



# Gylden Magick

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## Feb. 2019

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.

The **Gylden Community** is resuming its place as one of the most extensive online pagan libraries in southern England and its website, ([www.gyldenfellowship.co.uk](http://www.gyldenfellowship.co.uk)) will grow accordingly.

On Facebook, the **Gylden River LRC** (Learning Resources Centre) has been designated as a social learning hub with optional study units in key areas of magick.

**Gylden Fellowship** continues as the essential pagan support mechanism, i.e. visiting groups, Interfaith work, fayres, producing monthly calendars, helping our moot friends across the region with rituals or meetings.

In this issue, there's *practical magick*, i.e. spells, crystals and herbs. This is the Snow Moon and the altar colours for this Imbolc period are white and light blue. And, we have the next part of our altar tools series, i.e. the athame.

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

We'll be looking at how various groups write and run their own rituals – this time, due to the blood moon, we review the essential elements of esbats, i.e. **full moon rituals**.

Date for your diaries – don't forget 16-17 February 2019 for the **Enchanted Market**, i.e. one of the largest spiritual events in the south.

**What else is there?** Well, we take a look at a variation on tarot with the launch of a new homeopathic deck, there's a romantic recipe, a dragon folk tale from the north, another monthly meditation 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 LRC or Gylden Fellowship** groups on Facebook today and see our calendar, updates or briefings for February?

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## Spell of the month: look for love

Love potions have always been a stock-in-trade product for witches, both fictional and community practitioners, but the important point (perhaps the key point) is that of **intent**. For a person to either request or use a love potion or spell to bind another is very wrong. That, it should be said, is my opinion — there is nothing amiss with using a spell to attract love, but not to bind another named person.

Very important point is that **before** casting any love spell, people should be in balance with themselves, i.e. if you don't love yourself, why are you running a love spell at all?

According to **Scott Cunningham**, one of the simplest ways to attract love is to use a Japanese custom, i.e. to tie a single strand of your hair to a blossoming cherry tree. In Japan, as in the UK, cherry blossoms are potent symbols of love and the following spell is supposed to attract a future partner. All spells listed here have been written by members of the **Gylden Community**.

Set-up: red or pink thread, about 14-15 cherry stones, a small piece of red jasper and a sharp tool for making holes (such as a skewer or a brad).

1. The spell starts with the first night of a new moon.
2. Drill a hole in one of the cherry stones.
3. Repeat this task on each successive night until the moon starts to wane, perhaps after 13-14 nights.
4. Do not drill any more holes in the stones.
5. When the next new moon appears, thread the cherry stones onto your red or pink thread.
6. With the red jasper in your receptive hand, chant three times:  
*Let the Goddess hear my plea  
Send enduring love to me.*

Tie the thread around your left knee and sleep with it attached for 14 nights.



## Crystal of the month: red jasper

Jasper is an opaque form of chalcedony, i.e. a variety of quartz, but which includes a significant percentage of iron. We're looking at red jasper, but it can be found in green, yellow and brown too. The iron causes the red tint and a greenish-red type, known as *bloodstone*, can be found in West Scotland.

Sometimes, people refer to *brecciated jasper*, which means that the stone consists of fragments forced together in a matrix. As a **general healing stone**, red jasper is good for the following.

1. It is best-known as a lover's stone of passion, eg it promotes sexual compatibility, helps with tantric sex, increases the libido and controls sexual aggression.
2. Apart from sex, red jasper aids passion or energy in creative projects, such as performing arts, and also emotional endurance for those in stressful occupations, eg police officers or restaurant staff.
3. Red jasper regulates the metabolism and increases physical stamina, particularly for those recovering from long-term illness or injury.
4. It strengthens the heart, the liver and circulatory system.
5. As a source of soothing energy, red jasper helps to stop blood flow and aids against gout.

On the **spiritual side**, red jasper works best with the root chakra in the lumbar area of the spine, but can both cleanse and balance all the chakras.

1. It is a stone that brings strength to resist emotional domination by others and the courage to overcome domestic violence.
2. Red jasper can help those of any age, not only older victims of sexual assaults, but also children who have been bullied at school.
3. The stone helps to maintain balance and emotional stability during difficult periods, leading to renewed self-confidence.
4. Meditation with red jasper is recommended for those struggling with unfair situations.
5. Red jasper can be beneficial for those suffering from low energy levels, fatigue and dissociation from reality.

## Herb of the month: chamomile

Actually, we're looking at **English/Roman chamomile** (*chamaemelum nobile*) this month. One can also use German (false) chamomile essential oil as an antiseptic or anti-fungal remedy or for the removal of excess phlegm. Back to Roman chamomile then and this is the herb that, most often, turns up in your chamomile tea. Other **healing properties** are shown below.

1. Actually, let's start with that soothing cup of chamomile tea to forget the stress of the day and get some restful sleep. If it's been a difficult day, I use a mix of valerian root and chamomile in an infusion.
2. Roman chamomile is a relief for depression and anxiety.
3. It treats skin conditions well and reduces inflammation. For that reason, I make a Roman chamomile salve that has a little more cleansing oomph than the calendula one.
4. Roman chamomile helps with muscle cramps and other PMS symptoms.
5. Also, it boosts heart health.

It's worth noting that both German and Roman chamomile contain the essential oil, **chamazulene**, although German chamomile contains a higher concentration. Both herbs smell vaguely of apples and both types of chamomile are used safely as:

- mild sedatives
- insect repellents
- anti-spasmodic medicines
- deterrents against garden pests
- attractions for fruit or vegetable pollinators.



## Recipe of the month: Choco chip biscuits

Traditional Imbolc meals tended to include foods that celebrated the power of the sun in causing fertile crops – seedy bread, custard tarts and cakes were popular. This recipe favours sweet biscuits.

### Ingredients

- 225g caster sugar
- 300g plain flour
- 200g melted butter
- 1tsp vanilla extract
- 1tsp baking powder
- A pinch of salt
- 1 egg
- 200g chocolate chips

### Method

1. Put the sugar and melted butter in a bowl and mix together – a wooden spoon is fine.
2. Sift the flour, baking powder, vanilla and salt together and add to the sugar and butter mixture.
3. Add the chocolate chips at this stage and mix together by hand.
4. Once you get a doughy texture, add the egg and knead by hand again.
5. Spread some butter onto a baking tray. Take some of the dough, roll into balls and then flatten a little. Keep them on the small side as they spread out during baking. Also, don't keep biscuits close to each other, in case they stick together.
6. Place in the oven and bake at 160C for 10-20 mins. The bigger the cookies, the longer they'll take to cook. They're ready when the edges are a bit golden. Try not to eat them all at once!





## Altar tool of the month: athame

OK then – last month, we looked briefly at incense and now it's the turn of your athame (a-thar-may). I've seen lots of these on my travels and no two are ever the same, but there are some **common features**.

1. Usually made of metal, i.e. iron, steel, copper or bronze.
2. Some athames consist of natural materials, like carved wood or deer antler.
3. Usually have symbols, runes or sigils on the handle, guard or blade.
4. Sometimes, the handle or sheath has a pentacle on it.
5. In general, athame handles are black.
6. Mostly, the blades are double-sided.
7. Handles may be made of metal, darkened bone or wrapped wire.

An athame can **cut** anything you want, depending on your pathway, eg from lines of energy to inscribing symbols on candles during a spell or cutting a ritual cake. It's never a weapon and the best way to look after the blade is to use a beeswax polish rubbed onto the blade, left for a day and then cleaned with a cloth.

Incidentally, there's the perennial question of whether an athame is an **offensive weapon** in public. The legal answer appears to be: do not openly carry such a ritual tool in a public place, particularly not athames, swords or daggers, unless they are covered by cloaks. Any blades can be concealed in sheaths or carrying bags.

**How much** would you expect to pay for an athame? Cheap ones might start at about £10-£15, but a good athame averages about £40. Other ceremonial daggers might be a little cheaper at about £30. Swords come in all sizes and metals and it's difficult to estimate, but a good long sword or claymore might cost between £80-£140.



## Monthly meditation: fountain

This meditation is all about our **spirit guides**. Often, a person can connect with their spirit animal through dreams or meditation and such spirit guides are able to offer power and wisdom to the individual. This means that the person can learn or take advice from their spirit guide.

For some people, knowing the type of their guide is an intrinsic quality: they've always been inexplicably drawn to that animal or have a special feeling for that animal's energy. For other people, it is harder to identify their animal spirit guide and the list below gives a clue to how to narrow down your spirit guide.

- Are you drawn to one animal, bird or insect without being able to explain why?
- Does a certain kind of animal consistently appear in your life?
- Is there a particular animal that you see frequently when you're out in nature?
- Have you had a recurring dream about a certain animal that you have never been able to forget?
- Are you drawn to images of a specific animal?

Let's try a meditation to help discover your spirit guide – **the fountain**. As with all meditations, you need to be in a quiet environment with no interruptions from people, phones or e-mails.

1. Imagine yourself in a garden on a sunny day with a fountain nearby.
2. Walk over to the fountain.
3. Gaze at your reflection in the water and keep on looking.
4. After a while, your face starts to blur and becomes the face of an animal.
5. This is your spirit guide (or one of them).
6. Keep its image in your heart after the meditation.



## The Market Square: Bazaar Bears

In last month's issue of **GYLDEN MAGICK**, we met John Rivers from Quercus Magical Emporium of Treasures, in the town square on market day. Now, it's time to meet **Chris Davenport and the team from Bazaar Bears**. 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 lots more traders, 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 **Chris** as he describes the background to the bears.

Many of you who have been to certain shows and markets around the south of this country may have seen, or even purchased, a bear or cuddly dragon from Bazaar Bears (*please note the spelling – this is deliberate*). When we were invited to do a short article on them, there was an initial panic of wondering if we could produce something in the timescale. After talking to Ann (creator) and Sarah (sales department), it was left to me (Chris - transport) to work on it and to try and let you all know a little bit about the bears.

Life for the bears started as a follow-on from Ann doing doll dressing. That market was in a slow decline and something else was required to fill the gap. Teddy bears were not really an option, due to over-capacity, but we felt something more novel was required. A bear was produced, with its own easily-recognisable face, to test the market. It sort-of worked and Ann carried on with her dressing ideas, this time on bears.

After supplying a few shops with samples (which sold quite well), we were invited to attend a traditional bear show. We turned up with a selection of about 20 bears – all dressed as characters from screen and stage. So far, our best sellers are Freddie Mercury, Alice Cooper and John "Ozzy" Osborne!

**Bespoke bears** are offered to a customer's requirement and there really is no boundary, as long as we can get the

basic materials, which (incidentally) are 90% recycled. Shoes and eyes are examples of what we do not produce ourselves. Old clothes can be used to make a bear of your loved one: all that is needed is as much information about the person that you can give (a photograph speaks a thousand words as they say). Examples of customers' requests fulfilled in the past include the Beatles, Abba, Lordi, a Taliban fighter, a Royal Marine major and a naval commodore.

For more information, if required, please contact the **GYLDEN MAGICK** team (see contact info at the end). New for 2019 is a series of sheep and also rabbits, called **Defenders of the Warren**. Hopefully, we will see you all at a show in the future.





Gylden  
Magick  
Feb. 2019

# The Fire and Ice Imbolc Ball & Alternative Market



# Sparkly Reflections

By Rebecca Granshaw

## *Grief - For all the new Stars*

*The last few weeks have torn me,  
An exquisite pain,  
Leaving parts held solid,  
Exposed.*

*They say it's how the light gets in,  
Another cycle of renewal,  
Of endings,  
That are beginnings.*

*A time to start again,  
I notice a spark of strength,  
And creation inside,  
From the embers of your flame.*

*I feel you all around me.  
With whispers in my ear,  
'I am always with you in your heart darling.'*

*I love you infinitely, Granny,  
Till we meet again,  
Light up the sky,  
You are free.*





# Spi-rituality: Full moon blessings

## By Gylden Fellowship

Every month, several groups across the Gylden Community area meet to celebrate the full moon with rituals or group blessings. In January, there was the added bonus of the full moon (the Wolf Moon) happening at the same time as a lunar eclipse, making it a blood moon. Just for a change, it was a clear night on Sunday 20 January, making the conditions cold, but dry and the moon wonderfully clear. Among others, the groups that held such esbats included [CoA Southampton Witches](#) at Matley Wood in the New Forest.

Hang on a minute – esbat? [What's an esbat?](#) Put simply, it's a festival or ritual that celebrates the full moon, traditionally on the first night of the full moon. A lunar ritual may include the participants asking the moon to grant wishes and a feast to honour the Mother aspect of the Goddess.

An esbat is not so different from a sabbat, i.e. the actual ritual can include dances, songs, magick, prayers to the Goddess and an exchange of cake/mead. In some cases, esbats are the domain of closed covens, but that is not the rule and any number of people can celebrate an esbat.

From a magickal standpoint, it's a good time for spells of healing, fertility, self-expression or spiritual completion. Each full moon has a special appeal for those who work moon magick, eg drawing down the moon for extra strength. For this piece, though, here's a [full moon release spell for healing or protection](#) – you could run it by yourself, but we did this as a group magick under a supermoon in 2017.

**Set-up:** White pillar candle, crystals, floating candle(s), a large bowl, spring water, matches, a pen/ paper.

- ✚ Arrange altar with a white pillar candle and either a moonstone or a clear quartz.
- ✚ Light the pillar candle.

- ✚ Cleanse and purify yourself – focus on the earth and the crystal(s), to try to lose any immediate tension. If possible, sit or stand in moonlight and meditate for a few moments on the effect of the moon.
- ✚ Fill the bowl with water and place it on the altar.
- ✚ Write your intent and what needs to be released on the floating candle or a small piece of paper on the candle.
- ✚ As the floating candle is placed on the water, declare what is being released.
- ✚ Light the floating candle.
- ✚ Focus on the transfer of what you are releasing into the moonlight ([below](#))
- ✚ Let the floating candle burn as a symbol of your change or loss of your shackles.
- ✚ Finish off by having a shared drink or food under the full moon.

*"And here are we, lost in the dark,  
Blundering against hard stone,  
In mazes of our own construction.  
In here, we fear our personal Minotaurs;  
They will eat us, using teeth and claws  
Of strokes, loss of family and cardiac arrest.  
And here is the moon, offering a release,  
With gentle light and peace for our spirits,  
A modern sword and ball of string.  
The moon does not fear people's bulls,  
But helps us to confront and leave each slain,  
Helping each of us to cast off our chains.  
And here are we, bathed in moonlight,  
We face a new dawn with moonlit fortitude."*

## The Storyteller's archive: The Sockburn Wyrm

*"Twas brillig, and the slithy toves/ Did gyre and gimble in the wabe."*

These famous lines are taken from Jabberwocky by Lewis Carroll and have an interesting link with our folk tale this month. The Saxons were keen on epic tales and, in particular, those that featured dragons or wyrms. Wyrms or wyverns tended to be poisonous dragons rather than the firebrakes.

Sockburn village is located on the River Tees, near Darlington in Durham and it was here, in the 12<sup>th</sup> century, that Sir John Conyers killed the Sockburn Wyrm, apparently using the sword, which is on display in the Treasury of Durham Cathedral. The village itself is quite old, having been raided by Vikings in 793 CE and the Bishop of Lindisfarne was crowned in Sockburn in 780 CE.

According to the tale, Sockburn had been plagued by a huge flying serpent with poisonous breath, since the mid-11<sup>th</sup> century. It had desolated the area, devouring all livestock and also many people who tried to slay it.

In the early 12<sup>th</sup> century, Sir John Conyers took up the challenge to slay the beast. Before heading out, he visited a church in his full armour and offered the life of his only son to God. The sword displayed in the cathedral is a special type. It is 89cm long, with a blade of 73cm and a weight of 2.86lbs. Since used to kill the wyrm, it formed part of the ceremony to greet every new bishop for Durham for 700 years. Here is part of a document from the British Museum, dated 1625, which contains an early account of the story.

*"Sir Jon Conyers of Sockburn, Knight, who slew ye monstrous venom and poysons wiverm or worme which overthrew and Devourd many people in fight, for the scent of poyson was so strong, that no person was able to abide it. Yet he by the providence of god overthrew it and lies buried at Sockburn, but before he did enterprise it (having but one sonne) he went to the Church in compleat armour and offered up his sonne to god, which monument is yet to see, and the place where the serpent lay is called Graystone."*

After killing the wyrm, he buried it under a large stone which is still visible today. The Conyers family, which came over to England from France during the Norman Conquest was granted the manor of Sockburn in the 12<sup>th</sup> century, mainly as a result of Sir John's bravery. The sword itself was kept at Sockburn Hall until 1947, after which it was presented it to the Dean and Chapter of Durham Cathedral.

Incidentally, in 1802, two famous poets - William Wordsworth and his friend, Samuel Taylor Coleridge, visited Sockburn often. The legend inspired Coleridge to write his poem, **Love**, which makes reference to the story of the wyrm. Also, Lewis Carroll's father was the rector at nearby Croft-on-Tees and it is likely that the Sockburn Wyrm legend inspired his famous poem, Jabberwocky.



# The Homeopathic Tarot

By Tracy Ferriss

The Homeopathic Tarot is a new deck that has aligned the meaning of each tarot card with 78 remedies from the **Homeopathic Materia Medica**.

The pack introduces a well-sourced theme for those curious about homeopathy, which has been used for over 200 years and has its roots in alchemy, herb lore, philosophy and early chemistry. The Homeopathic Tarot can be used either as a regular tarot deck or as a revisionary aid for homeopathic students.

There are many **similarities** between the regular characteristics of the tarot and that of the homeopathic remedy descriptions. When I got together with graphic designer, Angie Thorpe, we both agreed that the illustrations for the new deck should have the same attention spent on the *Minor Arcana* as the *Major Arcana* - to make for a practicable pack.

Quite often, some tarot packs decks are not easy to read in dim light. So, we chose legible font and strong colour to differentiate the elemental suits. We stuck with a design template, similar to that of the Rider-Waite tarot deck, for easy storytelling and recognition.

However, there are **some changes**, as shown below.

1. The Wands are called Staves.
2. A few of the titles of the Major Arcana have been changed to deflect the negativity or superstition that often surrounds the specific cards.
3. For example, the Pope or Hierophant is called The Master.
4. The Devil is called Faevil.
5. The Death card is called Shift.
6. Throughout the pack there are symbols of druidry, masonry and environmental comment.

The Homeopathic Tarot has been described as feminine, light and coherent. We hope the reader finds this deck affectionately designed and interesting. For more information or to obtain a pack please contact:

[eartharttarot@hotmail.com](mailto:eartharttarot@hotmail.com) or Tracy Ferriss 020 8894 4518





# Preview: The Enchanted Market 2019

By Maxine Cilia

Every year on a cold and (often) chilly weekend in February, Bracknell hosts one of the biggest eclectic markets (of its type) in the UK. Now in its 9<sup>th</sup> year, *The Enchanted Market* rolls into Bracknell on 15 February, to set up and start organising for the giant market on 16-17 February 2019. The venue is **Garth Hill College** and so begins a weekend of magickal fun. The **times** are 10am-5pm on Saturday and 10am-4pm on Sunday.

The **Acoustic Couch** in Market Street (Bracknell) is host to the pre-party from 6pm on Friday, 15 February, where all visitors coming to stay in Bracknell can meet for a drink and to see the fantastic Steampunk duo, Victor and The Bully, as well as the Spencer Brooks Trio.

On Saturday, 16 Feb 2019 at 10am, the market opens with a bang. Drummers from Bang to Rites drum in the visitors and, after an opening blessing, it begins. The market consists of over **100 stalls**, selling such goods as:

- Crystals
- Alternative clothing
- Handmade crafts or jewellery
- Books
- Incense
- Antiques and many more

Editor's note: also, the Gylden Fellowship magickal stall.

In addition to the stalls, there are different types of **healers** and **readers** to assist anyone with common aches, pains or ailments, using natural and holistic methods, eg:

- Reiki
- Mediumship
- Tarot readers
- Angel card readers
- Divination practitioners for visitors to find out what 2019 has in store.

There's also a full mead bar and café, full of delicious treats, including healthy juices and vegan delights. The Enchanted Market has a full programme of **workshops and talks**, featuring such speakers as:

- Rachel Patterson
- Barbara Meiklejohn-Free
- Flavia Kate Peters
- Jonathan Argento
- Cat Treadwell
- Pixie Mikey
- Lucya Starza.

All through the day, there are **musicians** from all over the UK, who perform on one of several stages – including a special Steampunk stage, run by Dukebox. On the Saturday evening (6-10pm), the line-up consists of Professor Elemental, Spriggan Mist and Inkubus Sukkubus. The music doesn't stop, even then, with an after-party (from 10.30pm) at the Acoustic Couch, featuring Damh the Bard.

On the second day of the market, there's an **afternoon hafla**, hosted by the dancing group, Jadoo Tribal, where belly dancers from all over the UK will fill the event with music and colour. *The Enchanted Market donates all the profits from this event to charity*, raising some £7000 to charities in Berkshire in 2018. The Enchanted Market 2019 will be donating profits to the charity, **Daisy's Dream**.

*A child loses a parent every 22 minutes in the UK. Daisy's Dream supports over 700 children and their families through bereavement every year in Berkshire and the surrounding areas. Daisy's Dream supports children and their families affected by serious illness and bereavement throughout Berkshire and the surrounding area offering a flexible service which tailor to meet the needs of each child and their family. For more information visit - [www.daisysdream.org.uk](http://www.daisysdream.org.uk)*

**To visit** the Enchanted Market and see all the evening performances, costs £15 per ticket. To visit the market, go to any talks and listen to the day-time live music, costs £2 per person per day.

# The Enchanted Market

Charity Fund Raiser 2019



**16th-17th Feb**  
**10 am - 5 pm**  
**Garth Hill College**  
**Bracknell RG42 2AD**

**150 Stalls**  
**live music**  
**Healers, Readers**  
**and Workshops**  
**Steampunk Area**  
**Belly Dance Hafla**  
**Bar and Cafe'**

**£2 Day Entry**

**Saturday Night Live Music**

**Inkubus**  
**Sukubus**

**SPRIGGAN** *Misc*

**£15**

**Plus Professor Elemental**

**Includes**

**After Party at**  
**The Acoustic Couch**  
**Damh The Bard**



**For more information go to**  
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