



Gylden Magick

Find us on Facebook:

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

August 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.

The **Gylden Community** is one of the most extensive pagan libraries in southern England. Its website, www.gyldenfellowship.co.uk, is growing too and we welcome new members constantly.

As with previous August issues, **our focus for the summer is on the creative side** – with folktales, poetry, plenty of celestial events to look forward to and artwork; the crochet above was made by one of our local artists. All of our contributors come from the Gylden Community, providing a mix of poetry, wisdom and stories.

Past editions of **GYLDEN MAGICK** can be accessed on our website and on Facebook too. And a revamped format will come along in our **September 2023** issue, to include new series and authors.

One of the themes to be continued in our next year of publication will be **paganism and societal norms** or cultural flashpoints. This includes such issues as trans rights for LGBT pagans, sexual harassment and predation at pagan events, women's equality, disability and paganism for those in poverty.

We also look at **community matters**, via our regular Shrooms section, including local activism, witchcraft for communities and the appropriation of cultural symbols. Before the 15th century, witches were

revered members of their communities, known as cunning or wise folk. Is there any way that we can aspire to a similar status today? I think so, starting locally and leaving the national stuff for the likes of the PF or the Druid Network.

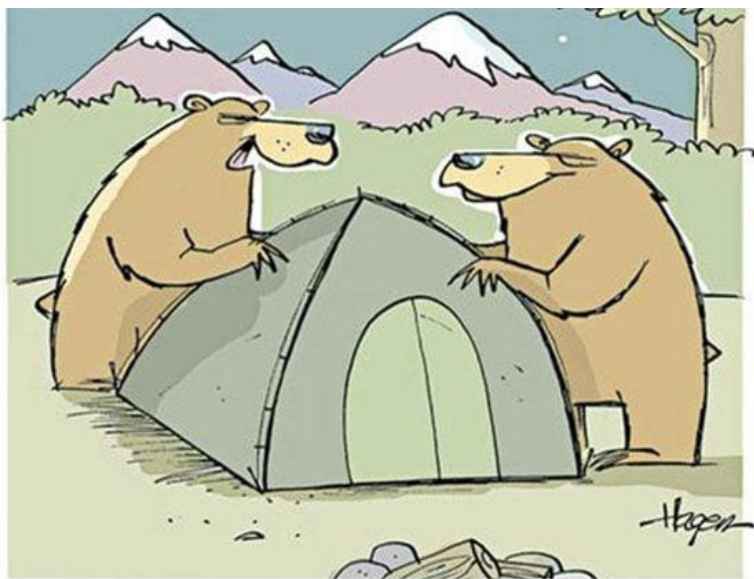
Anything else? Oh yes, the title – we never forget that our faith is based upon Nature and that our strength comes from earth magick, regardless of the diversity of pagan pathways.

Many of our annual festivals are based upon the light, e.g. the solstices and the equinoxes, as significant to us today as to our ancestors.

For more info, why not join [Gylden River LRC](#) or [Gylden Fellowship](#) groups on Facebook today?

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"I just love how they come individually wrapped to seal in the flavor."

The Lion's Gate Portal

By Gylden Fellowship

The Lionsgate Portal is a gateway into both the heavens and higher realms of consciousness. It is activated every year around 8 August when the Sun, Sirius and the Earth are in a certain alignment. During this time, higher frequency energies from the star, Sirius, encompass Earth, in order to help advance the human race and raise the consciousness of the planet.

LION'S GATE PORTAL

ACTIVE JULY 26 - AUGUST 12

LION'S GATE OPENS DURING THE RISING OF SIRIUS, THE BRIGHTEST STAR IN THE SKY. SIRIUS BESTOWS WEALTH, HONOR, DEVOTION, PASSION, AND CREATIVE TALENT.



AT THIS TIME, THE SUN IS IN LEO. LEO, CHILD OF THE SUN, IS THE INDIVIDUALIZED EXPRESSION OF DIVINE LIGHT, PASSION, AND PURPOSE.



PEAK DATE: AUGUST 8

@THESAGEGODDESS



THE LION'S GATE IS AT MAX POWER ON 8/8, ACTIVATING THE ENERGETIC POWER OF 8. IN NUMEROLOGY, 8 MEANS BALANCE ACROSS ALL REALMS.



THE SUN & LEO ARE LINKED TO THE SOLAR PLEXUS CHAKRA, THE ENERGY CENTER OF PERSONAL POWER. LION'S GATE CALLS YOU TO ACCEPT AND AMPLIFY YOUR POWER.

Gylden Magick crystal indexes

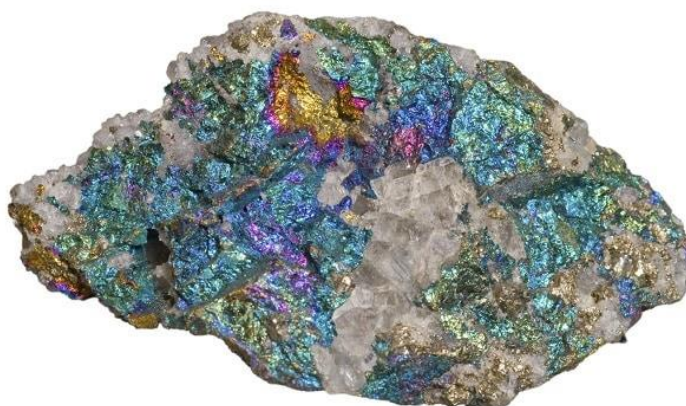
Here we are then – **GYLDEN MAGICK** started in **September 2018**, as a magazine/ digest for the Gylden area – with a difference – more information-type articles and less of the news/ gossip (and no ads) that take up so much space in other publications. But, we (that's the admin team) want the magazine to evolve with new series and features, which is what you'll see from **September 2023**. However, the tables below provide a handy quick-reference to the monthly crystals featured to date – all the past issues of **GYLDEN MAGICK** can be found either on our website or Facebook group. The crystal texts marked **with *** are those contributed by **Charlie Foreverdark**.



Citrine crystal

Gylden Magick	Monthly crystals
September 2018	Aventurine
October 2018	Black tourmaline
November 2018	Sunstone
December 2018	Blue lace agate
January 2019	Celestite
February 2019	Red jasper
March 2019	Blue jade
April 2019	Malachite
May 2019	Citrine
June 2019	Labradorite
July 2019	Amazonite
September 2019	Rainbow bismuth
October 2019	Green calcite
November 2019	Topaz
December 2019	Selenite
January 2020	Chrysoprase
February 2020	Fluorite
March 2020	Jet
April 2020	Amethyst
May 2020	Lapis lazuli
June 2020	Onyx
July 2020	Moonstone
September 2020	Larimar
October 2020	Carnelian

November 2020	Tiger's eye
December 2020	Snowflake obsidian
January 2021	Aquamarine
February 2021	Haematite
March 2021	Beryl
April 2021	Garnet
May 2021	Turquoise
June 2021	Amber
July 2021*	Sapphire + Vivianite
September 2021*	Watermelon tourmaline
October 2021*	Alexandrite
November 2021*	Mica
December 2021*	Rhodocrosite
January 2022*	Obsidian
February 2022*	Septarian
March 2022*	Chrysoberyl
April 2022*	Pyrite
May 2022 *	Kunzite + Sapphires
June/ July 2022*	Sodalite
September 2022*	Turquoise
October 2022*	Ruby
November 2022*	Lemurian quartz
December 2022*	Inclusions/ Prophecy
January 2023*	Yooperlite/ Bumblebee jasper
February 2023*	Opal/ Moonstone
Beltaine 2023*	Kambaba jasper
June 2023*	Crystallisation
July 2023*	Tourmaline

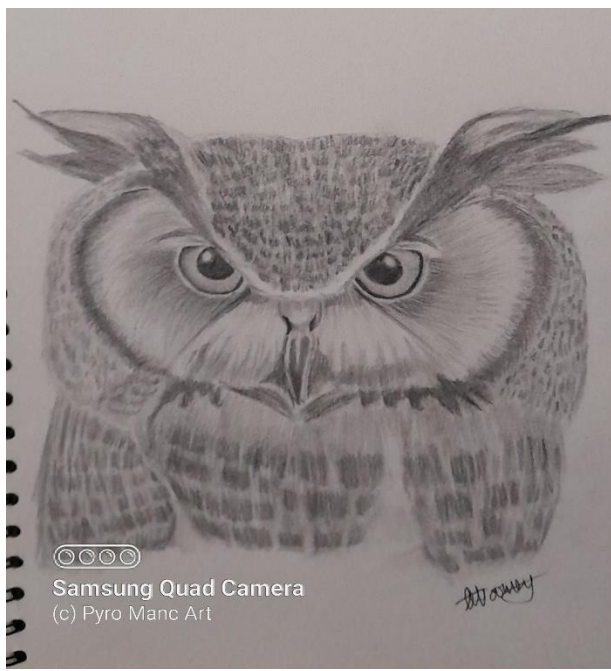


Chalcopyrite crystal

Gylden
Magick
August 2023

Artwork: Emma Toomey

Contact: eltoomey@gmail.com



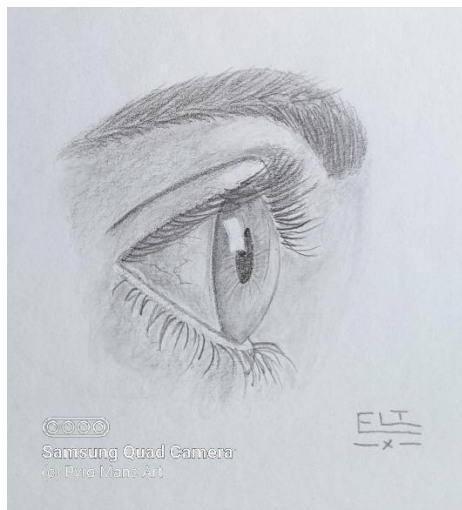
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Samsung Quad Camera
(c) Pyro Manc Art



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Samsung Quad Camera
(c) Awen Photography



Celestial notes

By Joanna Bristow-Watkins, Harmony Healing

We are always very pleased 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. It should be noted that some of the training events are online at present – please check out the details on Joanna's website for:

Forest Bathing+ Sessions with Joanna & Katie

Virtual Events: All you need to take part via Zoom is a computer with a webcam and microphone. It's very easy to download and use. If you do not have Zoom, visit <https://zoom.us/> and sign up for free.

Monthly Virtual Healing Circle & Unity Consciousness Meditations



Joanna is a Reyad Sekh Em® Egyptian Alchemy Healer and Teaching Mentor. We also have [meditations](#) available and a number of virtual courses including [Reyad Sekh Em \(RSE\) Egyptian Alchemy Healing Level 1](#). Joanna also offers [distant intuitive readings \(past life and/or aura readings\)](#) and [distant 1-2-1 healings](#) posts regularly on [Instagram](#) and [Linked-In](#).

*August in Britain is school summer holidays. Time for summer camping and outdoor festivals and, our Summer Bank Holiday, this year on Monday 28 August, with typically lots of rain. As someone with a late August birthday I can testify to rain being very common indeed. The month of August was renamed by Augustus Caesar, after himself. Under Roman rule it was previous called Sextillia, meaning the 6th month in Latin. When the Gregorian calendar was established by Pope Gregory XIII in 1582, January became the opening month of the calendar year. To the Anglo-Saxons, August was called *ƿēodmōnaþ* meaning 'weed (or grass) month'.*

*During August, we have **Khemitian (Ancient Egyptian) New Year** on 1st - which is also Pagan **Lunasa/Lammas** (and this year it's Full Moon and a Supermoon too), **Lion's Gate** (8th) and the **Perseid Meteors** (9-17 August, peaking 11th/12th). We can also look forward to three other annual **Egyptian Festivals** plus a selection of Chinese, Buddhist and Hindu Festivals as well as a Roman annual commemoration.*

*We have two Full Moons and therefore two [Full Moon Guided Healing Meditations](#) taking place on 7.30-9.30pm on Tuesday 1 August (Sturgeon Supermoon, Lunasa and Egyptian New Year) and again on Wednesday 30 August (Blue Supermoon). I am also offering an **8:8 Lion's Gate Meditation** at 7.30-9.30pm (UK time) on the 8th. This session will be specially themed on the energy portal between Egypt and the UK, angelic connections, plus of course, being the Lion's Gate, it will have a feline twist to it too. Book at the [Harmony Shop](#)*

*As August is holiday season for most people, we have just two Harmony in Nature taster sessions - a 1-hr one and a 2-hr one - on **Wednesday 2 August** at Dapdune Wharf, walking distance from Guildford mainline station and town centre.*

Tuesday 1 August is the Ancient Egyptian New year, traditionally marking the start of the Nile flood, started by the tears of Aset (Isis) over the death of Asar (Osiris). 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. In the Northern Hemisphere, this is also the Pagan Celebration of Lunasa (also known as Lammass), the start of the harvest, season of pregnancy, ripening, transformation and peace. This marks the height of the northern summer, when the Earth is most alive.

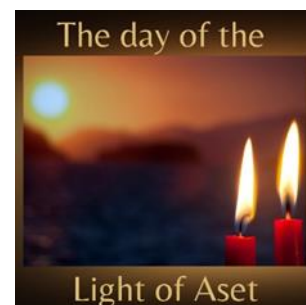
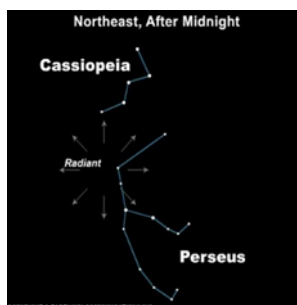
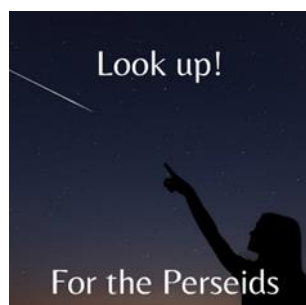
Tuesday 1 August, 7.30-9.30pm UK Time (GMT+1 = UT+1) is our [Full Moon Guided Meditation](#). During this session, participants all receive a deeply healing experience. Cost to participate is £20 by online BACS payment (£1 admin fee added for PayPal, concessions to RSE/VFoA graduates), book at the [Harmony 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 [You Tube 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.



Tuesday 1 August @ 19:31 is Sturgeon Supermoon. This year it's also Lammass (Lunasa) and Egyptian New Year (see separate entry above). The monthly Full Moon meditation is also tonight, 7.30-9.30pm (UK time). Book in at the [Harmony Shop](#). If you would like a video guided meditation, but can't make this time, you can purchase our 'any month' pre-recorded Full Moon meditation at this section of the [Harmony Shop](#). Between this date and the next New Moon is considered as a good time energetically for detoxing the body. Angela McGerr's self-guided instructions for a [Full Moon Angelic Meditation](#) with Gabriel from her A Harmony of Angels Book. Angela's books have been long out of print, but we do have collectible and signed editions at the [Harmony Shop](#).

Wednesday 2 August, 11.30am-12.30pm, 1-hr taster session (£15) and 2-4pm, 2-hr taster session (£25) at [Dapdune Wharf, Guildford](#). the venue has its own National trust carpark, but is also walking distance from Guildford mainline station and the Centre of Guildford. There are special double ticket prices if you have a friend who would like to attend with you. Immerse yourself in the healing elements of nature and connect deeply with all your senses. We will take you on a mini taster session (either for **1 hour in the morning** or **2 hours in the afternoon**) around the little island linked to Dapdune Wharf itself. Through 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. We end with 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 session which will take place in all weathers except very high winds and/or electrical storms. Book at [Harmony Shop](#). Please email katieandjo@harmonyinnature.uk to go on our Harmony in Nature monthly update mailing list.

Tuesday 8 August is The Lion's Gate. I'm offering an 8:8 Lion's Gate Meditation at 7.30-9.30pm (UK time) on the 8th. This session will be specially themed on the energy portal between Egypt and the UK, angelic connections, plus of course, being the Lion's Gate, it will have a feline twist to it too. Book at the [Harmony Shop](#) August 8th (8:8 in numerology) has always been experienced as the Lions Gate doorway opening up a time portal to ancient Egyptian encodings situated between the Sphinx and the Great Pyramid of Giza. It is said to be an energy doorway, which activates through the Solar Lion into the etheric and the Hall of Records (Akasha) and is said to be associated with the marriage of matter and antimatter, where polarities meet and merge. Encrypted at sacred sites all over the world, but headquartered at Giza Egypt, these long-established data programmes communicate with our own inner crystalline codes held in our DNA. By tuning in and connecting with these codings, we may be able to access a portal ancient truths and wisdoms resulting in an accelerated spiritual awakening. Book at the [Harmony Shop](#)



Wednesday 9 August–Thursday 17 August may see some Perseid meteors. The Perseids is one of the best meteor showers to observe, producing up to 60 meteors per hour at their peak. The shower's peak usually occurs on 12-13 August (predawn), this year, with Full Moon 1 August and New Moon 16 August (actually a Micromoon so even better), light pollution is likely to hamper viewings less towards the end of this peak window. However, you may be able to see some meteors any time between 17 July and 24 August. The radiant point for this shower will be in the constellation Perseus. Look to the northeast after midnight. For more, see earthsky.org website, from where the picture has been taken.

Saturday 12 August is also the Day of the Light of Aset (Isis). On this day, Aset (Isis) is celebrated with all forms of light including sun worship, during the day and candles at night. Interesting that it is very close to the date of the Roman Festival of Diana (varies 11-13 August though mostly shown as the 13 August), which no doubt was a development from the Egyptian Festival.

Sunday 13 August, in Roman tradition, is the Festival of Diana, being the date upon which King Servius Tullius dedicated her shrine on the Aventine Hill in Rome in the mid-sixth century BCE. Diana was the hunting goddess, associated with wild animals and woodlands. She later became a moon goddess, supplanting Luna, and the moon was an emblem of chastity. Oak groves were especially sacred to her. She was praised in poetry for her strength, athletic grace, purity, distinct beauty, and hunting skill. Despite her virginal status, Diana was also a Goddess of Fertility.

Sunday 13-Tuesday 15 August is Obon (also known as Bon); a Buddhist festival to honour dead loved ones. This custom has evolved into a family reunion holiday, during which people return to ancestral family locations and visit and tidy their ancestors' graves. On this day, the spirits of ancestors are believed to revisit the household altars. Celebrated through the lighting of bonfires, sacred meals, paper lanterns and dancing. There are some parallels between the Ancient Egyptian Day of the Light and the modern communities in Japan celebrating Obon through lanterns and bonfires, thereby bringing balance and wellbeing into their lives.



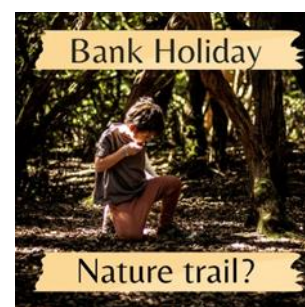
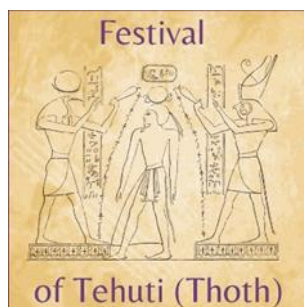
Wednesday 16 August @ 10:38 is New Moon and it's a Micromoon. The [New Moon Abundance Ritual](#) should be carried out within 24 hours after the New Moon. It needs to be after the New Moon because the moon should be waxing (getting bigger again) to carry the manifestation energy. There are video instructions 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.

Friday 18 August is the Egyptian Feast of Wagyu. Taking place seventeen days after the Egyptian celebrations of New Year's Day, there was the more sombre feast of Wagyu, when families paid respect to their ancestors. They came to the tombs of the deceased, with offerings, performing rituals, specifically "fumigations" - producing fumes - smoke. The ceremonies were often followed by a funerary meal.

Saturday 19 August is the Festival of Tehuti (Thoth) marking the occasion on which Tehuti (Thoth) ordered the healing of the eye of Heru (Horus).

An MP3 Meditation to visit the Akashic Records with Tehuti is available from the [MP3 Downloads & CDs](#) section of the [Harmony Shop](#). 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.

Monday 21 August is the Roman Festival of Consualia, to honour Consus, the god of counsel, and the one who protects the harvest, which was in storage at the time of the festival. Mars, as a protector of the harvest, was also honoured on this day, as were the Lares, the household Gods that individual families held sacred. During the celebration, horses, mules, and asses were exempted from all labour and were led through the streets adorned with garlands and flowers. Chariot races were held this day in the Circus Maximus, which included an odd race in which chariots were pulled by mules.



Monday 28 August is the Summer Bank Holiday in the UK. In the United Kingdom, most workers have a day off work or school and the banks are closed. In Scotland, however, the Bank Holiday is actually on Monday 7 August. The **Bank Holidays Act of 1871** introduced the August Bank Holiday to give bank clerks and shop people a day of relaxation not connected to holy days such as Christmas. This has morphed into a three-day weekend before the school summer holidays finish. If you have children, weather permitting (avoid woodland locations in heavy winds), it's a great day to take them out on a nature trail at a local park, beauty spot, National Trust or woodland location.

Wednesday 30 August is Raksha Bandhan, the Hindu festival honouring the bond between brothers and sisters, celebrated on the day of the Full Moon in August. Brothers take a vow to protect their sisters, whilst sisters pray for a long life for their brothers, sealed by tying threads around their right wrists.

Wednesday 30 August is also the Chinese Hungry Ghost Festival. *This is the Buddhist Festival of All Souls or the Festival of Hungry Ghosts, when offerings are made until before the next New Moon (Friday 15 September) to spirits who have not yet found rest. The Hungry Ghost Festival, also known as the Zhongyuan Festival, takes place on the 15th day of the Ghost Month (which starts at a New moon), so it naturally co-incides with a Full Moon.*



Wednesday 30 August, 7.30-9.30pm UK Time (GMT+1 = 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 **You Tube 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.*

Thursday 31 August @ 02:35 (Wednesday night, Thursday morning) is another Supermoon and, being the 2nd Full Moon in August, it is a Blue Moon according to the current definition. The monthly Full Moon meditation is on Wednesday night, 7.30-9.30pm (UK time). Book in at the **Harmony Shop**. If you would like a video guided meditation, but can't make this time, you can purchase our 'any month' pre-recorded Full Moon meditation at this section of the **Harmony Shop**. Between this date and the next New Moon is considered a good time energetically for detoxing the body.

Poetry: The Promise

By Nicola Ison

Today, I joined a local book club,
As an anniversary gift for my loves and me.
At home, they stand to attention,
All lined up on the shelves,
Guardians of my oath – made so long ago.
I remember Beatrix Potter so well –
Squirrel Nutkin and Peter Rabbit,
Followed swiftly by Elidor and Willard Price.
It was, but a moment to the faraway lands,
Of Narnia, Middle Earth and Arkham,
Sharing time with the Pevensies and with hobbits.
And that, I think, was when handfasting took place –
A singular vow to spend my life with books,
With the glories of the written word.
Whether in libraries, publishers or bookbinders,
There my spirit resides for ever,
Between the book-ends of my life.
I reflect that, as I approach our diamond jubilee,
The books and I have always been very happy together.
These days, I share joy with Don Camillo,
Palaver with Michael Hanlon in Derry,
And reminisce with Graham Williams in Hampstead.
A dear friend gave me a copy of Anam Cara, to light my way;
So, here I sit with the Piper at the Gates of Dawn,
And celebrate fulfilment of my promise.



Spectral Monks

By the Storyteller

*Here's a ghost story from Folkestone in Kent and, in particular, the area known the Bayle. A second collection of stories, *Tales of Wonder and Magick*, can be downloaded for free from our website, www.gyldenfellowship.co.uk.*

This upper part of the town has shown early evidence of settlement from Roman times onwards, but there was a monastery there during the 8th century. What we do know is that a Benedictine priory was constructed on the Bayle in 1530, which encompassed the nearby Norman Church of St Mary and St Eanswythe.

Today, the site of the priory has been replaced by a group of houses, but there have been frequent sightings of ghostly monks in this area. For example, one of these residents (Mrs Ludgate) stated that she has seen a number of monks apparently working and making garden tools. Her garden includes a section of the original church wall and, according to her: "They look quite happy in their work, but are rather ragged in their clothing. Perhaps they are a group of mendicants for they are wearing brown habits rather than the black robes of Benedictines".

[Mendicants were Roman Catholic friars that started in the 13th century onwards, noted for strict abstinence and living off alms.]

A nearby married couple have reported "a cowled figure on the staircase of their home" and other residents have heard chanting in their front gardens, an area that would have covered part of the priory grounds.

A postman and a milkman delivering to the area in the early morning confirmed that they heard "the singing of religious hymns" and thought it was someone's radio, but could not locate the source. The postman also reported (1977) that he had seen: "A tall figure in a cape with a hood, rather like a large duffel coat, glide across the road". He said he preferred to ignore it on the grounds that he did not believe in ghosts, but he had no explanation for the event.



Meditation: a summer walk in a wood

By Gylden Fellowship

Wherever you are, take a few seconds to get as comfortable as possible and start with some long deep breaths. Close your eyes and focus on the breathing until you feel ready to start your walk.

- It's a lovely sunny day and you've reached the very edge of a forest with fields behind you.
- There's a path that leads into the wood, not muddy, but earthen and a few stones.
- Take a moment to notice the dappled sunlight coming through the woodland canopy and see the bright green of leaves on trees and bushes.
- Listen to the birdsong in the trees and the gentle rustle of a breeze on leaves.
- After a few minutes, the fields are behind you and the path continues past silver birches, beeches, oaks and hornbeams.
- You notice the darker copses of holly and some colours too – blue cornflowers, yellow ragwort, purple willowherb and foxgloves.
- Your path has led you to a pond with clear green-blue water and you notice the way that the sunlight sparkles on the ripples.
- There are some reeds off to your left - you can see a few ducks and some iridescent dragonflies. You feel the sun on your face and you can hear the buzzing of insects in the reeds.
- The path stops with some large flat rocks that overhang the pond in the sunshine – you sit down and consider the peaceful scene around you: trees in behind, reeds and pond in front and more trees beyond the water...the birds still sing and you can faintly hear frogs croaking in the reeds.
- As you sit in peace on the sun-lit rocks, your friend comes to join you – this is a person that you know well and love as a friend. You and your friend talk and laugh as spiritual companions within timeless moments.
- When you feel ready, re-trace your steps to the path - both you and your friend leave the wood, perhaps for a cup of tea.



Shrooms

By Erica Zann

I bought a new oracle deck for myself a few weeks ago – at my age, small gifts like this and food are among the pleasures of life. For example, I went to the local café for lunch earlier in the week and the main course was **Fidget Pie**, something I've not had for donkey's years. And what, you may ask, is Fidget Pie? Well, in my kitchen, it has different name, but it is a pie with all the odds and sods in it, like bacon, potatoes, onions, apple pieces, sweetcorn and peas. It's a bit like my Moroccan fry-up, which has peppers, onions, tomatoes, mushrooms, corn and other stuff all chopped and cooked in butter and lime juice in a big pan – served with rice or couscous.

Back to the oracle deck – it's a new one from Denise Linn, called the **Sacred Forest**. I do enjoy the writing and meditations of Denise Linn. They are peaceful and echo the shamanic training course I did last year with Denise and Meadow Linn. Denise Linn is not a pagan as such, but she embodies Cherokee wisdom with Aboriginal and animist teaching. If one reads selected cards for the day and listens to the accompanying meditations, I find it's very relaxing and aligns with my Druidry.

The next subject is less pleasant and concerns **wickedness**. To some extent, I feel that the topic needs a capital "W". I've written before about the criminals and charlatans who use training camps or weekends as flimsy facades to push their own views, often at exorbitant prices. To be clear, if someone is teaching you (as a customer) about crystal healing, herbal medicines, witchcraft or any magickal stuff, try to find out beforehand about whether the instructors have any real professional oomph. Here's a few pointers.

1. Is the course **accredited by a professional body**, namely the Pagan Fed, the Druid Network, NIMH, etc? Trainers must be able to show that they're licensed to teach you.
2. **Your health and safety concerns are vital**. Do not go on a course where the trainers ask you to sign a paper waiving any safety issues. Apart from the fact this practice is illegal, because you can't give up your health under the duty of care laws, it's also a good indication that the company hasn't obtained the requisite public liability insurance for their courses. For a training course that involves healing you in some way, the company should have public liability cover of at least £2million. Do not pay anything until you've checked and if their cover is only £100,000 (for example), just run away!
3. Still on health and safety, if the course involves **a sound or gong bath**, the trainers must tell you that such techniques are likely to seriously injure people with pacemakers or people with epilepsy. Not to warn students is wicked, in my view.
4. Be very careful with **so-called mindfulness courses**, which can be sources of wickedness too – it's really easy to lull people into a semi-trance or soporific state, while the trainers are putting over their own views. In fact, I was told about one such recently, where the course was less of a healing one and more of a mind-control to gain power and energy for the trainers. And that, in my view, is Wickedness – please be careful out there.
5. **It's your money and I can't tell you how to spend it, but the world is full of wicked people just waiting to fleece you or, worse, imperil your safety in the name of spiritual healing, blessings.**

Spriggan Mist: 2024 news

By Baz Cilia

Spriggan Mist & The Wood Demons - Sunday 24 March 2024 at:

The 1865, Brunswick Square, Southampton SO14 3AR, UK

SPRIGGAN MIST

Described as "a mix between Thin Lizzy and Steeleye Span that no one knew we needed" Spriggan Mist's Music is diverse and eclectic, blending overdriven guitars with all manner of unusual instruments, creating a perfect backdrop for charismatic lead vocalist Fay to tell stories in that unique singing voice about the wyrd and wonderful. Together with sword wielding tribal belly dancers, you leave a Spriggs' gig truly entertained.

sprigganmist.com

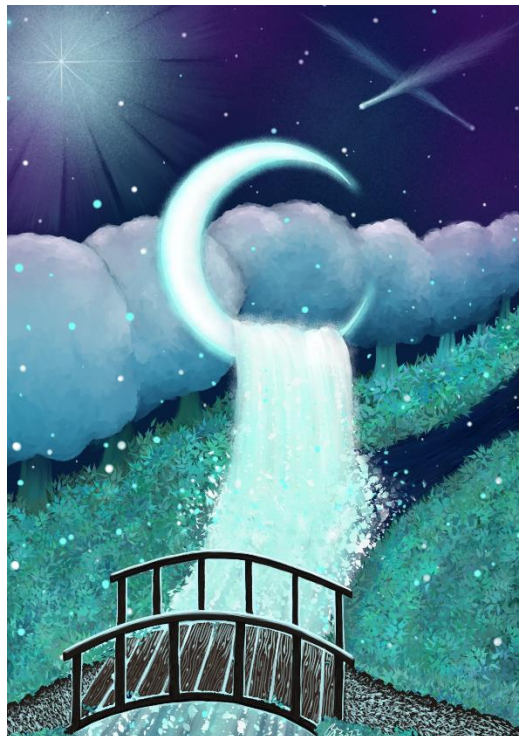
THE WOOD DEMONS

From their beginnings in South-West London a decade ago, The Wood Demons have been developing their eclectic and distinctive take on contemporary prog, creating songs on an epic scale with powerful melodies, spiralling violin, lush Mellotron soundscapes and molten guitars.



Artwork: Baylea's Ark

Contact: projectmailbox01@gmail.com





EVENT: REMEMBER HIROSHIMA AND NAGASAKI

SATURDAY 12 AUGUST, 8.30PM

By Keith Scott, Chair, Woking Action for Peace

FLOAT CANDLE-LIT GRAPEFRUIT SKINS ON THE RIVER WEY AT SEND



Seventy years later, countries are still stockpiling warheads. The UK has almost 200 nuclear weapons, which are ten times more powerful than those dropped on Japan.

Woking Action for Peace is one of hundreds of groups worldwide campaigning to make the world a safer place by persuading the nuclear powers to eliminate their nuclear arsenals. This unique ceremony will begin as daylight fades. There will be time before this for people to read out a poem or short passage or say a few words.

We are going to hold the Hiroshima remembrance at the New Inn, Send, GU23 7EN and float candles down the river on Saturday 12 August at dusk with a ceremony starting at 8.30pm. If you would like to join us for a meal before the event, please arrive from 7.00pm. We hope you will feel inspired to say a few words or read an appropriate short reading or poem but don't worry if you don't. We would love to see you anyway to remember this tragic event. By doing this, we will be joining other groups throughout the world. We have permission from the River Wey authority to hold this event.

Contact Keith at keithsc_2000@yahoo.com for more details

Environment: National Marine Week 2023

By Sussex Wildlife Trust

Dive into National Marine Week 2023: 22 July to 6 August 2023

National Marine Week is The Wildlife Trusts' nationwide celebration of all things marine. Despite the name, it lasts 15 fun-filled days to allow for the variation in tide times around the country. Dive into our mysterious underwater world with The Wildlife Trusts' annual celebration of all things marine!

We owe so much to our seas. Our marine areas are key to tackling climate change and have also had an enormous cultural impact on society. Our rocky coastlines, sandy beaches and sublime seas are wonderful places to explore. It's no surprise that throughout history this fascinating habitat has inspired many a storyteller, artist and poet, making our lives all the richer.

You may have spotted that National Marine Week actually lasts longer than a week. This is so we can make the most of the different tide times around the country.

This year, we're focusing on the unsung heroes of the marine world. These are species you might not have known we get in the UK, some you might not have ever heard of before, namely the sea hare, the honeycomb worm, the minke whale, the common cuttlefish and undulate ray.

If you'd like to delve even deeper, we have lots more ways for you to get involved in National Marine Week. From FIN-tastic events to ways you can KELP marine wildlife at home. We'll be sharing lots of different things to do throughout the 15 days, and don't forget to share your Marine Week activities with us on social media by using the hashtag #NationalMarineWeek



Sussex Wildlife Trust is delighted that **Dolphin Head** has been officially designated as a Highly Protected Marine Area. Dolphin Head, off the Sussex coast, is one of only three English sites to receive the highest level of protection. This new designation will ban all damaging activities within the boundaries of the site. Unlike other types of marine protected area, this whole-site protection will mean the entire marine ecosystem is protected, rather than just specific features.

We are celebrating this good news, but these three special sites only cover just 0.4% of English seas. At a time when our seas are in crisis, this is simply not good enough. There is still a significant job to do before we can say the UK is a world leader in marine conservation, but this designation is an important first step.

This June and July we've seen a bloom in jellyfish numbers along the Sussex coast. This often happens at this time of year, and comes as no surprise given the spell of warm, settled weather we've had. Jellyfish eat plankton – they will follow their source of food but are drifters so are not able to swim directionally. This is why they drift in on currents and can sometimes be found in large numbers when they've all drifted together, and may even get washed up on the beach.

On a recent Shoresearch survey in Bexhill-on-Sea, we saw large numbers of **Blue Jellyfish** (*Cyanea lamarckii*) and Moon Jellyfish (*Aurelia aurita*). They had all come in on the low tide and were mostly washing around in tide pools; there were a few that were beached, which we gently moved back to the water (ensuring not to touch them with bare hands!).

There are six species of jellyfish (and two jelly-like relatives) which can be seen on UK coasts. All these jellyfish are able to sting so it is best to be cautious. If you do get stung, the best thing to do is remove any stingers still attached (a credit card is good to use to scrape them off – avoid using your fingers as you'll end up with stung fingers as well) and rinse with water. If you have vinegar to hand, this will help to neutralise the sting.



For most people the pain is relatively mild (akin to a nettle sting for most UK species) and should subside within a few hours; over-the-counter painkillers or antihistamines can help. Medical advice should be sought if you have a severe reaction. Remember that jellyfish can still sting when they're dead, so it's best not to touch if you see one washed up on the beach. Wearing an exposure suit (such as a wetsuit) in the sea will protect you from possible jellyfish stings while swimming.

Artwork: Verity O Crochet

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Pinterest: [@verity_oc](https://www.pinterest.com/verity_oc)
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Hot Wheels x Barbie Extra Car
"Graph Chart Only"



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