



Gylden Magick

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Alban Elfed 2022

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.

Dear readers of **GYLDEN MAGICK**,

This edition marks the start of our fifth year of publication and, as ever, we will be starting some new series over the next few issues. This issue of the magazine is a little different in that it has [an environmental or nature theme](#).

September is the [Harvest Moon](#) and Alban Elfed is sometimes known as the [Feast of the Second Harvest](#) – more about that later. Altar colours are orange, brown and gold.

The [equinox](#), Alban Elfed, is on 23 September and we've included some seasonal blessings. Other notable dates for diaries in September [are](#)

[the Last Corn Harvest](#) on 2-3 September, the Roman [Festival of Jupiter Optimus Maximus](#) on the Ides of September (13th) [and the Feast of Michaelmas](#) on 29 September. Don't forget [9 September](#) for the [next full moon](#).

Our website has a new collection of tales from the [Storyteller – Tales of Magick and Wonder](#) - with another book due for publication in October. There'll be more poetry due from [Nicola Ison](#).

[This nature-based edition has a few shorter pieces from a variety of environmental organisations](#). Next issue, we continue with our regular series about celestial forecasts, sacred occasions and magick.

Our crystal expert, Charlie, turns her attention to turquoise and Mark considers extinction issues too.

But no ads – after all, we're like a pagan public library and all the information is free.

In past years, we would be frantic with preparations for various fayres or events, but not so in 2022. We will catch-up with friends and look forward to the return of all the festivals, camps, fayres and markets in a post-covid world.

Thank you for all your feedback and many blessings.

Gylden Fellowship admins

For more info, why not join [Gylden River LRC](#) or [Gylden Fellowship](#) groups on Facebook today and see our archives or new briefings?

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Crystal clear: turquoise

By Charlie Foreverdark

Time to send greetings to another regular author to **GYLDEN MAGICK** – **Charlie Foreverdark**. Charlie is a noted blog writer and participant in many online crystal and gemstone events.

Turquoise has been prized by cultures all over the world for over 5000 years, withstanding the vicissitudes of fashion and the passage of millennia. It has been carved and inlaid into royal thrones, decorative mosaics, religious icons, weaponry, jewellery, sculptures, cutlery and cups!

Etymologically speaking, the word, **turquoise**, comes from the French, **Pierre tourques**, which essentially means **Turkish rock**. This most likely came about when the mineral was brought to Europe from the Eastern Mediterranean by Levantine traders, who were more commonly known as Turks. Up until the 19th century, the name, **calaité** was used; this term derives from the Greek word, **kalláinos**, meaning **pale blue**. Pliny the elder used this term in his encyclopaedic *Naturalis Historia*.

Chemically, turquoise is a hydrated copper/aluminium phosphate. It is an aggregate of cryptocrystalline structure with a triclinic crystal system. It typically occurs as a deposit, forming in nodules and veins within host rocks and in shallow crusts on the surface of rocks. In particularly arid areas, the sporadic rainfall filters downward through dry soil and rock, dissolving small amounts of copper. When this water later evaporates, the copper combines with aluminium and phosphorus and deposits small amounts of turquoise onto the walls of subsurface fractures. Turquoise can also replace the rock which is in contact with these waters and form solid masses of the mineral.

It has a waxy lustre, and typically features striking sky-blue azures and robin-egg turquoises depending upon the amount of trace element inclusions. Deviation from the blue colouring is caused by small amounts of iron substituting for the aluminium in the crystalline structure of the turquoise. Iron imparts a green tint to the turquoise, proportionate to its abundance. The colour might also be altered by small amounts of zinc substituting for copper in the turquoise structure. Generally speaking, copper adds blue. Vanadium and chromium add green. Iron adds yellow. There are even rare specimens of almost violet-coloured turquoise which contain trace impurities of strontium.



Turquoise is massive and opaque. In 1912, the first deposit of distinct, single-crystal translucent turquoise was discovered at Lynch Station in Virginia. The crystals, which formed a druzy covering over the host rock, were

exceptionally minute; crystals of over 1mm were considered large! There are very few locations with incredibly limited supplies of distinct translucent turquoise crystals. On rare occasions, turquoise can actually replace fossilised bones, when copper-rich fluid solutions flow into the fossil bed, forming a pseudomorph. This process is an atom-by-atom replacement of one mineral with another without altering its external form, just as with petrified wood.

Turquoise forms best in an arid climate, and that is the determining factor in the geography of the best turquoise sources. Most of the world's rough turquoise is currently produced in the south-western American states (namely Arizona, Colorado, Nevada and New Mexico), but is also found in China, Chile, Egypt, and Mexico. Iran has also been a particularly important source of turquoise for at least 2000 years. It was initially known to the Iranians by the name, *pērōzah*, which translates to **victory**, and it was an important commodity.

Despite the USA being a prolific source of turquoise, there are actually very few commercial turquoise mines, and most of the turquoise mined in America is discovered merely as a by-product of copper production. Mass copper excavations dig through the shallow rock where the turquoise is formed. When deposits of turquoise are encountered, the quality and quantity of the material must be quickly assessed to ascertain whether the recovery of the turquoise is a worthwhile venture. Even a temporary disruption to the mining of copper can set the industry back by thousands of dollars! Therefore, much of the lower quality turquoise is abandoned.

The love of turquoise has existed in a multitude of different locations and centuries for millennia. The earliest carved turquoise was found in Bulgaria, in the form of prehistoric decorative beads which dated back to 5000 BCE. It was actually one of the very first gemstones ever to be mined. As early as 3000 BCE, ancient Egyptians mined and then carved turquoise into ceremonial objects and statement jewellery, setting the stone into great sweeping necklaces known as **pectorals** and also into golden rings and bracelets.

The Egyptians honoured their traditional symbol of renewal, rebirth and the eternal circle of life, by way of carving turquoise into scarab beetle-shaped amulets. Turquoise was inlaid alongside lapis lazuli, obsidian, carnelian and amazonite in the burial mask of the Pharaoh Tutankhamun. Turquoise figurines and animals were carved and placed into royal tombs in the hopes of attaining safe passage to the afterlife. It was so important to ancient Egyptian culture that turquoise even had its own deity. The Goddess Hathor was known as the Mistress of Turquoise.

Value considerations depend upon such factors as colour, even tone, good saturation and capacity of specimens to take on a good polish without artificial stabilisation. Generic turquoise is fairly easy to picture, but there are more than 30 different individual types of turquoise commonly found in America alone and some specialists can identify and locate specimens to the exact mine of origin simply by looking at them. The different types range in rarity and value. High-grade Lander Blue turquoise can sell for as much as \$500 per carat. To put that into some perspective, that would equate to more than a million dollars per pound!

Turquoise has a pretty poor hardness of between 5-6 on Mohs scale: despite its common use in jewellery, it suffers from poor durability. Less than 5% of all mined turquoise has the appropriate characteristics to be cut and set into jewellery. Pure unstabilised turquoise is particularly fragile and best reserved for pieces with limited exposure to sources of abrasion and impact. Often, turquoise jewellery will feature protective bezel settings surrounding the stone which can help to protect it from damage. It is worth noting that heat, sweat, soap, shampoo, detergents, cosmetics, hairsprays, creams, lotions and perfumes can all cause turquoise to deteriorate, dehydrate and rapidly decrease in vibrancy.



Many lapidaries prefer to try and exclude the matrix when producing turquoise cabochons, but often it is so uniformly and finely distributed throughout the stone that it is impossible to avoid. Most rough turquoise will contain patches or veins of the host rock (such as chalcedony, opal, limonite, chert, or kaolinite) in which it formed. A large percentage of polished turquoise specimens include the various host matrices alongside the vibrant blue-green stone, and that isn't necessarily a detrimental factor. The matrix preserves durability, and can also provide an array of intriguing contrasts in colour, as well as ornate and intricate patterning.

Pure specimens of turquoise are moderately porous. In general, higher proportions of silicate impurities will increase the hardness and decrease the porosity, whilst higher clay content will have the opposite effect, and render specimens chalky and soft. Such examples can be artificially stabilised with a pressure infusion of wax or epoxy resin. In fact, most turquoise on the market has been subjected to enhancement of one kind or another. Even the highest-grade turquoise specimens will often be sealed with a coating of paraffin wax. Many paler pieces are infused with oils in order to deepen and enhance the colour. These treatments are actually very difficult to detect without detailed knowledge and the right testing equipment, but it is probably a safe assumption that unless you managed to find a particularly high-grade turquoise and, most likely, paid a premium price for it, the chances are your specimen will have experienced some sort of artificial enhancement. In any case, a reputable dealership will always be able to provide information on any treatments and procedures that their wears have received.

The Egyptians were amongst the first to produce an artificial imitation of turquoise from glass, *emaille* (enamel) and the glazed earthenware product, *faience*. Today, there are many different materials with an appearance similar to turquoise. Both Russia and China are prolific producers of synthetic turquoise and turquoise simulants.

Dyed howlite is NOT turquoise! Some of you may already be aware that this white and grey-veined mineral readily accepts dye, ergo blue-dyed howlite often makes its way to market via duplicitous salespeople who sell it as turquoise. It isn't. Simple scratch tests can ascertain dyed howlite, as the dye doesn't penetrate particularly deeply. Scratching dyed Howlite will reveal a white centre beneath the dyed surface.


Another artificial material, which is often marketed as the genuine article, is composite (or reconstituted) turquoise. This is made from powdered turquoise and often combined with other materials, which are mixed with polymers and dyes and then cast into block-shaped pieces for cutting.

Gylden
Magick
May 2022

Sacred art: Rosh Hashanah, Feast of Trumpets

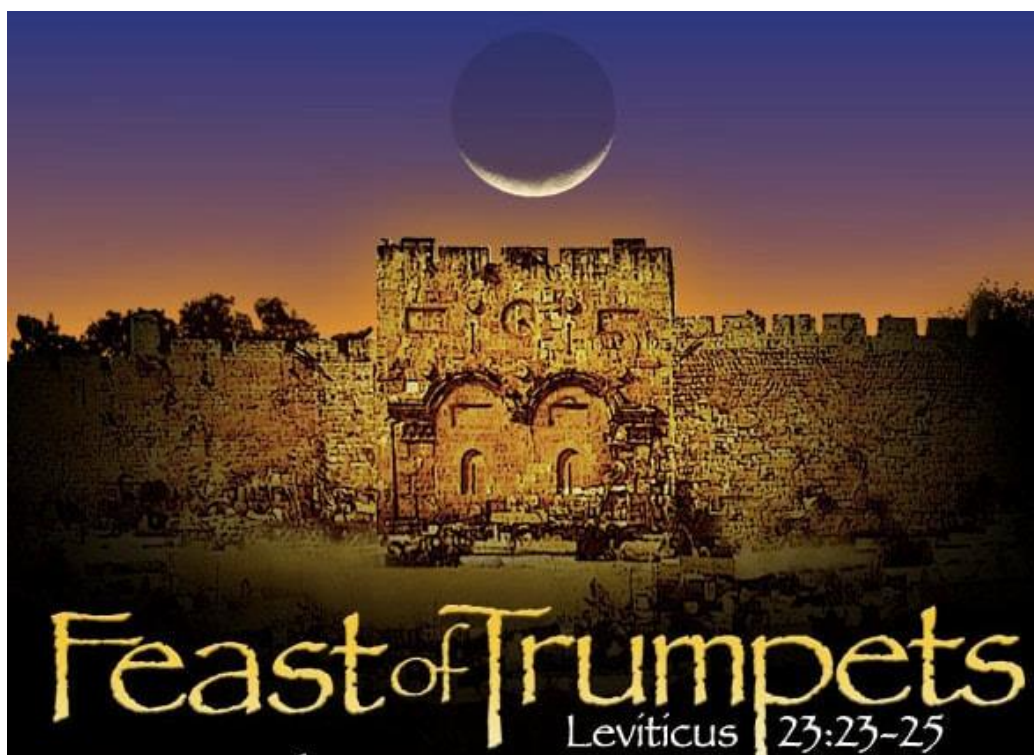
Collated by Gylden Fellowship





Understanding
Rosh Hashanah
Feast Of Trumpets
Shana Tova! A Time for,
Reflection
Repentance
Sweetness and
Preparation

A graphic illustration on a light green background. On the left, there is a collection of Rosh Hashanah symbols: a green apple, a red pomegranate, a red apple, a shofar (ram's horn), and a small bowl of honey with a wooden dipper. To the right of the illustration, the text reads: "Understanding Rosh Hashanah Feast Of Trumpets Shana Tova! A Time for, Reflection Repentance Sweetness and Preparation".



Hedgehog update

Written by Dr Pat Morris and the British Hedgehog Preservation Society

The Latin word for hedgehog is *Erinaceus* – the British hedgehog is classified as *Erinaceus europaeus*; it is the same species that occurs throughout most of Europe. In Britain, it is found almost everywhere except some of the Scottish Islands, but tends to be scarce or absent from wet areas and pine forests. Uplands and mountainsides are not popular with hedgehogs, probably because they lack both suitable food and suitable nesting places. Hedgehogs are well established in our urban habitat and can, somewhat surprisingly, survive very well in our cities, making extremely good use of cemeteries, railway land, wasteland and both public and private gardens as long as they are joined up with others. Shakespeare refers to hedgehogs as *hedgепigs and urchins*.

The hedgehog is known as the gardener's friend as it will eat slugs, beetles, caterpillars etc., and does no harm, so if you have a garden a hedgehog is to be encouraged. They should not be kept in captivity, but regarded as welcome visitors. Everyone is sure to know what a hedgehog looks like. The hedgehog's back and sides are covered in 25mm (1 inch) long spines (which are really modified hairs). These are absent from the face, chest, belly, throat and legs which are covered with coarse, grey-brown fur. There are approximately 5000-7000 spines on an average adult hedgehog. What many people do not know is that a hedgehog has a small tail.

Hedgehogs are certainly noisy eaters, but what do they actually eat? Many people put out a saucer of meat-based pet food for their garden friends. The hedgehog will treat this as a welcome supplement to its normal diet and will not go hungry if, for some reason, the food is not put out. Always make sure that a dish of water is available especially during the summer months or in extreme weather conditions. It is worth noting that hedgehogs tend to visit several gardens within an area. Ten or more different individuals may visit a garden over several nights, which could mean that your hedgehog is really a number of different individuals visiting at different times.

Hedgehog safety

Slug pellets are poisonous and should not be used. If absolutely necessary, pellets should be placed in a pipe or under a slate that hedgehogs cannot get to. Dead slugs must be removed daily. It is illegal to use or sell metaldehyde slug pellets in the UK from April 2022. Use other garden pesticides sparingly (or never) as many garden animals may be killed or made ill.

Garden ponds or swimming pools can be death traps to small mammals. Always ensure that there are several gently sloping slipways around the edge of the water to allow animals to escape if they fall in. Ensure that swimming pool covers are on every night and that polystyrene floats are placed near the side for a hedgehog to cling to. Slipways may be made by half submerging bricks or rocks around the edges of ponds. Alternatively, a piece of chicken wire or (green) plastic coated wire can be hung over the edge of ponds and pools like a scrambling net. Hedgehogs can use this to climb out of the water to safety. Keep the pond level topped up so that hedgehogs can reach the wire. Do remember hoglets will need a longer ramp than an adult hedgehog.

Hedgehogs can become entangled in tennis and other nets, causing death by starvation. Roll up the net well above ground when not in use. Keep pea netting 22-30cm (9-12 inches) off the ground so hedgehogs can pass safely underneath them and plants will grow up to the netting. Legs can also be caught in the gaps between logs in rolls of log edging. When tidying the garden, take care when moving piles of leaves and other garden rubbish as these are ideal places for a hedgehog to make its nest.

Hedgehogs are inquisitive and will try to eat almost anything, a trait that can be harmful to them. Having been attracted by the remaining contents, hedgehogs have been found with their heads stuck in tins, yoghurt pots and plastic cups. Always cut the plastic rings of "4 and 6 pack" holders. To prevent such unnecessary deaths, **litter should be disposed of in a proper manner.**

Keep bags used for putting out household rubbish off the ground. This will prevent hedgehogs reaching them and tearing the bag. They can become trapped in the rubbish or even put out for refuse collection. Keep drains covered so that hedgehogs do not become stuck down them. Bean trenches, footings, fencing holes and car inspection pits are all potential death traps for hedgehogs. Provide an escape route, eg a sloping plank, or cover the holes so hedgehogs do not become trapped. Keep shed, greenhouse and garage doors closed at night so hedgehogs are not tempted to make a nest in them, and perhaps become trapped in them when doors are permanently closed. Store chemicals safely. When replacing or installing walls or fencing provide a 13x13cm (5x5") hole so hedgehogs can pass from your garden into your neighbours garden without difficulty. Only use environmentally safe wood preservatives on your fences, garden furniture and wooden buildings. Do keep dogs under control if you know you have hedgehogs in the garden.

Caring for Autumn Juveniles

Hedgehogs may give birth to their hoglets late in the year. Such youngsters will not have enough time to build up sufficient fat reserves to enable them to survive hibernation. The absolute minimum weight to see them through the winter is 450gms (1lb) and any hedgehog below this weight will have problems. However hedgehog carers prefer to get autumn juveniles in care to an optimum weight of 600gms (1lb 6oz) or more. Autumn juveniles, i.e. youngsters found alone and under 450gms (1lb) after the end of September will need extra help, even if just additional feeding in the garden.

Call the British Hedgehog Preservation Society (BHPS) for further advice on 01584 890801 and make contact with an experienced local rescue centre to check the hedgehog over as soon as possible. They may be happy for you to overwinter the hedgehog or it may need more specialist treatment at the rescue. The hedgehog should be given extra warmth, either a warm hot water bottle wrapped in towelling or blanket or placed on a heated pad with room to get away from the heat, should it get too warm. It should be placed in a box lined with plenty of clean fresh straw, torn newspaper or clean old towelling for bedding. Out buildings are fine if heated, but don't put hedgehogs directly onto a metal grid or wire floor, or straight onto concrete – they have sensitive feet and the cold will permeate through. A suitable diet can consist of meaty hedgehog food, meaty cat or dog food or cat biscuits. Fresh water should ALWAYS be available, but NEVER COW'S MILK. The BHPS has a leaflet, Caring for Hoglets, available from the website, www.britishhedgehogs.org.uk.

Once the hedgehog has reached 600-800g (1lb 6oz -1lb 13oz) **release can be considered if the weather is stable** and the site suitable. Choose a period of relatively warm, damp weather and ensure that plenty of dry nesting material is available for the hedgehog to build a winter nest and hibernate. If in doubt allow the up-to-weight hedgehog to hibernate in a cold outhouse in a box filled with dry fresh straw providing food until it is no longer taken. Once hibernating provide dry foods so should the hedgehog wake it will have food and water available. Release in April when food is more plentiful or when the wild hedgehogs are seen coming out of hibernation. When possible, ALWAYS release where found, if not possible please ensure that the release site is already inhabited by hedgehogs as this is an indication that the area is hedgehog friendly.

Forest bathing

By Joanna Bristow-Watkins, Harmony Healing

*September in Britain is back to school after the summer holidays. It's the month of harvest, blackberries abound on the bramble bushes and apples are plentiful on the trees, conkers and chestnuts are starting to ripen. The month of September was named after **septimus**, meaning the 7th month in Latin. September was the 7th month of the year before July and August were inserted to commemorate Julius and Augustus Caesar. To the Anglo-Saxons, September was called **Hālig-mōnaþ** meaning Holy Month.*

We can hire our venues at Cannon Hill Common (SW20), Horsell Common (Woking GU21) and Harry Edwards (Surrey Hills near Shere) for forest bathing use for private groups, enquire for details. We have started offering monthly sessions at the Kosmon sanctuary in Tadworth. (See below for more about our forthcoming public events.)

To book our 'harmony in nature' therapeutic sessions see www.harmonyinnature.uk (currently hosted on harmonyhealing.co.uk).

So, what do our Forest Bathing sessions involve? Via a selection of simple sensory activities, you will learn how to enhance your perceptions and slow down to focus on what could easily be missed. Immerse yourself in the healing elements of nature and connect deeply with all your senses. Spend 3 hours in the woods mindfully connecting to your surroundings and living fully in the present moment, guided by us in simple sensory exercises experience.

We end with a *treelaxation* – a deeply relaxing and rejuvenating. Despite the title, forest *bathing* does not involve any swimming - this relates to bathing in the ambience of the tree canopy.

Saturday 10th & Sunday 11th September, 9am-5pm is the [Surrey Hills Wood Fair](#) at Fish Pond Copse, Cranleigh, Surrey GU6 7DW. Entry is £7.50 in advance or £10 on the day

The *Surrey Hills Wood Fair* is brimming with traditional rural charm celebrating our woodland heritage, wildlife and of course the beauty and versatility of wood. A celebration of the Surrey Hills within the beautiful setting of woodlands and surrounding countryside with easy access from Cranleigh.

The Surrey Hills Wood Fair is a fantastic day out for all ages. To help you plan your day, there is a list of all the fun, crazy, innovative and traditional activities that you can take part in. In order to take part in these activities (including our 1-hour taster sessions), you must also have tickets for the Surrey Hills Wood Fair.

We will be offering 1-hour £10 taster sessions for adults at 11.30 & 2.30 on each day. We believe one hour is the minimum requirement to get tangible benefits from a nature connection session. Attendees will be entitled to book a 2fr1 offer on one of our full sessions. All forest bathing sessions which will take place in all weathers except 25+mph winds or electrical storms. Book via our the [Harmony Healing shop](#). Email katieandjo@harmonyinnature.uk to go on our forest bathing mailing

list. Katie is away, so I will be working with Lisa Duncan from Hinoki Forest Bathing, who is one of our fellow member of [Surrey Hills Enterprises](#).

We have small groups of maximum 16, including guide(s) to allow us to adopt COVID precautions and social distancing. Book at [Eventbrite](#). If the event is showing as full, email me on jo@harmonyhealing.co.uk to go on a waiting list. Our sessions take place in all weathers except 25+mph winds or electrical storms. When we have the right clothing and footwear, usually plenty of layers and a spare, we can happily stay outdoors for hours – even longer, if we take hot drinks and snacks! Some of the **scientifically proven benefits** of spending time in woodland include:

- reduced stress or anxiety levels
- stronger immune system response
- a stabilised cortisol cycle
- balanced blood pressure
- reduced blood sugars
- improved concentration.

*Please note, if you are booking after 2pm the day before an event, DO NOT assume there is space available. Text 07930 414525 before booking.

Forthcoming forest bathing events include:

- Thursday 29 September, 11am-1.30pm, Cannon Hill, SW20, £35.
- We will be running [one-hour taster Forest Bathing sessions](#) at the [Surrey Hills Wood Fair](#) in Cranleigh on the 10-11 September weekend.
- Sunday 17 September 10am-1pm, Forest Bathing+ in the grounds of Harry Edward's Healing Sanctuary, £35 (+ Eventbrite fee = £38.32).

Kosmon Healing Sanctuary: Tuesday 13 September, 5-7.30pm, £30 - evening session for Epsom Business Club (EBC) networking group.

Sunday 9 October, Full Moon, 09.30am-4.15pm

Connect with the Lunar Cycle Morning Workshop (£50), afternoon Full Moon Forest Bathing (£40), All Day Price = £77

Morning Workshop: *Harness the Power of the Moon for Health, Wealth & Wellbeing*

Human beings have always been fascinated by the moon and its power to influence so much of what happens on our planet.

Afternoon: Forest Bathing Session (1.15-4.15pm) on this day of the Ivy Hunter Full Moon which peaks at @ 21:54, but we will already be in the energy of it. Hold your place with a £25 deposit, or pay in full now at harmonyinnature.co.uk

Foraging - mushrooms in autumn

By Gylden Fellowship

OK, let's start with what not to do and consider the beautiful, but deadly Amanita or Death Cap Mushroom. It has been responsible for a spate of deaths in the USA, particularly California, but the UK is not immune and a woman from Bridgwater (Somerset) died after cooking some from her garden in 2013. Here's a picture of what it looks like in the wild.



Most often it can be seen after heavy rain, in gardens or forests, but do not be tempted – it always causes violent nausea and vomiting – in most cases, liver failure follows and the US CDC has estimated that the Amanita mushroom is responsible for almost 90% of global mushroom deaths, as it grows on almost every continent. Another CDC report (from the 1990s) listed 9 Amanita poisonings and 2 deaths in a single week. At the time of writing (September 2022), there is no cure for such poison and so, we come to Terry Pratchett:

“All fungi are edible; some fungi are only edible once”.

In general, mushrooms and fungi are very difficult to identify. Unless you are sure of the identity of a mushroom, do not eat it, which takes us back to the Amanita, which (apparently) tastes very good – before it kills you anyway. Do not forget that other types of the Amanita in the UK are the Fly Agaric and the Destroying Angel.

Any mushroom picker should learn about the safe fungi and what to do about collecting or touching fungi. If you start by finding a few safe species (see below) and researching them and just eating small amounts, you'll have a better chance of surviving for your next foray. For people who wish to learn more about fungi identification, my recommendation is a wonderful Facebook group that teaches about fungi photography, spore prints and environmentally-sensible foraging – [Mushroom foraging united kingdom](#).

There is some **great** eating out there in the fungal world, and some of the best-tasting mushrooms are also quite safe, with no or few poisonous look-alikes. The rule of thumb is to not eat any mushroom without being 100% sure that it's safe to eat. For beginners, that means running your find past an expert. The good news is that there are local mushroom hunting groups that can educate you almost everywhere that mushrooms grow. The other thing to remember is that virtually all mushrooms are at least mildly poisonous in their raw form and must be cooked before they're eaten. Now, let's look at some of the tastiest and safest (relatively speaking) mushrooms to forage and eat.

Puffballs are nearly unique among mushrooms in that they are spheres, round, with no open spore cap. They can be as small as marbles or as big as basketballs. Spores are produced internally, which is how the mushroom gets its name. Kick or squeeze a mature puffball and clouds of dust-like spores will rise up. While that cloud may look toxic, most puffballs are safe to eat.

You do, however, want ones that are completely white inside. Avoid any that are yellow or purple under the white skin. Also, young specimens are better than mature ones, which can be tough. Not every type of puffball is a delight. Some people develop intestinal irritation from the outer covering, so peel that layer with a knife. Puffballs are commonly referred to as *breakfast mushrooms* as they go so well with eggs. A thick slab of puffball develops a golden colour when browned in butter.

Chanterelles are a great mushroom for new foragers. They're easy to spot because of their bright colour, which ranges from orange-yellow to pale gold. They're also distinctively funnel-shaped. Chanterelles are a meaty mushroom, with a peppery taste and a delicate, fruity odour. They're prized for their flavour and quite expensive to buy. If you find some, don't tell anybody, as they tend to grow in the same places year after year. They can be found in deep, old leaf litter around all kinds of plants. One of the best ways to cook them is to simply slice and sauté them in butter. They bake well and go great with chicken, pork, and veal.



Another good mushroom for beginners, **oysters** are found on standing dead trees or logs. The name comes from the mushroom's ivory colour and shell-like appearance, which resemble an oyster. They usually grow in groups. They have a longer season than many mushrooms and can be found in spring, autumn and even in winter. They're prized for their velvety texture and unique flavour, which can range from mild to strong. Large oysters are often cut into chunks, rolled in breadcrumbs and eggs, then sautéed. Smaller ones should be added at the last minute to stir-fries.

Chicken of the woods does taste of chicken. This is an orange-ish fungus found on trees that are diseased or otherwise wounded. The mushrooms tend to grow in clusters, sometimes called a *shelf*, so if you find one, you usually find more. The only part that is eaten is usually the edge of the fruiting body. The young ones are bright orange with creamy undersides and can be rubbery. After they get older, they turn chalky and are usually full of wormholes and/or bugs - don't eat those. This mushroom is usually found on oak, yew, willow and some conifers. Just cook it in the same way as real chicken and it's good for freezing too, as it keeps the flavour for a long time.

And finally, the **king bolete**, also known as porcini. The English name, penny bun, refers to its rounded shape and brownish colour. The king bolete grows in deciduous and coniferous forests throughout the Northern Hemisphere. The brown cap can be up to 14 inches across. The mushroom itself can weigh nearly 7 pounds. The king bolete is so delicious that it is widely sold commercially, even though it is difficult to cultivate. It's dried, packaged, and distributed worldwide, and commonly reconstituted and used in soups, pasta, or risotto.



The **Theft Act 1968** states that, in the case of mushrooms or plants growing wild on any land, you may take away foliage, fruit or parts of the plant without committing an offence, provided you are not taking them for commercial purposes. However, if you intend to sell the mushrooms or profit from them in another way, you are breaking the law by taking them without the owner's permission. Here's an example from 2002, when a lady called Mrs Tee-Hillman was arrested for picking chanterelle mushrooms in the New Forest.

The lady admitted that the mushrooms were for sale to restaurants and it seemed that the Forestry Commission would win the case. However, the judge threw it out of court, calling it a waste of public money. Mrs Tee-Hillman then took a civil suit against the Forestry Commission over her right to forage on common land and won herself a licence to pick mushrooms in the New Forest for life. The list below shows some of the key points if you want to go picking mushrooms.

- i. Gain permission from the landowner to pick mushrooms on his or her land.
- ii. With open-access land, run by a public landowner, check first for any local bye-laws on collecting forest plants, including fungi.
- iii. With effect from September 2016, the Forestry Commission has introduced a no-picking of fungi code in the New Forest.
- iv. Remember the laws on trespass when foraging, too: common land, a public right of way, etc are OK for access, but any other land may not be so.
- v. Try to follow the Country Code when picking mushrooms, ie minimising damage to surrounding foliage or plants.
- vi. Follow the Wild Mushroom Pickers' Code of Conduct too, which gives guidance on good practice.

Mammal round-up

By the Mammal Society

One in four of our native mammals is threatened with extinction, and many others are in decline. With Britain now recognised as one of the most nature-depleted countries in the world, urgent action is needed. The Mammal Society is working to give our wildlife a better future in these ways. More details from www.mammal.org.uk.

1. Keeping a constant watch on the conservation status of our mammals and making this information freely available.
2. Making conservation more effective by providing guidance on what to do and where to do it.
3. Educating the public and professionals about wild mammals, training people to survey them, and sharing the latest research.
4. Working in partnership to restore native mammal populations and re-establish functional ecosystems.

Among the current science-based surveys are the following.

- For those who spend time in the Scottish uplands, there's a new project **on mountain hares**. Each volunteer just needs a smartphone to record sightings, using the free [Mammal Mapper app](#). By contributing to an improved understanding of abundance and distribution, we'll be helping to inform management and conservation strategies for this charismatic, near threatened species.
- The **Mammal Society** has been asked by Natural Resources Wales to carry out research which will enable us to draft a species conservation plan for the country's water voles. You can help by telling us when you spot not only **water voles in Wales but also mink and rats**. We are interested in both the animals themselves and field signs. Each volunteer just needs a smartphone to record sightings, using the free [Mammal Mapper app](#) or through our [online recording form](#).
- Our 2018 Review of the Conservation and Population Status of British Mammals found that information on **harvest mice** in Britain is poor and we need more data to better understand how our smallest rodent is doing. That's why we're launching our biggest harvest mouse survey yet!
- To conserve populations of **red squirrels**, it's necessary to exclude grey squirrels – but to do this effectively, we need a greater understanding of both species. We're working alongside the University of Bristol, Huawei Technologies, and Rainforest Connection to gain a deeper understanding of the behaviours of red squirrels through acoustic monitoring.



Other research is listed below.

In 2020, we published the first ever IUCN-approved **Red List of Britain's Mammals** and found that 1 in 4 British mammals are now at risk of extinction. We will continue to monitor and update the Red List – more details from our website. In order to keep the Red List accurate and up-to-date, your records are really important. You can record your sightings by using our Mammal Mapper App, it's easy to download from your app store and you just need to register with an email to get started. For more information on how to use the app and how we use your records, use our website. If you don't have a smartphone, you can use our online recording form.

Mammal Mapper is our free phone app and lets you help our mammal research by recording animals you see! You can either record one-off sightings or turn your walks, runs or cycles into surveys by allowing the app to record your route and what you see (and don't see) along the way. Just search Mammal Mapper on your smartphone's app store to find and download the app. Then you just need to register a name and email address to get set up and to start helping mammal conservation!



Ecobat is a free online tool that gives context to acoustic data recorded from bat surveys. Users upload their data and receive a report which gives a wide range of tables and graphs to explain more about the data they've collected compared to bat records already held in the Ecobat database. In 2021, we are launching a new sister app: Count Bat, which will provide the same service but for data recorded at roost sites.

Past surveys and projects

The Mammal Society has completed a number of mammal surveys and research over the years:

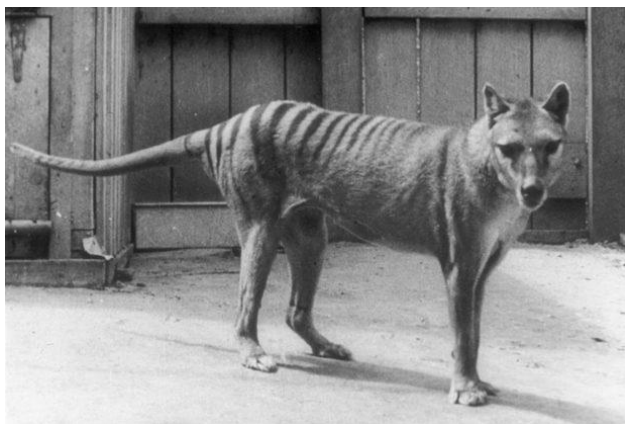
- [*The State of Mammals in Wales/Cyflwr Mamaliaid yng Nghymru 2020*](#)
- [*The National Mammal Atlas Project*](#)
- [*Hedgehog Hotspots*](#)
- [*State of Nature Report 2019*](#)
- [*Walk this Waterway*](#)
- [*Shifting Sands – Rabbit recording in The Brecks*](#)
- [*Review of the Population and Conservation Status of British Mammals 2018*](#)
- [*The Hedgehog Watch Project Annual Survey*](#)
- [*The Hedgehog and Lighting Project*](#)
- [*Tracking Ratty: Water Vole Displacement Project*](#)

Thylacines

By Mark Sharpen

Just for a change, this is more of an opinion piece, but I saw a recent news item about thylacines and it triggered a memory of the age-old **Jurassic Park conundrum**. In the same way as the films posited the re-introduction of dinosaurs, using DNA from insects trapped in amber and then gene-splicing DNA from other animals into the mix, so scientists are thinking about gene-editing to resurrect the thylacine. But the real question is both an ethical and practical one - can an extinct species be brought back to life? Moreover, should it be brought back to life just because the science makes it possible? We know what the dinosaurs in the films looked like, from the recovered bones, patches of skin, eggs and teeth, but we know next to nothing about the behaviour of such creatures. Also, why are we thinking about resurrecting extinct species when so many animals are on the verge of extinction?

OK then, what's a thylacine? Also known as the Tasmanian tiger, the thylacine was a carnivorous marsupial from Australia and the continent's only marsupial apex predator. It died out nearly a century ago, driven to extinction by human hunters and by the introduction of non-native species to their grassland, wetland and forest habitats. Researchers with the project, a collaboration between the University of Melbourne and the genetic engineering company, Colossal Biosciences in Dallas, suggest that this so-called de-extinction could reinstall Tasmanian tigers (*Thylacinus cynocephalus*) to the wild within a decade and could help restore balance to beleaguered Australian ecosystems where the animals once roamed.



The thylacine was a dog-headed pouched animal. It was a large carnivorous marsupial. It was the only member of the family, *Thylacinidae*, to survive into modern times. The thylacine was sandy yellowish-brown to grey in colour and had 15-20 distinct dark stripes across the back from shoulders to tail. Although the large head was dog- or wolf-like, the tail was stiff and the legs were relatively short. Body hair was dense, short and soft, to 15mm in length.

It had short ears (about 80 mm long) that were erect, rounded and covered with short fur. Jaws were large and powerful and there were 46 teeth. Adult male thylacines were larger on average than females. The thylacine was mainly nocturnal or semi-nocturnal, but was also out during the day. The animal moved at a slow pace, generally stiff in its movements. It hunted singly or in pairs and mainly at night. The female thylacine had a back-opening pouch. The litter size was up to four and the young were dependent on the mother until at least half-grown.

Tales for darker evenings: Old Mother Nightshade

By the Storyteller

This tale comes from Lincolnshire. **Editor's note:** the latest collection from the Storyteller, *Tales of Wonder and Magick*, has been published on the **Gylden Fellowship** website and is free to download. Readers can also find a collection of ghost stories, *Winter Chills*, from the website.

Many villages of the Lincolnshire fens are isolated, insular places. Everyone tends to know everyone else and strangers are the cause for much suspicion or gossip. During the early 1700s, an old fen woman in the village of Gedney Dyke, became the subject of much gossip and rumour.

The old woman lived alone in a cottage on the edge of the village and never had visitors, but villagers often heard a strange howling coming from her house. A few village children had dared sneak up to her window and peek inside and seen both a caged jackdaw in the window and two cats hissing at it. The old woman gained a reputation as a witch: the villagers called her Old Mother Nightshade and gave her a wide berth.

Also in Gedney Dyke lived a simple lad named John Culpepper who was in love with Rose Taylor, the most popular girl in Gedney Dyke. Rose thought it a great joke to lead the lad on before repeatedly spurning and teasing him, leaving him feeling hurt and humiliated. Culpepper's love turned to hatred, so he went to Old Mother Nightshade's cottage to ask for help taking his revenge. The old woman welcomed him in and gave him a box of sweetmeats to give to Rose. She told him he was to report back to her in a few days when the moon was full.

John Culpepper did as he was instructed and watched as Rose greedily scoffed down the sweets. When the moon was full, he made his way to the witch's house for further instruction. She told him to sit down in the chair and close his eyes until told to open them. John obeyed and, when his eyes were closed, he felt his arms and legs being fastened to the chair. He waited patiently until he heard the old woman's voice tell him to open his eyes.

No sooner had he done so than he let out a terrified yell. Old Mother Nightshade had vanished and, in her place, was an enormous grey wolf with a hideous snarl and dripping fangs. That night, the villagers heard screams of terror coming from the witch's cottage, as well as the usual howls. The menfolk of Gedney Dyke went up to the cottage to investigate in the morning, but all they found were a heap of bones and torn clothing and a wolf's footprints leading away from the house. The villagers buried the remains of the unfortunate John Culpepper and burned the cottage to the ground. Nobody ever heard from the old woman again, but to this day, when the moon is full, the people of Gedney Dyke claim they often hear the eerie howling of a wolf.

Autumnal nature

Collated by Gylden Fellowship





Protecting ancient trees

By the Woodland Trust and Gylden Fellowship

Threats to woodland, wildlife and the wider environment are growing. Our trees and woods face a challenging combination of pressures, including:

- climate change
- inappropriate development
- pollution
- a growing population in a predominantly urban environment
- attack from deadly tree diseases and pests.

Ancient woods and trees, in particular, are some of our most valuable natural assets. They are irreplaceable and home to many vulnerable and threatened species. The Woodland Trust believes there should be no further loss of ancient woodland and ancient trees.

The increasing number of **pests and diseases** attacking trees in the UK is having a real impact on our woodland and wildlife. Chalara ash dieback alone could claim millions of the UK ash trees, particularly affecting our landscape outside of woods, while oak trees are suffering the impact of acute oak decline.

We work to protect our most valuable woods and trees from pests and diseases through research, partnerships and by influencing policy. More than 1000 irreplaceable ancient woods have been threatened by development over the last 10 years.

And there are weak levels of legislative protection for our most precious woods. Dwindling grant funding is adding to the pressure.

Development can impact ancient woodland through:

- chemical pollution
- disturbance
- fragmentation
- introduction of non-native plants
- cumulative effects.

We work to protect our most valuable woods and trees from direct loss. We also advocate buffering woods from the impacts of neighbouring land-use by planting new wildlife areas around them.

We work with developers to advise on protecting woodland. In some cases we campaign to prevent any further loss of ancient woodland to development.

We also work with government, landowners, organisations and members of the public, using our experience and authority in conservation, to campaign for protection of woods and trees.

The **Theft Act 1968** states that in the case of plants growing wild on any land, you may take away foliage, fruit or parts of the plant without committing an offence, provided you are not taking them for commercial purposes. However, if you intend to sell the plants or in some other way profit from them, you are breaking the law by taking them without the owner's permission.

With firewood or dead-wood, the law was always very clear up to 2008, as the Magna Carta 1215 allegedly stated that, "Every common man was allowed to pick up and to take home dead-wood from his unwitting Lordly purveyor for purposes of firewood and building materials."

However, this right **of estover** was always on suspect legal ground - there is no general right in English law to collect wood. Moreover, the Forestry Commission issued a set of rules in 2008 that prohibited the collection of dead-wood on health and safety grounds. The health and safety rules put into place by the Forestry Commission were not really designed to destroy the estover right, but more to ensure that any cutting of wood was done by suitably qualified wood or timber merchants.

The current legal rules are set out below.

1. It is forbidden to take fallen wood, leaves or seeds from Forestry Commission land and much of the public forests/ woods in England are owned by the Forestry Commission.
2. It is forbidden to taken fallen wood from privately-owned forests without having the permission from the owner. This is theft, ie removing fallen wood without permission, and could result in a conviction.
3. The Forestry Commission supplies licences in some areas, which allow people to collect wood for a few pounds a year.
4. In other areas the Commission holds roadside firewood sales.

In some places, it is possible to buy scavenging permits from local Forestry Commission offices for about £120, namely Yorkshire or parts of North England. It is worth noting that such permits may be limited to the removal of dead-wood up to local limits in that area. The permits normally specify hand tools only and the permit-holder has to collect the wood from a particular area.

The best advice might be to visit several local areas of forest or woodland, to find out if the owners will grant permission for wood removal. Many woodland owners require people to remove dead-wood, either by taking down specific trees or just removing branches from the forest floor. However, it is not lawful to enter private property in order to forage for dead-wood without permission.

A different set of rules arises when we think about foraging wood from common land, because even so-called famous common land is owned by someone. In the case of Epping Forest, for example, the owners are the City of London Corporation, who maintain the forest as a charitable trust. Having said that, if you are foraging in an area in which it can be said you have lawful permission, such as a country park, woodland open to the public or a public right of way, it is possible to collect and take away a few twigs or branches – perhaps holly, ivy or mistletoe at Yule.

Another common question is over wood that is fallen by the side of the road. Most verges and roadsides belong to the local town or county council. In the countryside, the roadside may well belong to someone, even if it's not marked as such, and foragers should try to find out the identity of an owner before taking a lot of wood and then leaving.

City of Meadows

By Sussex Wildlife Trust (Katie Eberstein)

Brighton & Hove is flanked to the north by rare chalk grassland, a rich habitat for pollinators such as bees, butterflies and hoverflies. Nationally and locally, these species are in decline, with one-third of Britain's bee population disappearing over the past decade and a quarter of Europe's bumblebees threatened with extinction. Over 97% of all flower-rich grasslands have been lost in England since the 1930s and this loss is also evident in Sussex.

Recent research suggests that cities play an important role in conserving pollinators. Since Brighton & Hove declared a climate and biodiversity emergency in 2018, much has been done to encourage pollinators from the Downs into the city, with initiatives like wildflower verges, bee banks and leaving grass unmown.

Schools in the city are also playing their part – this year over 30 schools signed up to the **City of Meadows** project. Each school has created either a micro, mini or medium meadow in their grounds. Pupils, staff and parents have helped clear the ground, sown local chalk grassland seed and watched as their meadows have sprung to life.

In addition, wildflower plugs created by the local Stanmer Wildflower Conservation Society, who collect and propagate local seeds, have been supplied thanks to funding from the South Downs National Park Trust. In total, another 1000 square metres of wildflower habitat have been created in school grounds in the city.

Many of the local urban schools have small playgrounds with little green space – however, they have been creative, sowing their seed in pots, raised beds and even a wheelbarrow. In this case, it's not size that matters – the key element is that schools are helping form a nature recovery network for pollinators, linking the city with the South Downs.

City of Meadows is run through the Brighton & Hove Environmental Education (BHEE) programme, funded by Brighton & Hove City Council and delivered by Sussex Wildlife Trust.

We've been able spread important messages about nature, pollinators and how to take action to help wildlife through online teacher information sessions, assemblies to share with the whole school, and pollinator workshops with pupils.

We've surveyed thousands of local young people and from this we know they care about nature, but also fear for its survival. In a time when so many young people are suffering eco-anxiety, this project not only gives hope for nature, but also gives hope to young people, giving them an opportunity to take action for wildlife and make a difference. We hope that schools will enjoy the beauty and richness of their new resource, to inspire, engage and enrich the curriculum. As one child said, "I feel proud that we are doing this for the bees".

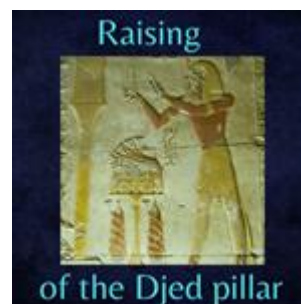
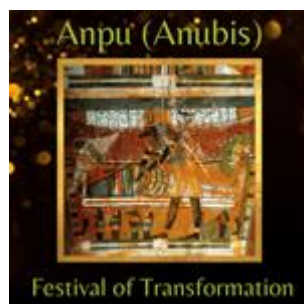
More details from www.sussexwildlifetrust.org.uk.

Celestial forecast for September

By Joanna Bristow-Watkins

During September, we have the Equinox on 23rd, when night and day are equal length across the globe. This is coinciding with the Khemitian (Khem being the ancient name for Egypt) Festival of the Two Lands. We can also look forward to three other annual Egyptian Festivals (4th, 5th & 19th) plus a selection of Chinese/Confucian (28th), and Roman (17th) annual commemorations and USA celebrates Labor Day on the 6th.

In the UK, we have the [Ordnance Survey Get Outside Day](#) initiative on Sunday 25 September. Our online courses [Essene Angels](#) (starts on Wednesday 7th September) and [Violet Flame of Amenti](#) (starts Thursday 15th September); see under these dates below for details. Our [Full Moon Meditation](#) takes place 7.30-9.30pm (UK time) on the night of [Saturday 10th](#), with the Harvest Moon peaking at 10:58.



Thursday 1 September is the beginning of the Ecclesiastical Year the traditional Christian calendar. in Nicaea (325 AD), The First Ecumenical Council decreed that the Church year should start on 1 September. For the Hebrews, the month of September was the beginning of the civil year (Exodus 23:16), the month of gathering harvest and offering of thanks to God.

Sunday 4 September is the Ancient Egyptian Ceremony of Transformation through Anpu (Anubis). The Egyptians believed that when a deceased soul entered the Halls of Amenti, they would undergo a ceremony involving the metaphorical weighing of the heart (of the deceased) against Maat's feather. During this ceremony, the weight of the heart represented the degree to which the deceased had lived in truth, measured by how much he/she had sinned: the more he/she had sinned the heavier the heart. An MP3 meditation is available from the *Harmony Shop* - it guides you through a journey with Anpu to see how you would fare if your heart was weighed against Maat's feather at this point in your life. Whilst this meditation was devised for use on 4 September, it can be used anytime.

Anpu is the illegitimate child of Nebt-Het (Nephthys), born of her clandestine union with Ausar (Osiris) but raised as the son of Set. Cast out when his true lineage was discovered, he became associated with dark and lonely places, a wanderer through the shadow-realm between life and death, Anpu therefore bearing witness to the darker side of mortality. He seeks out those lost souls who find themselves without guidance after their demise. He guards the Entrance to the Underworld, presided over by his true father, Ausar. Hence, all who die will find themselves in the presence of this mysterious jackal-headed god, who escorts them away from this world and to the gates of the next.

Sunday 5 September is the Ancient Egyptian Ceremony of the Raising of the Djed Pillar. The worship of the Djed pillar and the annual *Raising of the Djed* ceremony, is amongst the earliest ritualistic religious practices of ancient Egypt. The Djed was stated to have arisen from the primordial mound of creation and believed to be the

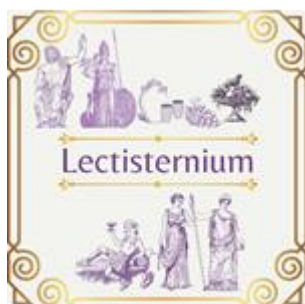
backbone of the Egyptian god *Wzr* (also known as *Ausar* or *Osirus*) though sometimes associated with the earlier deity Ptah.



Monday 6 September is Labor Day in USA and Canada this year, as it's always the first Monday in September. As it's an American celebration, I've reluctantly used the American spelling of labour!

Wednesdays 7 September & 5 October is our Introduction to Essene Angelology, Harmony Healing Interactive online evening course, 7.30-9.45pm UK time (GMT+1), offering UK & USA friendly hours. Learn how to commune with the Weekday and Planetary Guardian Angels and invite them into your life on a daily basis. Even if you are already familiar with the angelic realm, discover how to strengthen your connection with channellings, affirmations, colours, crystals and planetary symbols. Connect with Melchisadec and Pistis Sophia, the Essene Guardians of our Planet Earth and the Constellations. Cost is £66 including a personal chart detailing three of your personal Essene Guardian Angels (based on your date of birth) plus 4½ hours of mentoring. Book at the [Harmony Shop](#). This is a standalone unit but also comprises ½ unit towards [Egyptian Alchemy Healing RSE Level 1](#).

Saturday 10 September @ 10:58 is Harvest Full Moon. Between this date and the next New Moon is considered as a good time energetically for detoxing the body. Our online [Full Moon Meditation](#) takes place later on this evening, 7.30-9.30pm UK time. Participants all receive a deeply healing experience. Cost to participate is £20 by online BACS payment (small admin fee added for PayPal). For more details and to book, see [Harmony Shop](#).



Tuesday 13 September has been the Roman Festival of Lectisternium since at least 399BC. The word, *Lectisternium* derives from lectum sternere, meaning to drape on a couch. The statues of Juno, Jupiter and Minerva, would traditionally be dressed up and given a feast!

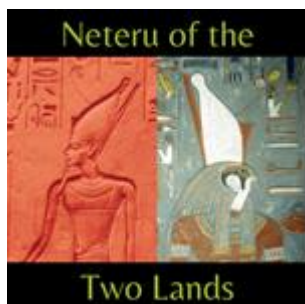
Thursdays 15 September, 20th October & 10th November is our Harmony Healing Interactive online Violet Flame of Amenti evening course, 7.15-9.30pm UK time (UK time = GMT+1 until the final week when it is GMT), offering UK & USA friendly hours - held remotely on Zoom. The colour, violet, has an established association with spirituality. Having the highest frequency in the visible spectrum, violet is at the point of transition to the next octave of light. During the pre-Dynastic period of Khem

(Ancient Egypt), the Violet Flame of Amenti was ruled by the Deities Ausar (also known as Wzr or Osirus), brandished by Sekhmet, and made freely available to Akhenaton.

Both in Atlantis, and subsequently during the Essene era (which spanned the lifetimes of Mother Mary, Jesus Christ and Mary Magdalene), this powerful tool was retained under the Guardianship of Angels Melchisadec and Ariel. This course features instructions on the ancient alchemical properties of the Violet Flame and how to use it in your daily life and features a personal attunement into this Violet Flame modality. Cost is £88. See [Violet Flame of Amenti](#) page for further details and to book. This is a standalone unit, but also comprises 1 unit towards [Egyptian Alchemy Healing RSE Level 1](#), available at a special package rate of £266, which includes a personal angelic attunement, worth £33, created around your date of birth, see [Harmony Shop Events](#) for more details.

Monday 19 September is the Fast of Tehuti, Kemet day; honouring the god Tehuti (Thoth), the God of Magic, Wisdom and Secret knowledge.

An MP3 Meditation to visit the Akashic Records with Tehuti is available from the [CDs and Meditations](#) section of the Harmony Shop which also sells laminated and downloadable [Egyptian Deity posters](#) by Jacqui Taliesin El Masry from Alkhemi. This is a meditation to visit your personal Akashic record (which the Egyptians believed were housed in the Halls of Amenti) to see if hidden blockages to your spiritual growth and wellbeing may be revealed at this time. The totality of the Akashic records are said to contain and describe all knowledge of human experience as well as the history of the cosmos; so they could be described as the DNA of the Universe. This meditation was devised for 19 August or 19 September (both are Festivals of Tehuti) would add emphasis, but can be used anytime.



Thursday 22 September is the Ancient Egyptian Ritual of the Neteru of the Two Lands. The Two Lands, comprising of Upper & Lower Egypt, were presided over by the more successful pharaohs. To the north was Lower Egypt where the Nile fans into the Nile Delta. To the south was Upper Egypt, stretching to Aswan. The terms, Upper and Lower Egypt, are derived from the unusual geography of the Nile, which unlike most rivers, flows from south to north. Its origins are in the highlands of East Africa and it ends with the Nile Delta which drains into the Mediterranean Sea.

In spiritual lore, Upper and Lower Egypt could be said to represent the higher and lower self of the human body, and would need to be integrated on an annual basis with the help of the Neteru (Deities or Angelic Beings). The unification of Upper and Lower Egypt occurred in about 3000 BCE, but the *pschent* - or double crown, worn by the pharaohs represented the combined regalia of both areas; the *hedjet* or White Crown for Upper Egypt and the *deshret* or Red Crown for Lower Egypt, each half representing sovereignty of one of the kingdoms. Established Ancient Egyptian tradition generally credits *Menes* (also known as *Narmer*), as the king who united Upper and Lower Egypt. On the Narmer Palette the king is depicted wearing the Red Crown in one scene and the White crown in another, and thereby showing his rule over both Lands.

Friday 23 September at 02:03 is the pagan celebration of the Autumn Equinox, marking the time of harvest festival and fulfilment of summer; since, in the Northern Hemisphere, from now on there will be more darkness than light for the rest of the year. An equinox is an astronomical event when the plane of Earth's equator passes

the centre of the Sun. Equinoxes occur twice a year, around 21 March and 22/23 September. In the southern hemisphere, this is the *Spring Equinox*.

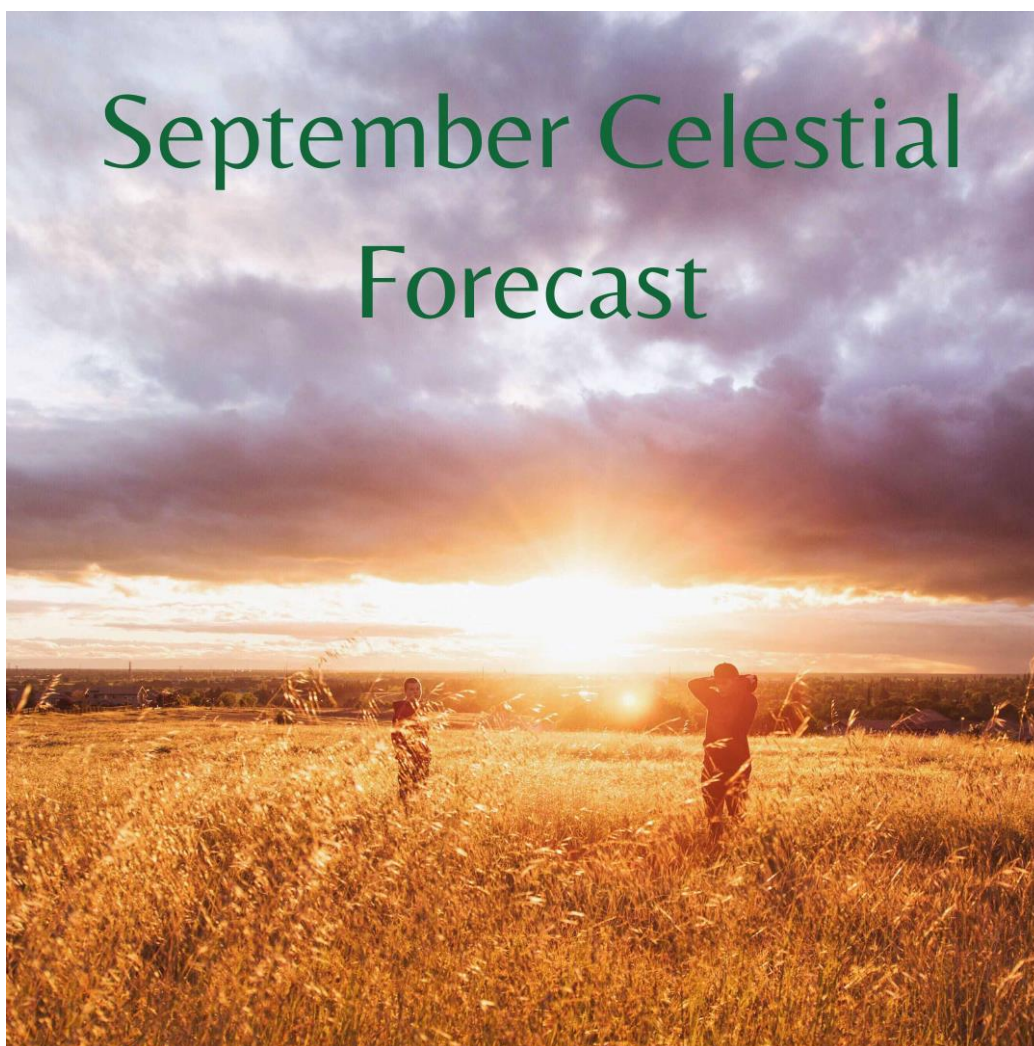
At this point in the year, the night and day lengths are exactly equal, so it's a time of balance and a good time for introspection, look for what is good and worthwhile to become seeds for next year.

Sunday 25 September is National Get Outside Day in the UK, an initiative by Ordnance Survey. The outdoors is for everyone, so Ordnance Survey remind us get outside and enjoy a breath of fresh air and, that when planning outings, to follow the Countryside Code, avoid peak times and crowded settings and follow routes that are less congested wherever possible. See their [website](#) for ideas.

Sunday 25 September @ 22:54 is also the Equinox New Moon.

The [New Moon Abundance Ritual](#) should be carried out within 24 hours after the New Moon. It needs to be after the New Moon because the moon should be waxing (getting bigger again) to carry the manifestation energy. There are video instructions on my [Facebook Page](#) or [You Tube Page](#). New Moon is a good time to work on your Vision Board for the rest of 2022.

Wednesday 28 September is Teachers Day a Confucian day for honouring teachers of all types. This is supposedly the date of Confucius's birthday. It's a great day to be thinking about learning new skills.



Looking towards Alban Elfed

By Nick the Witch

Doesn't really seem like a year has passed since last writing about Mabon. Still, this festival is also known as Alban Elfed for druids (the light of the water) and represents the feast of the second harvest. This year, the autumn equinox starts at 02.30am on 23 September, but many pagans have opted to celebrate Alban Elfed either just before or just after. Due to the covid-19 outbreak, there are still fewer group rituals, but small groups or moot celebrations seem to be indicated.

The Wheel of the Year turns and the time of balance returns. Alban Elfed marks the autumn equinox, namely the balance of day and night before the darkness overtakes the light. The feast of the second harvest includes fruit that remained on the trees, cereals that ripened since Lughnasadh, the forest fruits and the fruits of the sea. Examples include orchard fruits, cider, stewed fruit, berries, mushrooms, barley, acorns, oysters and nuts.

This is the autumn equinox – a time to give thanks for the second harvest and to throw out the chaff. The harvest fruits include corn, forest fruits and seeds, fruits of the sea, herbs and flowers. It is time for each member of our Gylden family here tonight to enjoy the autumn fruits, to thank the Earth for its generosity and to replenish its resources.

First, though, we offer prayers to aid the healing of the Earth and for ourselves. Water is the cardinal element for autumn, representing both emotional healing and the current of change in life. At Alban Elfed, it is time to balance our lives, just as the light and dark are in equal balance, so we complete projects and discard that which is no longer wanted.

A blessing for Alban Elfed

*We find our joy in the simple fruits,
Given to us by the earth.*

*We find our joy in the sun that shines,
And the breeze and river that sing to us.
So, we listen to the wind and to the water,
Hearing always what they say.*

*Let us never forget to give thanks and praise,
As we pledge to plant our Alban Elfed fruits in the soil for future growth.*



For past issues of Gylden Magick magazine, please contact us:

Our email: @GyldenFellowship

Our website: www.gyldenfellowship.co.uk

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

