



Gylden Magick

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Alban Hefin 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 solstice supermoon is the **Strawberry Moon** – and this issue of the magazine is a little different. July is the **Blessing Moon** and the altar colours are yellow, red and silver. Sadly, I've been forced to cut down on lots of things due to reduced eyesight. So, we're producing a solstice edition for June/July 2022.

The solstice, Alban Hefin, is on 21 June and Lunasa (Lammas) happens right at the end of July, which is why there's some blessings for Lunasa here. Other notable dates for diaries in July are **the Feast of Cerridwen** on 3 July, **Festival of Sleipnir** on 26

July **and the Feast of Thor** on 29 July. Don't forget 13 July for the **next full moon**.

Our website has a new collection of tales from the **Storyteller – Tales of Magick and Wonder** - with another in the pipeline and there'll be more poetry due from **Nicola Ison**.

This edition has a few shorter pieces, but we're trying to keep a sense of balance with crystals, magick and our usual features.

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

We continue with our regular series about celestial forecasts, sacred art, folklore and magick. Our crystal expert, Charlie, turns her attention to sodalite, Mark looks at quantum

gravity and we consider solar temples too.

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. That being said, there's a timely warning for all event visitors in **the Great Secret feature**.

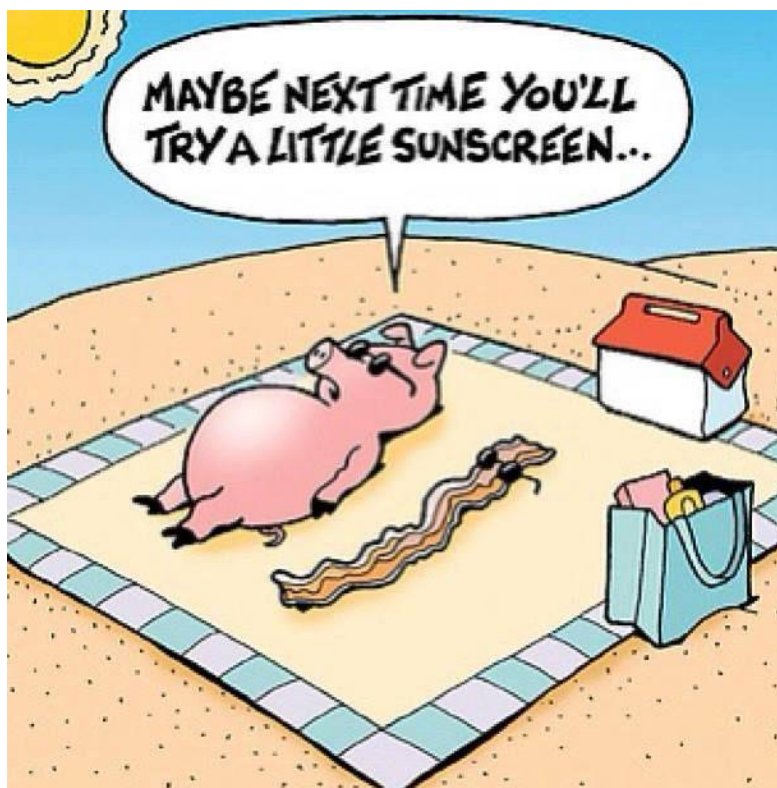
Thank you for all your feedback and many blessings.

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: sodalite

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.

First documented and analysed in 1806 by Scottish mineralogist and chemist, Thomas Thomson, sodalite is an often-overlooked beauty which occurs in royal through to navy and indigo blues. Some examples of sodalite truly do resemble pieces of solidified stormy ocean in the palm of your hand.

The word, **sodalite**, actually refers to a family of minerals belonging to the silicate group; it is a tectosilicate mineral species in its own right. Sodalite is what is known as *a feldspathoid*, which essentially means that it resembles feldspar, but with a far lower silica content. It occurs typically in massive or granular habit and is comprised of small amounts of chlorine and aluminium, alongside a heavy percentage of sodium. This particular chemical element is from where sodalite takes its name. Etymologically speaking, the word, **sodalite**, translates to sodium (salt) stone. Sodalite can also harbour inclusions of hydrogen sulphide, which can cause it to smell faintly egg during the cutting and polishing stages.

Sodalite was initially discovered in Greenland and, during the Napoleonic wars, large quantities of the mineral were sent from Greenland to Denmark. It gained a resurgence in popularity after deposits of far higher quality sodalite were found in Canada.

Sodalite is found in igneous rocks which crystallise from sodium-rich magmas. It is not a surface stone; instead, sodalite tends to be brought up from deep within the Earth as a result of volcanic or other geophysical activity. There are deposits of sodalite located in the USA, Bolivia, Brazil, Columbia, France, Germany, Greenland, India, Italy, Namibia and Pakistan, but the three most impressive and noteworthy sources of really high quality sodalite are all found in Ontario Canada - specifically Bancroft, Dungannon Township, and Hastings County.

During a royal visit to the World's Fair in Buffalo, New York in 1901, the future British Queen Elizabeth was presented with a gift of beautiful Bancroft Sodalite and was so captivated by it that immediate arrangements were made to quarry enough to decorate her London residence. The precise order records still exist to this day, and confirm a shipment of 130 tonnes of sodalite sailed from Ontario to Britain at the behest of Princess Margaret. For this reason, sodalite from Bancroft in Ontario, Canada is referred to in the industry as **Princess Blue**.

Though the official entry of sodalite into western mineralogy was a relatively new 19th century occurrence, the mineral was most certainly known, used and traded amongst primitive American cultures too. In the 1870s, a German geologist found blue beads along with quartz and obsidian arrowheads in the ruins of Tiahuanaco, a pre-Columbian city on Lake Titicaca in Bolivia. After careful analysis the beads were confirmed to be sodalite.

Sodalite can be both translucent and opaque, and tends to have a waxy lustre. The dominant colour is azure blue with veins of chalky white or occasionally orange calcite, which often resemble abrupt flashes of lightning across a bruised night's sky. Less commonly, sodalite can also display hints of pink, purple, and green. Sodalite from Greenland has an entirely different appearance and often features shades of grey and yellow. Sodalite fluoresces vibrantly pink under UV light - indeed, it is surface inclusions of sodalite which cause Yooperlite to fluoresce.

Particularly good quality Brazilian sodalite can sometimes display what is known as [adularescence](#) or the Schiller effect. I was lucky enough to secure an absolutely incredible Brazilian sodalite sphere with a full stunning flash, and it is one of the most impressive pieces in my personal collection. Sodalite is often confused with its aesthetically similar cousin, lapis lazuli; it was historically referred to as “poor man’s lapis”.

However, whilst sodalite is an individual mineral, lapis lazuli is a combination of minerals, primarily lazurite, calcite and pyrite. Sodalite itself can even occur as one major constituent of lapis. In order to tell them apart it is possible to utilise the streak test – sodalite will produce a white streak, and lapis will produce a pale blue streak. As lapis is a rock (a combination of minerals), it is devoid of uniform hardness and consistent fracture planes, whereas sodalite has common and easily recognisable characteristics. Although they may look vaguely similar, they are critically different. Whilst sodalite displays the cubic crystal system, it is incredible rare to find fully-formed isolated crystals - perfect translucent sodalite crystals are very rarely found. A limited number of very small examples have come from Mount Vesuvius and Namibia, but are nowhere near large enough to be faceted or used in jewellery.

In terms of [general care](#), it is advisable to avoid allowing sodalite specimens to come into contact with (acidic) substances with a low PH, as certain conditions can cause surface erosion which renders the mineral soluble and potentially releases harmful aluminium toxins from within its molecular structure. For this reason, sodalite is not a welcome addition to a bathroom or an aquarium (or anyone’s mouth! This mineral has no real purpose in industry, and is mainly reserved for purposes of ornamentation. Although sodalite’s six directions of poor cleavage can appear as sporadic cracks throughout the stone, when cut into cabochons, it can take on a highly polished finish. Sodalite exhibits a hardness of between 5.5 and 6 on the Mohs scale, so may not be suitable for frequently worn jewellery. Ergo, a pair of earrings might be a better option than a ring or bracelet. Sodalite is a pretty affordable mineral on account of its abundance, so jewellery items are not particularly difficult to replace.

[Hackmanite](#) is an exceptionally rare type of sodalite that forms from sulphur chloric sodium aluminium and silicate. It tends to form pale violet crystals ranging in translucency. It is particularly unusual in that it displays an optical phenomenon called [tenebrescence](#) or [reversible photochromism](#) when exposed to sunlight. UV light will not only cause a shocking orange/pink fluorescence, but will also “excite” a piece of hackmanite into a photochemical reaction, causing it to change colour and display distinctly darker purple and pink hues. The change in colour can be seen within seconds of the specimen being exposed to UV light and it can retain this colour for several days, or until it is exposed to a bright light source which can speed up the desaturation process. This tenebrescent effect is indefinitely reversible and repeatable, though heating will destroy the ability altogether.

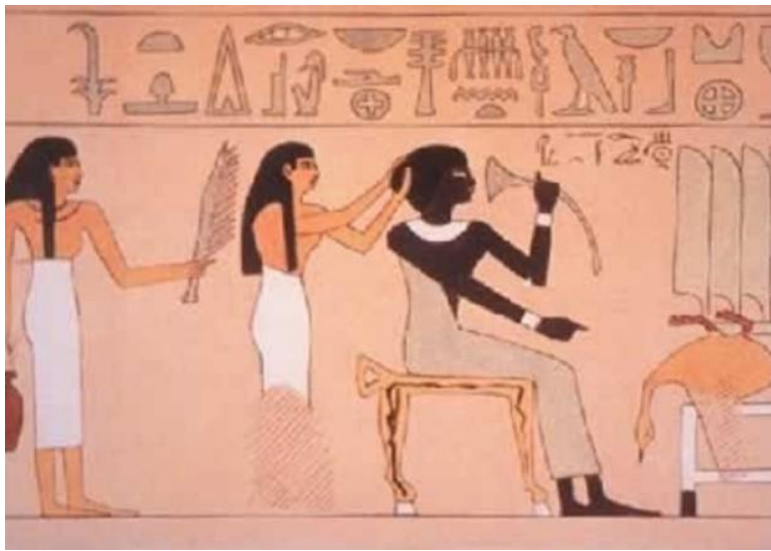
Hackmanite was first discovered in Greenland by L.C. Boergstroem in 1896. Boergstroem named it after Victor Axel Hackman, a famed Finnish geologist. The first gem-quality hackmanite deposit was discovered in Quebec, Canada much later in 1991. Striking purple hackmanite originating from the lazurite mines of Afghanistan are considered to be the most desirable of hackmanite gemstones; these are expensive and highly sought after by gemstone and mineral collectors. Hackmanite can be easily identified and distinguished from its parent stone sodalite by the presence of sulphur and the tenebrescent phenomenon. Inclusions within hackmanite are commonplace; it typically forms with white calcite veins. It exhibits a vitreous lustre when cut and polished; however the lustre can appear greasy on fractures.

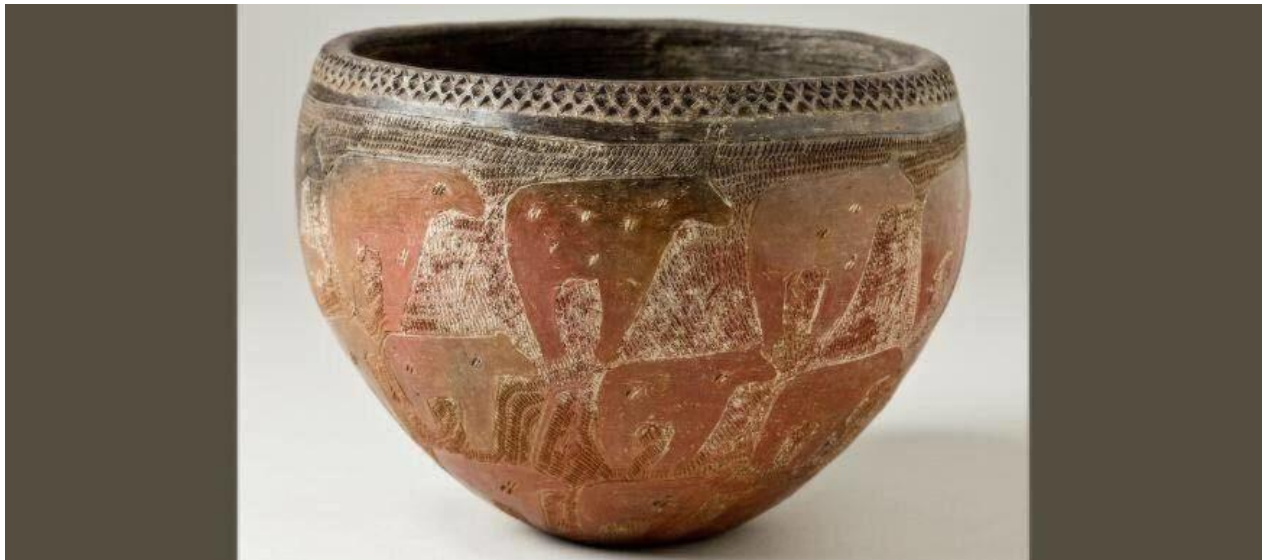
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Sacred art: Nubian Empire, Kingdom of Kush

Collated by Gylden Fellowship







The Great Secret for new witches

Written and revised by Nick the Witch

This piece is several years old now – so, I've revised it now, but the principles still apply. Put simply, the Great Secret is this – there is **no secret to witchcraft**. No need for secret covens, expensive or time-consuming initiatory training and any amount of mystical jargon. Anyone can be a witch and anyone can do magick. That's magick with a "k", by the way. Magic without a "k" refers to stage conjuring and illusions, like David Blaine, Troy, Derren Brown or Dynamo.

Witchcraft is more a lifestyle choice or a state of mind. True, there are many different types of witches and each person should read around, talk to other pagans and decide what works for him or her, but if someone tries to charge you for special training in witchcraft or for set-up magickal equipment, this is me telling you – it's probably a con. Witchcraft today is much more of an industry than ever before and there's no end of greedy business people trying to fleece new witches.

Do you really need to spend £140 on a staff or £250 on a wand with crystal inlays? Well actually, no you don't need to spend anything like this and the **best wands** are those that you make yourself, because you can personalise and put some varnish on them for very little cost. Also, if you've picked the wood, thanked the tree (left an offering) and decorated the wood, the wand is only for you. Take a piece of wood about 12in long or so and off you go.

Training is another source of potential wealth for charlatans. Anyone can claim to be an expert on almost anything. There are authorised bodies out there, namely the British Academy of Crystal Healing, the National Institute of Medical Herbalists, Affiliation of Crystal Healing Organisations, etc. **Ask an expert to show proof of competence**. Some umbrella bodies can help with guidance on local gatherings, e.g. the Pagan Federation, the Children of Artemis, the Druidry Network or UK Heathenry. Some are part of the Inter-Faith Network in the UK, so there's no stigma in choosing witchcraft as your faith for life, which was not the case some 50-60 years ago or so.

One very important thing to note about training, particularly so-called **pagan camps or festivals, is that you must check out the organisers beforehand**. Of course, there are tricksters who run events with no real idea of the knowledge being offered, but also these events can attract predators who relish the chance to prey on vulnerable people under the spurious heading of healing or mystical wisdom. Best thing really is to go to events or camps that are organised by mainstream pagan bodies or local moots in which you already have friends.

This is not an idle warning, as I've come across camp organisers that are really just sexual predators. Actually, thinking about it, our advice can also run to closed covens and moot rituals that are unnecessarily tactile. If you're vulnerable or your group contains disabled people or children, any event or campsite organisers should hold **enhanced disclosure certificates with the DBS** (just like teachers really) and we'd suggest you check this in advance. That goes for speakers and volunteer helpers too – better safe than sorry!

Another thing to note is that there are about many different **types of witch pathways** and many people choose to be eclectic - pick and mix witchcraft and this is not wrong. Some things may call out to you like tarot readings or healing. If you opt for an initiatory path, so be it, but it's not mandatory and you don't have to learn loads of different stuff.

Ask the question of what is witchcraft and you'll find that everyone has a differing opinion. It's like looking for the difference between Wicca and witchcraft – in the end, it's a qualitative answer. Some look to personal experience and others to books or well-known writers. Look, here is another **Great Secret** - your witchcraft path is what is comfortable for you. If you want to stick to kitchen witchery or herbal healing or tarot, that's fine and you don't even need too much knowledge of spells.

Wicca was partly invented by someone called Gerald Gardner in the 1940s and has since split into any number of different factions, including Dianic, Alexandrian, Georgian, Seax, etc. It was not original to Gardner though, as he was influenced by earlier movements, such as spiritualism, Thelema, Aradia and everything, but the kitchen sink! Hedgewitchery is another tradition that covers solitary witches. Wicca takes in such principles as a Rede (do what you like, but harm none) and the threefold rule (that anything bad that you do will return three times worse).

And then there's the traditional, hereditary or Celtic witches, who ignore Wicca and all its made-up rules, but try to follow the way of the wise women or cunning men of the past. That may seem to be a bit of an overview, but it's a start. Druids and heathens have their own traditions too. Practically every group celebrates the different sabbats though – 8 each year.



And on we go to **covens**. Covens are one of those terms that inspire the wow factor in many pagans. It's all about secret knowledge, protected magick and initiatory training. And it may cost you a lot of time and money. Many covens are secretive and only teach a certain pathway; so, if you have lots of questions, covens are not for you — with coven protocols, structures, own book of shadows to hem you in. The Facebook group, **Circle of the Golden Flowers**, is designed as a reaction against closed covens by setting out some basic magickal stuff for the less-experienced witch. I believe in sharing knowledge and I'm not breaking any coven rules here.

So, just to recap, you don't need **formal training** to be a witch. To gain practical experience in magick, it's probably best to leave the internet behind and join a local gathering (ask for help here from one of the pagan bodies who keep lists of local contacts). Some active groups are starting again in the wake of COVID-19.

Any new group that you join on Facebook or meetup, which tries to sell you stuff is probably not a bona fide group, because the knowledge is free to anyone. If you feel that you really do want to buy some stuff, such as an athame (knife), wand, robes or crystals, there's quite a few mind, body and spirit fayres starting up again in 2022 – so, it's worth testing the market. A good staff need not cost more than about £50, robes about £60 if handmade for you, most crystals are very cheap and a wand is free! **So, the Great Secret is good hunting and, above all, caveat emptor.**

Celestial notes

By Joanna Bristow-Watkins, Harmony Healing

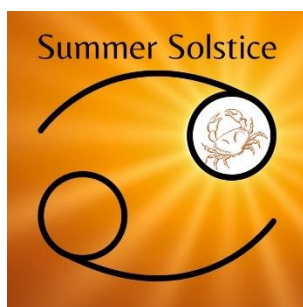
We are very pleased to continue to feature **Joanna Bristow-Watkins** as one of our regular contributors for **GYLDEN MAGICK** and, here, we're including a few details about her expertise – many thanks to Rebecca Granshaw for suggesting Joanna. Joanna runs **Harmony Healing**, which may be accessed at www.harmonyhealing.co.uk

*Harmony Healing activities are aimed at bringing harmony and wellbeing into your life. Currently, events are virtual, except for Forest Bathing+, hence distant readings and healings are proving popular and we have low cost **meditations** available as well as **distant 1-2-1 readings & healings**. Please see our separate feature on Forest Bathing elsewhere in **GYLDEN MAGICK**.*

*June is British summertime. The roses bloom, imprinting their perfumed scent into the extended evenings leading to the Solstice on the 21 June. Garden flowers and hedgerows are splendidly colourful and summer berries are abundant. Seasons are topsy-turvy with the elderflower, usually a May blossom, in full bloom as June begins. After two crazy years, we will relish the picnic season with strawberries & ice-cream plus elderflower cordial; despite optimism versus realism whilst planning for both rain and/or sunburn risk. The month could be named after **Juno**, the Roman Goddess linked with marriage. To the Anglo-Saxons, it was called **sera monath** (dry month), which is not necessarily our modern-day experience.*

Excitingly, this year, we had two lots of 666 numerology on the 6 and 15 June and another due on 24 June, see below for details. Also, during June, as well as the Summer Solstice (21) and our own traditional festivals including Midsummer's Eve (24), we have Asteroid Day (30). We can look forward to Roman celebrations on 24 June, plus the Bootid Meteor Shower (peaking 27). We had a Full Moon on the 14 June.

Monday 20 June is the Egyptian Festival of the Burning of the Lamps which was held at Sais (source [Bibliotheca Alexandrina, p31](#), also available via [Academia.edu](#), date from Moonwise Calendar). This is the third great festival in Sais to Aset (Isis). In an under-chapel beneath the temple, lamps were carried in procession around the coffin of Asar (Osiris). It was by the power of light, symbolising the life-giving power of the Moon, that Aset rekindled life in her dead husband. The exact date is actually the 13th day of the Ancient Egyptian month of *Epeiph*, so confusion arises when trying to covert this to our Gregorian calendar and some sources give variations especially 21 June.



Tuesday 21 June at 10:13 is the pagan Celebration of the Solstice, the moment when the sun enters Cancer. In the Northern Hemisphere, this is viewed as the triumph of light, the ecstatic culmination of the sun, yet the start of growing darkness. Old traditions included: making a bonfire on a hilltop, singing,

drinking, laughter and merry-making. Processions with torches and lanterns, rolling wheels downhill to mark the start of the sun's descent, blessing cakes and wine, waiting for the dawn and greeting the sun when it rises, sleeping by a spring, rolling naked in the dew of the summer sunrise! More at timeanddate.com

Friday 24 June is a secondary 666 in numerology. 2022 is a '6' year in numerology ($2+0+2+2 = 6$), June is the 6th month and today is the 15th day of the month ($2+4=6$), so this is a secondary 666 as each component of the month adds up to 6.

Friday 24 June is also Midsummers Eve and was considered magical in Cornwall and Ireland, when there was feasting, fires, songs, and dances. Bonfires were kindled on high hills to commemorate the high point of the year. Traditionally, the veil is thin between the dimensions of the living and the dead at this time.

This is also **the Roman Festival of Fors Fortuna**. *Fors is* (note the name is very similar to *Isis*) an ancient Roman Goddess of prosperity, good luck, and divine blessings. Her name means "She Who Brings", from the Latin verb *fero*, synonymous with abundance and success. This seems to have merged with *Fortuna*, probably originally a Goddess of fertility, into the Goddess called *Fors Fortuna*, who was acknowledged as sometimes being fickle or wanton and representing Fortune as Goddess of luck or chance. She was especially worshipped by slaves and commoners, as the goddess who could bring about rags-to-riches changes, with at least two dedicated temples in Rome being founded by former slaves in gratitude for their changed luck.



Monday 27 June (Sunday night/ Monday morning) is predicted as the peak of the Bootids Meteor Shower; if they are visible at all this year. Although they are not active every year, they can occur any time between 22 June and 2 July. In 2022, the best displays might be after dusk on 27 June as the shower is expected to reach peak activity at around 17:00 UK time on 27th. With New Moon soon after on the 29 June, it could be a great year for viewing with minimal light pollution, weather permitting. More at in-the-sky.org, including a map of the radiant point.

Wednesday 29 June @ 03:53 (Tuesday night / Wednesday morning) is the Summer Solstice Micro 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.

Thursday 30 June is Asteroid Day. [Asteroid Day](#) was co-founded in 2014, by Dr. Brian May, astrophysicist and lead guitarist of QUEEN, together with Rusty Schweickart, Apollo 9 astronaut, Danica Remy, President of B612 Foundation and film-maker, Grig Richters. Asteroid Day events take place

annually on 30 June to mark the anniversary of the Tunguska impact in 1908. Its purpose is to expand the understanding of asteroids and to ensure that any asteroids which might ever have a direct impact on our planet are carefully monitored.

July is still British summertime. Time for the orchids, delphiniums, dahlias, hydrangeas, irises and sunflowers to bloom, and the lingering perfumed scent of roses, honeysuckle, gardenias and jasmine on the night air. Traditionally, here in the UK, July would feature the Wimbledon Championship tennis finals and Henley Regatta.

*The month of July was renamed to honour Julius Caesar, who was born in this month. Under Roman rule it was previous called **Quintilis**, meaning the 5th month in Latin. This was before January became the opening month of the calendar year, when the Gregorian calendar was established by Pope Gregory XIII in 1582. To the Anglo-Saxons, it was called **Æftera Līpa** (after midsummer).*

*During July, as well as the intriguing Mary Magdalene Day (abandoned in 1552), we have Canada Day (1) plus a couple of international independence celebrations – USA (4) and France (14). We can look forward to a sprinkling of Zoroastrian, Buddhist and Hindu Festivals as well as a Roman annual commemoration. However, the month is inundated with Egyptian Deity commemorations, initially featuring the birthday of Ra (13), then the month ends with the five **Epagomenal Days** - also known as the **Days out of Time** - which celebrated the Birthdays of five major Egyptian Deities, culminating with the end of the Egyptian calendar year (1 August being their New Year). Egypt was formerly known as **Khem** in times of antiquity. Throughout these auspicious dates in the Ancient Egyptian calendar, Katie and I will be at the **Sun & Moon Festival** (Merrist Wood, Guildford), where we will be offering a selection of workshops and three Forest Bathing Taster Sessions. The Full Moon Guided Healing meditation is taking place on Wednesday 13 July, the night of the Thunder Moon (reaches its peak at 19:38)*



Friday 1 July, in Fasli tradition, is the Zoroastrian Rain Festival of Tir Jashan, dedicated to the star deities of Tir and Teshar. Give bracelets made of the seven colours of the rainbow. At the end of the festival, go to a high place and throw them into the wind (biodegradable, I hope). As the Festival is actually on the 13th of Tir, some Zoroastrian traditions convert this to 4 July.

Friday 1 July is also Canada Day; the national day of Canada. This is a federal statutory holiday celebrating the anniversary of Canadian confederation, which took place with the passing of the *Constitution Act* on 1 July 1867, where the new name *Canada* recognised the three separate colonies of Canada, Nova Scotia, and New Brunswick being united into a single Dominion within the British Empire.

Monday 4 July is American Independence Day. This marks the anniversary of unanimous adoption of the Declaration of Independence, by the Second Continental Congress in 1776. The Declaration announced that the 13 colonies claimed their separation from England, which eventually led to the formation of the United States.

Wednesday 13 July, being the day of the Full Moon in July, it is also Guru Purnima (the Full Moon of the Gurus) in Hindu tradition. The day of full moon, Purnima, in the month of Ashadh of the Hindu calendar is traditionally celebrated as Guru Purnima by Hindus. On this day, devotees offer puja (worship) to their Guru. The Sanskrit root "Gu" means darkness or ignorance. "Ru" denotes the remover of that darkness. So, one who removes the darkness of ignorance is a Guru. It is a day for celebration and worship, a day on which the disciples remember and express their gratitude to the lineage of Gurus. Hindus believe that a Guru is necessary to make one understand the formless Divinity.

Wednesday 13 July is Asalha Puja Day. This is a Buddhist commemoration of the Buddha's first public speech to five ascetics. He declared the middle way, the noble eight-fold path and the four noble truths upon which Buddhism is based.

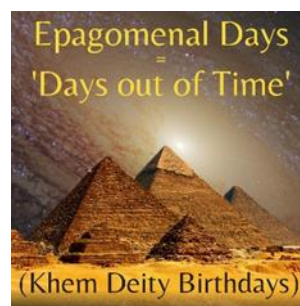
Wednesday 13 July, according to some sources, was the Ancient Egyptian Festival to celebrate the Birthday of Ra. Since Ra was the God of creation, this could be interpreted as the day man was created! Ra was also associated with the Sun and healing so perhaps it is no coincidence that the Roman's celebrated Apollo on the same (equivalent) date.

Wednesday 13 July, 7.30-9.30pm UK Time (GMT+1 which is also UT+1) is our Full Moon Unity Consciousness Meditation. During this session, we connect with other like-minded people and together we work through a mindful chakra balancing process using colours and etheric crystals, with the aim that all participants will experience a degree of unity consciousness. Participants all receive a deeply healing experience. Cost to participate is £20 by online BACS payment (£1 admin fee added for PayPal, concessions to RSE/VFoA graduates), book at the [Harmony Shop](#).

This activity serves as a good taster of Joanna's work in general and the virtual format of our Zoom-based programme. And, most importantly, it's a step towards making a difference to the global predicament. To find out how working on your own spiritual consciousness can help humanity and the planet by raising the overall human consciousness levels, see Joanna's [YouTube explanation](#). Please email jo@harmonyhealing.co.uk or contact me via Facebook Messenger/What's App to let me know you've booked to make sure I send you the link.

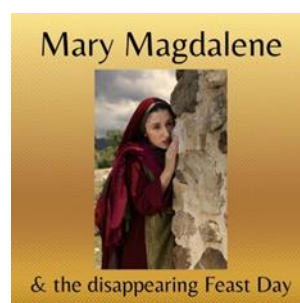
Wednesday 13 July, in Roman Times, was the culmination of the Games of Apollo. As early as 212 BCE, 13 July was the celebration of Apollo as the God of Healing (especially during wars), but this later extended into an 8-day festival, ending on 13 July. Apollo was associated with the Sun and his twin, Diana (Goddess of Hunting), was associated with the moon. Apollo became significant among the Romans when Augustus Caesar, as a young man, chose Apollo as his own god, and attributed his victory over Antony and Cleopatra to Apollo's superiority over the Egyptian Deities! Augustus is said to have described Apollo as: "Governor of Roman destiny; master of the sun; archer; augur; averter of pestilence; and giver of sound morals to the young."

Thursday 14 July is Bastille Day; a national holiday in France. This commemorates a mob of Frenchmen, rebelling against the rule of their king, who stormed a prison to obtain weapons and free prisoners. It sparked the French Revolution in 1789.



Tuesdays 20 & 27 July and 3 August, are for the Harmony Healing Virtual Interactive training course Introduction to Khemitology, 7.15-9.30pm (UK time), £88. 3 x 2¼ hour evening course. Worth 1 unit towards the RSE Level 1. Held remotely on Zoom.

Friday 22 July was celebrated in the First Book of Common Prayer 1549, as Saint Mary Magdalene's Day in the Christian calendar. When the Second Book of Common Prayer was published 3 years later in 1552, this feast day, amongst others was omitted. Early celebrations of Mary Magdalene's Feast Day included marriage symbolism, such as creating your own healing oil blends for the marital bed, probably including oils such as rose, sandalwood, and ylang ylang. Apparently, the original feast day venerated her as a representative of the perfect wife (church liturgy recommended readings such as Proverbs 31:10-31), so it is a day to celebrate the Sacred Feminine, maybe plant something, sew something, cook something and, of course, love something.



Tuesday 26 July-2 August is the Sun & Moon Festival at Merrist Wood, Guildford. It's not organised by us, but Katie and Joanna will be there for the entire week. A wonderful week of wellness and wellbeing. Hundreds of workshops covering everything from pilates to personal development. Singing, dancing, drumming - and so much more. And loads for the kids too! Join the tribe! And let the light of love shine on you!

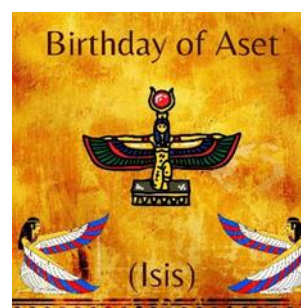
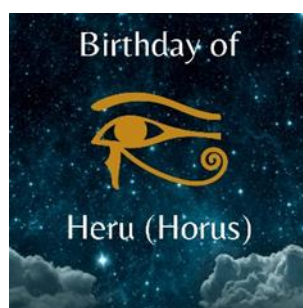
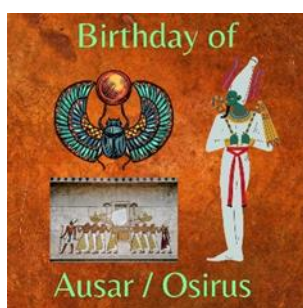
Katie is offering three taster Forest Bathing events over the duration of the festival. Times/dates to be organised by the festival co-ordinators. Joanna is running three workshops on:

- 1/. Connecting with the Essene Elemental and Nature Angels (time/date tba)
- 2/. A New Moon Meditation on Thursday 28 July
- 3/. Harness the Power of the Moon for Health, Wealth & Wellbeing.

Tuesday 26 July (or 13th July) is the Egyptian eve of the Epagomenal Days of celebration for the birthdays of their ancient major deities. The exact correlation of the Egyptian New year to the modern calendar is disputed, but I favour the linking with the heliacal rising of Sirius (dawn visibility of Sirius) as this star, known to the Egyptians as Sopdet (pronounced Soppday) was closely associated with Aset.

The celebrations began on the Eve of the Epagomenal Days - viewed as 26th July, although some sources equate it to 13th July). The following days marked the birthdays of the five children of the Egyptian Deity, Nut. Being dates of powerful Egyptian Energies these may prove ideal days for an Egyptian Energy Reyad Sekh Em 1-2-1 healing session.

According to myth, Tehuti (Thoth) enabled Nut to give birth to her five children [Aset (Isis), Ausar (Osiris), Set, Heru (Horus the elder) and Nebt-het (Nephthys)] by using his cunning to win a game of draughts with the moon. By winning a 72ND part of the moon's light, he managed to create five extra days (the Epagomenal Days, also known as the Days out of Time), which allowed Nut to give birth to her five children without breaking Ra's decree that her children could not be born on any existing calendar day. This myth more than any other is responsible for Tehuti (Thoth)'s role as a lunar deity.



Wednesday 27 July, in the Egyptian Calendar, is the Birthday of Ausar (Osirus). He is also known as *Wzr, Wesir, Asar, Ausir, Usir, Usire, Osirus, Osirus*. The latter two versions were used later, after the Greek occupation, but the variation is mainly due to the lack of vowels in hieroglyphic language meaning that there are many phonetic representations.

Thursday 28 July, in the Egyptian Calendar, is the Birthday of Heru (Horus). This is *Heru-ur* [also known as *Horus the Elder (Gr)*], sibling of *Ausar* and *Aset*, not their son. Not all sources list him as a sibling, Egyptian mythology varies widely, depending on the era and geographical location of the source within Egypt.

Thursday 28 July @ 18:55 is Lunasa 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.

Friday 29 July, in the Egyptian Calendar, is the Birthday of Set (Seth). *Set* is also known as *Seth (Gr), Setesh, Sutekh, Setekh* or *Suty* which probably ultimately led to the term, *Satan*.

Saturday 30 July, in the Egyptian Calendar, is the Birthday of Aset [Aset, Iset, Isis (Gr)]. *Aset* is responsible for resurrecting her murdered husband and, being mad with grief, uses her magical powers to temporarily restore breath and life into *Ausar* in order to conceive their son *Heru*.

Sunday 31 July is the Egyptian Birthday of Nebt-het [Nebet-Het, Nebthet, Nephthys (Gr)]. *Nebh-het* is the sister-wife of *Set* and is typically paired with her sister, *Auset*, when undertaking funerary rites, because of their protective priestess roles with mummified bodies.

Temples of the Sun

By Inge van Straalen

Have you ever heard of the Temples of the Sun? The first ones were created in Lemurian times to help humanity and Earth connect to the Sun. To this day, there are still many Temples of the Sun here on Earth, each of them unique and different from the other.

Among them are well-known sites from the past and present and others who may only be known to a handful of people, recognised only by those with an open heart. Some are etheric and some are physical places that you can visit. Either way, you can connect with them with your heart. Examples of Temples of the Sun are: Mount Shasta in California (*see picture below*), The Great Pyramid in Egypt, Machu Picchu in Peru, Uluru in Australia, Yucatan in Mexico, The Big Island in Hawaii and many more.



These temples have a purpose. They connect humanity and earth to the sun. Why the sun? Because the sun is a very important star to us. It holds codes that help us navigate our lives here on earth. It inspires our souls on our path with activations when the time is right to take the next steps. Sun codes of evolutionary momentum and inspired movement. These codes make it possible for the shift to become available for you and for the planet.

We are children of the earth and the sun. Many of us refer to Mother Earth and Father Sun. Before we incarnate on this planet, our soul goes through the sun to receive codes. We are imprinted and receive coding for our life here on earth. Sunlight is a great activator for a lot of processes. Not only for us here on earth but for earth itself. You can see how important it is in the changing of the seasons.

We, as lightworkers, all have had past lives where we served or were somehow connected to the Temples of the Sun. All of us have been deeply connected to these temples, whether they are still here on earth or perhaps from a past life in Lemuria or Atlantis.

And the great news is: we can still visit these sacred places, wherever and whenever it may be. By doing so, you will receive whatever your needs are at this time. It will help you to receive the impulses you require at this point in your life. The energy is especially strong around solstice, so why not give it a go?

So join us on this journey and travel to one of the Temples of the Sun. One that is especially tailored towards your needs - the one with which you have a special connection.

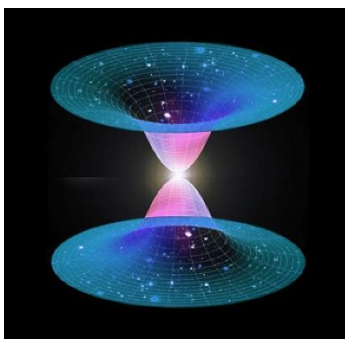
Time and quantum gravity

By Mark Sharpen

OK then, I've written about time before and the measurement of time as a human construct, but here's a more radical idea – **does time exist at all?** Stuff like clocks, watches and diaries denote the measurement of time, but we believe ourselves to live within a framework of time and space. Is this belief really justified and, if time did not exist, would that matter?

As usual, I'm referring to the quantum aspect here. Einstein described a macro theory of relativity that covers gravity and the movement of spatial objects. Quantum physics covers micro particles and their properties. Both schools of thought work well on their own, but the point where they overlap remains in flux. For example, does gravity also apply in quantum mechanics, to explain the movement of particles?

String theory is a common explanation for the overlap – instead of particles moving independently, there are strings vibrating in as many as 11 dimensions. However, it is hard to prove or model string theory within our universe. Much of string theory was discounted by the 1990s and new theories have been formed on quantum gravity. For example, **loop quantum gravity** suggests that the fabric of space and time is made of a network of extremely small discrete chunks or loops. Just one problem here - loop quantum gravity removes time as an element of reality!



So, perhaps time does not exist – and what do we mean by existence? As I sit here typing and drinking from a flask of water, does the flask exist? I can see it and hold it in my hand, although it's not part of any scientific theory. I could just say that I know it exists, but science might say that my flask is a product of mobile particles held together within space at a single or emerging time.

Saying that time does not exist at any level is like saying that there are no flasks at all. Trying to live in a world without flasks might be OK, but managing in a world without time seems hard. Our lives are built around time. We plan for the future, in light of what we know about the past. We hold people morally accountable for their past actions. We believe ourselves to be entities that can *do things*, because we can plan to act in a way that will bring about changes in the future. But what's the point of acting to bring about a change in the future when, in a very real sense, there is no future to act for?

A discovery that time does not exist would seem to bring the entire world to a grinding halt, but there is a scientific get-out. The get-out is the principle of **causation**: the sense in which one thing can bring about another. It is possible that while time does not exist within a quantum universe, such as ours, causation is the mainspring and we can continue to live, knowing that past actions cause us to plan for the future.

Tales for spring evenings: The Vampire Hermit

By the Storyteller

This tale comes from the First Nation tribes. **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.

Here is a tale from the First Nation Iroquois tribe. A woman was nervous when her husband said they were to stay in an abandoned lodge, for it contained the corpse of the hermit who once lived there, enshrined in a coffin in the loft. This old Iroquois custom was seldom used, but the hermit had insisted upon it before his death. Her husband said there was good hunting in this place and so they moved in, but the wife refused to go up into the loft where the hermit's body lay.

When her husband left to hunt, she immediately put her daughter in the sling on her back and went to look for roots and berries, staying away until her husband returned with the meat. As she prepared the evening meal, her tired husband climbed up into the loft to rest. The hut soon filled with the delicious smell of roasting meat.

She was sorting through the berries when she heard a muffled cry and the crunch of breaking bones. As she stared upward, frozen in horror, blood dripped from the rafters. She crept silently to the far corner of the room where she could see up into the loft. A skeleton with glowing red eye sockets was feasting on the body of her husband; its teeth and chin were covered with blood. Her daughter stirred restlessly at her back, and she knew that she had to get away immediately.

"I am going to run down to the stream to fetch water for the broth," she called toward the loft. "I will be right back." She took the pail and walked toward the stream, but as soon as she was out of sight among the trees, she ran as fast as she could.

She heard a terrible howl from the direction of the house as the creature heard them escaping and started to pursue. The young mother stumbled desperately through the woods, the creature's howls growing closer and her little daughter wailing in fright. The monster was gaining on her.

Finally, she shouted the Iroquois distress cry, hoping someone would be near enough to hear it. Her call was heard by the warriors from the village. She could hear the creature breathing behind her as she sprinted to the edge of the village. Here, she collapsed to the ground, but before the monster could pounce, a party of warriors burst through the gates of the village chasing the skeleton away.

They swung their torches wide and the skeleton retreated farther into the woods. The warriors chased the creature back to the hermit's house, and set fire to the cabin. As the flames covered the house, a terrible howling and roaring came from the loft. The vampire hermit fled into the woods in the form of a black shadow, never again to plague the young woman or her daughter.

Forest bathing

By *Joanna Bristow-Watkins, Harmony Healing*

In the UK, on 21 June, the Summer Solstice marks the turning point of the year, after which, days start to get shorter again. At Harmony Healing, we have just completed Week 5 of a 6-week course for the charity, Mind (in Woking), and we are delighted with the results, which are also being studied by Derby University. We have a Surrey Forest Bathing event on Saturday 25 June at the private woodlands in the grounds of the Harry Edward's Healing Sanctuary (Burrows Lea, near Shere, Surrey).

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. In July, we hope to start 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 me in simple sensory exercises We end with a *treelaxation* - a deeply relaxing and rejuvenating experience. Despite the title, forest *bathing* does not involve any swimming - this relates to bathing in the ambience of the tree canopy.



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.

We have small groups of maximum 16, including guide(s) to allow us to adopt COVID precautions and social distancing. Book at [Eventbrite](https://www.eventbrite.co.uk). 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 a hot drink and a snack! Forthcoming forest bathing events include:

- Saturday 25 June, 11am-2pm, £35
- Thursday 7 July, 11am-1.30pm, Cannon Hill, SW20, £35
- Sunday 10 July, 1-4pm, £35
- Sunday 18 July, 11am-2pm, Forest Bathing+ in the grounds of Harry Edward's Healing Sanctuary, £38 (+ Eventbrite fee = £38.32).
- Thursday 22 July, 10.30am-1.30pm Forest Bathing+ at Newlands Corner, an Area of Outstanding Natural Beauty (AONB) in the Surrey Hills, £38 (+ Eventbrite fee = £38.32).

Other dates include the following.

We will be attending the [Sun & Moon Festival, 26 July-2 August at Merrist Wood, Guildford](#). During the Festival, Katie will be offering three 90-minute [Forest Bathing+ taster sessions](#) and Joanna will be offering three separate 90-minute workshops on [connecting with the nature angels](#); [harnessing the power of the moon](#) and a [New Moon chakra balancing meditation](#). More at the [Sun & Moon Festival Website](#).

Connecting with the Moon Cycle & Full Moon Forest Bathing

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

Crystal spheres: photos from Nick the Witch's collection



Blue opal



Flower agate



Chrysocolla



Red carnelian



Honey calcite

Looking towards Lunasa

By Nick the Witch

Lughnasadh is the grain harvest that provides the basic food that will sustain us through the winter. It is important to recognise that this grain is also the seed that becomes next year's harvest – the seed lives on and completes the cycle.

The festival allows us the opportunity to give thanks to the Goddess for her abundance and for our personal harvests. As the sun's energy begins to wane, we acknowledge what we have learned during our periods of growth this year and reflect on our achievements. We can start to think about how this progress can move forward as seeds for next year.

In Saxon times, the work of gathering in the grain harvest was hard and, afterwards, the community came together to celebrate by baking new loaves from the new grain, feasting and revelry.

Prayers for Lughnasadh

*For the sun we mourn
As he shall wane.
The crops remain.
Through kern and corn,
The harvest born,
Shall life return.
Our Mother Earth
Now brings birth
The life poured forth
In light and warmth.
(Rae Beth, 1982)*



*Our Lord and Lady you shall provide,
Long after all has withered and died.
Though you have given us life from these lands,
What we know are the works of our hands.
We shall remember, just like the corn,
That we ever live, die and are reborn.*

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/>

