



Gylden Magick

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Jan. 2019

PRACTICAL MAGICK & UNIVERSAL ENERGY FOR EVERYDAY LIFE

IN THIS ISSUE

Editor's notes

by Gylden River

Welcome to **GYLDEN MAGICK** – the spiritual magazine from Pagans of the Gylden River that spans both traditional and newer pagan beliefs and practice.

First things first, though – as we start 2019, so you'll see some changes in this edition and across our information services. The **Pagans of the Gylden River** community is resuming its place as one of the most extensive online pagan libraries in southern England and its website will adjust accordingly.

GYLDEN MAGICK magazine will now take its place in the Gylden River set of regular pagan info services.

Gylden Fellowship continues as the essential pagan support mechanism, ie visiting groups, producing monthly calendars, helping our moot

friends across the region with rituals or meetings or fayres.

In this issue, there's *practical magick*, ie spells, crystals and herbs. This is the Wolf Moon and the altar colours for this period approaching Imbolc are white and light blue. And, we're starting a new series on altar tools.

The **Market Square** gives a useful overview to genuine sources of guidance, as well as items for your own interest. This month, we feature **Quercus Magical Emporium of Treasures**.

We'll be looking at how various groups write and run their own rituals – this time, it's a Yule ritual, from **Basingstoke Pagan Open Ceremonies**, held on 16 December.

Date for your diaries – don't forget 16-17 February 2019 for the **Enchanted Market**, ie one of the

largest spiritual events in the south. More details to come soon.

What else is there? Well, we take a look at the traditional art of palmistry, there's a winter recipe, a First Nation tale about the origin of stories, a new series of monthly meditations and poetry too.

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.

For more info, why not join **Gylden River or Gylden Fellowship** groups on Facebook today and see our calendar, updates or briefings for January?

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"LET ME GUESS, YOU'RE 'SNEEZY.'"

Spell of the month: good fortune

Despite the picture below, which shows an essential oil for abundance, luck, blessings and healing, good fortune can take many guises – from a disaster narrowly averted to an unexpected bonus. Here's a little spell that uses candle magick to fulfil your intent. With any spell, it's OK to wish for for luck or success or whatever, but concentrating too much on just money or personal power is never a good idea.

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

Set-up: a yellow beeswax candle and holder, green ribbon and a small piece of parchment. Run the spell during a waxing moon if possible.

1. Write your name near the top of the candle.
2. Tie green ribbon around the base of the candle.
3. Write your wish for the year on the parchment.
4. Place candle in the holder on the parchment.
5. Light the candle.
6. Chant seven times:
*Busy as can be,
 Bright as a light,
 The success I see,
 Is mine from this night.*
7. Burn the candle for 1 hour and then extinguish.
8. Repeat the spell for seven days, allowing the candle to burn for 1 hour each night; on the final day, let the candle burn out.
9. Fold the parchment into a small packet, tie with the green ribbon and carry it with you.



Crystal of the month: celestite

Having looked at blue lace agate last month, this time it's the turn of celestite. This stone is less easily found, but I use a great cluster of blue celestite crystals to help clear a room of negativity. Other **healing uses** are shown below.

1. Celestite is good for promoting safety and protection, stopping all worry or fears.
2. Similarly, it releases anxiety and restores calm during a panic attack. Thus, it eases tension or stress by soothing pain, grief or mental distress.
3. Certain phobias can be relieved through the carrying of celestite, eg large crowds, speaking in public, fainting, excessive blushing or nervous tics.
4. Celestite moves vibrational energies to afflicted areas of the body.
5. The stone targets dis-eases of the eyes, ears, throat and any digestive problems.
6. Celestite sulphate helps to fight infection and reduce fevers.

Apart from healing, are there any **other uses** for celestite?

- It's good for communicating with elemental beings, eg not only the spirits of those who've passed on, but also higher beings, eg angels.
- As mentioned above, a cluster of celestite in any area will dispel negativity, cleanse the area and fill it with positive energy.
- So, it's really good for sacred spaces where peace or calm are required and workstations, to combat stress and EMFs.
- Celestite stimulates the throat chakra, allowing us to say what we think and feel with clarity.
- Likewise, the stone permits a good flow of energy within the body and spirit, from lower chakras to the brow and crown chakras.
- In general, the stone cleanses one's aura.



Herb of the month: comfrey

There's a reason why we've selected comfrey (*symphytum officinale*) for the herb of the month – winter is often a time when people feel joint stiffness, strained muscles or even fractures after a fall on ice. Normally, herbal remedies use the leaves and roots of comfrey.

It should be noted that pregnant or nursing mothers should avoid using comfrey. Also, the internal use of comfrey may affect one's liver – please check with a doctor first.

However, one of the main benefits of comfrey is its ability to help with broken bones – in medieval gardens, the herb was referred to as *knitbone*. Comfrey tablets were even standard issue in World War II first aid packs, due to the fame of this herb to speed up the healing of bones and wounds. **Other typical uses** include the following.

- a) An ointment of comfrey helps new tissue to grow.
- b) It hydrates, soothes and repairs the skin.
- c) Comfrey relieves pain and swelling muscles and joints – especially if the causes are degenerative arthritis, acute myalgia in the back, sprains or contusions or strains after exercise.
- d) Comfrey can also be used to relieve skin irritations such as rashes, sunburn and stings.
- e) The leaf infusion is an expectorant against respiratory inflammations or gastric problems.
- f) Externally, comfrey can be made into a salve, poultice or compress. I make a comfrey salve for those needing help with joints or cramp, normally blended with plantains.



Recipe of the month: Winter mushroom hot-pot

A lot of traditional Christmas fare involves very rich or sugary foods. So, this recipe is all about a vegetarian alternative for the new year.

Ingredients

- 12 shallots
- 4 portobello mushrooms
- 120g shiitake mushrooms
- 250g chestnut mushrooms
- 25g butter
- olive oil
- 2 large carrots
- 2 cloves of garlic
- Thyme to season
- 2 fresh bay leaves
- 500ml veg stock
- 1tbsp tomato purée

Method

1. Put the shallots in a bowl and cover with hot water (makes them easy to peel).
2. Roughly chop the mushrooms.
3. Heat half the butter with 1tbsp oil in a pan on medium heat.
4. Fry the mushrooms in batches, until coloured, but still firm, adding another 1tbsp oil between each batch. Tip the mushrooms into a bowl and set aside.
5. Peel and chop the shallots, garlic and carrots.
6. Heat the remaining butter in the pan. Fry the shallots and carrots for 10 mins, stirring occasionally – add garlic for last 3 mins.
7. Add the thyme, tomato purée and bay leaves.
8. Add the vegetable stock and simmer for 25 mins.
9. Season to taste and fish out the thyme stalks and bay leaves. Stir the cooked mushrooms into the sauce along with any juices, heating through for 5 mins or so – tastes well with colcannon, mashed potato or warm fresh bread.

Altar tool of the month: incense

Hi there, we've produced 4 **GYLDEN MAGICKs** to date, but that's no reason to stand still, which is why we're starting a new series in this issue. Spellwork is fine, but the sacred place is also crucial, so here's a first guide to some handy altar tools, starting with **incense**.

As we're coming up to Imbolc, perhaps it would be a nice idea to have some **Imbolc incense**, regardless of whether it's just for you or for a small group ritual. You can make your own quite easily, using a blend of herbs, flowers, wood bark, resins and berries.

Step 1 is to gather your ingredients, together with jars, lids, mortar, pestle, mixing and measuring spoons. Any guide to incense lists the parts and a part is simply 1 unit of measurement, eg a cup or 1tsp.

Start with the essential oils or resins, mashing them up with the mortar and pestle. Or, you could use a blender or coffee grinder. Then add berries, flowers, dry herbs last. The Imbolc incense could consist of:

- 2 parts cedar or sandalwood
- 2 parts frankincense
- 1 part pine resin
- 1 part dragon's blood
- 1 part orange peel
- 0.5 part lily or snowdrop petals
- 1 part spice, eg cinnamon or nutmeg.

If you want to add ritual to your incense, focus on your intent, eg anything you would like to achieve in 2019. State your intent out loud as you blend the herbs to charge up your incense and again as it burns.



Monthly meditation: trees

And so, here's the start of another new monthly series – some meditations to help you relax. The first one involves the **heart chakra**. The heart has been described as “the forest of the soul”, which is one reason why our monthly meditation is based on trees.

Some of the most powerful natural meditations involve trees. Find a suitable tree, introduce yourself and ask if the tree would like to speak with you.

If you get a positive response (you'll feel it), sit on the ground with your back resting on the trunk of the tree. Contemplate the tree, its roots and branches, the sap flowing through it, and the creatures living in it – try to see what it sees, feel what it feels and, above all else, listen.

Or you can follow **this pathway**.

1. Take a long and deep breath. As you exhale, move attention to your heart, and imagine an emerald green chakra. The life-like green glow of the chakra spreads from your heart to fill your chest and then the rest of your body.
2. Imagine standing under a large tree with a huge green canopy spreading in all directions. The wind rustles through its bright green leaves with a gentle flute-like sound.
3. Start climbing the tree. As you move up, you pass thick branches laden with green. Even sunlight finds it hard to filter through these green leaves that provide a cool, soothing shade to you.
4. You reach the top of the tree and get a panoramic view of the surrounding region. In every direction, there is a green sea of endless, lush vegetation.
5. The tree nurtures and nourishes you, just as it provides strength, support and safety to all its leaves. A green light appears and joins with every cell in your body.
6. Breathe deeply and feel the energy moving into your heart, which is bursting forth with fresh green leaves. Rest in this awareness.
7. Descend gently from the tree. You feel its love and care - its branches support you on your way down.
8. Once on the ground, look back up at the tree and feel at one with it.
9. When you are ready, open your eyes and finish the meditation.

The Market Square: Quercus Magical Emporium of Treasures

In last month's issue of *GYLDEN MAGICK*, we met Barbara Collins from Crystal Pyramid Therapies, in the town square on market day. Now, it's time to meet **John Rivers from Quercus Magical Emporium of Treasures**. 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 **John** as he explains his craft.

I started buying and selling antiques and bric-a-brac when I was about 14 years old and then, at about 17, I was given the responsibility of disposing of the contents of a great aunt's house. It was stuffed with antiques - I loved doing the research and negotiating with the dealers - from then onwards, I was really hooked. Between then and now, I have had several antique shops and have attended very many fairs and auctions over the years.

However, I really discovered my niche when I found that the pagan community seem to love the same kind of things as I do. Although the core of my stock is older bric-a-brac and antique-type objects, I also buy and sell any second-hand items that I believe the pagan community might enjoy owning.

In the past I have bought and sold large collections of tarot cards and books, bought out stock from other traders who have decided to no longer trade, eg silver jewellery and dragons and fairies. I am constantly on the hunt for:

- Esoteric or occult objects
- The unusual and odd!
- Interesting musical instruments
- Knives and swords

- Sticks and staves
- Cauldrons and candle sticks, well you get the idea.

- I attend auctions, peruse antique fairs and centres, charity shops, occasionally eBay, but my biggest source of stock are the boot sales. I'll get to 5 and, sometimes, up to 7 or 8 each weekend during the summer! I have to walk/run past a lot of plastic rubbish in order to find something worth buying. Luckily the kinds of things I am looking for are not what other antique dealers and traders might buy, so I can often still find my bargains even after the swarms of dealers and general public have had a look.

I am often told I have a good eye, but there are also some folk who believe a little magic is involved. They wish for something and it magically appears on my Facebook page. I don't know if that's true or not, but I am quite happy to further the myth by selling them just whatever it was they needed or, in some cases didn't even know they needed, but can no longer do without!

Quercus is my given witch name and is **Latin for oak**. So, I decided (as the proprietor) to include my name for the shop. All of my previous shops or stalls have had the word, **Emporium**, in the name, ie *The Emporium of Trash or Treasure*, was one of my favourites. I am a believer in magic, hence **Quercus Magical Emporium of Treasures** is now my current stall's name.

The first big trading event of the year for Quercus is the **Enchanted Market in February in Bracknell** and it is my biggest stall of the year where you will find every item of stock I own. Throughout the year, you will spot my red stripy gazebo at pagan events, festivals and camps. This year, I hope to also do some small events where I will just have a table or two; however, how I decide what stock to take and what to leave at home is going to be something of a problem.

Merry meet and see you at an event somewhere.

Gylden Magick
Jan 2019

Yule 2018 review



Sparkly Reflections

By Rebecca Granshaw

On this auspicious day, I send activation and love to all the women with whom I share my heart.

+ ALL Women (of all Species, Animal, Plant, Mineral and Cosmic) + ALL the feminine aspects of Males (of all) I LOVE YOU from my heart to yours, I wish you FREE.

If you so CHOOSE it. May LIGHT fill your BEing and LOVE INTELLIGENCE radiate inside out, All you touch transforms, IN HARMONY with your one true path.

WITH your own heart the only Captain of your ship, Your wildest dreams are now TRUTH. = AND SO IT IS.



Spi-rituality: Yule ritual

Ritual by Paul Oakwolf Coombes & report by Gylden Fellowship

On 16 December, **Basingstoke Pagan Open Ceremonies** held its Yule ritual in the War Memorial Park in Basingstoke. It is a generic saying that some winter rituals are destined to be very bracing and this one was no exception. Luckily, it stayed dry and clear, but very cold. Yule, as the mid-winter solstice, is the second festival of winter.

The open ceremony was written by **Paul Oakwolf Coombes**, leader of this group and Archdruid for Basingstoke. As the name suggests, this rite was designed for all types of pagan – there's a druidic structure, but the format is quite OK for heathens and witches too.

And, the use of a talking stick permits members to contribute poems, stories, songs, etc. Here is an extract from the ceremony.

"The sun starts north again and the light comes back. In the world, in our lives, the light comes back. This is worth celebrating.

With the longest night, the dark is defeated with the return of the sun, the return of light, hope and promise. The goddess gives birth to the sun god.

The sun begins to wax and the days grow longer.

All that is hidden will begin to emerge."

The group held the traditional combat between the oak king and the holly king, bearing in mind that the solstices mark a transition between the two reigns. And it is the triumph of the oak king at this point in the year..." *Darkness rules as the oak king returns to take up his reign o'er the earth."*

The group then performed the shared offerings and blessings of fresh bread and mead – good stuff, actually, as it was fresh bread and the Midguard Mead (made from wildflower honey).

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: Stones & stories

I collect stories from all over the world, both ancient and modern. So, if someone wants to hear tales from Ancient Egypt or Rome, I can tell them a few, but one of the most common themes (from all countries) is the origin of tales. Where did they come from? This tale derives from the First Nation tribe, the Seneca and is one of the best, imho.

Once, there was an orphan whose aunt gave him a bow and arrows, telling him to go out into the woods and to learn to hunt for food. He set off early the next morning and managed to shoot three birds. At midday or so, the sinew on his bow loosened, so he sat down on a flat-topped stone to mend the bow.

Suddenly, he heard a deep voice saying, "Shall I tell you a story?" He glanced around, but could see no-one at all. "Shall I tell you a story?" The voice repeated again, but still the boy could see nobody and was starting to feel scared. On the third repetition, he realised that the voice came from the stone on which he was sitting. "Shall I tell you a story?" The boy replied, "What are stories?"

The stone answered, "Stories are what happened in the long-ago time. My stories are like the stars that never fade". As the stone finished one story, so it started another and, all the while, the boy sat with his head bowed, listening quietly. Near sundown, the stone said, "We will rest now. Come again tomorrow and bring the people of your camp to listen to my stories. Tell each person to bring a gift".

That evening the boy told his people in the camp about the story-telling stone and, so it was, that they all followed him into the forest next morning. Each person had brought a gift of bread or meat or tobacco for the stone before sitting down. When all was quiet, the stone spoke, "I shall tell you all stories of the long-ago. Some of you will remember every word I say, some only part and others none at all. Now listen closely."

The people listened to the stone throughout the day. When the stone had finished, it was almost time for sundown and one last thing remained for the stone to say, "My stories are all told. Keep them and tell them to your children and your children's children and so on, down the ages. And when you ask someone for a story, always remember to give a gift." And so, it was – all the stories we know came from the stone and from the stone came all the wisdom we have. Stones are the bones of the earth and must be treated with respect.



Palmistry

By Sam O'Neil, Medium and The Spiritual Palmist

Palmistry (also known as chiromancy or cheiromancy) is the art of interpreting a person's character & predicting their future, present and past by examining the palm of the hand.

It is an ancient form of reading, on which many cultures have based their own views and beliefs, forming their own guides.

Astrology is mostly used alongside palmistry – however, it can be used with guidance from spirit. It is like any other form of reading, ie each person has a different interpretation.

It is best to look at your most prominent hand first (according to whether you are left-handed or right-handed.) If your right hand is the most prominent, then the left one is the one we are born with, our blueprint.

Throughout the reading, I will compare both hands, to see fixed future events. Palms do change, as our lives can change a lot: one line may read one thing but, in six months, it may change to read another.

There are many areas and ways to read the palm and the list below gives a brief overview, starting with the [Major Lines](#).

1. The **Heart Line** is the upper line of the hand, indicating your will to love or romance, family and friends and, even projects and hobbies.
2. The **Head Line** is the line under the heart line, indicating wisdom, belief, attitude, thinking, creativity and nature.
3. The **Life Line** runs from the base of the thumb and shows both physical health and life energy. A short or no life line does not mean you will live a short life.

4. **Fate Lines** are the vertical lines in the middle, starting from the bottom of the palm and they show fortune, career or job and life changes.

Then I move on to reading the [Secondary Lines](#), as listed briefly below.

1. The **Marriage Line** is the line under the little finger, which shows marriage, love, relationships, if you have or will meet the one and attitude towards love.
2. The **Child Lines** are the lines coming off the Marriage line.
3. **Uncommon lines** show, potentially, how many children you will have. This line may include adopted children, step children, or familiars.
4. The **Lucky Triangle** shows the formation of the Head, Life and Fate lines, ie you create your own luck or your luck is changing for the better.

One can also read the mounds, fingers, nails, marks, line formations and backs of the hands Just by someone turning hands one side to the other can tell you about what kind of person they are.

If you are interested in learning more, I'm starting a 10 Week Palmistry Course in February 2019. The classes start from Thursday 7 February 2019, 10am-12pm (day time) and Monday 11 February 2019, 7-9pm (evening).

The price for the course is £100, £10 deposit, but can be paid weekly. The venue is **Chi Coffee, 146 London Road, Portsmouth PO2 9DJ**. For more details, contact me on Facebook, Instagram or Email - Spiritualistsamoneil@outlook.com.

GYLDEN MAGICK will be returning to this topic later in 2019, with more pieces from Sam O'Neil.

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