



Gylden Magick

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Dec. 2018

PRACTICAL MAGICK & UNIVERSAL ENERGY FOR EVERYDAY LIFE

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Editor's notes

by Gylden Fellowship

Welcome to **GYLDEN MAGICK** – the Yule edition from Gylden Fellowship that spans both pagan belief and spirituality. There's practical magick, ie spells, crystals and herbs. This is the Oak Moon and the altar colours are green, gold and red.

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 **Crystal Pyramid Therapies**.

We'll be looking at how various groups write and run their own rituals – this time, it's a Samhuinn ritual, from the **Rowan & Thorn Druid Grove**, held in Alton.

We're also thinking about disabled pagans and there's a piece from the local PF officer, **Diane Yates**.

What else is there? Well, there's a seasonal remedy against the icy

weather, a Yule recipe, cosmic energy patterns, a folk curiosity from Devon and lots of poetry.

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.

This month sees several important dates, not least the **Winter Solstice** on 21 December and **Krampusnacht** on 5 December. It's also **Human Rights Day** on 10 December.

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

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Cosmic Energies

By Christopher Prior

We are on an energy Rise

As we move through the end of November and for the majority of December, many of us are going through a period of deep review around our lives, our choices, our relationships and the things that we are doing in this world.

This process will continue strongly through December and you may experience daydreams or flashbacks to other times, other relationships and other places in your life.

This is your life inspection and, also, the life-update in progress. Part of that involves a re-evaluation of past experiences and life events at high speed.

It provides the opportunity to let you see such experiences and events in a new light, ie to let you see how far you have come or to learn something from them with the new perspective you have in the now.

As we go through these review periods, we are having a clear-out: it's no different to clearing out the cupboards at home. We start to lift and rearrange the emotional, psychic and psychological debris inside ourselves when we have a clear-out like this.

I want you to know **You** are not alone. We are changing our energy, both individually and collectively right now, in part due to this extraordinarily potent and fast pace of transformation.

This clear-out is an important part of letting in new identity, new dreams and the Feminine Energy that is rising on the planet, along with Magick being at an all-time high will really open that up for you as we head into December.

"It's no different to clearing out the cupboards at home."

A REFLECTIVE MOMENT FROM CHRIS

*Dance around,
Weave the round,
Feet moving softly on the ground.*

*Senses on fire not making a sound,
Transported to the sacred mound,
A connection so profound.*

*A winding path now is found,
Seeing the black wolfhound,
The secrets told to confound.*

*Filled with a feeling of astound,
I don't want to turn around,
I walk gladly onto the battleground,
Our fates are now bound.*

Spell of the month: a winter wish

Here's a spell that draws on the power of the full moon to fulfil your desires. With any spell, it's OK to wish for for luck or success or whatever, but concentrating too much on materialism or personal power is never a good idea.

Having said that, I remember casting this one when a friend had her bike stolen from the local station. Did she get her bike back? Well, in a roundabout way, she did, but that's another story.

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

Set-up: run the spell during a full moon if possible, a small star charm, 12 small blue or white crystals, white or silver pouch and a slip of paper.

1. Put all the items on a moonlit window-sill for cleansing.
2. Write your wish on the paper and anchor it with the star charm.
3. Surround the wish/charm with crystals.
4. For next 11 nights, add 1 crystal per night to the pouch.
5. Each time you add a crystal, say this chant.
6. *"Samhain has gone and winter's here, With frost and ice and air so clear. Bring peaceful nights with shining stars, Grant my wish as solstice nears. So, mote it be."*
7. On the final night, put everything remaining into the pouch.
8. Carry the pouch with you.



Crystal of the month: blue lace agate

Having looked briefly at sunstone last month, this time it's the turn of blue lace agate. This stone is a serenity crystal and can be used as an alternative to snow quartz or amethyst, for an anti-nightmare charm, for trauma healing or for a harmony spell. Other **healing uses** are shown below.

1. Blue lace agate is also good for tension headaches and for lower blood pressure.
2. For those people who value sound healing, this stone can channel vibrational energies to the afflicted area of the body.
3. Blue lace agate is best used with the throat chakra, ie helping with sore throats, aches or pains in the neck and thyroid issues.
4. It's also used to treat musculoskeletal problems, eg arthritis, fractures and bone density weaknesses.
5. It's a good stone for imaginative children, to help with creativity and to distinguish reality from stories.
6. It helps with skin problems, such insect bites or itching.

So, then where's the **best place** for blue lace agate?

- Middle of the chest helps the cardiac muscle and strengthens the heart chakra.
- Placed on the abdomen, it helps to relieve digestive complaints.
- Carry a blue lace agate to help combat stress, eg in supervisors or managers.
- Carry this stone also to help with communication and self-expression, eg those who speak in public or teach for a living.
- For new mothers, placed on the chest to encourage lactation.



Herb of the month: slippery elm

There's a reason why we've selected slippery elm (*Ulmus rubra*) for the herb of the month – Yule is often a time of excess and this herb is just great for stomach and/or digestive problems. Normally, herbal remedies use the inner bark of the slippery elm, but the roots can be used for an eye tonic too.

It's thought that First Nation tribes were the first peoples to use slippery elm paste (ie the bark plus liquid) for healing wounds. The paste was rubbed into a wound to clean out any infection and then washing removed both the paste and any pus or thorns or splinters. Other typical uses include the following.

- a) An infusion from the bark for sore throats.
- b) An infusion from the bark for stomach upsets, eg IBS, acid reflux, etc.
- c) Slippery elm tea is a laxative that helps to relieve constipation, diarrhoea and haemorrhoids.
- d) Pregnant women could drink slippery elm tea to help with labour pains.
- e) The infusion is an expectorant against respiratory inflammations.
- f) Externally, slippery elm paste can be made into a poultice that is good for small wounds, boils, burns, ulcers and other such cuts.
- g) Sometimes, the nutritional benefits of slippery elm are used to help infants or those recovering from illness – by adding some of the paste to warm milk.



Recipe of the month: Yule gravy

A lot of traditional Yule or Christmas fare involves meat, be it turkey or chicken or whatever. So, this recipe is about a vegetarian alternative.

Ingredients

- 2 onions
- 2 carrots
- 25g dried mushrooms
- Sunflower or olive oil
- 2 fresh bay leaves
- 2 sprigs of fresh thyme
- 2 tablespoons blackcurrant jam
- 2 tablespoons plain flour
- 1 tablespoon tomato purée
- 2 tablespoons red wine vinegar
- 1.5 litres vegetable stock

Method

1. Peel the vegetables and chop roughly.
2. Put in a large pan over a medium heat with oil and the herbs.
3. Fry for 25 minutes or so until golden, stirring occasionally.
4. Add the jam and continue to cook for another 5 minutes until sticky and caramelised.
5. Stir in the flour, then add the tomato purée and vinegar.
6. Pour in the stock and bring to the boil.
7. Reduce to a simmer for 10 minutes until thickened and reduced.
8. Sieve into another large pan, using a spoon to squeeze out all extra flavour.



The Market Square: Crystal Pyramid Therapies

In last month's issue of **GYLDEN MAGICK**, we met the Rune Reader, Richard Murray, in the town square on market day. Now, it's time to meet **Barbara Collins from Crystal Pyramid Therapies**. 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. So, let's listen to **Barbara** as she explains her craft.

As a practising therapist of reflexology, Reiki and crystal therapy, I would like to share a few of my insights into the use of crystals for holistic use and also in our daily lives. All my clients know that crystals will form part of their treatments when they book appointments and, over the years, similar questions are asked frequently – eg which crystals are the most protective? My answers vary greatly, depending on the specific needs of that person. For example, when someone is recovering from personal trauma or injury (physical or psychological), I will often choose one of the following protective and nurturing stones that I know will gently bring their own Guides to their assistance.

- The clear energies in **apophyllite** connect directly to the spiritual realms, creating a pure light that will attract their angels and healing guides.
- **Selenite** is another gentle crystal, which will clear etheric blockages and is a very useful tool when used as a wand in a healing environment for clearing stuck energies gently, but effectively.
- **Seraphinite** is another of my favourite stones to attract angelic connection for healing and regeneration.
- Much has been written of protection from darker earthbound energies and the popular stones, ie **schorl (black tourmaline), labradorite, smoky quartz and obsidian** need little explanation. All may be used in grids, worn/carried as talismen or placed around the home to deflect environmental stress, negative energies and for grounding. Ungrounded people are most likely to attract negativity, in my experience.
- Our connection to earth's energies is vital for maintaining a healthy outlook and creating positive energy. One of my favourites is **petrified wood** (aka fossilised or agatized wood) - this is the stone of beginnings and ancient knowledge reawakening one's inherent knowledge of nature and earthpower. It is not only useful for grounding one's energy on this earthly plane, but also supports our physical growth and gives us the patience to achieve life missions.
- Finally, I want to mention **chrysoprase** as this lovely stone connects us to all nature's beings especially the elementals. It is a heart-centred stone of the pure green ray, maintains the harmony between our fellow humans and also of our personal joy in all of nature's gifts.

The subtle energies that each stone/ crystal emits can only be used to the greater good of all from those emitting low energies (not negative energies) to the crystals that resonate at the highest spiritual level. We all need the different energies of earth, fire, water and air – minerals and stones are the vehicles through which earth energy is balanced and distributed throughout the planet.

For more info on Crystal Pyramid Therapies, contact Barbara Collins at:

www.crystalpyramidtherapies.co.uk



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Something against the winter freeze!



RASPBERRY & ORANGE SYRUP FOR SORE THROATS & TICKLY COUGHS

INGREDIENTS

300g raspberries

Juice of 2-3 oranges

300ml water

Honey to sweeten (or a little caster sugar)

Note: various other combinations of fruit are good too, eg blackberry/lime, strawberry/lemon, wild morello cherry/strawberry/orange – all good for vitamin C boosts.

TO PREPARE

- 1) Mix the berries, orange juice and water together in a pan.
- 2) Put on a low/medium heat for 25/30 minutes.
- 3) Sieve mixture into another pan.
- 4) Add honey and heat until dissolved.
- 5) Simmer for 15 minutes.
- 6) Drink a glass & store any excess in a cool, dry place (not fridge).
- 7) Add water as necessary to make it a cordial rather than syrup.

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Sparkly Reflections

By Rebecca Granshaw

A prayer for December: Let the seeds grow (a tree doesn't need to be told how to, where to or what it will look like).

It seems to be that everything is changing,

That a thousand seeds have been planted deep in the earth,

Not much seems stable or certain,

Almost like everything that ever was is being called into question,

Deepest fears and losses that have escaped scrutiny for countless lives,

Are now visible in all their raw, vulnerability.

Exposing the hearts, the wounds and the opportunities of ALL,

For healing.

In the knowledge that we were never broken,

That we are more powerful than is comfortable or familiar to admit.

That we have co-created this REALity filled with pain, suffering and control.

Abusing ourselves by willingly giving up our light so someone else can save us.

No one is coming.

The calling is for 'I' to return to the heart at the centre of creation.

In all its glorious beauty, we have what feels like the last chance to let the light in together NOW.

Intelligent LOVE is my protection.

I now focus on what I need, desire, and dream of, for the greatest good of all, moving myself out of the way.

For it is only by changing me, that I can change the world.

Fellow travellers.

Thank you for your service, courage and faith.

Let's walk into the New Year, with LOVE in our hearts.

And let go of everything else.



Spi-rituality: Samhuinn ritual

Ritual by Emily Porth & report by Gylden Fellowship

In last month's **GYLDEN MAGICK**, **Emily Porth** gave an introduction to the druidic approach to Samhuinn. How did it go in practice? Well, read on for a ritual report.

On 11 November, the **Rowan and Thorn Druid Grove** held its Samhuinn ritual in Alton. Despite some very wet and windy weather earlier in the day, the time of the ritual was sunny and clear. Samhain is the first festival of winter and this day was also marked as Remembrance Sunday – a good day for honouring the ancestors.

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. It is worth noting that if you wish to attend a grove ritual, please use the group's website or Facebook site in advance, to notify the organisers of your intention. Here is an extract from the ceremony.

"Samhuinn is a time to recognise endings and to let go of what we no longer need.

It is a time to honour our ancestors, when the veil between worlds is thin.

Today, we welcome the Fae, the Sidhe and the Wild Hunt.

We honour Gwyn ap Nudd, Herne and Woden as they ride out across the night sky with bellowing black hounds."

Prayers were also said for those who died in war or as a consequence of war and how peace can be encouraged. It was noted that this day was the first day of Interfaith Week in the UK.

The Grove then performed the **Druid Network Peace Ritual**, before moving on to remember the beloved dead, as mentioned by Grove members. Blessings followed with mead, apple juice and roasted pumpkin seeds.

Before the ritual commenced, everyone had been asked to write what they wished to release on a piece of paper. A flame had been set in a dish and each person was invited to place their papers in the fire, thereby releasing things that were no longer needed into the darkness. And then, as normal, the **Druid Oath** was spoken by all.

"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.

Awen".

The Storyteller's archive: the Devil's Hoof-prints

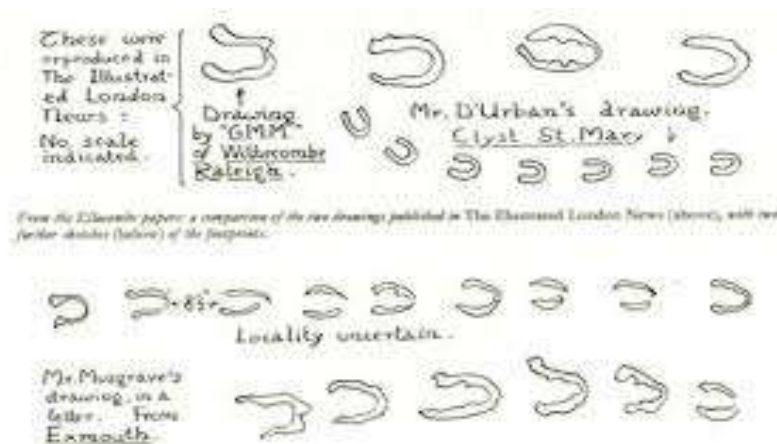
Imagine to yourself to be in Devon during the winter of 1855. It's the morning of 8 February, there was a fall of snow in the night, followed by a slight thaw and then a sharp frost. The ground is both icy and snowy. Your house is on the Exe estuary, just south of Exeter and in a small village and what is the first thing that you see?

Apart from the white covering to the houses and fields, the next thing that catches your eye is the trail of cloven hoof-prints that go down the road in front of you – like a small horse or donkey. Your eye follows the hoof-prints: not only are there no footprints walking alongside, but the hoof marks are fresh and not covered by last night's snow.

Then you realise something even stranger. The trail of hoof-prints is in a straight line and there's a group of people (some of them with guns) following them; so, you decide to tag along and play find the donkey. The prints are about nine inches apart and they continue for miles over gardens and fields. The prints don't stop for any man-made obstacles – the trail goes through walls and haystacks as if they don't exist, sheds have simply been walked through as if there were no back walls. Houses have been walked over and you can see clearly where the hoof prints go up a rooftop and onwards down the other side.

A young man from the village of Clyst St Mary drew a map of the trail and drawings of the prints. The trail started in Totnes and passed through the towns of Torquay, Teignmouth, Dawlish, across the Exe estuary to Exmouth, Topsham and Littleham (a total distance of over 100 miles). The man's name was **D'Urban** and he went on to become the curator of the Royal Albert Memorial Museum in Exeter. His account was published in the *Illustrated London News* for 24 February 1855 (see picture below).

Woolmer's Exeter and Plymouth Gazette (17 February 1855) described the incident as a "story of a visit from Satan seeking sinners, believed by the superstitious poor" and local clergy were quick to pass off the matter as either the work of hoaxers or as bird markings. Yet the Reverend **H.T. Ellacombe** who was vicar at Clyst St George also made careful drawings of the tracks. To date, there has never been a single explanation or theory that covers all the known and reported facts.



Disability issues faced by pagans

By Diane Yates

Pagans, like any other belief system come in all shapes, sizes, genders and orientation, as well as disabilities. Some disabilities are hidden or not so visible, such as those of mental health or learning. It may be pretty obvious that some people are disabled due to sight, as they have white sticks. Or they may be physically disabled, as they walk with walking sticks, crutches or are wheelchair bound.

A lot of the issues faced by pagans with disabilities are about accessibility. I, as someone who used to be mostly able-bodied, at least enough to be able to hold down a job as a qualified nurse and attend pretty much whatever I wanted to, have had that curtailed by an accident.

For me, I have had breathing issues with asthma most of my life. So, I've been known to walk straight back out of an enclosed space due to someone else in the area (not necessarily part of the group I am with) wearing strong scent (perfume, aftershave, deodorant). Of course, this is their right and beyond anyone else's control, but can affect sensitive lungs.

I know a lot of people with physical issues who would be overly anxious and, therefore, may not attend a gathering or moot if they did not know the lay of the land, ie:

- Are there steps?
- How far away is the parking?
- Is there disabled parking?
- Are there cold or icy conditions in winter?
- Is there a need to stand in a ritual circle?
- Is there a need to take a chair?

All this can be very important if, like me now, I have to be able to open my door completely to get out of my car. For such reasons, open rituals outside can be difficult, meaning a lot of disabled pagans celebrate on their own or just with their families.

Why be anxious when pagans are so friendly? Unfortunately, not all are as tolerant of disabilities as we would hope and there is still so much to learn, accept and understand. But, please remember we are not our disabilities. We are still people and wish to celebrate the same as any other pagan.

Any comment or questions on these issues gladly received, please do contact me through the editorial team.



Pagans with Disabilities

The Pagan Federation (England and Wales)

For past issues of Gylden Magick magazine, please see us here:

Our website: www.gyldenfellowship.co.uk

Or on Facebook: <https://www.facebook.com/groups/gyldenpaganfellowship/>

