,  
Let darkness and evil fade away  
So only good shall come my way."*

Let the candle burn out completely and repeat as needed.

Oh yes, a word about black tourmaline, which is a very good crystal for protection against psychic attack, negative energies or malicious spells. If you believe that someone has sent a hex or curse against you, black tourmaline can be used with either quartz or mica to send the malice back to source. Here's **some ways to use** black tourmaline.

- Keep the crystal with you when travelling spiritually or meditating, as its protective nature guards against psychic attack on other planes.
- Key feelings to lose are negativity and phobias – black tourmaline soaks up all your tensions or stresses and leaves you to think about being positive, optimistic and relaxed.
- Wear black tourmaline jewellery, eg necklaces, rings, bracelets, etc. It's recommended to wear it on the left side of the body, to permit better access to your chakras.
- Place the crystal in living spaces, in the car or near any source of EMFs. To cleanse a room, place the stone in a bowl of spring water each day.



# The Mermaid's revenge

By the Storyteller

***This mermaid story is from Perran in Cornwall. In English folklore, the old word for mermaid was merrymaid, with the merry coming from a French word for sea.***

*When Selina was a child, her mother took her to bathe in a small pool near the arched rocks of Perran. While she was playing in the water, her mother accidentally dropped her and she disappeared from sight. After a few moments, Selina returned to the surface but she seemed changed – her face was brighter and more beautiful than ever before.*

*As Selina grew up, she loved to play in the ocean, diving and riding the waves like a seal. She liked to take long walks on the shore in the evening with her father. The local gossips said that she was a mermaid's changeling, but as the years passed, Selina never displayed any other characteristics of a mermaid so the story was forgotten.*

*When Selina was 18 years old, Walter (the nephew of the local squire) became infatuated with her. To make her acquaintance, he took long walks on the shore at the same time and place as Selina and her father. After a few weeks she, her father and Walter became friends. When her father was called away by the squire to repair an old farmhouse, she and Walter continued their long walks and their friendship deepened into love.*

*Walter, however, was a scoundrel, just living for the pleasure of the moment. After a few months he tired of Selina and left for the big cities. Selina pined for him and, finally, died of a broken heart.*

*Years later, Walter returned to the village. He spent his nights drinking and dancing with his old friends in a cottage near the shore. Leaving the house one night to get some fresh air, he wandered down to the sea where he met an incredibly beautiful woman. With a shock, he noticed that she looked a great deal like Selina. She sang to him a sad song of lost love and then disappeared.*

*Walter searched for the woman every night after that. After a couple of weeks, he heard singing and followed it to a cave at the water's edge. There he found the woman who beckoned him nearer. Walter came forward and embraced her and suddenly she kissed him.*

*She told him this. "Kisses are as true at sea as they are false on land. You men kiss the earth-born maidens to betray them. The kiss of a sea-child is the promise of loyalty. You are mine till death."*

*"Death!" Walter cried. The mermaid held him tightly and continued to kiss him as the cave began to fill with water. When it was deep enough, she took him out to the open ocean where the other mermaids held him underwater until he died. This was the vengeance of the mermaid for the death of her adopted daughter, Selina.*



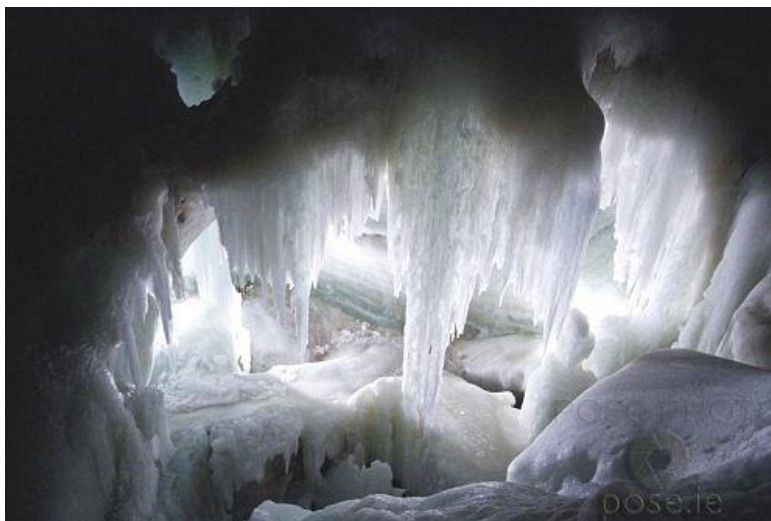
## Self-help (2): Meditation: ice caves

By Nick the Witch

This meditation helps to bring relaxation to the third eye chakra, i.e. the chakra that affects your wisdom, intuition and spiritual sense. As with many meditations, ensure that your environment is quiet and free from interruptions – start with some long, deep breaths.

1. Start by seeing yourself as climbing a steep path up a mountain – far above you are blue skies, sunshine and snow on the top of the mountain. The air is cold and clear and large boulders are on either side of your path.
2. The path starts to level out and you stop for a moment - you feel grounded and unshakeable, just like one of the large boulders you passed earlier.
3. As you breathe the clear air, focus on the base of your spine and imagine your bones and legs being cleansed in the pure air...you feel renewed.
4. In front of you is a large opening to a cave, small blue flowers grow in clumps on either side and the warm sunshine falls on them...you feel impelled to enter the cave.
5. Step forward and go inside — the cave has smooth walls and a high ceiling with a cool breeze that is not uncomfortable, but sharpens your senses...the path leads downwards into a dark area that has distant light ahead of you.
6. Walk down the path and you find yourself in a large cavern. The light is natural and comes from ice on the walls, on the roof and hanging down – everywhere is glittering ice and the air is so clean.
7. The path continues through this ice cave and into more wonders. Icicles hang above you and ice outcrops are on the floor. All the ice sparkles as you gaze on an ice river next to your path, leading to a frozen waterfall.
8. You begin to feel a part of the mountain, deeply anchored, safe and rooted to the earth, but open to the elements of air and frozen water. Breathe in this energy as it refreshes your spirit and moves to your third eye chakra.
9. You have reached the last ice cave, continue along the path until the ice gives way to mountain rock and sunshine outside. Look back at the mountain, with its hidden ice core, and feel at one with it.

When ready, open your eyes and finish.



# Psychic communication and crime

By Nick the Witch

The following article looks briefly at the work of psychic detectives. Perhaps the best way of describing the work of psychics as aids to police work is to take a couple of real-life case examples and show their work in their own words. The first is *Diane Lazarus*, who was a professional psychic for over 20 years and travelled all over the world helping the police to investigate crimes.

*"I FIRST saw spirits at a young age so for me it's nothing out of the ordinary. When I'm working on a case, I don't refer to the dead as spirits, I call them energy. The police give me a photo of the victim or they arrange a face-to-face meeting with a member of the victim's family or, occasionally, the family member contacts me directly. I always record these readings and take notes so the police can refer to them, which makes it easier if the case goes to court.*

*My first case was almost 20 years ago when I was living in Swansea. Out of the blue, two police officers called at my home. A man was missing and they wanted to see if I could pick up any details about what had happened to him. Using my psychic skills, I could see that the man had committed suicide and was slumped in his car. The police later found the man in his vehicle in the location I described. Since then I've worked with police forces around the world. Whenever I work on a case, I make sure that my methods fit in with the police force's procedures and I never ask for payment."*

*"A high-profile case that I was involved with, in the UK, was the murder of Mark Green. I did a reading for his aunt who thought he was missing, but he came through and told me he was dead. Mark then provided information about how he had been killed. His aunt passed the tape of her reading to the police.*

*At first the detective constable who was leading the investigation thought it was a missing person's case. However, I spent five hours walking around Birmingham with another officer and with Mark's spirit guiding me. I led the officer to the Highgate estate in Birmingham where Mark's body was later found and provided more details about his murder and the materials involved. Thanks to my input, the case was upgraded to murder.*

*I also predicted that a TV show would smoke out the killer. Mark's parents later appealed on TV and afterwards a man called James McMahon came forward and confessed to helping the killer – his brother, Robert McMahon – bury the body in his garden. Both men were convicted. The killer was given life and his brother two years. I would love the police in the UK to be more open about using trusted psychics. Yes, there are questionable psychics, but the good ones can provide valuable clues, all with the help of the spirit world of course."*

The second case example is *Tracy Higgs*, a professional medium from Hertfordshire who has worked with the police on several cases.

*"In 2006 I appeared on a TV show which investigated unsolved crimes and was aired on CBS Reality. I had been a professional medium for three years, but the show brought my gifts to the attention of grieving families and the UK police. Soon people who had lost family members in a violent way started asking me for readings. They wanted to know what had happened to their loved ones. When I do one of these readings the victim's spirit gives me details about their death, the murder weapon, where the body is and so on. I relay this information to the loved one. I always tape these readings and the relative usually passes the details to the police. Often these readings include details that haven't been released to the public. It's at this point that I receive a phone call from an officer who's investigating the case and I provide more information if I can."*



*"Sometimes the police contact me directly. I tune into my spirit guides and I'm shown clairvoyantly what happened. It's like watching a film. It's upsetting but I've learned to deal with it. Often the police give me a photo to work with or a name, which helps me link in with the victim and the murderer.*

*My first police case was a woman, whose daughter had been murdered, came for a reading and I gave her specific evidence about the killer. I told her the killer was her daughter's boyfriend and that he had stolen things from her flat, which were hidden at his workplace and not his home. The mother passed this information to the police, who found the items at the killer's workplace.*

*Another case involved a woman called Bonnie Barratt. A relative came to me for a reading and Bonnie's spirit came through immediately. Bonnie told me she was a prostitute and was insistent her murderer was a client and that he had killed another woman. I also picked up that the killer was from Preston, Lancashire. This information was passed to police. Several months later, Derek Brown from Preston was convicted of Bonnie's murder and sentenced to life.*

*When I hear of a conviction, I feel glad that I've been able to help give the families closure. I will always try to help solve crimes. It's one of the reasons why I have this gift."*

**However, many police forces do not acknowledge that they use psychic assistance in the detection of crimes. If we take the Soham murder case in 2002 as an example, the clairvoyant, Dennis McKenzie made several claims during the police investigation, despite not acting as an official consultant.**

Mr McKenzie claimed that the police breakthroughs came after he had submitted his insights to the police after the disappearance of Soham schoolgirls Holly Wells and Jessica Chapman caused a huge police search. Here are some of McKenzie's claims.

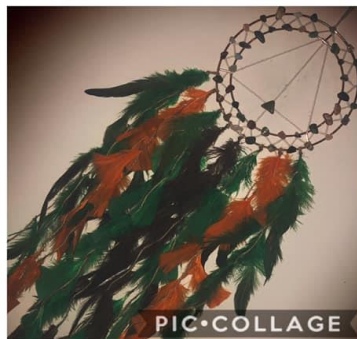
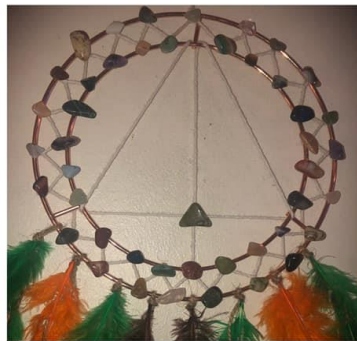
1. He described the caretaker, Ian Huntley, in detail and his accomplice, Maxine Carr, including their northern accents.
2. He described the red car used by Huntley to move the girls.
3. He described the view from Huntley's house, eg a grain silo in a nearby field, a road that ran next to the house and a ditch in which Huntley dumped the girls' bodies.
4. He predicted the death of both girls, shortly after their disappearance.

Mind you, although some 25 police forces denied using psychic-obtained evidence in their investigations in a 2006 survey, it is interesting that the Metropolitan Police changed their view by 2009. Previously, the Metropolitan Police had totally repudiated the suggestion that it had used psychics to help with cases, but it was then presented with emails suggesting the use of a psychic. The ensuing press statement from a senior investigating officer was much more ambiguous: "We do not identify people we may or may not speak with in connection with inquiries. We are not prepared to discuss this further."



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