



Gylden Magick

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Alban Elfed 2023

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 **sixth year of publication** and, as ever, we will be starting some new series over the next few issues. For example, we'll be looking at magick (of course), but there'll be more **nature, history and science pieces**.

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 **29 September** for the **next full moon**.

Our website has two collections of tales from the **Storyteller – Winter Chills & Tales of Magick and Wonder**. There are also two sets of poetry from **Nicola Ison – Gra, Dhraiocht na Cairdeas & Mac Tire**. A third set is due for publication in late autumn. This year, the Storyteller has decided to reveal more details about the provenance of tales – where the stories originate.

Highlights in this edition include correspondence crystals for

September, hedgehogs, the Shigir Idol, physic gardens, sound healing and summer storms – and a huge amount of Alban Elfed magick too.

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

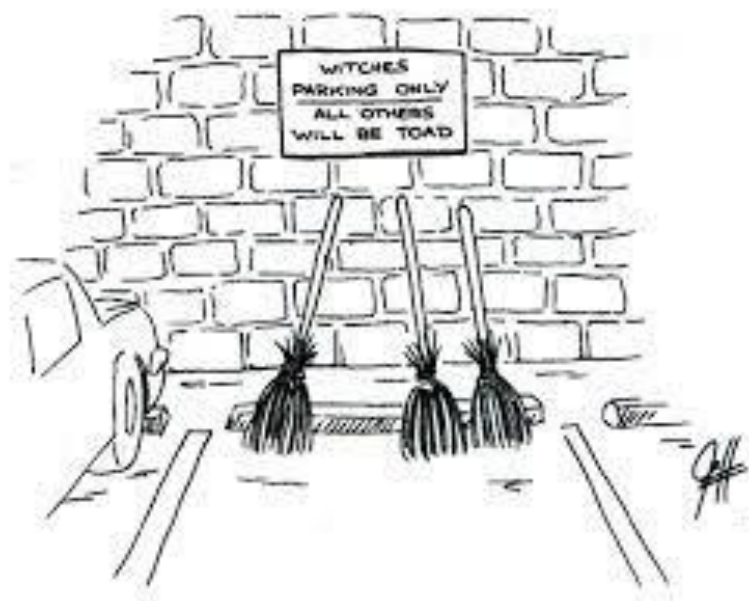
Thank you for all your feedback and many blessings.

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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Alban Elfed/ Mabon magick

By Nic the Witch

Alban Elfed/ Mabon has always been my favourite season with the changing colours of the leaves, loads of mushrooms and the end of the corn harvest. The autumnal equinox itself falls on **23 September 2023** (Mabon starts on 21 September and ends on 29 September); this text reviews some of the magickal things that we can do at this time of year.

But first, let's consider what Alban Elfed/ Mabon is all about – more details will be included in the [Gylden Fellowship](#) sabbat blog, closer to the actual day. Doesn't really seem like a year has passed since last writing about the autumn equinox. Still, as one of the Gylden Fellowship members pointed out, Mabon is not really the name for this festival. Mabon was a title given to the feast of the second harvest by the American witch and writer, Aiden Kelly in 1973. The druid name for this equinoctial celebration is Alban Elfed (the light of the water). This year, the autumn equinox starts at 2.03am on 23 September, but many pagans have opted to celebrate Alban Elfed either just before or just after.

At Lughnasadh, we counted and named some of our blessings. At the equinox, it is time to balance our lives, just as the light and dark are in equal balance. And so, we name some of those things that are surplus to our lives and that we choose to cast away.

The second harvest fruits include corn, forest fruits and seeds, fruits of the sea, herbs and flowers, but it is the **apple** that is an ancient symbol of life, death and rebirth. Take an apple and name the chaff to be discarded from your life. The apple tree tells us it is a time of fruition, a time to gather our resources and feel abundant. It also protects us from the more negative states of the mind.

Apples have long been used for divination and love magick. The blossoms were included in love sachets and used to scent candles to attract love. To ensure happiness in your relationship, light a red candle, cut an apple in half and share it with your loved one. Or, you could run this spell, [Apple seed spell to bring love into your life](#).

Set-up: a piece of rose quartz, a red rose, a red apple and 2 candles (one green and the other pink).

Pick a time when you know you will not be disturbed, preferably close to the full moon. While getting all the things you need, think of the love you would like to invite into your life.

- ✚ Light the candles and place the rose in front of the burning candles.
- ✚ Hold the rose quartz in your hand and, as you stare into the candle flames, repeat the incantation below:
- ✚ *"Loving Goddess, I invoke thee,
To grant me here my desire,
I ask for love eternal and true,
Sealed with candle-fire.
May the fragrance of the rose,
Carry my wish afar,
And bring me only my true love,
To last for evermore. So mote it be."*
- ✚ All thanks to the Goddess and leave the candles to burn out.
- ✚ Eat the apple and save the seeds.

- ✚ Place the rose, the apple seeds, and the rose quartz on a window ledge where they will attract the magick of the moon. Next day, as soon as you wake up, plant the apple seeds in a pot of soil.
- ✚ Look after your seeds in a caring way and, as the seedlings begin to grow, love will come into your life.
- ✚ Keep the roses and, when they wilt, dry the petals, keeping them in a special place (with your rose quartz) to remind you of the spell.



Baked apples are a traditional bit of kitchen witchery in autumn and here's how to do them – allot one cooking apple per person.

METHOD

- 1) Pre-heat your oven to 180°C.
- 2) Wash the apples, then core and peel them.
- 3) Fill the core with cinnamon, sultanas and butter.
- 4) Put the apples in a shallow dish, standing in about 1 inch of cold water.
- 5) Bake the apples for about 30 minutes in the oven.
- 6) When cooked, place the apples in a serving dish and add either maple or golden syrup to each apple.
- 7) Serve with vanilla ice cream.

Apart from apples, you could also use some of the forest fruits at this time for your health. Here's the **Gylden Fellowship** recipe that we produce for the **Blackberry syrup for sore throats or tickly coughs**.

INGREDIENTS

300g blackberries

Juice of 2-3 limes

300ml water

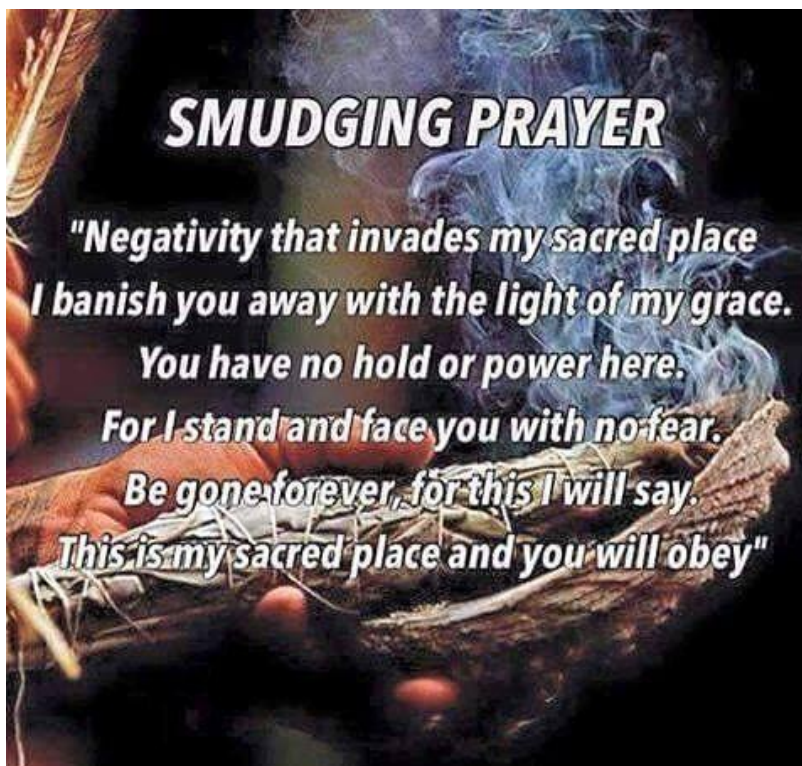
100g (max) caster sugar or maple syrup

METHOD

- 1) Mix the berries, lime juice and water together in a pan.
- 2) Put on a low/medium heat for 25 minutes.

- 3) Sieve mixture into another pan.
- 4) Add sugar/ syrup and heat until dissolved.
- 5) Simmer for 10 minutes.
- 6) Drink a glass & store any excess in a cool, dry place (not fridge)
- 7) Add water as necessary to make it a cordial rather than syrup.

To finish off, we'll include some **protection stuff**, first on smudging and then an **Autumn protection spell for families**.



Protection spell set-up: nine autumn leaves, a plate, a small yellow or orange candle and some salt.

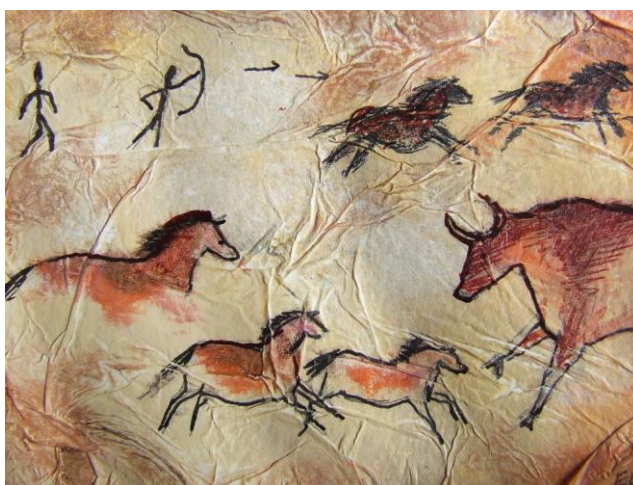
- 1) Join with your family members in a circle and light the candle.
- 2) Everyone to focus on the positive feelings to be sent to each other or family members not present or another person/their family during this season.
- 3) Stack the leaves on the plate, one on top of the other, sprinkling salt in between each one.
- 4) All say these words,
*"Autumn leaves we ask of thee,
Full blessings of safe family.
With salt to make our wishes pure,
Harming none, no less, no more.
So mote it be!"*

Put the stack of leaves in a place where all can see it. At the end of the spell, bury the leaves in the ground to be recycled by the earth with thanks.

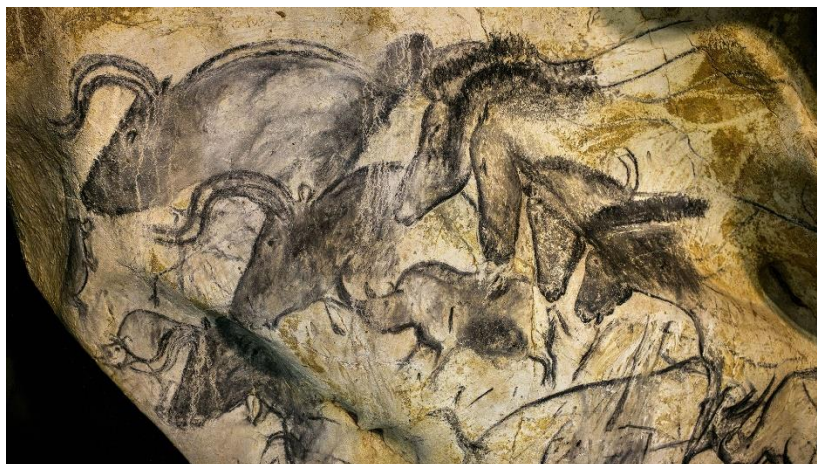
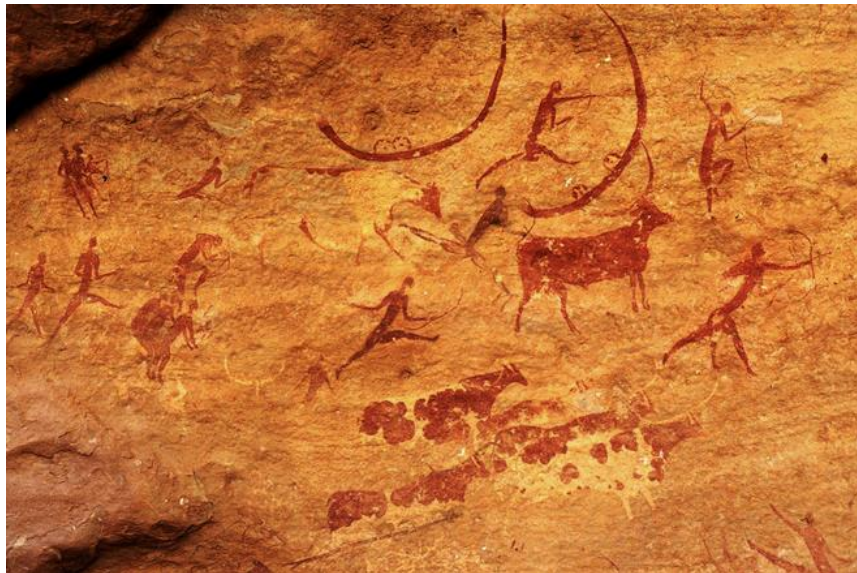
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Sacred art: Cave paintings

Collated by Gylden Fellowship from global sources (USA, Russia & Africa)







Hedgehog Street

Written by the British Hedgehog Preservation Society (Dr Pat Morris)

The British Hedgehog Preservation Society (BHPS) is a registered UK Charity, founded in 1982, dedicated to helping & protecting hedgehogs native to the UK (*Erinaceus europaeus*). Through our campaigns, advocacy and educational projects we work to raise awareness of the practical steps we can take to help reverse the decline of hedgehogs in the wild, improve their welfare and safeguard the future of this much-loved animal. We also fund research that provides important new insights into the conservation and welfare of hedgehogs.

Register on Hedgehog Street and join our army of over 60,000 volunteers. We'll provide you with all of the resources you could need to make your neighbourhood busy with hedgehogs at www.hedgehogstreet.org. We can offer help and advice to those with sick, injured or orphaned hedgehogs and maintain a list of independent hedgehog rescue centres across the UK: if you are concerned about a hedgehog, please call us on 01584 890 801.



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.

Hedgehogs roam between 1-2km each night during their active season. It's therefore critical that they can access a wide range of gardens. 13x 13cm (5 x 5") holes in walls or fences will let hedgehogs through but be too small for most pets. If you've made a hole in your garden wall or fence, please visit www.hedgehogstreet.org to put it on our map. Buy **Hedgehog Highway** signs made from recycled plastic at ptes.org/shop and britishhedgehogs.org.uk/shop

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. Use other garden pesticides sparingly (or never) as many garden animals may be killed or made ill. **Create a wild corner** - let the plants go mad in a corner of your garden and don't cut

them back in winter and hedgehogs might nest here. They'll also benefit from the abundant insects. Use branches to add structure. **Add a hedgehog tunnel leading to the hedgehog hole**, keeping to the minimum size of 13x13cm (5x5 inches), to deter cats and other larger animals.

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 really benefit from **extra food**, using it as a supplement to their natural diet. Meaty cat or dog food and hedgehog food are both suitable. **Water** can also be scarce at certain times of the year and is the only thing you should give them to drink. Take care to put the food and water use in your in your hedgehog hole. Create your own simple feeding station in a plastic storage box with a 13cm (5 inches) square doorway

Wildlife-friendly planting of trees, climbers, grasses and flowers is essential. Cherry trees are great - hedgehogs will eat fallen fruit and the insects they attract. The tree's medium-sized leaves also make for perfect hedgehog nesting material, so leave some on the ground when they fall. Here are some examples of good plants to include in your garden.

- clematis species
- jasmine
- all grasses/sedges
- achillea and hostas
- nectar-rich wild flower turf
- salvias.

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. Keep shed and garage doors closed at night so hedgehogs are not tempted to make a nest in them or become trapped in them when doors are permanently closed. Only use environmentally safe wood preservatives on your fences, garden furniture and wooden buildings. Keep dogs under control if there are hedgehogs in the garden.

Physic gardens

By Gylden Fellowship

So, what's a physic garden? Actually, the best example appears in the fictional Brother Cadfael series by Ellis Peters, where Cadfael is the monastery herbalist in his own herbal garden in the 12th century. Plant materials in a physic garden were selected to be a representative collection of herbs, trees and shrubs grown for **medicinal purposes** in 18th century gardens.

Known originally as apothecaries' gardens, many monasteries and large estate mansions had physic gardens where **plants were grown for cooking, healing and dyeing wool and fabric**. They were also known as kitchen gardens or potagers.

The four-acre physic garden at Chelsea **refers to the science of healing**. The Chelsea Physic Garden, established in 1673, is **London's** oldest botanic garden, and the second oldest in England after Oxford Botanic Garden (founded in 1621). Occupying four acres of land on the Thames embankment, the walled garden now holds a collection of over 4500 plant species. Within the **Gylden Community**, the nearest example is **Petersfield Physic Garden** (<http://www.petersfieldphysicgarden.org.uk/>). It is a private garden, which is open to the public without charge, providing a green oasis in the centre of town. It is a garden created in a 17th century style with distinct parts laid out for different purposes.



Other types of special physic gardens include dementia gardens, which are mainly found in healthcare settings. Such gardens are designed for people with dementia, as colour, touch and scent can calm and ground and inspire the recollection of distant memories and sensations. Likewise, wild physic gardens can flourish in empty spaces within cities. Left alone, life swells forth, and these vacant lots start to produce trees, flowers, and grass. Such places are known as ghost gardens. Physic gardens are often planted for the benefit of autistic children. A haven from the stresses of the outside world, the garden can be a therapeutic patch of sensory stimulation for those with autism. Carefully chosen plants and flowers can maximise a garden's sensory appeal with heady scents, tantalising textures and striking displays of colour.

Ancient peoples: the Shigir Idol

By Gylden Fellowship

Gold prospectors first discovered the Shigir Idol at the bottom of a peat bog in Russia's Ural mountain range in 1890. The unique object - a nine-foot-tall totem pole composed of 10 wooden fragments carved with expressive faces, eyes and limbs and decorated with geometric patterns - represents the oldest known surviving work of wooden ritual art in the world. Archaeologists continue to uncover surprises about this astonishing artefact. Scholars of prehistory at Göttingen University in Germany wrote in the journal, *Quaternary International* in January 2021, that research suggests the sculpture is 900 years older than previously thought. Based on extensive analysis, they estimate that the object was likely crafted about 12,500 years ago, at the end of the Last Ice Age. The Idol's ancient creators carved the work from a single larch tree with 159 growth rings, the authors write in the study.

"The idol was carved during an era of great climate change, when early forests were spreading across a warmer late glacial to postglacial Eurasia," Thomas Terberger (team leader) told the *New York Times*, "The landscape changed, and the art, figurative designs and naturalistic animals painted in caves and carved in rock, did too, perhaps as a way to help people come to grips with the challenging environments they encountered. Wood working was probably widespread during the Late Glacial to early Holocene. We see the Shigir sculpture as a document of a complex symbolic behaviour and of the spiritual world of the Late Glacial to Early Mesolithic hunter-gatherers of the Urals"

According to Sarah Cascone of *Artnet News*, the findings indicate that the rare artwork predates Stonehenge, which was created around 5000 years ago, by more than 7000 years. It's also twice as old as the Egyptian pyramids, which date to roughly 4500 years ago. As the *Times* reports, researchers have been puzzling over the age of the Shigir Idol for decades. The debate has major implications for the study of prehistory, which tends to emphasise a Western-centric view of human development. In 1997, Russian scientists carbon-dated the totem pole to about 9500 years ago, but many in the scientific community rejected these findings as implausible, reluctant to believe that early hunter-gatherer communities in the Urals and Siberia had created art or formed cultures of their own.

In 2018, scientists (including Terberger) used accelerator mass spectrometry technology to argue that the Shigir Idol was about 11,600 years old. As *Artnet News* reports, the complex symbols carved into the object's wooden surface indicate that its creators made it as a work of mobiliary or portable art that had a ritual significance. Co-author, Svetlana Savchenko, the curator in charge of the artefact at the Sverdlovsk Regional Museum of Local Lore, told the *Times* that the statue's eight faces may contain encrypted references to a creation myth or the boundary between the earth and sky.

This rare evidence of hunter-gatherer artwork that has endured until modern times is a marvel in and of itself, notes *Science Alert*. The acidic, antimicrobial environment of the Russian peat bog preserved the wooden structure for millennia. João Zilhão, a scholar at the University of Barcelona (not involved in the study), told the *Times* that the artefact's remarkable survival reminds us of an important truth: that a lack of evidence of ancient art doesn't mean it never existed. Rather, many ancient people created art objects out of perishable materials that could not withstand the test of time and were left out of the archaeological record.

Shrooms

By Erica Zann

Each month, I make some little notes to remind myself of stuff to include in this issue – at my age, memory isn't as good as it was. Signs of autumn surround my little home, such as loads of blackberries, acorns and spiky chestnuts. Fungi too – went for a short walk and noticed lots of small brown boletes. As I mentioned to a friend, there's an autumnal chill in the evenings and I tend towards a comforting hot chocolate in the study.

There was an interesting piece on Radio 4 last week, which looked at the cost of living in terms of small businesses and people – were they surviving or thriving? I'm not going to make the editor annoyed by outright political comments. However, I can't help, but wonder whether leaders who are billionaires are really in touch with the everyday cost of meals and energy. To my old-fashioned mind, one problem is the usual trade-off between poverty and avarice...poverty for the customers and avarice by owners or landlords. Too many people are in hock to the credit companies for possessions that weren't really needed, although quite a lot of folk pay their bills on credit and try to chip away at the totals. And the corporate lenders just sit and suck all the life-force from their victims, like leeches really.

Cooking is a prime example of making do, healthy diets notwithstanding. I've always been a fan of batch cooking. My food bills are lower due to me buying ingredients rather than ready meals. So, when I cook a lemon and orange chicken or a bolognaise, I make enough for my meal and then freeze the rest in portions. My freezer is crammed with stuff to be defrosted from week to week – and it's cheaper that way. Buying vegetables in season and using them in batch cooking is another money-saver...apples and mushrooms are everywhere just now. I've probably said this before, but if you can use local shops, there's an instant saving on fuel and you can get local discounts too.

Last time, I wrote about wickedness and this time, I thought I'd mention kindness. On **30 July**, people all around the world came together to celebrate International Friendship Day with special events, activities, and joyful gatherings. And **13 November** is World Friendship Day. So, I'd like to mention all those lovely souls who sent me greetings and gifts on my solar return. I was chatting to a fellow-resident who achieved the ripe old age of 99 years earlier this year and is really looking forward to next year! Small acts of kindness are always appreciated too, such as a bus driver stopping the bus to let you on, someone holding a door open or another person making you a nice cup of tea. On a side note, it's probably a sign of getting old, but these days I really look forward to a hot drink and a cake or biscuit and a chat with a friend.

Thinking about kindness, an old friend called me this morning to ask if we can meet up (we can) and whether I had any more comfrey massage oil for him. The answer was yes and I'll pass it on when we meet. I don't charge people for my herbal remedies, because I have never felt comfortable with healing folk for profit. Others may disagree, but I believe a community witch is there to help the community. As I'm not running a business here, why be greedy? My friend needs the oil and I've been making this stuff for almost 20 years. I've been told that healing for free is the sign of a true witch. Comfrey, of course, is one of nature's most ubiquitous herbs. Also known as knit-bone, it has the power to heal fractures, but I find it works best for ligament strains, joint stiffness and arthritis. Sending you all many blessings.

September crystals

By Nic the Witch

Just for a change, Charlie Foreverdark is not here at present, due to a new addition to her family! Many congratulations to Charlie and Rob on the arrival of their baby, River Castiel. Instead, I thought we could look at some correspondence crystals for September and their healing properties – the main ones are aventurine, blue lace agate and chrysoprase.

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

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



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

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

Another stone that is a correspondence crystal for September is **aventurine**. It's easily recognised by its sparkly green colour, which is a mix of mica and quartz. India is the main source of green aventurine and the good news is that it's not a terribly expensive crystal. In general, it's regarded as a stone that attracts good luck and prosperity – its name comes from an Italian word meaning "by chance". OK then, what are the main healing properties?

1. Aventurine is linked to the solar plexus chakra – very good for calming anger, old habits or negative feelings.
2. It's also linked to the heart chakra and can help with circulatory problems.
3. One of the side-effects of this calming process is that the user can analyse any problem and take decisions with wisdom, not haste.
4. Aventurine, like a few other stones, is great against strong EMFs (electromagnetic fields) from computers or smartphones.
5. It helps both children and adults to learn and write.
6. Aventurine is reputedly very good against ADHD.

There's no best way to use aventurine, but here's a few suggestions.

1. Sit quietly with the crystal in your receptive hand for about 15 minutes and meditate – concentrate on losing all the destructive feelings in all your chakras and welcoming clear light into yourself.
2. One of the key feelings to leave is negativity – think about being positive, optimistic and appreciative of the natural world around you – reflect on this: "I accept the Universe's wonder for me today".
3. Wear aventurine jewellery, such as a necklace, bracelet, ring, etc.
4. Walk in nature with aventurine on your person and breathe in the healing energies of the trees.
5. If there is too much stress in your environment, consider this stone for a crystal grid of the home.

A kind friend gave me a couple of rough **chrysoprase** crystals last year and here's some of the best uses for them. Chrysoprase is a type of chalcedony and it's linked closely with calming energy and the element of water. A key point to note here is that chrysoprase is all about opposing egoism – it's a stone that stands for compassion, impartiality, forgiveness and reflective wisdom. The crystal can be worn or carried and the crystal essence sorts out stomach problems. And what of its **healing or magical** properties?

- It rejects any negative energies by increasing joy and positive thinking.
- The green colour of chrysoprase helps with inner truth and is good for meditation.
- It is particularly good when used with the heart chakra – conducting universal love, bringing your chakras into alignment, rejecting heartbreak and fighting loneliness.
- Chrysoprase helps to increase the energy in water, perhaps placing the stone near your heart when taking a bath.
- It helps with relaxation and peaceful sleep.
- Chrysoprase is good for the liver and for detox effects.
- Similarly, chrysoprase is known for helping with skin dis-eases, eye problems, gout and digestive complaints.
- It helps to balance your emotions, prevent nightmares and release childhood traumas.



Sound healing and health

By Mark Sharpen

Complementary therapies are all very well, but it's sometimes hard to pin down any scientific rationale for the treatment. So it is for sound healing, such as Tibetan healing bowls. Several friends are qualified sound healing practitioners and sound baths are good for most people. That being said, there are safety risks too, but not easy to root out valid test results or warnings. Plenty of stuff out there on blogs or from the manufacturers. I did manage to find some published material, including tests from the University of Adelaide. Let's start with the agreed risks and these should be brought to your attention prior to any sound healing sessions.

1. If you have tinnitus, avoid sound baths where gongs are used.
2. If you have certain neurological disorders, such as epilepsy, avoid sound therapy where singing bowls are used. If a person wishes to participate, it's better to get doctor's consultation first to ensure that he or she has the right anti-epileptic medication and is in no danger of seizure from sound vibrations.
3. Most venues will advise that you avoid sound baths during your first trimester of pregnancy.
4. People with serious mental health conditions may also have adverse reactions to the experience.



Tibetan or Himalayan singing bowls are powerful tools for meditation and have been used as religious and sacred tools for thousands of years. Himalayan singing bowls have the ability to influence our minds and bodies. As with other articles I've written for **GYLDEN MAGICK**, this therapy derives from frequency and vibrations. Some illnesses are susceptible to specific frequencies and it's as well to be aware of the dangers beforehand. Here's a few more risks that have been highlighted by bowl manufacturers.

1. Anybody with Parkinson's disease and Deep Brain Stimulation Device (DBS) should also avoid use of singing bowls.
2. Moreover, singing bowls should be avoided if you have a heart pacemaker, artificial heart valves, implantable cardioverter defibrillator (ICD), coronary stent or a cardiac shunt.
3. Actually, thinking about it, any metal implants or artificial inserts in the body could move when the vibration passes through body, causing malfunction and severe condition.
4. Inflammatory skin disorders like hives, eczema, psoriasis and heavily scarred areas can be exacerbated by singing bowls placed on the body.
5. Similarly, if a person has carotid atherosclerosis, blood clots, clotted veins and thick vein thrombosis, singing bowl should not be placed on top of affected vein or near it.
6. Singing bowls should not be placed on tumours, artificial joints, inflamed joints, implants and veins.
7. If a person is suffering from severe depression, anxiety or is on medication to ease these conditions, singing bowl therapy and sessions should be avoided.

Folklore: provenance

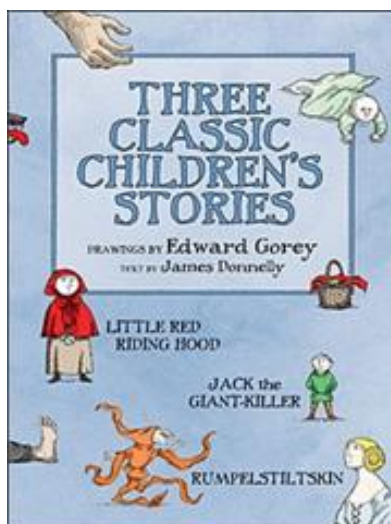
By the Storyteller

“What big teeth you have, Grandma!” I guess you know which tale that quotation comes from, but did you know that many folk and fairy tales are much more ancient than most people think? Many people believe that such stories were collected about 200-300 years ago by the Brothers Grimm or Charles Perrault.

This is not true, because Dr Jamie Tehrani (a cultural anthropologist at Durham University) has studied 35 versions of *Little Red Riding Hood* from around the world. Whilst the European version tells the story of a little girl who is tricked by a wolf masquerading as her grandmother, the Chinese version features a tiger instead of the wolf character. In Iran, where it would be considered odd for a young girl to roam alone, the story features a little boy. Contrary to the view that the tale originated in France shortly before Charles Perrault produced the first written version in the 17th century, Dr Tehrani found that the variants of the folk tale shared a common ancestor that dated back more than 3000 years. By 2009, Dr Tehrani identified 70 variables in plot and characters between different versions of *Little Red Riding Hood*. He found that the stories could be grouped into distinct families according to how they evolved over time.

He said: “Over time these folk tales have been subtly changed and have evolved just like a biological organism. Because many of them were not written down until much later, they have been misremembered or reinvented through hundreds of generations. By looking at how these folk tales have spread and changed it tells us something about human psychology and what sort of things we find memorable. The oldest tale we found was an Aesop fable that dated from about the 6th century BCE, so the last common ancestor of all these tales certainly predated this. We are looking at a very ancient tale that evolved over time.”

The original ancestor is thought to be similar to another tale, *The Wolf and the Kids*, in which a wolf pretends to be a nanny goat to gain entry to a house full of young goats. Stories in Africa are closely related to this original tale, whilst stories from Japan, Korea, China and Burma form a sister group. Tales told in Iran and Nigeria are the closest relations to the modern European version. Charles Perrault’s French version was retold by the Brothers Grimm in the 19th century. Dr Tehrani said: “We don’t know very much about the processes of transmission of these stories from culture to culture, but it is possible that they may be passed along trade routes or with the movement of people.”



There three main types of folk tale:

- ✚ A myth or legend based upon customs or tropes.
- ✚ An attributed story based upon a famous person.
- ✚ A true story that has been embellished over time by storytellers.

Here's a tale of the third type – the **Green Dragons**. In this case, all the historical research was carried out by the Storyteller before weaving the tale itself.

Once upon a time, over 1100 years ago, there was a small village called Wermehalte. That was its recorded name in the Domesday Book, but the vill itself had been settled for at least 200 years before that. It was literally carved out of the middle of a forest in what we might call Middlesex, but in those days, much of the land to the west of London was either deep forest or sandy heathland.

Not too many people lived in Wermehalte. Its name came from the Saxon terms for dragon (wurm) and forest (halte). Basically, it was an area of trees, frequented by wyrms. These were not basilisks or fire-breathers, but much, much worse – large, green serpents with poisonous fangs, perfect for hiding amongst trees and thick undergrowth.

Consider the danger, if you can – each time a villager went to collect firewood or a child went to pick blackberries or mushrooms, was that a sudden movement in the bracken? Was the green of the leaves hiding the scales of a wurm? Over the years, many children went to forage for food and never returned home; likewise, several unwary travellers strayed into the woods and only their remains were found by the path.

Finally, the situation became so bad that King John ordered the vill of Wermehalte to be emptied and the homesteaders were moved to other places, far from the forest. This cunning plan didn't really work though, as the starving green wyrms began to attack other small settlements on the edges of the woods. So, the king ordered the forest to be razed to the ground – all the trees were felled and it became a scrubland of bracken, old stumps and brambles. Where did the wyrms go?

Some left, ending up in other places and other tales, such as Clandon, St Leonards and Basingstoke. Others, it is said, dug caves under the hills and still sleep underground. Over the centuries, London expanded and factories or houses were built, but still the wasteland of Wermehalte stayed untouched. Until 1874, that is, when the Victorians decided to build on the site – and this is now the location of Wormwood Scrubs!

This new series considers provenance or, to be blunt, where do the stories come from? Future issues of **GYLDEN MAGICK** will look at such topics as giants, selkies, dwarves, the sidhe, elves and many others in the light of their origins. And there'll be a tale or two along the way from the Storyteller's archives.

Something Wicked
Wicked



Nature reserves in Sussex

Collated by Sussex Wildlife Trust



Ebernoe Common (Derek Middleton)



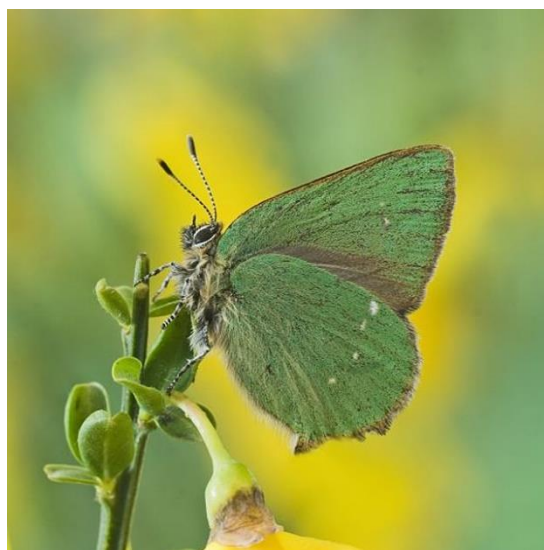
Rye Harbour, Lesser Water Plantain (Barry Yates)



Turtle Doves at Woods Mill



Rye Harbour, Roseate Terns (Barry Yates)



Ebernoe Common, Green Hairstreak (Derek Middleton)

Harvesting the fruits

By Joanna Bristow-Watkins, Harmony Healing

September sees Britain return to school and work after the summer holidays. It's traditionally the month of harvest, although fields in both North and South seem to have got their hay in during the drier weather in August, so there'll be plenty of winter food and warmth for farm animals.

Whatever our food choices, it feels important to remember that farmers are the key to our food supply and land management, despite efforts from vested interests to persuade us that growing fruit and vegetables in air and chemicals and meat created in labs, is just as good for us as farming on mineral-rich soil. Obviously, not all farms or farmers are created equal, but they need our support if we are not going to be left relying entirely on imported food. Without making life difficult, a bit of conscious shopping goes a long way to keeping more choices in our future.

In the South East, most of our blackberries came during August, but it's been a bumper crop, so we hope you've been enjoying these free gifts from nature, and there are still some to be found. Some of you will know that Katie loves to make bramble leaf tea, and takes it on personal walks to share tea with a tree. She recently heard that bramble is the cacao of our land, which goes some way to explain her minor obsession with it in recent years, and answers the question of what would be a more Britain-centric alternative for a ceremonial drink to cacao. That said, clearly the chocolate bar will be unchallenged.

The apple season is here, lasting until spring, and we have our rainy, cooler climate to thank for the varieties and quality of apples growing here, as you will know if you've bought apples in a hot country. There's plenty of fruit in the hedgerows, too, with damsons and elderberries, traditionally gathered for making jellies, jams and chutneys, to preserve and provide variety of flavour in the coming colder months. Chestnuts are starting to fatten and ripen and look out for walnuts, if you are lucky enough to live near one of these massive trees.

The bounty of harvest time is represented by the Vine, whose fruits can be made into wine. However, so can almost any vegetable or fruit, so don't feel constrained by the humble grape, if the mood takes you. Interestingly perhaps, Vine is associated with two deeply felt emotions- wrath or indignant anger, and happiness, but we have not found mention of these being causally related to the vine! Approaching the Equinox with its equal balance of day and night, maybe this is an indication that we all have a darkness and lightness about us - acknowledging this without judgement, while working towards more balance, will benefit us all.

Entering a cooler season is a good time to reflect on the fruits of our own efforts, to see if we are going where we hoped, or could we look at adjusting something, bringing more balance and harmony for us? Perhaps we need to listen to a quiet whispering of our inner voice? Without taking dramatic action, this is a good time to take stock and start planning.

The old ways of the British Isles celebrated the Wheel of the Year, marking eight turns: the summer and winter solstices and equinoxes, and four other checkpoints. At the Autumn Equinox (Spring in the Southern Hemisphere), it occurs on the morning of 23 September, which can be considered as the second of two harvest festivals, with the first at Lughnasadh (1 August).

Summer lightning

By Mark Sharpen

Having recently driven home in a thunderstorm, I was thinking about the science of lightning. Lightning is not only spectacular, it's dangerous. About 2000 people are killed worldwide by lightning each year. Hundreds more survive strikes, but suffer from a variety of lasting symptoms, including memory loss, dizziness, cardiac arrest, burns, numbness, and other life-altering ailments. Lightning's extreme heat will vaporise the water inside a tree, creating steam that may blow the tree apart. Cars are havens from lightning as their frames carry the charge harmlessly to the ground. Many homes are grounded by plumbing, gutters, or other materials, which offer protection, although occupants who touch running water or use a landline phone may be shocked by conducted electricity.

So, what is lightning? Well it's an electrical discharge caused by an imbalance between storm clouds and the ground or within the clouds themselves - most lightning occurs within the clouds. When we refer to sheet lightning, this is a distant bolt that lights up an entire cloud base. Other visible bolts may appear as bead, ribbon or rocket lightning.

During a storm, particles of rain, ice or snow inside storm clouds collide and increase the imbalance and often negatively charge the lower reaches of storm clouds. Objects like steeples, trees and the ground itself, become positively charged, thereby creating an imbalance that nature balances out by passing current between the two charges.

Lightning is extremely hot - a flash can heat the air around it to temperatures five times hotter than the sun's surface. This heat causes surrounding air to rapidly expand and vibrate, which creates the pealing thunder we hear a short time after seeing a lightning flash. Cloud-to-ground lightning bolts are very common. About 100 strike the Earth's surface every single second and each bolt can contain up to one billion volts of electricity. A typical cloud-to-ground lightning bolt begins when a step-like series of negative charges, called **a stepped leader**, races downward from the bottom of a storm cloud toward the Earth along a channel. Each of these segments is about 150 feet (46m) long. When the lowermost step comes within 150 feet (46m) of a positively charged object, it is met by a climbing surge of positive electricity, called **a streamer**, which can rise up through a building, a tree or even a person. And when the two connect, an electrical current flows as negative charges fly down the channel towards earth and a visible flash of lightning streaks upward, transferring electricity as lightning in the process.

St. Elmo's fire is a persistent blue glow that occasionally appears near pointy objects during storms. The name is something of a misnomer, as the electrical phenomenon has more in common with lightning or the northern lights than it does with fire. Lightning and St. Elmo's fire are different. Lightning is a direct movement of electrons from a cloud to the ground, while St. Elmo's fire is like a sparking effect, where electrons cover much less distance. St Elmo's Fire is usually blue or violet, but can also have a greenish tinge. While not a hazard in itself, St Elmo's Fire is an indication of a thunderstorm and may herald a lightning strike.



Celestial notes

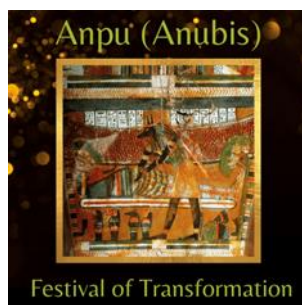
By Joanna Bristow-Watkins, Harmony Healing

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 seventh month in Latin). September was the seventh month when the year started in March. To the Anglo-Saxons, September was called **Hālig-mōnaþ** meaning *Holy Month*.

During September, we have the Equinox in the morning of the 23rd, when night and day are equal length across the globe. This almost coincides with the Khemitian (Khem being the ancient name for Egypt) Festival of the Two Lands on the 22nd. We can also look forward to three 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 4th. A new online series of **RSE Level 1** Egyptian Alchemy courses starts with **Essene Angels** (Thursday 21 September) and **Khemitology** (starts Tuesday 26 September); see under these dates below for details.

This year we will be running one-hour taster Forest Bathing sessions at the **Surrey Hills Wood Fair** in Cranleigh on the 9 September (see below for full details). We have a **full Forest Bathing event** on the **21st (Shere)**. There will be a further free taster session at **Bespoke Events Management** immersive VIP showcase launch at their brand new venue at the Hartswood Estate, 4-7pm on Thursday 28 September.

There will be an Egyptian/Equinox themed online meditation on **Friday 22 September** and our regular **Full Moon Meditation** takes place 7.30-9.30pm (UK time) on the night of **Friday 29th**, with the Harvest Moon, which is also a Supermoon, peaking at 10:57 that morning (UK).



Friday 1 September is the beginning of the Ecclesiastical Year in 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.

Monday 4 September is the Ancient Egyptian Ceremony of Transformation through Anpu (Anubis). An MP3 Meditation to overcome negative behaviour patterns is available from the [Harmony Shop](#). 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 Ma'at'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. The meditation guides you through a journey with Anpu to see how you would fare if your heart was weighed against Ma'at'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.

Monday 4 September is also 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!



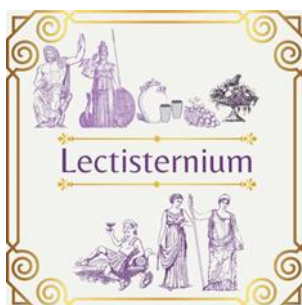
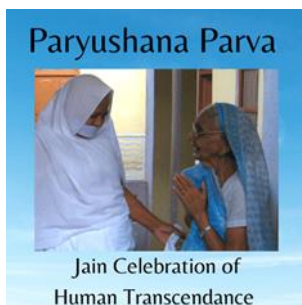
Tuesday 5 September is the Ancient Egyptian Ceremony of the Raising of the Djed Pillar. The worship of the Djed pillar, and the annual '*Raising of the Djed*' ceremony, is amongst the earliest ritualistic religious practices of ancient Egypt. The Djed was stated to have arisen from the primordial mound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

Saturday 9-Sunday 10 September, 9am-5pm is the Surrey Hills Wood Fair at Fish Pond Copse, Cranleigh, Surrey GU6 7DW. Entry is £10 in advance or £12.50 on the day. We will be there offering free taster Forest Bathing Sessions on the Saturday only at 11.30am & 2.30pm. 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 taster sessions for adults at 11.30 & 2.30 on Saturday only. We believe one hour is the minimum requirement to get tangible benefits from a nature connection session. Attendees will be entitled to book a 2for1 offer on one of our full sessions. All forest bathing sessions which will take place in all weathers except high winds or electrical storms. Book on the day at the event. Email katieandjo@harmonyinnature.uk to go on our forest bathing mailing list.

Monday 11 September is my collaboration with Althea Finch of Painfreedom.co.uk. This will involve an online presentation entitled *Ancient Wisdom for Modern Living*, 7-8pm (UK time = GMT+1 aka UT+1). Book your free place [here on Althea's website](#).



Monday 11 September - Monday 18 September is Paryushana Parva, the Jain celebration of human transcendence into spirituality and morality. It is an eight-day event celebrated with sacred readings and exchanges of cards among loved ones. Dates may vary. This popular Jain festival is organised every year in the auspicious month of Bhadrapad (mid-August to mid-September) of the Hindu calendar and extends from the fifth day to 14th day of the bright fortnight. The festival ordains the Jains to observe the universal supreme virtues in daily practical life: **-Paryushan Parva**

I bow to the Arahants, the perfected human beings.

I bow to the Siddhas, liberated bodiless souls.

I bow to the Acharyas, the masters and heads of congregations.

I bow to the Upadhyayas, the spiritual teachers.

I bow to the spiritual practitioners in the universe, Sadhus.

This fivefold obeisance mantra,

Destroys all sins and obstacles,

And of all auspicious repetitions

Is the first and foremost. (Detailed on timesofindia.indiantimes.com.)

Wednesday 13 September was 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 be dressed up and given a feast!

Friday 15 September @ 02:35 is the 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 2023.



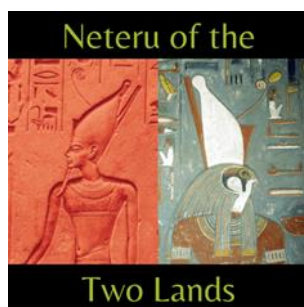
Tuesday 19 September is the Fast of Tehuti, Kemet day; honouring the god *Tehuti* (*Thoth*), the God of Magic, Wisdom and Secret knowledge. An MP3 Meditation to visit the Akashic Records with Tehuti is available from the Harmony Shop, which also sells laminated and downloadable [Egyptian Deity posters](#) 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 is 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 being Festivals of Tehuti) would add emphasis, but can be used anytime.

Thursday 21 September, 11am-2pm, Forest Bathing in the grounds of Harry Edward's Healing Sanctuary, for £37.99. This weekday session is designed to fit around school run drop-offs/pick-ups. 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 me in simple sensory exercises and a treelaxation. A deeply relaxing and rejuvenating experience, and which, despite the title forest bathing, does not involve any swimming!

Some of the scientifically proven benefits of spending time in woodland include reduced stress levels, stronger immune system response, and a stabilised cortisol cycle. This is a 3-hour Forest Bathing session which will take place in all weathers except very high winds or electrical storms. Book at [Harmony Shop](#). Please email us on katieandjo@harmonyinnature.uk to go on our monthly forest bathing update email list.

Thursdays 21 September & 19 October is our Essene Angels 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. The 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 stand-alone unit but also comprises ½ unit towards [Egyptian Alchemy Healing RSE Level 1](#), available at a special package rate of £266, featuring all of the module attunements including a personal angelic attunement, worth £33, created around your date of birth, see [Harmony Shop Events](#) for details of the individual modules and the entire RSE 1 package.



Friday 22 September is the Ancient Egyptian *Ritual of the Neteru of the Two Lands*. It's no surprise that this is always very close to the Pagan Equinox. 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 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, as such, 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* (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, thereby showing his rule over both Lands.

Friday 22 September, 7.30-9.30pm (UK time = GMT+1), is a special themed guided online meditation featuring the Ancient Egyptian *Ritual of the Neteru of the Two Lands*, as well as the harmony and balance reached when

night and day are in perfect equilibrium on the Equinox (peaking tomorrow morning, see entry below). £20 with concessions to Harmony Healing students. Book at [Harmony Shop](#).

Saturday 23 September at 07:49 is the Pagan Celebration of the Autumn Equinox, marking the time of harvest festival and fulfilment of summer; in the Northern Hemisphere, from then 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.



Tuesday 26 September & Tuesdays 10th & 24th October are the Harmony Healing Virtual Module: Khemitology (£88), 7.15pm - 9.30pm (UK time/GMT = UK & USA friendly evening hours), 2¼ hours for 3 x fortnightly Tuesdays ending 24th October, worth 1 unit towards [RSE Level 1](#). Held remotely on Zoom. Khemitology is for anyone fascinated by Egypt, outlining the lesser-known Ancient Egyptian philosophies and demonstrating how they can be applied in everyday life. Book at the [Harmony Shop](#). This is a stand-alone unit but also comprises 1 unit towards [Egyptian Alchemy Healing RSE Level 1](#). Held remotely on Zoom, see [Harmony Shop Events](#) for details of the individual modules and the entire RSE 1 package.

Thursday 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.

Thursday 28 September, 3-7pm, Joanna & Katie - we will be offering a 1-hour free taster sessions at *Bespoke Events Management immersive VIP showcase launch at their brand new venue at the Hartswood Estate, 4-7pm on Thursday 28th September*. If you are planning a bespoke private or corporate event (or wedding) in the Reigate area, email us for an invite to one of their specialist launch events. Some of the scientifically proven benefits of spending time in woodland include reduced stress levels, stronger immune system response, and a stabilised cortisol cycle.

Friday 29 September @ 10:57 is Harvest Full Moon. This is also the final Supermoon of a sequence of four consecutive Supermoons. Our online [Full Moon Meditation](#) takes place tonight, see entry below for details. Between this date and the next New Moon is considered as a good time energetically for detoxing the body.

Friday 29 September is also our Full Moon Unity Consciousness Meditation, 7.30-9.30pm UK time (GMT+1). Cost to participate is £20 by online BACS payment (small admin fee added for PayPal). For more details and to book, see [Harmony Shop](#).

More magick

By Nic the Witch

*Bearing in mind that the International Day of Peace falls on Thursday 21 September, here's a spell that's designed to set your mind at peace, free from guilt or depression. Please note that all the spells used or quoted in **GYLDEN MAGICK**, were written by members of Gylden Fellowship.*

Set-up: a small container of lavender oil. It's OK to use tinctures or salves rather than essential or infused oils. Enough candles, so that you can turn off the electric lights.

1. *Best time is during a waning moon, from 9pm onwards.*
2. *Eat a light meal early, leave the phone on messages and cleanse the sacred space/yourself first - create either a magickal circle or perform the spell at your altar.*
3. *Light the candles and turn out the electric lights.*
4. *Offer a prayer to your Goddess of the waning moon.*
5. *Call the quarters and visualise the negative feelings to be lost, as dark clouds surrounding you.*
6. *Pour a little lavender oil in your hand and rub gently onto your face.*
7. *Visualise now that you are lying on the earth, feeling the lavender on you and the dark clouds are being absorbed into the earth.*
8. *During this time, chant softly, "As I return to you earth, take the poison from me and leave me clean, as above, so below, so mote it be".*
9. *When you feel that all the clouds are gone, release the quarters, wash your face and rejoice in your new feelings of peace within.*

Note: lavender is the best option, but I have used mandarin oil too – gives a real zing afterwards for losing any depression.

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. It is this feast that comprises the central theme of the Alban Elfed ceremony - thanking the Goddess as Mother Earth for the second harvest in autumn.

Autumn mushroom soup - set-up:

400g mushrooms, perhaps chanterelles or shiitake.

Other root vegetables of your choice

600ml milk

25g butter

1 tablespoon plain flour

1. Wash and chop all the vegetables.
2. Cook the other root vegetables until soft.
3. Fry the mushrooms in butter until soft, then reduce the heat and add the flour, stirring gently.
4. Add the milk and carry on stirring until the soup has thickened.
5. Add the cooked root vegetables and a little salt.
6. Serve with fresh bread.

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/>

