



Gylden Magick

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Sept. 2018

PRACTICAL MAGICK & UNIVERSAL ENERGY FOR EVERYDAY LIFE

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Editor's notes

by Gylden Fellowship

Welcome to **GYLDEN MAGICK**. It's a new monthly thingy from Gylden Fellowship that spans both pagan belief and spirituality. There's practical magick in the form of monthly spells, guidance on crystals and herbal healing.

The Market Square feature (page 5) gives some useful overviews to genuine sources of guidance, as well as items for your own interest.

We'll be looking at how various groups write and run their own rituals, starting with the Lughnasadh/ Lammas one in mid-August from Basingstoke Pagan Open Ceremonies.

What else is there? Well, there'll be plenty of photos from recent events, **recipes** for different seasons, **poetry** and a mix of articles from writers who follow different pathways – this first issue reviews the **cosmic energy** that affected all our lives during August.

Anything else? Oh yes, the title – we never forget that our faith is based upon Nature and that our strength comes from earth magick, regardless of the diversity of pagan pathways.

Many of our annual festivals are based upon the light, eg the solstices and the equinoxes, as significant to us today as to our ancestors. The light gave life to the crops and to the community itself.

This month sees several important dates, not least Mabon on 22 September (autumn equinox) and International Peace Day on the same date. It's also the Abbots Bromley Horn Dance on 10 September and Michaelmas on 28-29 September.

Also, we'll be at **Popley Fayre** in Basingstoke on 29 September – so, feel free to come along and say hi. For more info, why not join **Gylden Fellowship** group on Facebook today?

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Cosmic Energies

by Christopher Prior

August was a month of twists and turns. As we moved from March into August, the energy around us almost flipped on its head for me. For other people I have talked to, this was also the case. It was as if the universe had switched its polarity and everything became backward.

There were reports of stomach problems, it was hard to concentrate and ground ourselves as well as a general feeling of disconnection, both for loved ones and, especially, for the extra sensitive among us. This was because I feel, but the energy-changing polarity allowed more people to awaken in the midst of the *Lionsgate energy**.

In addition, the solar and full lunar eclipses in late July, that we all felt and experienced, showed us the light and dark within us and in the world around us.

Because of the confusion, misconceptions and anger were high even from complete strangers - irrational behaviour was high - it was due to this energy shift that awakened



something more primal within us, clearing and releasing past trauma. With that said, things have started to smooth out and slow down, as was predicted by many sensitives (including myself) during the end of August, from the fast-paced energy that started just before the middle of March.

Hopefully now, as this new age matures, so will all of our awakenings - ever moving towards our full potential.

EDITOR'S NOTE

**The Lionsgate Portal is a gateway into both the heavens and higher realms of consciousness. It is activated every year on 8 August when the Sun, Sirius and the Earth are in a certain alignment. During this time, higher frequency energies from the star, Sirius, encompass Earth, in order to help advance the human race and raise the consciousness of the planet.*

Spi-rituality: Lughnasadh

On 1 August, pagans across the world celebrated the festival of Lughnasadh. In Britain, the Saxons described this date as Lammastide, from the custom of loaf-mass, ie the consecration of new loaves from the new grain harvest. This festival celebrates the basic food that sustains us through the winter and the seeds that become next year's harvest.

Written by **Paul Oakwolf Coombes**, the Archdruid who organises **Basingstoke Pagan Open Ceremonies**, all the sabbat rituals are held in public places, eg the War Memorial Park in Basingstoke, on the weekend closest to the actual festival. One of the key points to note in advance is that all are welcome to come

along and join in – it wouldn't be the first time that interested spectators are invited to join the circle too.

Another key point is that this is not exclusively druidic. There are druids present, but I'm a witch and there are those of a heathen kindred path too – and all are included. So, what does the ritual include?

As with many other ceremonies, there are standard parts like Calling the Quarters, a grounding element and blessings of bread and mead, but there are other parts that are less common.

1. One person is the sword bearer, to determine whether there's peace in the land.
2. Usually, there is a poetical element read by someone – here, the poem used was "John Barleycorn" by Robert Burns.
3. There's an Awen chant, followed by the druid oath - *We swear by peace and love to stand, Heart to Heart and Hand in Hand, Mark O Spirit, and hear us now, confirming this, our Sacred Vow.*
4. Each ritual includes a ceremonial talking stick, for each to share.

Here's a flavour of Paul's ritual: *"It has been bestowed upon us to keep the knowledge alive. To pass on to our children and their children, the magic of planting the seeds, growing the plants and harvesting the fruit."*

Spell of the month: peace

Bearing in mind that the *International Day of Peace* falls on 22 September, here's a spell that's designed to set your mind at **peace**, free from guilt or depression. Please note that all the spells used or quoted in **GYLDEN MAGICK**, were written by members of Gylden Fellowship.

Set-up: a small container of lavender oil. It's OK to use tinctures or salves rather than essential or infused oils. Enough candles, so that you can turn off the electric lights.

1. Best time is during a waning moon, from 9pm onwards.
2. Eat a light meal early, leave the phone on messages and cleanse the sacred space/ yourself first - create either a magickal circle or perform the spell at your altar.
3. Light the candles and turn out the electric lights.
4. Offer a prayer to your Goddess of the waning moon.
5. Call the quarters and visualise the negative feelings to be lost, as dark clouds surrounding you.
6. Pour a little lavender oil in your hand and rub gently onto your face.
7. Visualise now that you are lying on the earth, feeling the lavender on you and the dark clouds are being absorbed into the earth.
8. During this time, chant softly, "As I return to you earth, take the poison from me and leave me clean, as above, so below, so mote it be".
9. When you feel that all the clouds are gone, release the quarters, wash your face and rejoice in your new feelings of peace within.

Note: lavender is the best option, but I have used tangerine oil too – gives a real zing afterwards for losing any depression.



Crystal of the month: aventurine

We're starting with this stone as it's a correspondence crystal for September. What is aventurine? Well, it's easily recognised by its sparkly green colour, which is a mix of mica and quartz. India is the main source of green aventurine and the good news is that it's not a terribly expensive crystal.

In general, it is regarded as a stone that attracts good luck and prosperity – its name comes from an Italian word meaning "by chance". OK then, what are the main healing properties?

1. Aventurine is linked to the solar plexus chakra – very good for calming anger, old habits or negative feelings.
2. It's also linked to the heart chakra and can help with circulatory problems.
3. One of the side-effects of this calming process is that the user can analyse any problem and take decisions with wisdom, not haste.
4. Aventurine, like a few other stones, is great against strong EMFs (electromagnetic fields) from computers or smartphones.
5. It helps both children and adults to learn and write.
6. Aventurine is reputedly very good against ADHD.

There's no best way to use aventurine, but here's a few suggestions.

1. Sit quietly with the crystal in your receptive hand for about 15 minutes and meditate – concentrate on losing all the destructive feelings in all your chakras and welcoming clear light into yourself.
2. One of the key feelings to leave is negativity – think about being positive, optimistic and appreciative of the natural world around you – reflect on this: "I accept the Universe's wonder for me today".
3. Wear aventurine jewellery, eg necklace, bracelet, ring, etc.
4. Walk in nature with aventurine on your person and breathe in the healing energies of the trees.
5. If there is too much stress in your environment, consider this stone for a crystal grid of the home.



Herb of the month: yarrow

This is not the most obvious herb to choose, but it is very common and is often overlooked by healers. It's one of those very safe herbs to use and you can make a pleasant yarrow and marigold tea as a cold remedy or put yarrow in a bath to combat skin irritations. In fact, yarrow (*achillea millefolium*) was used by our ancestors over 60,000 years ago.

For the herbal healer, it's the yarrow leaves and flowers that are used for medicines for the following complaints (usually from July-September).

- a) Common colds or fevers
- b) Hayfever
- c) Stomach upsets, eg diarrhoea, wind or gastric pain
- d) The leaves can relieve toothache
- e) It helps with wounds or bleeding.

So, how can yarrow be used – here's a short list.

1. The leaves can be eaten in a salad or brewed to make ale or boiled as an infusion. The infusion encourages sweating, reduces fever and encourages the appetite. It's quite nice when mixed with peppermint. **Tip:** put a leaf or two in your nostril, to stop a nosebleed.
2. If you're going to put the flowers in boiling water, it can be used as a steam inhalation against hayfever.
3. Yarrow is good as a massage oil against inflamed joints.
4. The effect of yarrow on wounds has long been noted, due to its antiseptic quality (bit like chamomile really) – best here as a salve.



Recipe of the month: autumn mushroom soup

Set-up:

400g mushrooms, perhaps chanterelles or shiitake.

Other root vegetables of your choice

600ml milk

25g butter

1 tablespoon plain flour

1. Wash and chop all the vegetables.
2. Cook the other root vegetables until soft.
3. Fry the mushrooms in butter until soft, then reduce the heat and add the flour, stirring gently.
4. Add the milk and carry on stirring until the soup has thickened.
5. Add the cooked root vegetables and a little salt.
6. Serve with fresh bread.

The Market Square: the Storyteller

by Gylden Fellowship

Let's try to visualise the scene. It's market day in a small country town and the traders are setting up their stalls, putting out their stocks. As you read further issues of **GYLDEN MAGICK**, so we'll introduce you to these traders in a lot more detail, but for now, they're here and putting up their stands. It's a lovely sunny day in the town square, with cobbled stones underfoot and an Eleanor Cross in the centre. There are old buildings all around and roads off to the side.

And the first person we meet is the **Storyteller**, who is here to entertain the passers-by and children with his magickal tales. With him, you can always count on tales of dragons, the faery folk, goblins and witches, plus stirring tales of adventure with highwaymen, sea serpents, giants and unicorns.

The Storyteller himself is a mysterious person – a cunning man of Irish ancestry, who travels from place to place with his stock of tales, but he's often found here on market day.

And now he takes up his usual place, just at the foot of the Eleanor Cross, dressed in his habitual brown cloak, wooden pendant on his neck, silver rings on his fingers and with his deer-antler staff by his side. Already, a few people have stopped to listen as he announces himself with an ancient bodhran and launches into a wondrous story of long-ago times and a king who was beguiled by the dwarfish realm.

Let's stop for a minute to listen to part of his tale: *"After another year, King Herla received a summons from his dwarf friend, so he gathered his best men and a host of wedding gifts. They set off into a wild country where few men ventured and travelled for days, through twisting forest paths until reaching a solid sandstone cliff. Suddenly, there was a sound like the peal of a bell and a doorway opened in the cliff face; the company rode through the opening and found themselves in a large cavern, lit by flaming brands hung at intervals on the sandy walls. There was a passage, which led from the cavern into the depths of the earth."*

Contact info for the Storyteller

Nick O'Connor is a registered member of the Society for Storytelling and performs also at the Sussex Centre for Folklore, Fairy Tales and Fantasy, as well as numerous pagan events. He can be booked for storytelling at corporate functions, in schools, in the care sector or for private celebrations at a negotiable rate of **£50 per hour + travel**.

For a care sector booking: info@mackentertainment.co.uk

For all other events: nick-oconnor@hotmail.co.uk



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Here's a few photos from Pagan Prides South and Anglia 2018



Gylden Fellowship sends you Mabon blessings

Golden-haired mother,
Red dying king,
Leaves are falling,
And sickles gleam.
Abundant is the harvest,
Blessed are the fruits,
What withers and dies
Is always reborn.



Sparkly Reflections

By Rebecca

*The only way to gain power is to slow down!
Find out who is underneath,
It will surprise you,
Who is the one thinking,
What are the thoughts,
Words are spells (abracadabra - means 'I speak as I create')
So, what is being created,
'You' are the master of the experience you are in,
So, pause,
Have a drink of infinity,
Take a breath!
Give yourself a choice,
Choose unconditional love!*

Love



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