



Gylden Magick

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Oct. 2018

PRACTICAL MAGICK & UNIVERSAL ENERGY FOR EVERYDAY LIFE

IN THIS ISSUE

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 (page 5) gives a useful overview to genuine sources of guidance, as well as items for your own interest. This month, we feature **Chi Coffee**.

We'll be looking at how various groups write and run their own rituals – this time, it's the turn of **Mabon, ie the autumn equinox**. And we have a report from the Mabon ritual, held last weekend by **Rowan and Thorn Druid Grove** in Alton.

What else is there? Well, there's plenty of photos from recent events, **recipes** for different seasons, **poetry** and articles from writers who follow different

pathways. This month's general theme centres on **protection magick**.

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 Samhain on 31 October (Feast of Winter) and World Dragon Day on 6 October. This month also sees the Jack on the Green festival in Worthing and the Pagan Pride South: Witches, Fairies & Hippies Fayre in Southampton.

For more info, why not join **Gylden Fellowship** group on Facebook today and see our calendar for October?

Dragon magick

Page 2

Seasonal magick

Herb of the month – Mugwort

Crystal of the month – Black tourmaline

Spell for this month – Candle protection

Recipe of the month – Samhain muffins

Pages 3-4

The Market Square

Page 5

Mabon in nature

Page 6

Sparkly reflections

Page 7

Spi-rituality: Mabon

Page 8

Dragon Magick

by Spriggan Witch

For one of the greatest protective influences in magick, I request the attendance of dragons. The Dragon's energy is fierce and strong, but loyal.

Whenever I feel that I am under psychic attack or there is an energy that I feel I need to be protected from, I sit my dragons around me. Usually one will guard my home and the others are sent to guard my family members wherever they are.

Once you are used to working with dragons, they are easy to call in times of need. The dragons appear to me in their traditional Chinese form. However, I would suggest that they are also influenced by the key five elements that exist in this universe, ie **Fire, Water, Earth, Air and Spirit**.

When using Chinese dragons, you need to be mindful that these elements are in the more traditional forms – namely in **Wood, Fire, Earth, Metal and Water**. These elements have different meanings to the standard, common pagan elements and can be classed as masculine or feminine, linked to health, the zodiac and attributed to animals.

“They want to assist with healing and protection as their key roles.”



So, each combination of element and dragon can have a different cause and effect. For instance, a wood dragon would be a masculine dragon with the sign of Venus and, therefore, a warrior who would protect and be loyal.

It is believed that dragon magick is one of the oldest forms of magick. The dragons have always been depicted as mythical creatures who have a vast array of powers and knowledge in Chinese folklore.

They also have a more positive energy in Eastern traditions. Western dragons have always been portrayed in a more negative way and not treated with the same respect.

You should question yourself carefully before working with dragons. **First, take time to ensure that you actually like dragons.** Research the dragons and look at the folklore, as they will only work with people whom they trust. They are vastly knowledgeable and wise - once you have forged a friendship,

they will always walk with you or assist you when you call.

To connect to the dragon magick, you need to believe in them. To have dragons in your life can be unpredictable at times, ie you need to know your purpose and set goals to achieve with your working dragons.

They will give you knowledge and greater wisdom, especially if you meditate with your dragon as a focus and listen to what they say!

As with every change in a magickal path, working with dragons will change the way you work. They are purposeful creatures and will not want to work making binding love spells or the like; they want to assist with healing and protection as their key roles.

They are focused and need clear instruction. If you want to bring a particular element of dragon, eg **water**, surround yourself and your altar with elements of water (sea shells or a bowl of water) or go down to the beach.

The key question is whether the dragon is a mythical creature or is it just a form of energy? That is now for you to find out!

Spell of the month: protection

Bearing in mind that this is the month leading up to Samhain, when the veil between worlds is very thin, here's a candle spell that's designed to give basic protection for ritual or altar work.

A lot of candle magick involves writing on the wax and I find that using a 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.

Please note that all the spells used or quoted in **GYLDEN MAGICK**, were written by members of Gylden Fellowship.

Set-up: a dark blue candle, a small container of patchouli oil, pine or sandalwood incense, salt and water. Altar colours for Mabon-Samhain are yellow, orange, brown or gold.

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 thoughts and stresses 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*",
8. Let the candle burn out completely and repeat as needed.



Crystal of the month: tourmaline

OK, off we go with black tourmaline (schorl) for this month. A crystal specialist that I met recently, described black tourmaline as "a real thug" when it comes to protection.

Tourmaline is the name for a group of related minerals, eg schorl, indicolite, verdelite and rubellite - the name comes from the Sinhalese (Sri Lankan) word, *tourmali*, ie mixed parcel. So, tourmaline is found in all colours, but we're looking at the black crystal here. OK then, what are the main **healing properties**?

1. Black tourmaline is very good for protection against psychic attack, negative energies or malicious spells.
2. It's also linked to the base chakra and can help with grounding or anxiety problems.
3. Actually, 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.
4. Black tourmaline, like a few other stones, is great against strong EMFs (electromagnetic fields) from computers or smartphones.
5. It helps people to combat dyslexia or arthritis.
6. Black tourmaline is good for cleansing your chakras.
7. It strengthens the immune system, improves your metabolism and self-esteem.

Here's **some ways to use** black tourmaline.

1. Keep the crystal with you when travelling spiritually or meditating, as its protective nature guards against psychic attack on other planes.
2. 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.
3. 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.
4. 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.

Herb of the month: mugwort

Mugwort (*Artemisia vulgaris*), along with star anise and ginger, is a correspondence herb for October. It takes its name from its use as a flavour for ale, particularly when brewed with malt, before hops were used – mugwort can be used as base for mead too. It was also known as *waremodh* by the Saxons for the herb's powers against poison and infection.

As a **medicine**, mugwort is really good in these areas:

- a) Nervous system
- b) Digestion
- c) Cuts and wounds requiring antiseptic cleansing
- d) Menstrual problems, but mugwort is not for those in pregnancy
- e) Anti-spasmodic
- f) Fever issues – mugwort causes sweating and stops coughs
- g) Anti-worms, moths, maggots and other bacterial issues.

From the **healer's** point of view, practically all of the plant can be used, but the leaves have a strong anti-bacterial effect. As its Latin name suggests, mugwort is linked with the Greek moon goddess, Artemis, partly because of its effect on feminine complaints. **Scott Cunningham** suggests there are many **magickal uses** for the herb too:

- a) To enhance psychic powers during scrying
- b) To help with protective magick
- c) To stimulate prophetic dreams
- d) To aid astral projection
- e) To cleanse tools (as an infusion), eg wands, mirrors or crystal balls.



Recipe of the month: Samhain muffins

Set-up:

- 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 tbs 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.



The Market Square: Chi Coffee

In last month's issue of **GYLDEN MAGICK**, we met the Storyteller in the town square on market day. Now, it's time to meet **Chi Coffee**. 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.

Chi Coffee is a spiritual coffee shop, based in Portsmouth. It opened in February 2013 and is run by **Jane and Wayne Davis**. The coffee shop hosts regular readers every day, covering:

- a) Tarot cards
- b) Oracle cards
- c) Tea Leaf readings with cards
- d) Mediumship readings.

Chi Coffee holds many other spiritual events each month, as follows.

1. Regular **Healing shares** are held once a month on a Friday night.
2. **Medicine Wheel** meetings are where sacred space is open and we work with our ancestors, guides and animals for healing. We use drums, rattles and other sound instruments - this offers a very powerful healing.
3. There is a monthly **Drum Healing** share, where we use drums, rattles and other sound instruments along with Reiki and any other form of healing that those present use.
4. At other times, Chi Coffee runs teaching for **Reiki 1, 2 and 3**.
5. On the third Thursday of each month, we hold the **Southampton Witches Moot** - Wayne is the lead for the Southampton Witches.
6. We hold regular **Psychic development classes** for all levels of experience, two nights a week.
7. And, working with different teachers, we hold a variety of **other workshops** throughout the year, eg jewellery and runes and psychic suppers too.
8. Chi Coffee is also linked with monthly **new moon rituals and Buddhist meditations**.

Contact information: Chi Coffee, 146 London Road, Portsmouth PO2 9DJ

Wayne Davis is a Shamanic Practitioner, Chumpi Pago, Reiki Master/Teacher and Animal Healer/Communicator. He holds regular workshops teaching shamanic practices, including working with animal spirit guides, Munay-Ki rites and gives talks on the Shamanic Path.

Jane Davis is a Reiki Master/Teacher, Angelic Reiki Master, Chakra Lotus Teacher, Aromatherapist and Reflexologist.

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Oct 2018

Seasons of Albion Moot - Mabon 2018 ramble at Waggoner's Wells



Gylden Fellowship sends you Samhain blessings. Take a candle to a ritual or for your own altar and say this prayer.

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.



Sparkly Reflections

By Rebecca Granshaw

Courage

COUR = RAGE

How young is your heart = How deep is your courage?

Cour age?

Is your heart young or is your heart rage?

Courage is fear, that has said its prayers.

Courage is fear, that trusts the chosen reality is infinite love, and lets go.

Courage is fear, that has asked for infinite love's blessing.

Courage is acting as infinite love would, where there was once fear.

Courage =

Couleur = means colour in French

Cœur = means Heart (and the "oe" are joined)

Rage = is hidden and repressed pain (grief/sadness/joy) & toxic shame (the completely inaccurate belief that something is defective about I)

WHAT COLOUR IS YOUR HEART?

Courage

Turning towards your heart where once there was rage.

Let the heart lead.

This is true courage!



(I am referring to infinite universal love - prayers can be independent from religion - and mine are!)



Spi-rituality: Mabon

On 30 September, the **Rowan and Thorn Druid Grove** held its Mabon ritual in Alton. The ritual had been deferred for a week, due to the wind and rain of the previous weekend, but this weekend was dry, if a little cloudy. Mabon is the time of the second harvest – of nuts, berries, fruits of the sea and mushrooms. Leaves fall to make rich compost for new growth and trees let their life forces return to their roots. Livestock were brought back from the upland pastures, to be nurtured by the community during harder times.

And so, the ritual altar included acorns, a fir cone, apples, berry-infused juice and blackberry syrup as symbols of these second harvest fruits. The traditional sharing of mead and bread was supplanted by the sharing of the berry-infused juice and chocolate/courgette vegan cake.

The druidic ritual was written by **Emily Porth**, leader of this grove. The standard rite was an OBOD one, but this grove always includes an extra opportunity for members to contribute poems, stories, songs, etc. There was also rejoicing when one of the members reported the official reprieve of Leith Hill from a fracking company – this is a cause that the grove has supported for some time. It is worth noting that if you wish to attend a grove ritual, please use the group's Facebook site in advance, to notify the organisers of your intention.

The apples were used for each person to take one and release emotions for feelings back into the Earth as thanks for her blessings. In the words of the ritual:

"Apples are sacred, magical symbols associated with autumn and the harvest, and with love, immortality and the underworld. At this festival, apples represent abundance and cleansing: as the trees drop their fruit, and then their leaves, they remind us how beautiful it can be to let things go. They also remind us that by being generous and giving of ourselves to the world, we open ourselves to the abundance of life."

