



Gylden Magick

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Samhain 2023

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**,

This edition marks the end of the pagan year. The magazine is a little longer as we try to pack in ever more topics, covering all types of paganism.

October is the **Hunter's Moon** and Samhain is sometimes known as the **Feast of Winter** – more about that later. Altar colours are black, orange, red brown or gold.

So, 31 October is **Samhain** and we've included some seasonal blessings. Other notable dates for diaries in October are **Leif Erickson Day** on 9 October, **the Festival of Lights** in

Brazil on 10 October, **United Nations Day** on 24 October, and **Allen Apple Day** on 27 October in Cornwall. The latter one is notable for divination and fortune-telling in relation to romance. Don't forget **28 October** for the **next full moon**.

Our website has four collections of tales and poetry, two from the **Storyteller** and two from **Nicola Ison**. Another collection is due for publication soon, which is a combination of tales and verse.

This issue also features appropriate matters for the **Feast of Samhain**, as well as celestial forecasts, sacred occasions, nature and magick.

Our crystal expert, Charlie, turns her attention to spinel and kunzite and Mark considers conditional probability and goats!.

But no ads – after all, we're like a pagan public library and all the information is free.

In past years, we would be frantic with preparations for various fayres or events, but not so in 2023. We will catch-up with friends and look forward to attending the moots, 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? I'm reminded by the admins that **Gylden Fellowship has an Instagram account** too, if you wish to follow it.

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Samhain magick

By Nic the Witch

Although celebrating any of the sabbats in a group or open ritual can be inspiring and reaffirming, one of the attractions of worshipping as a solitary is that you can customise your ritual in your chosen setting. The article below gives some ways in which you can choose to decorate your place or altar, select a deity, use or edit a blessing and some magickal activities.

Samhain Blessings to one and all - may those who have gone before walk with me at this time and share their wisdom.

Interestingly, All Hallows Day was part of the pagan festival too and started at sunset on the evening of Samhain. The Roman Catholic Church used to celebrate All Saints' Day for saints and martyrs on 13 May, but the date was moved in the 8th century, to *coincide* with the pagan festival.

For the Celts, Samhain marked the end of the agricultural season (end of summer) and the beginning of winter: it was the time of year when the gates between this world and the next were open. It was a time both of communicating with the spirits (honouring the dead) and a time of divination or scrying, when the ancestors could be called upon for advice. The whole belief that underpins Samhain is death and transformation

Samhain was a key festival in Ireland, because of the widespread belief that all manner of supernatural beings roamed the land – not only the spirits of the dead, but also *færies*, goblins, etc. People did not tend to walk out at night on Samhain and it was also a time of peace – no fighting or violence was allowed.

In magickal terms, Samhain is the start of a new year and a time for releasing negative thoughts or closing matters or beginning new projects. Examples might include writing off a debt, closing an account or running an audit. It is the wisdom of the Crone that prevails at Samhain: asking for guidance, paying respects to departed ancestors and celebrating reincarnation. First things first then – remembering what Samhain is all about, the altar should be one that honours the ancestors and it could include photos or mementoes of relatives or friends that have passed on. The list below gives an idea of the **diversity of altar adornments**.

1. Good **incense** for Samhain could be sandalwood, wormwood, sage, myrrh or patchouli.
2. Typical **crystals** might include onyx, jasper, obsidian, bloodstone or jet.
3. The **altar cloth colour** should be one of black, orange, red, brown or gold.
4. You could have a **Samhain tree** (like a Yule tree), decorated with suitable coloured ribbons or baubles.
5. It's probably better to prepare some sort of **ritual foods** or feast in advance. If you have younger children in the house, the ritual area needs to be closed, but there is no harm in explaining the meaning of Samhain and offering up a family prayer for the ancestors.

There's loads of **food and drink** that can be used as part of a Samhain feast, including the following:

- a) Apples or apple dishes
- b) Nuts, which represent reincarnation
- c) Cider or mulled cider with spices or mulled wine
- d) Pumpkins or pumpkin bread or seeds
- e) Potatoes, turnips or corn
- f) Gingerbread
- g) This was a traditional meat festival, as many livestock would be slaughtered in late October and every part used to sustain a family through winter – even using the fat to make lamp oil or tallow. So, a good meat to use is pork.

A plate of food could be left outside the home for the souls of the dead; I can't do that myself due to foxes, mice, etc around our house, but placing a candle in the window or burying apples/ nuts in the soil are also expressions of respect for the dead. Thinking about it now, leaving a place setting for the spirits at your Samhain feast, shows appropriate respect to your ancestors too.

Much of the magick depends upon the type of pagan pathway followed...I might opt for Cernunnos or Brighid or the Morrighan as part of my magick, but other [deities](#) could include Hecate, Arianrhod, Bast, Hades, Persephone, Hel, Loki, Arawn or Anubis. This not an exhaustive list, but any deities that are believed to be part of death or the otherworld are welcome. Likewise, [animals](#) that are reputed to be linked with Samhain are stags, owls, bats, crows, cats and herons.

The [tools](#) needed for the ritual are the usual suspects: cauldron, black or orange candles, broom, a crystal ball or tarot deck and, perhaps, a magick mirror.



As to [the ritual](#) itself, every pagan has his or her own way of calling in the Guardians and opening the portals. The key points involve honouring the dead, asking the ancestors for guidance (perhaps by tarot interpretation), divination or scrying or past life recall. Here are some magickal things that could be done:

- a) Candle magick
- b) Divination of any type
- c) Astral projection
- d) Mirror spells
- e) Creating a labyrinth
- f) Casting protection for the family or home
- g) Contacting spirits of those who have passed on
- h) Creative visualisation
- i) Færy magick
- j) Past life regression
- k) Deep crystal meditation for remembrance.

Some pagans are strong on costumes and this is fine for ritual magick. Others tend towards craft skills, such as carving jack-o-lanterns, making masks, drying herbs, etc. Here is a [Samhain spell to remember a particular person](#) that you could use or adapt for purpose.

What you will need: a small candle (any colour or a tealight) and a picture/photo of the person whom you wish to remember.

- Carve or write the person's name on the candle.
- Set the candle alight.
- Visualise peace filling the spirit of the person in the picture/photo and a happy memory involving him/her and you.
- The spell is to summon one special ancestor in your memory. **Say these words:**
*Let this flame blaze through the night,
 Bringing both wisdom and caring insight,
 Let anger and hostility now depart,
 As peace and harmony fill my heart.
 At this special time and in my sacred space,
 I request my ancestor come to share this place.
 Let you be welcome, forever in my heart,
 Remaining here until I bid you depart.*
- Let the candle burn out and put the picture/photo away.

Samhain muffins

125g wholemeal flour
 125g plain flour
 2tsp baking powder
 100g dark brown sugar
 A handful of pumpkin seeds
 A handful of sultanas
 100ml olive or sunflower oil
 4 mashed bananas
 2 eggs
 2 tbsp milk

Vegan ingredients can be used if necessary.

1. Heat the oven to 180°C/fan 160°C/gas mark 4.
2. Line 6 holes of an oiled, non-stick muffin tin with squares of greaseproof paper.
3. Mix wholemeal flour, plain flour, baking powder, dark brown sugar, the pumpkin seeds and the sultanas.
4. Add the oil, eggs, mashed bananas and milk.
5. Stir the mix with a metal spoon.
6. Divide the mix equally between the muffin holes.
7. Fill each hole to the top and add a few extra pumpkin seeds to the tops.
8. Bake for about 20 minutes or until the muffins are cooked through.

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Sacred art: Samhain in Ireland

Collated by Gylden Fellowship







Black poplars

By Sussex Wildlife Trust

There are only 38 mature black poplar trees (*Populus nigra ssp. betulifolia*) left in Sussex and only around 10,000 trees left in the UK. The genetic diversity of the remaining trees is very limited and new diseases have recently destroyed whole swathes of the species in Manchester. Without a concerted effort to protect existing trees, to plant saplings and restore habitats to enable natural reproduction, black poplars could soon become extinct in the UK.

Black poplar used to have an integral role in local communities. It was planted to mark field boundaries on floodplain land and the wood was often used commercially as the trees grew fast. Black poplars can be coppiced or pollarded to provide a crop of wood for bean sticks, thatching spars, scaffolding poles and fruit baskets. Young shoots (which do not split easily) were used in Victorian times as clothes pegs. The wood is relatively fire resistant and was often used for flooring when paraffin lamps were still in use. Black poplar wood is naturally springy and was used to make cart wheels, wagon bottoms and clogs. The branches of mature trees grow in a natural curve and the timber can be used to make the arched supports of timber framed buildings. Later, it was discovered that the wood absorbed paraffin - it was used to make matches. The wood turns well and the large burrs found on the trunk are still used today to make bowls.

The tree itself is distinctive, and can grow up to a height of around 30m, with a trunk diameter (at chest height) of up to 2.5m. Mature trees often lean at an angle, and have dark grey, deeply furrowed bark interrupted by woody burrs or swellings. Older trees often have down-curving branches, upswept at the tips. Young shoots are pale yellow brown, with shiny brown alternate sticky buds. Catkins appear before the leaves. Male catkins are crimson and appear in late March or early April. Female catkins, which are yellow-green, appear shortly afterwards. Young leaves generally open in early spring (March-April) and are pale green, occasionally tinted bronze at first and have a distinct aroma. Leaves are triangular shaped with serrated edges.



Centuries ago, the black poplar would have naturally occurred in winter-flooded riverine woodlands. It survived phases of woodland clearance as a tree of riversides and floodplain grasslands. Large-scale agricultural drainage since the 17th century caused a huge decline in their numbers. Since then, survivors have only regenerated when planted as cuttings. The last 200 years saw an even greater decline in the native black poplar as it was replaced as a working timber tree by fast growing hybrids imported from abroad - the decline in its use severely reduced the need to plant it. Native trees also hybridise easily with non-native imports. Female trees also produce a copious, downy seed which is often seen as a nuisance; female trees are often destroyed and seldom planted.

Black poplar is now one of the species included in the [European Forest Genetic Resources Programme \(EUFORGEN\)](#). Many of the remaining trees in Britain are of an even age and approaching the end of their natural life spans. These trees are genetically very closely related. This makes them particularly vulnerable to chance extinction events. There are only five genetic clones within the 38 surviving Sussex trees.

Native black poplar is associated with riverside woodland, itself a threatened habitat requiring conservation. The tree is also valuable for wildlife and has over 100 specialist insects associated with it. Moth species include the hornet moth, wood leopard moth, poplar hawk moth and the figure of eight. Catkins provide an early source of nectar for bees and the seeds are enjoyed by finches. The rare migrant butterflies the Large tortoiseshell and the Camberwell beauty rely upon poplar and elm species for their food plants. A decline in both of these tree species has resulted in these butterflies becoming extinct in the UK.

The [Sussex Black Poplar Working Group](#) was established in 1998 to publicise the plight of the Black poplar. They originally found 34 mature trees in Sussex and later a further four were identified. They formed a voluntary partnership with the Royal Botanic Gardens (RBG) Kew and Wakehurst Place and took cuttings from each mature tree, which now grow as active coppice stools. Every year, cuttings of young trees are taken and are planted throughout Sussex in river valleys. Over 6000 trees have been planted. Sadly, one of the trees died of old age in 2003, but it lives on at the Wakehurst nursery and through the cuttings taken from a coppice stool every year.

Every year, [Sussex Wetlands Project](#) helps to hand out young black poplar trees to landowners who can plant them in their native habitat. If you think you can plant some black poplars as part of a floodplain woodland, then let us know - we may be able to supply trees to you for free. Floodplain woodlands are one of the most natural and dynamic woodland systems in existence. These woodlands have between 30%-70% woodland cover and include a mixture of open floodplain areas, woodland and wetlands. They are self-regulating through natural processes and need minimum human intervention.

Natural variations in floods and water flows from adjacent rivers cause the woodlands to constantly change in shape and structure. Water flows create bare mud and open habitats in which black poplar seed can grow or in which pieces of broken branches can float down river and root themselves in new sites. Floodplain woodlands can also benefit people by helping to slow down and clean floodwater as well as encouraging the return of rare species which depend on this habitat such as the otter and the spotted flycatcher. In the long term, we hope that every river catchment in Sussex will be managed to address landscape and water use issues and to encourage natural environmental services through river and floodplain woodland restoration.

If you have an area of land near a river or stream which floods regularly, and the land is not already of value for wildlife, then you may be able to plant floodplain woodland with black poplars. This can help us to restore some of this precious habitat for these and other rare species. There may be government grants available to help you. Free advice is also available from Sussex Wetlands project. If you own or manage an area of Ancient Semi-natural woodland in a floodplain in Sussex and would be prepared for us survey it then please contact us.

Sussex Wildlife Trust
(Wetlands Project)

www.sussexwildlifetrust.org.uk

EMMA2 and squirrels

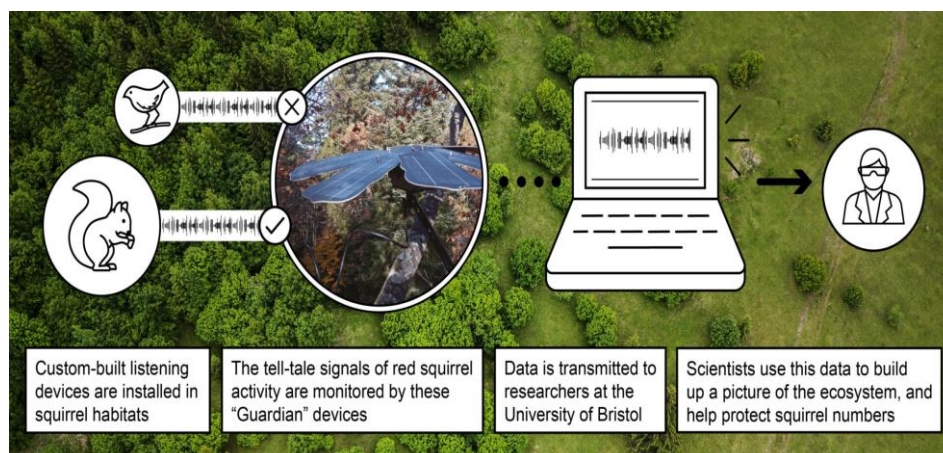
By the Mammal Society

We are delighted to be helping with the development of EMMA2, the second edition of the [Atlas of European Mammals](#). The first Atlas of European Mammals was published 20 years ago and is now out of print. In 2015, some members of the original atlas editorial group proposed the idea of a second edition, updating information for the area already covered and extending the area to the whole of geographic Europe. Early discussions with mammalogists across Europe indicated that there was a high level of interest in this proposal and so an open meeting was held in Rome at the end of November 2016. Discussions at the meeting set the direction for the new project and work began on defining the scope of the project and recruiting volunteers across Europe to help with its delivery. The new Atlas will cover 42 countries, altogether an area of 11.59 million km². The project is due to be completed in 2023. To find out more about EMMA2 go to www.discovermammals.org.

The Mammal Society is partnering with the University of Bristol, non-profit tech start-up [Rainforest Connection](#), and [Huawei Technologies](#) for a ground-breaking project aiming to protect [red squirrels](#) through collecting bio-acoustic data. Custom-built Guardian and AudioMoth devices, powered by Huawei's world-leading AI technologies, will be used to collect acoustic data from the environment in forests inhabited by only red squirrels, by only [grey squirrels](#), and by both species.

The data will be transferred to researchers at the University of Bristol, who will use it to build up a picture of the ecosystem to help learn about the behaviours of squirrels. Red squirrels are a beloved and iconic native species, but their numbers have undergone sharp declines in Great Britain over the past 60 years, and they have disappeared from 60% of their range in the last 13 years alone. They are endangered in England and Wales and near threatened in Scotland. According to our [Red List](#), there may only be 29,500 red squirrels left in Great Britain.

Major factors behind their decline are competition and disease from the invasive grey squirrel. The only certain way to sustain a population of red squirrels is through the exclusion of grey squirrels. This can be done by creating habitats favourable only for red squirrels and through careful conservation and reintroduction efforts. In order to do this successfully, a greater understanding of red and grey squirrels is needed. This project will give us a new insight into squirrel activity, which would not be possible without using this technology. Results of this project will help us identify where conservation effort will be most effective and make the biggest difference to red squirrel populations.



History corner: The Night Witches

By Gylden Fellowship

In the Nazi-occupied Soviet Union, German soldiers had a very real fear of witches, particularly the **Night Witches**. This was the name given to an all-female squadron of bomber pilots who ran thousands of bombing raids with little more than wooden planes under cover of darkness. This year marks the 73rd anniversary of the start of their pioneering service. In June of 1941, the Axis powers pushed into the Soviet Union using the largest invading force in the history of warfare (Operation Barbarossa) - about four million troops.

From the start of the war, Colonel Marina Raskova, a Soviet pilot, was receiving letters from women across Russia wanting to join the war effort in any way they could. Many women served support roles, but it was difficult to make it to the front. Raskova lobbied to find ways for women to take a more active role in the war, and was highly successful in her efforts, leading to women being eligible for the draft and convincing the military to establish all-female units. In October 1941 the order came from Stalin that Raskova was to establish a trio of all-female air squads. The only one reported to have exclusively female was the team of night bombers, the 588th Night Bomber Regiment, where everyone were women.

The regiment began in 1942, with young women ranging in age from 17 to 26 transferring to the small town of Engels to begin flight training. The future pilots were greeted by Raskova herself with a no-nonsense, military manner. The women were issued size 42 boots, outfitted with ill-fitting military uniforms made for bulkier male soldiers and their hair was cut short. They faced obstacles even before they began combat - they had to fly Polikarpov PO-2 aircraft—two-seated, open-cockpit biplanes that were obsolete even by the standards of the day. Made of plywood frames with canvas stretched over them, the planes were light, slow and provided no armour. The benefit of the planes was that they had a slower stall speed than the standard German fighters, making them hard to target, and they could take off and land anywhere. This came as literal cold comfort to the pilots who had to fly the ships through walls of enemy fire in the dead of night, with the freezing wind whipping through the exposed cockpits, often giving the pilots frostbite.

All this did little to discourage the women of the 588th Regiment. Starting with an initial bombing run on 8 June 1942, the all-female squadron would harass Nazi forces with overnight bombing runs continually until the end of the war. At the peak of the regiment's strength, it had as many as 40 two-person crews, flying multiple bombing runs as soon as the sky darkened, taking part in as many as 18 in a single night. The light planes could only carry six bombs at a time; so, as soon as one run was complete, the pilots would be re-armed and sent back out for another run. This weight limit also meant the women could not bring parachutes and also had to fly at lower, more easily spotted altitudes. Cover of night was crucial to their success and survival. Three planes would leave simultaneously, with two of the planes drawing searchlights and gunfire and the third sticking to the darkness, to drop the bombs. In order to remain hidden, the pilots would kill their engines when they got near their target, and simply glide over it, deploying their bombs.

As the silenced bombers sailed over the Nazi forces, making a light whooshing sound, German soldiers began referring to them as **Night Witches**, a name the pilots of the 588th quickly took on with pride. By the end of the war, the Night Witches had flown about 30,000 bombing raids, delivering around 23,000 tons of munitions on the Nazi forces. The regiment lost 30 pilots during the fighting and 23 pilots were awarded the title of **Hero of the Soviet Union**. The squadron was never disbanded, but converted into the 46th Taman Guards Night Bomber Aviation Regiment, which continued to fight for the Soviet Union. The Night Witches didn't have great planes, or superior bombs, but they were one of the most remarkable fighting forces of World War II.

Shrooms

By Erica Zann

Listening to Sir Michael Palin on the Today programme, I was struck by something he said about a member of his family who died in the Great War. Sir Michael commented that, as we all get older, we tend to look back more and remember what happened before. I recall my Aunt Mollie who was such a fleecy person (lots of cardigans and small dogs), but she was also a civilian firefighter in East London during the Blitz.

As the nights are darker and the evenings cooler, I do appreciate woolly cardigans, fleecy throws and hot drinks with good reads. The radio is a companion too, with a wide choice of listening – for me, that's Radio 2, 3, 4, 5, 6 and Radio Solent. Perhaps I'm turning into Aunt Mollie, particularly since Strictly is back on the box. This is always a popular topic of conversation for my fellow residents over bingo, rummikub or coffees. Actually, we have our monthly fish-and-chip lunch this week and I decided to forgo my usual cod bites for skate. It's been years since I had skate and chips. I remember a man coming to my parents' house with the wet fish van each week and you could pick what you wanted. I was always told that if you're going to eat fish in a restaurant on holiday, try to find a port where fish are actually brought ashore.

There have been some interesting pieces on Radio 4 recently, which looked at the rise of paganism as religion in Britain and at the different aspects of being a witch. Isn't it a shame when actors die? I'm thinking here of David McCallum who was an integral part of my TV life, both as Illya Kuryakin in the *Man from U.N.C.L.E.* and Ducky in *NCIS*. Actually, I remember him and Joanna Lumley in a series, called *Sapphire and Steel*. Now I think about it, Roger Whittaker and Tony Bennett died earlier this summer. I guess you need to be closer to my age to recall such singers.

Cooking continues to be a prime example of making do, healthy diets notwithstanding. I've always been a fan of batch cooking. My food bills are lower due to me buying ingredients rather than ready meals. So, when I cook an orange chicken or a tomato mince, I make enough for my meal and then freeze the rest in portions. My freezer is crammed with stuff to be defrosted from week to week – and it's cheaper that way. Buying vegetables in season and using them in batch cooking is another money-saver...apples and mushrooms are everywhere just now. I've probably said this before, but if you can use local shops (like the butcher across the road), there's an instant saving on fuel and you can get local discounts too.

Things I don't like about autumn are wasps and Tories. The Tory party conference, in particular, raises poor memories. In my youth, I was a Young Conservative, because there were many branches locally, all with varied social diaries. But, I did manage to go to a party conference in Brighton in 1984 – I was having a few drinks (as you do) with my friends in the Grand Hotel, at a reception at about 1am. We went back to our hotel and woke up in the morning to the news that the Grand Hotel had been bombed by the IRA...lucky escape for us, but not for the victims. Wasps too – there was a wasp on the bus the other day and it stung me twice before I could escape! I looked in my herb cupboard and found a little jar of plantain oil, which is very good for insect stings of all types and the wasp stings were gone in a day or so.

Sending you all many blessings.

October crystals

By Charlie Foreverdark and Nic the Witch

Charlie Foreverdark is still coping with her new addition to the family! Many congratulations to Charlie and Rob on the arrival of their baby, River Castiel. So, we're looking at the correspondence crystals for October and their healing properties, using some of Charlie's notes from previous years – the main ones are spinel and kunzite.

Kunzite is named after jeweller and gemmologist George Frederick Kunz, who identified it in 1902, kunzite is the best-known variety of the mineral, spodumene. George Frederick Kunz is well-known in the world of crystals and gemstones; his expertise caused him to become vice-president at jewellers Tiffany & Co, by the age of 23. In 1913, in his book, *The Curious Lore of Precious Stones*, Mr. Kunz proposed a list of alternative American sourced birthstones. He reasoned that it would be more in keeping with the spirit of patriotism for American citizens to accessorise with gemstones which were native to American states.

The first kunzite deposit was discovered in the Pala Mountains of San Diego in California, where comparatively recent discoveries of large deposits of lepidolite, tourmaline and amblygonite have also been found. Kunzite has subsequently been discovered in Brazil, Madagascar, Myanmar, Mexico, Sweden, Burma and Afghanistan, with smaller gem-quality deposits in Canada, Russia and Western Australia. Upon its initial discovery, pink kunzite was traded under the name, California Iris.

Kunzite tends to be transparent, but can also come in translucent or even opaque varieties. It is a highly lustrous mineral with pink, lavender and violet tones which come from minor inclusions of manganese. Generally speaking, it is the brightest coloured specimens of kunzite which carry the highest price tags. Patroke Kunzite (named after the Afghan mine from which it hails) is highly prized for its particularly vivid and highly saturated pinks and lilacs. Most other kunzite tends to favour the softer and more pastel pink tones.

Kunzite is subject to an interesting phenomenon called *phosphorescence*, which means that it is able to absorb and retain ultraviolet light and release it gradually. This gives it the ability to luminesce (glow) in the dark. This luminosity is even more pronounced when subjected to the effects of ionising radiation using radium bromide in a laboratory. It is not recommended to keep kunzite specimens in direct sunlight or extreme heat for prolonged periods of time, as the stone is subject to fading. Indeed, kunzite is often described as an Evening Stone or Midnight Stone due to its sensitivity to light. Although the colour-fading is a gradual process, many people still prefer to reserve kunzite jewellery for evening-wear so as to avoid excessive exposure to sunlight. Some types of kunzite are intensely pleochroic, meaning that the colour display and intensity are subject to change when viewed from different angles. This quality can be enhanced by careful faceting of the stone.

Kunzite is composed of lithium, aluminium and silicate. It exhibits perfect cleavage, a trait it shares with diamond and topaz. The perfect cleavage of kunzite is exhibited in two directions, meaning that although the stone ranks around 7 on Mohs hardness scale, the perfect cleavage renders it with a poor toughness rating. Gemstones with perfect cleavage can be somewhat challenging to cut and polish. For softer stones, a protective bezel setting is typically favoured. Jewellers will often incorporate kunzite into pieces that won't experience excessive wear, such as earrings, necklaces, pendants or brooches.

In terms of formation, kunzite is constitutionally complex and fairly liable to alteration. It forms in flattened monoclinic crystals with vertical striations parallel to the principal axis. However, if the temperature conditions of the surrounding environment exceed 900°C, then spodumene will favour crystallisation in the tetragonal

system, as opposed to the monoclinic. Individual spodumene crystals of around 47ft in size have been uncovered in the Black Hills of South Dakota USA. Fine quality kunzite crystals are not uncommon in weights exceeding 20 carats. Kunzite ranks 6.5-7 on Mohs hardness scale. In terms of other pink-hued gemstones, it is similar in hardness to rose quartz, but a softer mineral than pink sapphire, morganite and pink spinel. Kunzite tends to be transparent, with only very occasional inclusions and internal imperfections. Occasionally, rutilated specimens are found.

Kunzite (and, indeed, the entire spodumene group) are an important industrial source of lithium, used in the manufacture of ceramics, mobile phones, car batteries and also in mood-stabilising medicines used in the treatment of manic disorders. Going back to mineral spodumene, the name comes from the Greek word, *spodumenos*, which translates to *burnt to ashes*. It is likely a reference to the more typical silvery light grey colours of the mineral. The colour variation of spodumene extends beyond the greys and pinks though; Far rarer and more coveted examples include yellow (which tends to be coloured by trace elements of iron) and also a range of medium to deep greens (which are coloured by chromium inclusions).

The commercial names are Green Kunzite, White Kunzite and Yellow Kunzite; however, these alternative colours are often referred to as **Hiddenite** after the location of their initial discovery and, perhaps, this name is doubly apt, as whilst pink Kunzite is fairly commonplace, these other hues are virtually unobtainable - most certainly, well hidden.

Kunzite cannot be lab-grown, so there is no synthetic kunzite. However, kunzite can be imitated. Be wary of terms such as kunzite quartz or kunzite cubic zirconia (CZ). The use of the word, kunzite, in these stones refers only to the pink colour, and not the mineral. One example of fake kunzite, which tends to surface most frequently on the crystal market is pink lazurine - a synthetic lab-grown quartz variety. The colour of kunzite can be artificially enhanced by irradiating and then heating the crystal, but all reputable gemstone purveyors will be able to advise you of any treatments or enhancements that their gemstones have undergone.

Spinel is an oxide mineral with a composition of $MgAl_2O_4$ and an isometric crystal structure. It is often found in octahedral crystals and has a Mohs hardness of 8. Spinel is typically found in three geological places:

- as crystals in **marbles** or **dolomites** that have been subjected to contact **metamorphism**.
- as irregularly shaped grains in basic **igneous rocks**.
- as water-worn crystals and pebbles in alluvial deposits.

Spinel is very resistant to chemical and physical weathering. When it occurs in marble, dolomite, or igneous rocks that weather easily, crystals of spinel are freed as the rock is weathered. The spinel crystals are then transported downslope by mass wasting or running water. This places spinel in alluvial deposits, where it is concentrated due to its high specific gravity. Such alluvial deposits have been worked by gem miners for over 1000 years.

Most spinels of a ruby-red colour are produced from alluvial deposits in Thailand, Vietnam or Sri Lanka. It is also found in Australia, Tanzania and Nigeria. Spinel comes in many hues, including red, yellow, purple, pink, white and blue. The only significant use of spinel is as a gemstone, due to its colours, lustre, hardness and durability. It is appropriate for almost any use in jewellery. Gem-quality red and blue spinels are very rare. They are much less abundant than rubies and sapphires of similar quality. Even with equivalent beauty and greater rarity, their prices are much lower than ruby and sapphire.

SAMHAIN PRAYER

We are all part of one universal community – the power of family extends to all. In *Gylden Fellowship*, we invite each of you to take a candle on Samhain and hold this thought.

FOR THE FORGOTTEN DEAD

This candle is for the people out there, some in our community and others around the country who are buried with no headstones or markers, eg:

- Old people in care homes or hospitals with no families.
- Homeless people who greeted us to or from work, from whom we bought the Big Issue.
- Lost children who ran from home and died who knows where.
- Those who wandered our streets with mental health issues and who died unknown and ignored.
- All those who died from violence or neglect and now lie in unremembered or untended graves.
- And all those too numerous to mention.

These are the **Forgotten Dead**, whose spirits we pay tribute to, even though we do not know your names. Accept my candle tonight for you – the unknown, the unwanted, the unloved of our community and be at peace for a while.



Winning a goat

By Mark Sharpen

I thought we could look at maths this month and, in particular, conditional probability. Or, to be more precise, the risks of winning a goat on a TV show. This conundrum was known as the **Monty Hall problem**, after its similarity to the *Let's Make a Deal* television game show, hosted by Monty Hall. The problem is as follows - you are located in a room that has three doors. Behind two doors are goats and behind the third is a brand-new car. You are asked to pick a door, and will win whatever is behind it.

Let's say you pick door 1. Before the door is opened, however, someone who knows what's behind the doors (Monty Hall) opens *one of the other* two doors, revealing a goat, and asks you if you wish to change your selection to the third door (namely, the door which neither you picked nor he opened). The Monty Hall problem is deciding whether you do.

The correct answer is that you *do* want to switch. If you do not switch, you have the expected $1/3$ chance of winning the car, since no matter whether you initially picked the correct door, Monty will show you a door with a goat. But after Monty has eliminated one of the doors for you, you obviously do not improve your chances of winning to better than $1/3$ by sticking with your original choice. If you now switch doors, however, there is a $2/3$ chance you will win the car (counterintuitive though it seems).

If you choose to stay with your original choice, the winning probability is $1/3$.
If you choose to switch doors, the winning probability is $2/3$!

And here's why that works. Let's suppose there were four doors and one had a car behind it, while the other three concealed the goats. You pick a door and then the host will open one of the non-winners and give you the option of switching. Call your new choice (which could be the same as if you don't switch). The host will then open a second nonwinner, and you have the choice of sticking or switching to the remaining door. The probabilities of winning are shown below for the four possible strategies.

If you choose to stay with your original choice, the winning probability is $1/4$.
If you choose to switch doors and then sticking with that choice, the winning probability is $3/8$.
If you choose to stay with your original choice and then switching doors, the winning probability is $3/4$.
If you choose to switch doors and then switch again, the winning probability is $5/8$.

The above results are characteristic of the best strategy for the stage Monty Hall problem: stick until the last choice, then switch.



Folklore: bansidhes

By the Storyteller

To continue our series of provenance or looking at the context of folk stories, this piece considers the bansidhe or banshee. **Editor's note:** the latest collection from the Storyteller, *Tales of Wonder and Magick*, has been published on the **Gylden Fellowship** website and is free to download. Readers can also find a collection of ghost stories, *Winter Chills*, from the website.

Death wails and laments were traditionally done at funerals as well and, in Celtic mythology, were tied to the tradition of the bansidhe. In Irish and Celtic culture, the bansidhe is a figure that appears to families to warn them about an imminent death. There are many myths surrounding the bansidhe, who is said to wail when someone is about to die. In other Celtic myths, the bansidhe will be seen washing the bloody clothes or armour of those who are about to die. In Ireland, the more powerful families were said to have their own bansidhes and many people refuse to marry into families with bansidhes, as they are seen to be so unlucky.

So then, **what is a bansidhe?** In Gaelic (Irish and Scottish), it may be spelled as Bean Sidhe, Banshee or Ban Sith - a supernatural being in Irish and other Celtic folklore whose mournful keening, wailing screaming or lamentation at night was believed to foretell the death of a member of the family of the person who heard the spirit. A bansidhe was a fairy woman, but can also be the ghost of a murdered woman or just a ghost associated with the family that is being forewarned.

That being said, bansidhe tales feature in the UK and the USA, particularly in the Appalachian regions where many Irish and Scottish settlers put down roots. One of the best-known tales hails from the **Ohio River in 1874**, when Mary Marr met a veiled woman on her path by the river. As Mary Marr greeted the woman, she replied, "I am here to tell you, Mary Marr, that Thomas Marr has just died. Say your prayers, Lady. I bid you well" and then mysteriously disappeared. Thomas Marr was Mary's husband and, sure enough, Thomas Marr's body was found on the riverbank later that day.

Staying on the Ohio River in 1935 near Parkersburg, West Virginia, a little girl and her grandmother supposedly met a bansidhe on horseback while they walked to the outhouse before going to bed one night. This occurred during a flu epidemic. The bansidhe pointed at them and said, "One of yours is to die this very night!" before disappearing before their very eyes. Sure enough, the little girl's uncle died of the flu within the hour.

The tradition of the wailing woman is not just tied to the bansidhe folklore. Many tales in the UK, Europe and the USA, feature a spectral lady, who forewarns of impending deaths or disasters. In the USA, the White Lady story is usually tied to the death of young women who are tragically killed in car accidents. Usually a motorist will see a woman in white walking along the road where the accident happens. If the motorist stops and picks her up to give her a ride, she will give a shriek after riding for a while and then suddenly disappear, of course scaring the driver.

Also, in the SW USA, there's **La Llorona**, the ghost of a woman who murdered her children after her husband leaves her for another woman. La Llorona is a more malevolent spirit who supposedly kills children that she meets in order to appease her own murdered children. She wanders the hills and deserts, weeping for her lost children.

Many ghosts appear doomed to repeat what they did in life until the end of time, perhaps as penance for some great wrong that they committed and as a warning to others not to follow in their path. In the case of **Ludlow Castle**, it is the spectre of Marion de la Bruyere that is said to re-enact her final moments, some nine centuries on from her death. Her blood-curdling screams may be heard upon the anniversary of her fatal dive from the Pendover Tower, although it would seem that the date of her demise is known only to those who have heard her desperate cries. Her spirit may otherwise be glimpsed in calmer and more pensive mood, as dusk falls on some quiet evening.

Letting a death wail loose lets an intense amount of energy go. Grief is never an emotion to think lightly of. It's no wonder that so much folklore and mythology surrounds women who make those types of noises. Unlike many other fairy figures, there is no way to protect yourself against the bansidhe who appears, gives an omen of death and departs. There are plenty of folk tales in the UK that reflect a phantom of this type.

Let's select one from **St Ives in Cornwall**. In the 19th century, there were many wrecks around St Ives - there had been a succession of severe storms. One evening, just about dusk, a large ship came suddenly out of the mist, too close to the shore and her position was so dangerous as to be beyond hope. That was obvious to those on the shore and those on the ship. The crew made every effort to save the ship as well as the passengers, but the storm was so wild that the ship broke from her anchors and was dashed upon the rocks. The masts fell and waves started to sweep the deck. Many on the ship died at once and each successive wave swept more of the crew into the sea.

A rescue boat, manned by the St Ives fishermen, was launched from the pier. They knew the bay and rowed towards the ship, to pick up any survivors. The rescue boat came near the foundered ship, but it was impossible to get close and they called to the crew still on board to throw them ropes. The ropes were made fast and two or three of the sailors were hauled into the boat.

Then a group appeared on the deck, surrounding and supporting a lady, who held a child in her arms. They pleaded with her to give the baby into the strong arms of a sailor who could pass the infant to the rescue boat. The lady could not be persuaded to part with the baby and the ship was starting to break up. So, the lady, still holding her child, was lowered into the sea and the fishermen drew her through the waves towards the boat. Unfortunately, the strain of this rescue caused the lady to faint and she was taken into the boat without the infant: the baby had fallen from her arms and was lost in the stormy waves. Many of the crew were saved by these brave fishermen and taken safely into St. Ives. Before morning, the shore was covered with fragments of wreck; the ship had disappeared.

The lady recovered, but without hope when she discovered that her child was gone and soon, she died too. The lady was buried in St Ives churchyard, but that is not the end of the story. Shortly after her burial, a lady was seen often passing over the wall of the churchyard, on to the beach and walking towards the shore. There, the figure spent hours amidst the rocks, looking for her child and, not finding it, sighing deeply and returning to her grave. When the nights were stormy or very dark, the figure carried a lantern to help the search. Since then, sightings of the **Lady and the Lantern** are regarded as predictors of disaster on this shore.

Mammal Society Photo Competition 2023

By the Mammal Society



Badger, Stuart Pevy (2023 winner)



Pine marten, Alex Critchley



Long-eared bat, Chris Damant Brown



Autumn Dormouse, Lorna Griffiths



Fox, Philip Orris

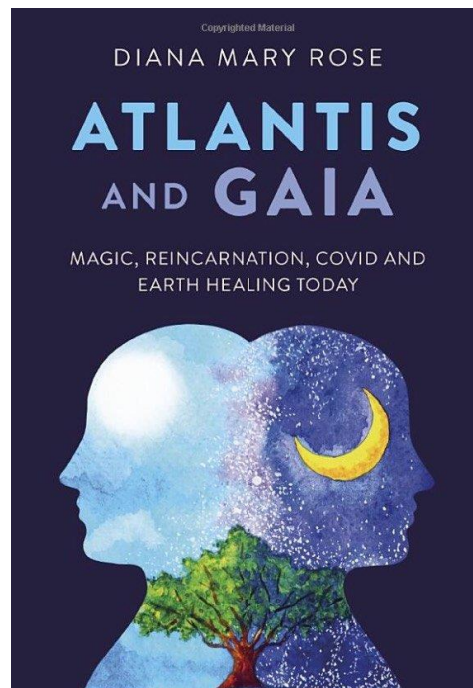


Beaver, Cate Barrow

Psychic stone circles

By Diana Mary Rose 2023©

Diana Mary Rose is the spiritual author of *Atlantis and Gaia: Magic and Earth Healing* (published June 2023). Available from Amazon, WH Smith, Kindle and other bookstores or direct from the publisher, www.o-books.com.



What is a stone circle? Well, it does have a psychic aspect. They are eerie old sites, after all. Today, as you can see from me leaning upon a headstone, these circles are, in general, for enjoyment alone. I went over to Birkrigg Common recently, and there it was, an ancient stone circle up on the moor overlooking Morecombe Bay. Not eerie though. It was nice. I had a great time wandering about. And yet, there could be something strange going on here. The circle could be full of sparks and fireflies flashing their wings in my mind. They flit about the stones here, and you could perceive one if you were an exceptional clairvoyant. You may see healing wands too and even spirit healers gliding around the bay nearby.

Stone circles are healing covens of multiple dimensional purposes. They heal the earth ground and even you today may receive their wisdom. If I stand next to one of the stones, I am being healed as I absorb the love and wonder of the mother ground. There is a ley line directly below this headstone. It channels energy up through the rock and into my lower body. Even now Birkrigg heals to a certain degree, although its power is depleted. By resting upon a headstone, I am allowing the value, or healing potential, of that ley line to reach out to me. This is called a **ground earth healing event** and I am showing you how it works. Not that I knew that. I was just looking for a useful place to rest while my husband took a photograph. You won't either if you visit. Absorbing leys happens naturally.

Alternatively, these stones could be known as covens of magick. This means that workers of light once lived and breathed the ground I tread right now. That is also an event, albeit a past life one. No magicians are here now. They are long dead and buried aboard a boat on Cartmel Sands. This is the sandbank near to

Birkrigg, and most likely it is here that the magicians, at the end of term on the planet, would beg to be arranged majestically onto a boat and towed into the night air. Magicians used to leave their bodies to the sea. They would float away and be healed through Mother Nature's natural seascape. That is the way of magicians.

An archaeologist might argue that Birkrigg is an ancient form of deist worship. Or it must be an observatory to the stars. Well, I would disagree with both these thoughts. I believe that all people on Earth once used healing circles, such as mine here, to connect with the universal energy called dynamos. The stones are derelict today, but yesteryear they held within their coven much energetic healing power, otherwise known as performance.

There were no religions back in the earliest days on Earth. There was the sun, the moon and the stars. That is all. And, of course, the weather. That was a form of energy too. Light and energy was all that mattered to our earliest forebears. The world was a dark and dank hole of forested land, although there were some areas of light. It was dangerous and difficult terrain to navigate via its clogged-up waterfalls, derelict river systems and hedges full of prickles. Most certainly there were bears and snakes too, over yonder by the fells. Death came easily. Life was a dangerous concoction of mud and glazed eyesight. On the positive side, there would have been ley lines to glow in the winter dimness, crossed hedgerows glistening with dew and, most certainly, stone circles to huddle beneath should a storm be brewing.

Stone circles were buildings. Light came through a central hole in the timbered roof, pouring onto a great slab of earth where a client sat while he waited for healing to take place. The gods were late on occasion. He might have to wait awhile. The Jupiter light was behind a cloud maybe or even the sunlight was badly placed for once. Healing took time when everything depended upon the wind, the weather and the solstice worth. Tricky operations had to wait until the moonlight was precise. It had to be a full moon. Purity mattered.

Healing was complex back then. An earthen slab to lay upon was used rather than a slab of stone, which might have been cleaner, because it could be moved around. Lights do not reflect healing unless it be the correct time of day and only then when the clouds were clear. As I said, light healing takes time. Other tribesmen would sit around the edges of the huge room, waiting for the storm to subside. Stone circles were community hubs as well as healing centres - multi-taskers.

In my photo, I am resting on an ancient stone. Headstones, as they are known, heal via the leys beneath the ground. The circle centre, via its timbered dome, channelled light from afar. That is the observatory aspect which archaeologists intuit. Ancient people were not worshipping the stars though. They were enlightened beyond that level of reasoning. They made wands from wood and played the lute too. Music heals just as well as magicianry. There were no deist thoughts here. There were forested pathways, ley lines and forest fairs where all would bring their wares to sell and barter. There were also magickal thoughts about one world co-existing with another. We were all psychic back then. That is something we have lost mostly, although reiki is a much-reduced power for today's new Aquarian Era.

There is much to learn from Mother Gaia, and some of it will be discovered in my book, out now in paperback and kindle. For consultations, please see <https://www.rutland-healing.co.uk>.

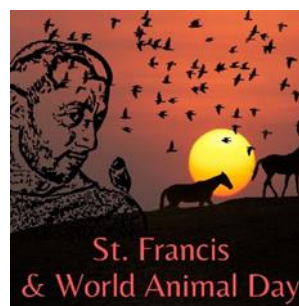
Diana's book is available from Amazon ISBN 978-1-80341-158-3, £13.99 paperback; £6.25 kindle.

Celestial forecast for October

By Joanna Bristow-Watkins

October in Britain features the full splendour of autumn colours with an array of brown, red and golden yellow mixed with the remaining green as trees shed their leaves. Nature is truly remarkable; this process eliminates environmental toxins which have collected, and trees do it to protect themselves. In winter sunshine, water would continue to evaporate from the leaves, and should the ground water freeze, the tree's water supply would no longer be guaranteed. Hence the plant produces phytohormones and directs them to its leaf stalks. These hormones cause a corky layer to form, then the leaves fall off. This cork prevents pathogens such as fungi or bacteria from penetrating. Further, should it snow, the tree will not have to bear the additional weight of snow on the leaf surfaces.

This month is the ideal time to harvest chestnuts, conkers and apples and, on the allotments, we have many seasonal vegetables including broccoli, leeks, turnips, potatoes, kale plus squashes, such as pumpkins. It's easy to see why apple bobbing and pumpkin carving became associated with Halloween, celebrated on the 31st. We also have two separate sets of meteor showers, the Draconids (peaks 8-9th) and the Orionids (peaks 20-21st).

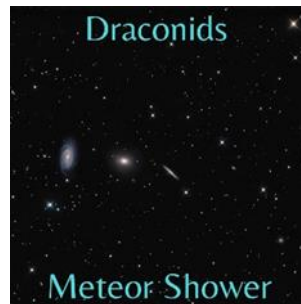
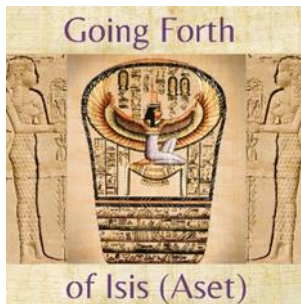


The month of October was named after octo, meaning 8th in Latin, as October was the eighth month when the year started in March. To the Anglo-Saxons, October was called **Winterfylleth** (the winter full moon), because winter was said to begin on the first full moon in October.

During October, we have a plethora of international festivals such as **World Vegetarian Day** (1st), **World Mental Health Day** (10th), **World Food Day** (16th), **International Day for the Eradication of Poverty** (17th) as well as Thanksgiving in Canada (10th). We can also look forward to the Christian Festival of **St Francis of Assisi Day** (4th), two annual Egyptian Festivals **Going Forth of Isis** (6th) & **Isia** (28th) and Roman **October Horse** (15th) annual commemorations, plus of course the Pagan Festival of **Samhain** (better known as Halloween) on 31st. We have our Forest Bathing event in Shere on **Saturday 14 October**. Aligning with the moon cycle is very therapeutic, our October **Full Moon Meditation** takes place 7.30-9.30pm (UK time) on Saturday 28th, with the Hunter Moon peaking at 21:29. It seems there isn't much appetite for online modules at the moment. The Essene angels course and the khemitology courses have been postponed. please get in touch if you would like to study any of the Reyal Sekh Em modules.

Saturday 1 October is World Vegetarian Day. Established by the North American Vegetarian Society in 1977 and endorsed by the International Vegetarian Union in 1978, it is a day of celebration - *to promote the joy, compassion and life-enhancing possibilities of vegetarianism*. It brings awareness to the ethical, environmental, health and humanitarian benefits of a vegetarian lifestyle and is a time set aside to raise awareness of the positive effects of a vegetarian lifestyle on “humans, other animals and our shared earth.” See more details on the [Awareness.com](https://www.awareness.com) website. World Vegetarian Day marks the start of Vegetarian Awareness Month during October, which ends with [World Vegan Day](https://www.worldveganday.com) on **1 November**, marking the end of that month of celebration.

Wednesday 4 October is the Feast of Francis of Assisi in the Christian Calendar, so it is appropriate that it is also **World Animal Day** since St Francis is the Patron Saint of Animals and the Environment. It is a popular date for animals to be blessed. St Francis, who founded the Catholic Church’s Franciscan order, lived in Italy between approximately 1181-1226. He is remembered for his love for animals and nature and his generosity to the poor, as well as his willingness to minister to the lepers. St Francis was canonised (pronounced a saint), shortly after his death (in 1228) by Pope Gregory IX. The Pope also laid the foundation stone for the UNESCO World Heritage site, Basilica of St Francis d'Assisi, Italy.



Saturday 7 October, though some sources say 10 October, is the Going Forth of Isis (Aset) in Egyptian Tradition. Apparently, her heart is pleased on this day because *the heritage is granted to her son Horus (Heru)*. On this day, a specially selected team of priests and/or priestesses would commence a procession to take their most treasured image or statue of Aset (Isis) to another temple, with many planned stops en route. At each stop, a sacred rite would be performed by the priests/ priestesses and often divinations would be offered. When the final temple destination was reached, the image or statue would be placed in an honoured location and a joyful festival celebration would ensue.

Saturday 8-Sunday 9 October is the Draconids Meteor Shower. The radiant point for the Draconid meteor shower almost coincides with the head of the constellation, Draco the Dragon in the northern sky. That’s why the Draconids are best viewed from the Northern Hemisphere, and, surprisingly, in the early evening soon after dusk. Draco has been known to produce forth many hundreds of meteors in a single hour. In 2023, the Full Moon (on the 29 September) may slightly hamper viewing. See [Earthsky Website](https://earthsky.org) or timeanddate.com for more.

Monday 9 October is Thanksgiving Day in Canada, sometimes called Canadian Thanksgiving, to distinguish it from the American holiday which is the 4th Thursday in November (this year it's Thursday 23 November). The Canadian Thanksgiving, occurs on the second Monday in October. It is an annual Canadian holiday, celebrating the harvest and other blessings of the past year.



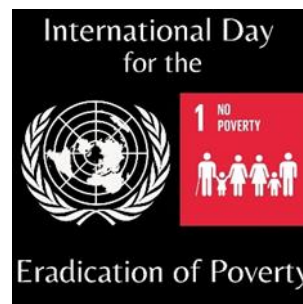
Tuesday 10 October is World Mental Health Day. World Mental Health Day has been observed since 10 October 1992. Initially held by the World Federation for Mental Health (WFMH), it's now officially commemorated annually and this year's theme is ***Mental health is a universal human right.***

Saturday 14 October, 11am-2pm, Forest Bathing in the grounds of **Harry Edward's Healing Sanctuary**, £37.99.

*This weekday session is designed to fit around school run drop-offs/pick-ups. 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 treelaxation. A deeply relaxing and rejuvenating experience, and which, despite the title of 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. This is a 3-hour Forest Bathing session which will take place in all weathers except very high winds or electrical storms. Book at **Harmony Shop**. Please email us on **katieandjo@harmonyinnature.uk** to go on our monthly forest bathing update email list.*

Saturday 14 October @ 18:55 is New Moon & annular solar eclipse which will cross North, Central and South America. It will be visible in parts of the United States, Mexico, and many countries in South and Central America. More information at **timeanddate.com** A solar eclipse takes place when the Moon passes between Earth and the Sun, totally or partly obscuring the image of the Sun for a viewer on Earth.

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**.

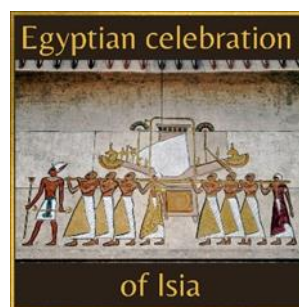
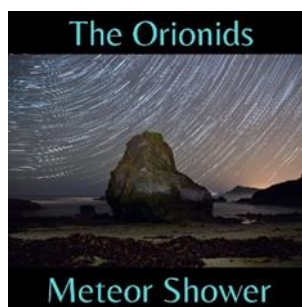


Sunday 15 October is the Roman celebration of October Horse being the Ides of October. The October Ides featured a two-horse chariot race on the Campus Martius.

Monday 16 October is World Food Day - a global event to increase awareness, understanding and year-around action to alleviate hunger. This day, declared by the UN General Assembly, aims to heighten public awareness of world food problems and strengthen solidarity in the struggle against hunger, malnutrition and poverty. The theme for [World Food Day 2023](#) is *Water is life, water is food. Leave no-one behind.*

The promotional website reminds us that water is essential to life on Earth and, as well as covering the majority of the Earth's surface, it makes up over 50% of our bodies, supports our livelihoods and produces our food. Since this precious resource is not infinite, we need to stop taking it for granted. Together, we must take water action for food and be the change. Each year, on **16 October**, [Concern Worldwide](#) joins organisations around the world in commemorating World Food Day, marking the day that the Food and Agriculture Organisation of the United Nations (FAO) was founded in 1945. Concern Worldwide, whose motto is tackling hunger, transforming lives highlight some incredibly worthy causes on their website.

Tuesday 17 October is the International Day for the Eradication of Poverty. The observance of the [International Day for the Eradication of Poverty](#) can be traced back to 17 October 1987, when over a hundred thousand people gathered at the Trocadéro in Paris. This was the location where the Universal Declaration of Human Rights was signed in 1948, to honour the victims of extreme poverty, violence and hunger. They proclaimed that poverty is a violation of human rights and affirmed the need to come together to ensure that these rights are respected. These convictions are inscribed in a commemorative stone unveiled on this day. Since then, every year on 17 October, people of all backgrounds, beliefs and social origins have gathered to renew their commitment and show their solidarity with the poor. This year they are focussing on Gaza, where over 40% of the population are unemployed; over 80% of people in Gaza are reliant on international assistance, simply to meet their basic needs.



Thursday 19 October may be the delayed start of our **Introduction to Essene Angelology**, *Harmony Healing Interactive online evening course, 7.30-9.45pm UK time (GMT+1), offering UK & USA friendly hours. Contact me if interested. Learn how to commune with the Weekday and Planetary Guardian Angels and invite them into your life on a daily basis. Even if you are already familiar with the angelic realm, discover how to strengthen your connection with channellings, affirmations, colours, crystals and planetary symbols. Connect with Melchisedec and Pistis Sophia, the Essene Guardians of our Planet Earth and the Constellations. Cost is £66 including a personal chart detailing three of your personal Essene Guardian Angels (based on your date of birth) plus 4½ hours of mentoring. Book at the [Harmony Shop](#). This is a stand-alone unit, but also comprises ½ unit towards [Egyptian Alchemy Healing RSE Level 1](#). Held remotely on Zoom, recordings are made of the sessions, so it is possible to join after the course has commenced, or even after it has completed. See [Harmony Shop Events](#) for details of the individual modules and the entire RSE 1 package, which is a considerable saving on studying all four modules individually.*

Friday 20-Saturday 21 October is the peak of the Orionids which is the most prolific meteor shower associated with [Halley's Comet](#) and lasts from 15-29 October. The Orionids are so-called because they appear to come from the constellation of Orion. In some years, meteors may occur at rates of 50-70 per hour. This year, close to the New Moon on the 25 October, it's likely to be reasonable viewing. In 2023, the annual Orionid meteor shower is expected to rain down the greatest number of meteors before dawn on 21 October perhaps as many as 20 meteors per hour.

The hours between midnight and dawn on the mornings of 20-21 October may offer a decent sprinkling of meteors as well, and you might see some anytime in October or early November (overall duration is 26 September-22 November), if you have a dark sky for viewing. See also [EarthSky website](#) where you will also find more details about the event.

Saturday 28 October is the **Egyptian celebration of Isia**, marking the 7 days that Aset (Isis) spent searching for the body parts of Asar (Osiris) following his death and dismemberment by his brother, Set. This culminates on **3 November** with Hilaria, when she resurrected him by re-membering him; no doubt contributing to the definition of our word, *remember*, meaning to recall someone from memory. *Informative laminated posters of Isis by Jacqui Taliesin El Masry (from [Alkhemi.co.uk](#)) and other Egyptian Posters by Jacqui, are available to purchase from the [Harmony Shop](#).*



Sunday 29 October is also the end of the Summer Daylight Saving Time in 2023, so the UK clocks go back an hour at 01.00 hrs (Saturday night).

Sunday 29 October is also the Hunter Full Moon @ 21:29 and a partial lunar eclipse. The eclipse will be visible or partly visible in Europe, Asia, Australia, Africa, North America, much of South America, Pacific, Atlantic, Indian Ocean, Arctic, Antarctica. See timeanddate.com for details. Between this date and the next New Moon is considered as a good time energetically for detoxing the body.

*This is the night of our **Full Moon Halloween Meditation**, 19.30-21.30 UK time (GMT). During this session, we connect with other like-minded people and together we work through a mindful chakra balancing process using colours and etheric crystals, with the aim that all participants will experience a degree of unity consciousness. Participants all receive a deeply healing experience. Cost to participate is £20 by online BACS payment (small admin fee added for PayPal). This activity serves as a good taster of Joanna's work in general. For more details and to book, see [Harmony Shop](#).*

Tuesday 31 October traditionally marks the end of the harvest and the beginning of the Celtic and Pagan New Year. Samhain is Irish-Gaelic for the **Summer's end**, and is pronounced, *sow-in*. Samhain represents the death of the summer sun god, Lugh. This festival celebrates Nature's cycle of death and renewal. It is also known as Halloween. Samhain is one of the four Gaelic seasonal festivals; along with Lughnasadh, Imbolc and Beltane. In the Northern Hemisphere, Samhain heralds the beginning of Winter, when the world starts to darken and the days are getting shorter; the dark half of the year and the demise of the sun's uplifting influence. The crone, personified as Cailleach - the Queen of the Winter - was reborn on every All Hallows Eve, returning to bring the Winter and protect animals through the coldest months. She turned to stone on Beltane Eve, Beltane being 1 May.

Acknowledgments

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