



Gylden Magick

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Feb. 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**,

It's February (the **Snow Moon**) – I've been reflecting on love and new projects. Let's start with love. Of course, it's the **Feast of St Valentine** on 14 February, but also the Roman festival of **Lupercalia** on 15 February – more about this one later. Altar colours at this time are white, pink and rose, with Brighid crosses or dolls to adorn.

On the topic of love though, it's not just romantic love – the Ancient Greeks defined 7 different types of love: eros (most like modern romantic love), philia (love between friends), storge (love of family), agape (altruism), ludus (flirting),

pragma (practical or arranged marriages) and philautia (self-love or hubris). We feature a poem on emotional love and love spells later in the issue.

Imbolc offers the opportunity for planning new projects, while the winter rages outside. Talking of that, why not check out a new project in Basingstoke? It's the **Dice Tower** and is a hub for devotees of board or role play games.

This is a time to imagine yourself as a seed or a bulb, dormant in the soil, but ready to flower once all the restrictions are lifted and pagan events start to re-appear.

We continue with our regular series about Egyptian alchemy, celestial forecasts, sacred art, folklore and environmental issues. Our crystal expert, Charlie, turns her attention to septarian and our science writer,

Mark, has two pieces this month. One looks at the Gaia resonance and the other looks at the sound of the Northern Lights.

In past years, we would be frantic with preparations for the Enchanted Market, but not so in 2022. We look forward to the return of all the festivals, camps, fayres and markets in a post-covid world. It didn't take very long for the markets and fayres to return to medieval communities after the Black Death – there's lots of hope for our community in 2022.

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?

Contents: February 2022

Crystal clear: septarian by Charlie Foreverdark	Page 3
The Gaia Resonance by Mark Sharpen	Pages 4-5
Sacred art: Eastern Orthodox Christianity collated by Gylden Fellowship	Pages 6-8
Environment: Ebernoe Common by Sussex Wildlife Trust (Mark Monk-Terry)	Page 9
Celestial forecasts by Joanna Bristow-Watkins	Pages 10-15
Folklore: Tales for spring evenings – Spring defeats Winter by the Storyteller	Page 16
The Enchanted Market by Baz Cilia	Page 17
Poetry: On Feeling Emotional by Nicola Ison	Page 18
Love and romance magick by Nick the Witch	Pages 19-20
Egyptian alchemy healing by Joanna Bristow-Watkins	Pages 21-24
Northern Lights by Mark Sharpen	Page 25
Gylden contact info	Page 26



Crystal clear: septarian

By Charlie Foreverdark

Time to send Imbolc greetings to another regular author to **GYLDEN MAGICK** – Charlie Foreverdark. Charlie is one of the blog writers for the crystal company and showroom, **Salt Shack**.

During the Cretaceous period, when sea levels were considerably higher, minerals from the shells and carcasses of decomposing sea-life and organic matter combined together with sea-bed sediment and volcanic ash accumulated around a central mass to form balls of bentonite clay/mud. When the ancient oceans and lake beds began to recede and dry up, these mud balls were exposed and left subject to desiccation. As all of the internal moisture evaporated from the clay/mud, the subsequent shrinking and hardening caused abrupt internal angular cracking in the dehydrated clay/mud. These cracks are known as **septaria** and take their name from the Greek word for a partition or division (septum).

After this stage, mineral rich fluids carrying a further abundance of calcium carbonate deposits seeped into the septaria chambers, forming both calcite (the beautiful yellow crystals within septarian) and also aragonite (the thin layer of brown druzey or crust that forms on the internal surfaces of the distinctive cavities from the mollusc shells that helped make up the bentonite clay/mud).



Septarian was not only formed by a series of events that began a very long time ago, but the concretion of the three different materials transpired over millennia worth of long and transformative geological processes. Septarian is a beautiful example of natural concretion. The word, **concretion**, is derived from the Latin, **Con**, (meaning together) and **Crescere** (meaning to grow). It refers to a compact mass of matter formed by the precipitation of mineral cement within spaces between the particles. Essentially, septarian is a unique mix of rock, mineral and organic matter that forms within layers of limestone sediment.

Calcium carbonate can take the form of two different minerals: Calcite is the stable form, whereas aragonite is metastable. Over time or, when heated, it can ultimately transform into calcite. Another example of this is diamond versus graphite. While both have the same composition (pure carbon) – diamond is the metastable form and, over time, will ultimately turn to graphite. Calcium carbonate usually crystallises as calcite, but surprisingly, it forms aragonite in seawater. Whilst the two have identical chemical composition, they look different and have different properties. For example, aragonite is more soluble and, therefore, more susceptible to ocean acidification.

Calcium carbonate has been used in studies and exploration into metastability to look at why some chemical reactions produce one of several possible forms of a compound. But essentially with calcium carbonate, analysis shows that the ratio of calcium to magnesium in the water affects the surface energy of the nucleating crystals. When that ratio passes a specific value, it tips the balance from forming calcite to forming aragonite. The unique beauty of septarian is down to a fantastic geological fusion of these different components.

The Gaia Resonance

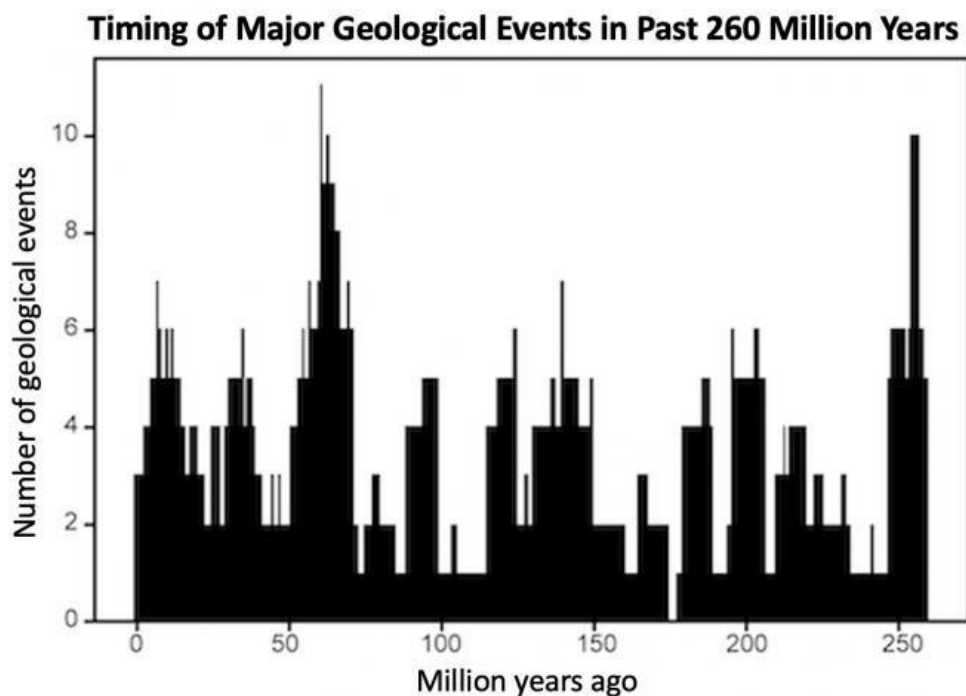
By Mark Sharpen

It doesn't seem all that long since I described the effect of the Schumann Resonance or vibration on our physical and mental health. Now, it's time to take a step back and consider the effects of a resonance on a far larger organism, namely that of Gaia itself. Here is a secret – I collect fossils and crystals. When we examine the concept of the Gaia Resonance, we have to expand our imaginations to a time-frame that covers some of my earliest ammonites and orthoceras.

A recent (2021) study of ancient geological events suggests that our planet has a slow, steady pulse or heartbeat of geological activity every 27 million years or so. This pulse of clustered geological events is incredibly slow: a 27.5- million-year cycle of catastrophic ebbs and flows. It includes volcanic activity, mass extinctions, plate movements and sea level rises. The research team noted we have another 20 million years before the next pulse is due. The team conducted new analysis on the ages of 89 well-known geological events from the past 260 million years.

According to **Michael Rampino** (leader of the study), "*many geologists believe that geological events are random over time, but our study provides statistical evidence for a common cycle, suggesting that these geological events are correlated and not random. Our results suggest that global geological events are generally correlated, and seem to come in pulses with an underlying 27.5-million-year cycle*".

As you can see from the graph below, some of those times were tough for the planet – over eight of such world-changing events cluster together over geologically small timespans. This clustering forms the catastrophic pulse or resonance.



(Rampino et al., *Geoscience Frontiers*, 2021)

The research paper suggests that such world-changing events include the following examples.

- Marine extinctions.
- Non-marine extinctions.
- Major ocean-anoxic events, namely oxygen depletions.
- Continental flood-basalt eruptions, namely large volcanic eruptions that flood areas with lava.
- Sea-level fluctuations.
- Changes in the seafloor spread.
- Global pulses of intraplate magmatism.
- Tectonic plate movements.

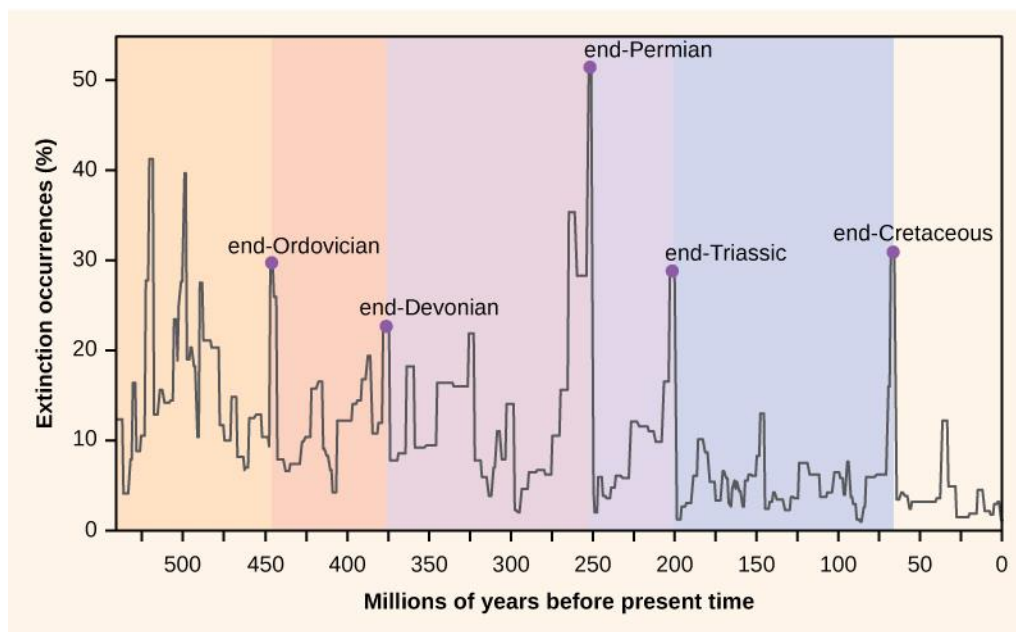
Note: some of these events are causal – an ocean anoxic event may lead to a marine extinction.

Geologists have been investigating a potential cycle in geological events for a long time. Back in the 1920s and 1930s, scientists of the era had suggested that the geological record had a 30-million-year cycle, while in the 1980s and 1990s, researchers used the best-dated geological events at the time to give them a range of the length between pulses of 26.2-30.6 million years.

This Gaia Resonance suggests a figure of approximately 27.5 million years is right about where we'd expect, although there is no reason why the cycle is this length. A similar research study in late 2021 by the same authors, suggested that this 27.5-million-year mark is when mass extinctions happen, too. There is another research paper from 2018 on this resonance or pulse by Muller and Dutkiewicz. That 2018 paper, by two researchers at the University of Sydney, looked at Earth's carbon cycle and plate tectonics, coming to the conclusion that the Gaia Resonance cycle is approximately 26 million years long.

Various reasons have been suggested as the cause of the Gaia Resonance or pulse.

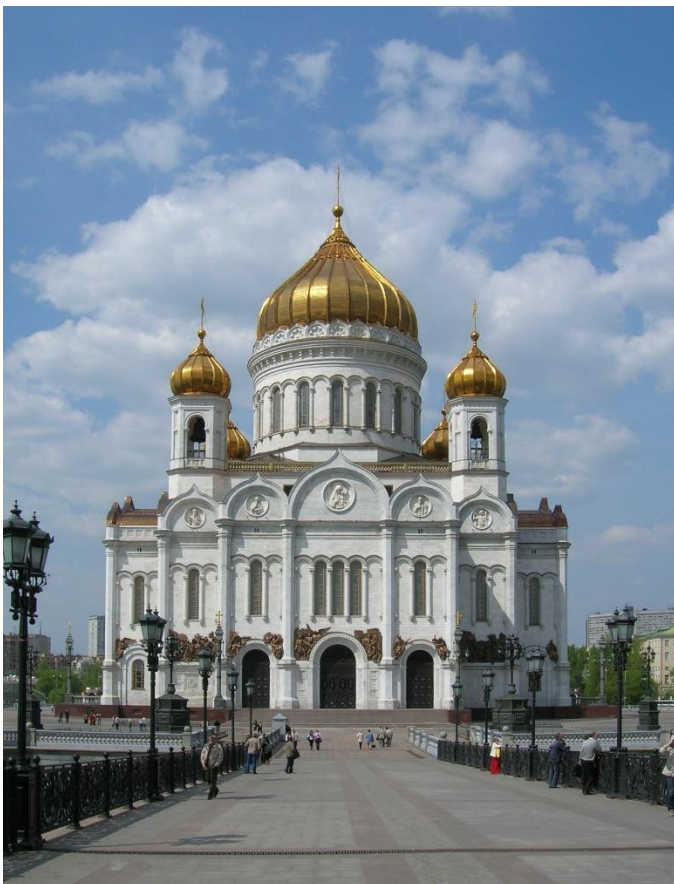
- Repeated comet strikes
- Plate tectonics and mantle plumes
- Astronomical cycles linked to the Earth's orbit.



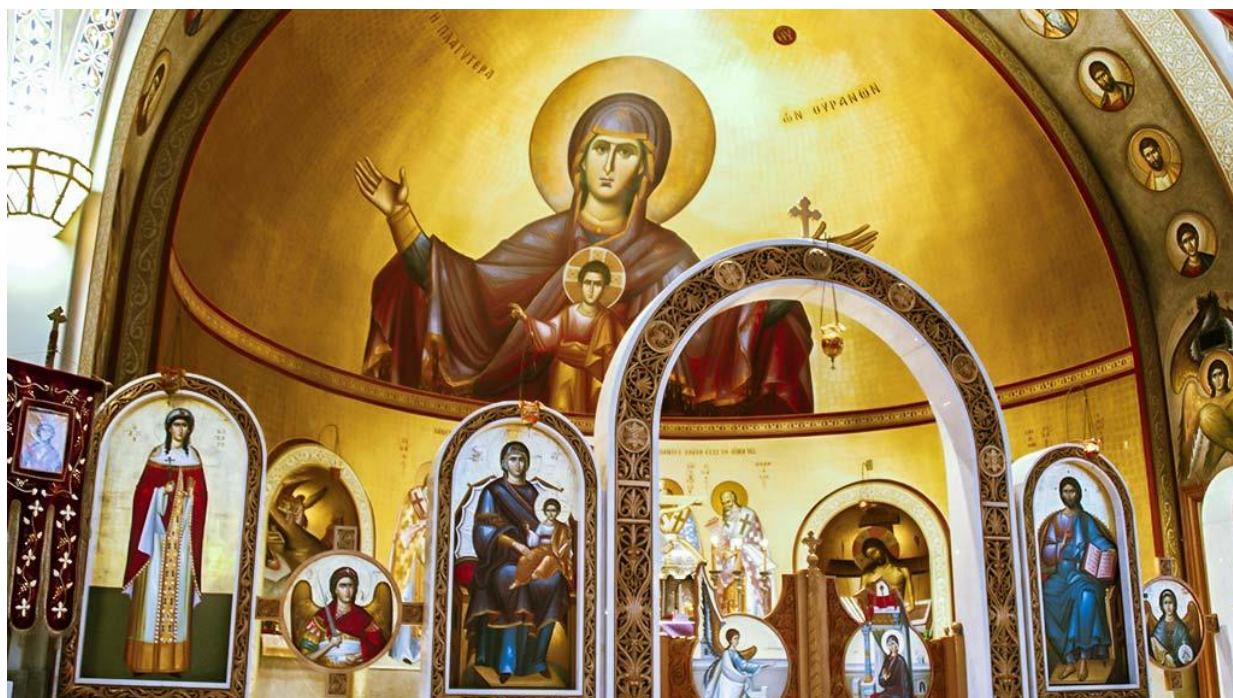
Gylden
Magick
Feb. 2022

Sacred art of Eastern Orthodox Christianity

Collated by Gylden Fellowship







Environment: Ebernoe Common

By Sussex Wildlife Trust (Mark Monk-Terry, Reserve Manager)

One of the most important nature reserves held by Sussex Wildlife Trust, Ebernoe Common has been owned and managed since an appeal for purchase back in 1980. This wonderfully diverse reserve is recognised as a National Nature Reserve, a Site of Special Scientific Interest and a Special Area of Conservation. In 2000, we were also able to purchase **Butcherlands**: 200 acres of recent arable, meadows, woodlands and droveways all adjacent to Ebernoe Common.

Now in December 2021, thanks to some incredibly generous legacies, a successful appeal and some very good timing, we have been able to buy even more woodlands and have expanded the reserve even further. Both of these woodlands, **Willand Wood** and **The Warren at Streels Lane**, are linked physically and historically to the main reserve at Ebernoe Common and will add even more variation to the existing woodland system.

Willand Wood, to the west of Ebernoe Common and Furnace Pond, would have had more continuous tree cover, probably coppice, for hundreds of years and as such, the grazing animals of the wood pasture would have been kept out by hedges on top of wood banks. Recorded as Willeslond in 1348, this would have been attached to Willand Farm - the farmhouse long gone from this landscape. Willand Wood has seen much more management over the years with large scale coppicing in the early 1900s and the planting of conifers in the 1950s. Some of those conifers have been removed recently and we plan to fell more, opening up old rides and letting some light back into the woodland.

South of Furnace Pond at Ebernoe Common is the beautifully meandering stream called Grigs Brook surrounded by marsh, willow and alder carr (*editor's note: a weedy, waterlogged area of ground*). Here, the trees collapse into each other and the brook is naturally dammed by the bloated winter waters pushing their way into the woods and Furnace Pond. There are many ancient woodland indicator species to be seen here including ferns, sedges and rushes. In the dappled sunlight of this valley bottom, many invertebrate species can also be found. One of my favourites, fairly common here, is the Beautiful Demoiselle with those stunning, iridescent blue green wings, always beautiful to see.

The Warren is a small woodland, just north of Ebernoe Church. The woodland still contains many great oak and beech veterans that have survived storms, droughts and timber needs over the years. These magnificent trees are now hidden amongst a younger woodland of birch, ash and holly but are still of considerable importance to lichens, invertebrates and bird species. They are also used by many of the rare bat species seen at Ebernoe including Bechsteins and Barbastelles.

These wonderful tree specimens would have stood within open grasslands, rich in flowers and invertebrates, grazed by commoners, cattle, geese and occasional pigs. In fact, the Lord of the Manor in 1900 would have been able to see all the way from the manor house, through this woodland to see the time on the church clock. Unfortunately with the demise of grazing after the Second World War, most of these grasslands have been lost to a mix of secondary woodland, bracken and bramble and are now fairly species-poor. With new management efforts, we will hope to see betony, milkwort, burnet-saxifrage and eyebright again.

Now plans are being made between Sussex Wildlife Trust, Horsham District Council and BilliGreen to start improving this site in 2022 and to involve the local community to ensure that everyone can enjoy the special wildlife that can be found here and learn more about it.

Celestial notes

By Joanna Bristow-Watkins, Harmony Healing

We are 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

The month starts with the Celtic/Pagan Celebration of Imbolc and we move into the Chinese New Year of the Water Tiger. I'll be offering a special **Equilibrium Attunement** (£55, half price to RSE & Moon students) to help you align with the energy of the year. We have some exciting **numerology** with the 2 February (2-2-22) and the 22 February (22-2-22); I'll be offering something local to Surrey or London for anyone who wants to join in. I'll be posting it on the *London & Surrey Alchemists Facebook Page*, and sending details to those on the local to London/Surrey Harmony Healing mailing list). Amend your subscription or email me at jo@harmonyhealing.co.uk to receive an invitation with details.

This month, we have a **Harmony in Nature Forest Bathing session**, 11am-1pm at Harry Edwards, Shere, on Sunday 27 February. Book at Harmony Shop or email katie@harmonyinnature.uk to go on our Forest Bathing mailing list.

Other Harmony Healing Services

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. Remember that Harmony Healing gift vouchers are available for use against any of our services. If you can't join our virtual healing share, but want to have distant healing sent to you, reply to us with your name and you will be added to the 'absentee guest list'. The next **New Moon New Vision** course starts 1 April.

Virtual Courses

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.

Reyad Sekh Em (RSE) Level 1 - our next interactive training course series starts with Khemitology on Thursday 17 February and Violet Flame of Amenti on Wednesday 23 February, followed by Mindful Chakras starting 10th March and Essene Angelology starting 16 March.

I'll be running my next **Full Moon Guided Healing & Unity Consciousness Meditation** via Zoom on Wednesday 16 February at 7.30-9.30pm (UK time = GMT). Participants all receive a deeply healing experience. Cost to participate is £20 by online BACS payment (small admin fee added for PayPal) or half price to RSE or Moon Course graduates. See Harmony Shop to book.

During these monthly sessions, 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. This activity serves as a good taster of my 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.

February in Britain sees the steady increase of daylight hours leading us towards spring, but air temperature remains unpredictable with this often presenting as the coldest month of the year with reasonable chance of snow. Look out for snowdrops poking through the soil, together with the yellow, white and violet of crocuses (or croci, apparently both plural forms are acceptable). The subtle aroma of witch hazel blossoms may linger. and the pretty white flowers of the wood anemone, known as an indicator of ancient woodland (rather like bluebells come May), may also appear but it's still early for them. Local ponds should be full of frogspawn, as well as similar gelatinous spawns laid by toads and newts.

The month of February was named after the Roman God, **Februa** (sometimes called **Februus**), and his annual Roman springtime festival of purification and cleanliness. To the Anglo-Saxons, February was called 'Sōlmōnath', derived from 'sōl' - an Old English word for wet sand or mud. However, according to medieval scholar Bede, it relates to the month when ritual offerings of loaves of bread and savoury cakes were typical to ensure a good year's harvest.

February begins with the Pagan Festival of **Imbolc** and we have two dates carrying multiple frequency of the number 2 (2-2-22 and 22-2-22). This month, we can look forward to the Japanese Celebration of **Setsuban** (3rd), the traditional Festival of **Valentine's Day** (14th) plus the Roman festivals of **Lupercalia** (15th) and **Caristia** (22nd). This year, we end the month with **Collop Monday** (28th) leading up to the start of Lent in March. We have our only February Forest Bathing event 11am-1pm on Sunday 27 February at Harry Edwards in Shere (Surrey). Our **Full Moon Meditation** takes place 7.30-9.30pm (UK time) on Wednesday 16th, with **Snow Full Moon** peaking at 16:59. We have Forest Bathing and Harmony Healing vouchers available as gifts.

The New Year New Moon New Vision Course ends 1st February with an **Equilibrium Attunement**, which is available as a stand-alone purchase for £55, go to **Harmony Shop** to reserve your place.



Tuesday 1 February & Wednesday 2 February is the Pagan Imbolc Ceremony, which is one of the four Great Celtic Festivals. It is a Wiccan and Druid Festival of fertility and growing light. Imbolc (pronounced EE-molk) is the old Celtic word; the Christian celebration is also known as Candlemas (the latter is generally celebrated 2 February).

It is sacred to the Goddess Brigit, Brigid or Bridie, the power of the new moon, the Spring of the year, the flowing sea, corn dollies and the Great Moon Mother - Patroness of Poetry Making and Healing. Brigit is a triple Goddess, so she can be honoured in all her aspects; she is associated with fire, fertility, midwifery and the young.

The Imbolc Festival marks the passing of Winter and the first signs of Spring, with the emergence of new leaves and early flowers such as the snowdrop and crocus, as well as being the transition point of the threefold Goddess energies from those of the Crone to the Maiden. Imbolc is a Fire Festival and it is traditional, at sunset, to briefly light every light in the house. Or light candles in each room to celebrate

the return of the sun. If it's been snowing, take time to enjoy walking in the snow, draw an image of the sun into the snow and reflect on the sun's warmth.

Traditional foods for Imbolc include anything dairy, including sour cream, as the festival celebrated the calving season. Spicy and rich foods, such as curry or anything made with peppers, leeks, onion, chives and/or garlic are appropriate to celebrate the sun, together with mulled wine and anything containing raisins which also represent the sun. It's also a good time to clear clutter and look at what you want to achieve this year and ask Brigit's help in making it happen.

Tuesday 1 February @ 05:49 (Monday night/Tuesday morning) is Imbolc 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. Image by Harmony Healing. There are video instructions on my Facebook Page or You Tube Page. It is a good day for creating a personal or corporate Vision Board for 2022. Harmony Healing provides a Vision Board template and periodically we offer a lunar cycle mentoring programme.*

Our current New Year New Vision moon connection programme ends today, 1 February, with an Equilibrium Attunement to energetically align participants with the sun, moon, planet Earth, the constellations, the current Zodiac of Aquarius and into the new Chinese zodiac of the Blue Water Tiger (see entry below). The New Year New Moon New Vision Course ends 1st February with an Equilibrium Attunement (See YouTube video 'What Exactly is an Attunement?'), which is available as a stand-alone purchase for £55, go to Harmony Shop to reserve your place. Aligning ourselves with the moon cycle is very therapeutic, hence being aware of the New Moon (good for starting new projects) and Full Moon (a good time for bringing projects to a conclusion) is excellent for bringing harmony and wellbeing into our lives.



Wednesday 2 February, following the New Moon on the 1 February, Year of the Metal Ox comes to a close and we progress into the **Year of the Water Tiger**, which will last until Saturday 21 January 2023. Chinese Zodiac expert Nicholas Haines describes the Water Tiger as shifting from the loss and disconnection of 2020 and 2021 and moving into a new space. As a result, 2022 will have some challenges and a fantastic set of opportunities waiting to be grasped.

Red is an auspicious colour and can be worn to bring energy, luck & happiness. The Chinese calendar rotates through 60-year cycles based on 12 earthly branches, each represented by an animal year, as well as five element years which are wood, fire, earth, metal and water. 2020 was the year of the Metal Rat, 2021 was the Year of the Metal Ox. Now we move into the water element. Each earthly branch is characterised, on a deeper level, by a yin or yang force and its own element.

The sign of the Tiger is the third animal of the Chinese zodiac and represents power and daring, viewed with both awe and fear, more than just prized for its beauty and majesty. In China, the Tiger is considered the king of all beasts as it symbolises power but with a great deal of nerve. It is the epitome of yang. In order, the 12 zodiac animals are: Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat,

Monkey, Rooster, Dog, and Pig. To find out more about the Year of the Water Tiger, join the Conscious Café online event, in which Nicholas Baines will predict what to expect in this auspicious year.

Wednesday 2 February is numerologically significant as it carries multiple frequencies of the number 2, whether written as 02.02.2022 or 2.2.22.

Thursday 3 February is Setsubun Bean-Throwing Festival, which is the day before the beginning of Spring in Japan. The name literally means "seasonal division", but usually the term refers to the Spring Setsubun, celebrated yearly on 3 February as part of the Spring Festival and accompanied by a special ritual to cleanse away all the evil of the former year and drive away disease-bringing evil spirits, or naughty ogres or spirits called 'Oni' for the year to come.

Why bean throwing? Families celebrate by scattering roasted soybeans outside the door of their house to chase out the oni (naughty ogres or spirits). They may also throw soybeans at a member of the family dressed as an Oni. If covid life is getting you all a bit stir-crazy, maybe chucking beans at each other is a good way to let off some steam! The image by Antonia Skelton, for Harmony Healing, shows items placed on a house to keep bad spirits away.

Monday 14 February is Valentine's Day and is all about love and compassion, which includes universal love for all other living things and also self-love which is so often overlooked. Some bitterly refer to it as Singles Awareness Day and blame card manufacturers and our materialistic society for love being ritualistically forced upon us every year at this time.

However, although the story of Saint Valentine long precedes Hallmark et al; the origins are somewhat blurred as there are historical references to the existence of several different Valentines. Folklore indicates that Valentine was a priest during the third century in Rome. Emperor Claudius II outlawed marriage as he believed that single men made better soldiers than those with wives and families. Valentine, however, defied Claudius and continued to perform marriages in secret. Claudius found out and Valentine was imprisoned, where one version of the legend indicates he befriended a jailer with a blind daughter and he may have somehow managed to restore her sight, resulting in the jailer converting to Christianity. Claudius ordered that Valentine be executed on 14 February and, allegedly before his death sentence was carried out, he sent a note to the jailer's daughter and signed it, "From Your Valentine." Hence Valentine's Day is celebrated in his memory.

However, his death day and his association with lovers and notes may have been convenient for Roman Christians looking for ways to blend existing Pagan/Roman celebrations into their calendar. (Image by Harmony Healing.)



Tuesday 15 February is Lupericalia in Ancient Roman tradition. Apparently, this was the popular ceremony of fertility, featuring naked men running through the street! I can't see this catching on in the UK climate! Roman images show men dressed as dogs (or possibly wolves since Lupus meant wolf) and

goats, Cupid and other personifications of fertility. Hence, some say this ceremony was the precursor for Valentine's Day (image by Harmony Healing).

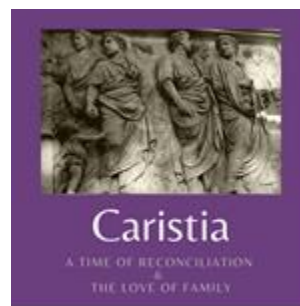
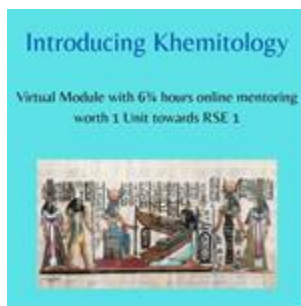
Wednesday 16 February @ 16:59 is the Rowan Snow Moon.

Between Full Moon and the next New Moon (Saturday 13 March) is considered as a good time energetically for detoxing the body. Click here for [Angela McGerr's Full Moon Meditation with Gabriel](#), taken from Angela McGerr's Harmony of Angels book; now out of print but signed copies are available from the [Harmony Shop](#).

Aligning ourselves with the moon cycle is very therapeutic, hence being aware of the New moon (good for starting new projects) and Full Moon (a good time for bringing projects to a conclusion) is excellent for bringing harmony and wellbeing into our lives. Anyway, whatever the weather conditions, it's a fantastic excuse to get people of all ages outside in the fresh air and re-connecting with nature. Something our modern lifestyles and obsession with technology can distract us from doing ...

Wednesday 16 February, 7.30-9.30pm UK time (GMT) 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](#).



Thursdays 17th, 24th February and 3rd March = Harmony Healing Virtual Workshop: [Introduction to Khemitology](#), 7.15m - 9.30pm (UK time/GMT = UK & America friendly hours), £88. 3 x 2¼-hour evening course, held remotely on Zoom. This course outlines an alternative version of Egyptology, as taught by the tribal elders and local wisdom-keepers. Worth 1 unit towards the [RSE Level 1](#), available at a special package rate of £266, which includes a personal angelic attunement, worth £33, created around your date of birth.

Friday 18 February is also the [Moon Lodge Healing Women's Circle](#), 7-8.30pm GMT, £15 + Eventbrite fee = £16.76. Run by Harmony Healing collaborator Sarah Jane Dennis, this is a sacred circle for women in the community to come together as we once did, to connect in a safe and loving space to the energies of the moon and our own cycles. Talk, support, heal, celebrate, and hold each other. It's a virtual event on Zoom. Book at [Eventbrite](#). Contact Sarah Jane on apriestesspath@gmail.com. Image by Antonia Skelton, for Harmony Healing.

Tuesday 22 February is the Roman Festival of Caristia. This was a Feast Day occasion of family reunion, when Roman fathers would pay special attention to their families. It was a day of reconciliation when disagreements were to be set aside, but the satirical poet Ovid apparently suggested this would be best achieved by excluding family members who caused trouble. Families gathered together to dine and offer food and incense to the Guardian Deities, collectively known as Lares.

Tuesday 22 February is numerologically significant as it carries multiple frequencies of the number 2, whether written as 22.02.2022 or 22.2.22.



Wednesdays 23 February, 2nd & 9th March = Harmony Healing Virtual Workshop: **Violet Flame of Amenti (Level 1)**, 7.15pm - 9.30pm (UK time/GMT = UK & USA friendly evening hours), £88. 3 x 2¼-hour evening course, held remotely on Zoom. This course features instructions on the ancient alchemical properties of the Violet Flame and how to use it in your daily life. Worth 1 unit towards the **RSE Level 1**, available at a special package rate of £266, which includes a personal angelic attunement, worth £33, created around your date of birth.

Sunday 27 February, 11am-1pm, Forest Bathing+ with Joanna at Harry Edwards Healing Sanctuary (Shere, near Guildford, Surrey); see **Harmony Healing Forest Bathing+ Events**. Cost is £25 (+ £1.25 PayPal fee if not paid by BACS). This is a 2-hour Winter Forest Bathing+ session which will take place in all weathers except 30+mph winds or storms. Join us on a mindful, sensory journey through the beautiful woodland at Harry Edwards Healing Sanctuary, deep in the Surrey Hills Area of Outstanding Natural Beauty. Forest Bathing+ is based on the Japanese art of Shinrin-Yoku and involves a slow exploration of nature through your senses. Image by Harmony Healing.

Some of the scientifically proven benefits of spending time in woodland include reduced stress levels, stronger immune system response, and a stabilised cortisol cycle. Book via our **Harmony Healing shop**. Email kateandjo@harmonyinnature.uk to go on our forest bathing mailing list.

Monday 28 February, this year is Collop Monday, also known as *Shrove Monday*. It's the day before *Shrove Tuesday* and isn't widely observed, but it is a similar frugal tradition to the consumption of eggs in the form of pancakes to use them up before the start of the fasting period of Lent. As described in an extract from the *Nottingham Evening Post*, 1931, *collops* are chunks of cured meat (such as bacon) or leftover roasted meat, so this involves using up any remaining meat in the household before Lent.

In Cornwall, it's known as *Peasen Monday* because pea soup was the traditional dish of the day. The verb, *to shrive*, means to gain absolution for one's sins through confession and/or penance. Hence *Shrove Monday* or *Tuesday* is derived from the tradition that Christians were shriven before Lent. The days leading up to and into Lent were *Collop Monday*, *Shrove Tuesday*, *Ash Wednesday*, *Fritter Thursday* and *Kissing Friday* (source: Lia Leendertz's 2020 *Almanac*).

Tales for spring evenings: Spring defeats Winter

By the Storyteller

This tale originated with the Seneca tribe of the First Nation peoples and it has a seasonal feel for this part of the year. **Editor's note:** a new collection of the Storyteller's tales, *Winter Chills*, has been published on the **Gylden Fellowship** website and is free to download.

When the world was new, long ago, an old man was wandering around. He had long, white hair and wherever he stepped, the ground grew hard as stone. When he breathed, the rivers stopped flowing and the ponds became solid. Birds and animals fled before him and the plants dried up and died as the leaves shrivelled and fell from the trees. The old man found a place to set up his lodge. He made the walls of ice and covered it over with snow. He sat inside his lodge in front of a fire which gave off no heat, though a strange flickering light came from it. His only friend was the North Wind, who sat beside the fire with him and laughed as they spoke of the things, they did to make the world a cold, hard place. They sat and smoked their pipes through the long, white nights.

One morning, as the two dozed by their fire, they felt that something was wrong. The air was harder to breathe and when they looked outside, they saw strange things happening. The snow drifts were growing smaller and cracks were forming in the ice on the ponds. The North Wind said: "I can stay no longer." He went out of the lodge and flew through the air toward the north, not stopping until he reached a place where snow and ice were deep, but the old man did not stir. He knew his magic was strong and had built his lodge to last.

There came a knocking at his door: someone struck the ice so hard that pieces were falling away; the old man shouted, "Go away! No one can enter my lodge." Even as he said it, the door of the lodge broke and fell to the ground. A young man with a smile on his face stood there. Without a word, he stepped into the lodge and sat on the other side of the fire from the old man. He held a green stick in his hand and, as he stirred the fire with it, the air began to grow warm. The old man felt sweat begin to run down his face.

"Who are you?" said the old man. "Why have you broken my door? No one can come here but my friend, North Wind. If you do not leave, I'll freeze you with my breath." The old man tried to blow his chilly breath at the young stranger, but only a thin mist came from his lips. The young man laughed and said: "Old Man, let me stay here and warm myself by your fire."

The old man grew angry: "I am the one who makes the birds and animals flee. Wherever I step the ground turns into flint. I make the snow and ice and I am mightier than you." As he spoke, though, the old man felt more sweat run off his brow, and the young man continued to smile.

"Listen," the stranger said, "I am young and strong. You cannot frighten me. Surely you know who I am. Do you not feel how warm my breath is? Wherever I breathe the plants grow and the flowers bloom. Where I step the grasses sprout and snow melts away. The birds and animals come to me. See how long my hair is? Your hair is falling out now, Old Man. Wherever I travel I bring the sunshine and you cannot stay. Do you not know me, Old Man? Do you not hear my companion, the South Wind? She is blowing on your lodge. It is your time to leave."

The old man opened his mouth to speak, but no words came out. He grew smaller and smaller and the sweat poured from his brow as he melted away. Then he was gone and the walls of his lodge of ice and snow fell in. Where his cold fire had burned, white flowers now bloomed. Once again, the Young Man, Spring, had defeated the Old Man, Winter.

The Enchanted Market party 2022

By Baz Cilia



Event by [The Acoustic Couch](#), [Spriggan Productions](#) and 5 others

[The Acoustic Couch](#)

Tickets · £8.14 (£7 + admin)

www.eventbrite.co.uk/e/spriggan-mist-victor-and-the-bully-tickets-241406221507

Public: anyone on or off Facebook.

The Enchanted Market 2022 was cancelled. Having thousands of people come to the event at Garth Hill just wasn't possible.

Many people who had booked hotels couldn't get refunds. So, in an effort to stop a shed-load of Pagans, Steampunks and other alternative folk wandering around the streets of Bracknell crest-fallen and depressed, headliners [Spriggan Mist](#) and [Victor and the Bully](#) have reconvened at The Acoustic Couch and are putting on a double-header of musical mayhem. With performances from [Jadoo Tribal Dance](#) and the wonderful [Velveteen Orkestra](#)

Poetry: On Feeling Emotional

By Nicola Ison

One of my closest friends,
Admits to feeling emotional.
I'm not surprised, due to our demons –
Different for each of us.
Where once was Mammon or Beelzebub,
Now we have stress, fatigue and anxiety
Or, even sadness or regret.
We, little band of empaths and the like,
Can sense these emotions and try to help.
Sometimes, no better than a listening ear,
Or the ready hand of friendship.
Experience says that we can help a little,
Not problem-solving, but sharing feelings.
I can support my friend in need and vice versa –
Just to talk over tea and biscuits.
And what is there to say in the end?
What can banish the demons for someone –
I say a loving friendship is like a shield,
Strong enough to protect against any demons.
My gentle love knows no bounds,
Even if my friend lets the demons take over.
Put the Valentine hearts to one side,
Patience, kindness and compassion,
Are always the purest forms of love.



Love and romance magick

By Nick the Witch

This article is for the period in and around Imbolc. It's that time of year again — not long until the feast of the Christian saint Valentine — and a time when the shops are full of cards, flowers and other presents for one's beloved. Love potions have always been a stock-in-trade product for witches, both fictional and community practitioners, but the important point (perhaps the key point) is that of *intent*. For a person to either request or use a love potion or spell to bind another is very wrong. That, it should be said, is my opinion — there is nothing amiss with using a spell to attract love, but not to bind another named person, but I'm always happy to discuss the topic.

Attracting love

According to Scott Cunningham, one of the simplest ways to attract love is to use a Japanese custom, namely to tie a single strand of your hair to a blossoming cherry tree. In Japan, as in the UK, cherry blossoms are potent symbols of love and the following spell is supposed to attract a future partner.

What you will need: red or pink thread, as many cherry stones as years of your age, a small piece of red jasper and a sharp tool for making holes (such as a skewer).

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

Keeping love alive during rocky moments

Tulips are common during the period from Imbolc to Ostara and any tulip can help repair rifts in a loving relationship, eg after arguments. Let's say that you have argued with a close friend or your partner and you want to repair the damage. Here is a spell to help restore the love.

What you will need: an object dear to you, an object belonging to the person that you have argued with, several tulips and symbols of the elements.

1. Invoke the elements, using symbols on your altar/table.
2. Create a magic circle and place the two objects in the middle of the circle.
3. Lay the objects together and place the tulips across both of them.
4. Prepare yourself for magic by turning off any distracting electrical gadgets and putting the phone on recording.
5. Empty your mind and look only at the items in the circle.
6. Breathe in and out slowly, noting the scent of the tulip.
7. Chant these words, "*Arguments gone and the break is no more, With the help of these tulips, our love is as before.*"
8. Release the elements and return the objects to their places.
9. Put the tulips in some water. You have done what is necessary to repair the breach.

Plants of love

If one looks at the appendices to Scott Cunningham's *Encyclopedia of Magical Herbs*, you will find many plants that instil or attract love. I've listed a few of the more common examples below, together with their recommended uses for love, such as in sachets.

Lemon Balm – infuse the herb in wine for several hours, strain and share with a special friend	Rose – long history of aiding love spells, either placed on an altar or worn around the neck (minus thorns) or added to a bath
Catnip – good for sachets or just hold it in your hand until it is warm and then hold hands with others	Rue – sniff fresh rue and your mind will be clear in matters of love
Roman Chamomile – add to a bath to attract love	Strawberry – best for love when added to food or leaves for tea
Clover – if you find a 2-leaved clover, you shall soon find a lover	Thyme – if a sprig is worn in the hair, it makes the wearer attractive
Coriander – good for sachets or add powdered seeds to warm wine	Valerian – if a sprig is worn pinned to clothes, it causes attraction and is good for sachets too
Dill – add to a bath to make the bather irresistible	Vervain – wash with vervain juice to attract new love
Marjoram – good in sachets or added to food to strengthen love	Yarrow – dried yarrow hung over the bed ensures a love lasting at least 7 years

Finally, don't forget the violets! Violets are everywhere in the spring and just having a small bunch or pot of violets around is helpful, because the plant symbolises the softer and more vulnerable side of life. Using violets for magick makes you appreciate the understated beauty in life and suggest that you share these gifts with others. In short, peace and vulnerability are good and are the antithesis to swaggering macho attitudes, much as the violet is the diametric opposite to the sunflower. The Victorians believed that violets represented modesty and fidelity. As a medicine, violet leaf tea is good for bronchitis and catarrh – all you need to do is to put a handful of violet leaves in hot water, let them infuse for a few minutes, strain and add some honey to taste.

What is Reyad Sekh Em® (RSE) Egyptian Alchemy Healing?

By Joanna Bristow-Watkins

Editor's note: this is part 3 of a series – parts 1 and 2 featured in *GYLDEN MAGICK* for October 2021 and December 2021 respectively.

In essence: Reyad Sekh Em® (RSE) is an ultra-high vibrational Egyptian Alchemy healing system, which harnesses the angelic elemental healing rays of earth, air, fire, water and spirit with etheric crystalline energies, plus sound vibration and sacred breathing.

Reyad Sekh Em can be learned as a natural progression from Reiki, although others learn the system having never felt drawn to learn Reiki. It is a deep system, which for many people, leads to advancement on their personal healing journey and a spiritual awakening. Hence, most students are not beginners and many are already Masters of other energy healing systems, though this isn't a pre-requisite.

Background and philosophy

The Ancient Egyptians, who called themselves Khemitians, identified five stages of life, each one of which was represented by a sacred symbol:

- Dawn, known as Kheper (re-birth),
- High noon, known as Ra (inner child),
- The afternoon sun - Oon (the scholar),
- Full afternoon sun - Aten (the wisdom-keeper)
- And finally, at dusk, Amen (the hidden or veil).

Method

Initiations (also known as **attunements**) are given into Reyad Sekh Em by placing these sacred symbols*, as part of a special sequence of empowering symbols, into the aura at specific chakra points. This opens the body to the angelic elemental healing rays of Earth, Air, Fire, Water and Spirit. These symbols manifest in a dimension normally outside our awareness, causing a change in the energy field.

It's like adding new code to a computer to enable a new programme to operate or changing the dial on a radio/TV to allow access to a different channel. Our own vibrational state is enhanced to bring awareness of other dimensions and accept the loving guidance of the life-forces within them.

*Kheper, Ra, Oon, Aten and Amen - one at each training Level 1-5 (where Level 2 is the Practitioner level)

Level one breakdown

In addition to three personal initiations, you will receive:

- A full introduction to Khemitology (Ancient Egyptian Philosophies according to the local wisdom keepers) and Essene Angelology, working with the elemental healing angels, using the violet flame, understanding Will & Intent and Thoth's Law of Three.
- Calming meditations and connecting with angel frequencies.
- A brief overview of chakras, self-healing techniques and conducting a seated healing.
- At Level One, three personal attunements are included: (i) Reyad Sekh Em Level 1 (Kheper - the Scarab) as well as (ii) the Violet Flame of Ament and the Equilibrium attunement.

An initiation is a powerful spiritual experience, where your energetic pathways are opened to allow the healing energy to flow freely through your body, connect to the specific source being called upon and attune you to that energetic body.

Who is this course for?

Suitable for self-empowerment as well as for use on others. Most initiates find RSE healing training expands their consciousness and enhances other spiritual work. This course is ideal for other practitioners wanting an induction into this exciting and profound healing modality and is also registered with the CMA (Complementary Medical Association), being valued at CMA CPD (Continuing Professional Development) hours matching the course duration. Suitable for self-empowerment and self-healing as well as for unremunerated use on others (RSE Level 2 is the professional practitioner level).



Modular unit details

Please check Harmony Shop for subsequent dates:

RSE Level 1 is now available as a modular course in virtual format. Each module is a standalone course and they can be studied individually or collectively in any order. Zoom recordings of previous courses are always available. The 3 units making up the RSE Level 1 training are shown below.

1. [Khematology Course](#) = 1 unit (£88), 6¾ hours, 3 x 1¼ hours.
Next series, Thursday evenings 7.15-9.30pm (UK time = GMT), 17, 24 February & 3 March.
2. [Violet Flame of Ament](#) = 1 unit (£88), 6¾ hours, 3 x 1¼ hours.
Next series, Wednesday evenings 7.15-9.30pm (UK time = GMT), 23 February & 2, 9 March.
3. [Mindful Alignment with your Chakras](#) = ½ unit (£66), 6¾ hours, 3 x 1¼ hours.
Next series, 3 x Weds evenings 7.15-9.30pm (UK time = GMT), 10, 17 & 24 March.
4. [Essene Angelology course](#) = ½ unit (£66), 4½ hrs, 2 x 1¼ hours plus a chart detailing three of your personal Essene Guardians.
Next series, Wednesday evenings 7.15-9.30pm (UK time = GMT), 16 & 30 March (NOT 23rd).

*If you've missed some of the earlier units, you can catch up from Zoom recordings or join a future series. Together they cover the full 3 units of RSE Level 1.

[Book all the above units together](#) = £266 to include all 4 attunements (Violet Flame, RSE 1 Kheper, Equilibrium chakra balancing attunement & personalised angelic attunement).

Here are more details about the [individual modules](#).

Khematology is for anyone fascinated by Egypt, outlining the lesser-known Ancient Egyptian philosophies and demonstrating how they can be applied in everyday life.

- Why Ancient Egypt was called Khem.
- How Khematology reflects indigenous tribal philosophies.
- Ways in which Khematology differs from Egyptology.
- Why our familiar Egyptian Deity names and words are actually derived from the Greek language.
- Discovering the potency of working instead with the authentic Egyptian Deity names.
- Hypothesising on how these Khemitian Deities may have morphed into the Essene Angels.
- Practical experience of drawing and connecting with Ancient Egyptian symbols.
- The five stages in the Khemitian 'cycle of life'.
- The additional perceptions (up to 360) available to us beyond sight, hearing, taste, touch & smell.
- Energy field mini-readings for all participants.
- Optional RSE 1 attunement available to Violet Flame students/graduates (additional £33 by BACS), included at no additional cost for those who have booked the entire RSE Level 1 package.

The Violet Flame of Amenti (VFoA) is used for spiritual alchemy and transmutation, the Violet Flame has long been revered as a potent form of protection. During this interactive training session, you will learn how to utilise this versatile alchemical antiseptic to improve your environment and life circumstances.

The VFoA Module includes:

- Properties of the Violet Flame of Amenti, used for spiritual alchemy, transmutation and protection.
- What is Alchemy?
- What and where is Amenti?
- History and Guardians of the Violet Flame of Amenti.
- Who is Melchisadec (also spelled Melchizedek)?
- Properties of the violet colour and its connection with spirituality.
- Drawing and using the Violet Flame Symbol.
- The violet flame mantra.
- How to use the Violet Flame to improve your environment and life circumstances.

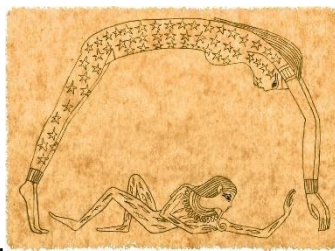
Workshop participants will also receive:

- An attunement into the Violet Flame of Amenti

Mindful Alignment with Your Chakras

This module progresses through the 11-chakra system Joanna uses, from Base to Crown. Each chakra is balanced with the appropriate colour with the addition of relevant crystalline, angelic & planetary energies plus the creation of a self-regulating filter. At the end of the chakra balancing, the meditation expands out to send healing throughout and beyond the world into far galaxies (image of Joanna's 11-chakra system was drawn by Ella Tritton). Participants receive a distant Equilibrium Attunement (see below for [more about an attunement](#)).





This special Equilibrium Attunement (also known as an Initiation) involves placing symbols into your aura which will permanently connect you with the Essene Angels: (Image of Egyptian Deities, Geb & Nut, is by *Jacqui Taliesin El Masry*.)

- Raphael (Sun)
- Gabriel (Moon)
- Melchisedec (Earth)
- Pistis Sophia (constellations)
- Also the Egyptian Deities Ra (Sun), Tehuti (Moon), Geb (Earth) and Nut (Sky). The attunement featured on each course will also include an alignment into the presiding zodiacs of that time.
- The ceremony also involves the nature angels, Aratron and Achaiah, and the Egyptian Deities, Ausar (Osirus) and Aset (Isis).

On the final session of the course, we have a fully guided Unity Consciousness & Axiatonal Realignment Meditation. Starting with a relaxation exercise, the meditation connects the chakras and central meridian back to Universal source. Inspired by the Unity Breath known by indigenous tribes, this meditation involves a trinity connection with Mother Earth and Father Sky. This is a Unity Consciousness meditation which awakens your axiatonal alignment and reconnects your energy field to the planetary grid and beyond.

Essene Angelology

This module features guidance and practical experience on working with the weekday & planetary angels and how to integrate them into your life, incorporating the following.

- Who were the Essenes?
- What is Essene angelology?
- The Law of Three and how to invoke an angel.
- How angels might be experienced if you cannot see them.
- Connecting with the Essene planetary (weekday) & elemental guardians.
- How to involve these angels in your personal healing regime (and client healings if you are a therapist).
- Meditations with various angels throughout the day.
- Personalised reference chart of your weekday, zodiac & elemental angelic guardians.
- Optional personal attunement into your weekday, zodiac & elemental angelic guardians (additional £33)*

* Personal Attunement included at no extra cost if the entire RSE 1 modular package is purchased.

About Joanna

Joanna has a BSc Honours degree in Psychology and a PGCE (Post Graduate Certificate in Education), then many years as a skills trainer and senior manager within the travel industry. Joanna left her travel career in 1995 and settled into motherhood. However, having personally discovered the benefits of Reiki and subsequently Sekh Em, a new vocation was born as a modern mystic, leading her in 1999 to develop a fresh and innovative way of understanding people and environments by means of lateral thinking implementation. Joanna mentors how to apply ancient wisdom for modern living.

www.harmonyhealing.co.uk, see harmony Shop/Events & Courses for RSE 1 course modules & complete package

In 2019, Joanna trained as a Forest Bathing+ Guide with TFBI (The Forest Bathing Institute), which fits perfectly with her personal ethos that the way to enlightenment is through a strong connection with nature.

Northern Lights

By Mark Sharpen

The Northern Lights (aurora borealis) are caused by solar particles meeting gas particles in our atmosphere, particularly in areas where the Earth's magnetic field is strong, such as the North Pole. We're all familiar with some of the lovely colours in the sky, caused by the Northern Lights, but did you know that it's also possible to **hear them?**

An ongoing study from **Fiona Amery** (University of Cambridge) has examined reports of auroral noise, reprising witness accounts from the early 20th century of Northern Lights producing crackling noises. In the early 1930s, for instance, such accounts were reported in *The Shetland News*, likening the sound of the Northern Lights to *rustling silk or two planks meeting flat ways*. These accounts were corroborated by similar testimony from northern Canada and Norway, but there was no scientific evidence.

The credibility of auroral noise reports from this time was linked to altitude measurements of the Northern Lights. It was considered that only those displays that descended low into the Earth's atmosphere would be able to transmit sound, which could be heard by the human ear. The problem was that results recorded during the Second International Polar Year of 1932-33 found aurorae most commonly took place 100km above Earth, and very rarely below 80km. This suggested it would be impossible for discernible sound from the lights to be transmitted to the Earth's surface and the theory of auroral noise was dismissed.

Meanwhile, the leading auroral scientist of the 20th century, Carl Størmer, published written accounts from two of his assistants, who claimed to have heard the aurora, adding some legitimacy to the large volume of personal reports. Størmer's assistant, Hans Jelstrup, said he had *heard a very curious faint whistling sound, distinctly undulatory, which seemed to follow exactly the vibrations of the aurora*.

However, a noted Canadian astronomer, Clarence Chant, suggested that the motion of the Northern Lights alters Earth's magnetic field, inducing changes in the electrification of the atmosphere, even at a significant distance. This electrification produces a crackling sound much closer to Earth's surface when it meets objects on the ground, much like the sound of static. This could take place on the observer's clothes or spectacles, or in surrounding objects, including fir trees or the cladding of buildings. Chant's theory correlates well with many accounts of auroral sound and is also supported by occasional reports of the metallic smell of ozone, similar to an electrical spark, during Northern Lights displays. Chant's paper only received recognition in the 1970s and is largely accepted by scientists today, although there's some debate as to how the mechanism for producing the sound operates.

What is clear is that the aurora does, on rare occasions, make sounds audible to the human ear. The eerie reports of crackling, whizzing and buzzing noises accompanying the lights is an objective audible experience – not something illusory or imagined. In recent years, the sounds of the aurora have been used in music (Ēriks Ešvalds from Latvia) and recorded on radio (in 2020, a BBC radio 3 programme featured very low frequency radio recordings of the aurora onto the audible spectrum). If you want to hear the Northern Lights yourself, you may have to spend a considerable amount of time in the polar regions on the tops of mountains!

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

Our email: @GyldenFellowship

Our website: www.gyldenfellowship.co.uk

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