



Gylden Magick

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Jan. 2021

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,

First things first – this has been a difficult year for everyone, with many new challenges. We would like to thank **you**, that's the readers of our magazine, our contributors and followers of Gylden Fellowship during the year. Without your support, we could not continue.

Most pagan gatherings and fayres have ceased to operate or moved to zoom. We try to keep up with what's going on and organisers of such events are encouraged to share their

online events with others via Gylden Fellowship on Facebook.

What's next for 2021? We hope that pagan gatherings will resume later in the year as solutions to the covid pandemic appear. Until then, what we could do is to continue with the magazine as usual, with a continuity of features.

But we've decided not to do the same old, same old – some features will stay the same and contribute to the learning units on **Gylden River LRC** on Facebook.

Reflecting on our progress to date, we're going into uncharted territory in 2021 with new authors and new topics, eg sacred geometry, lightworkers and celestial forecasts.

Mark Sharpen has promised to write (easy) stuff on aspects of quantum physics and metaphysical science, there'll be Interfaith texts, druidic subjects and spiritual art from other cultures.

And, next month, we'll be launching a major new challenge for you, the readers – more about that later.

Thank you for all your feedback during the year and many blessings.

Gylden Fellowship admins

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

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Animal spirit guides: salmon

Not all animal spirit guides take the form of primary mammals like wolves, lynxes, bears or birds, eg crows. It is common to have a reptile guide or an insect one. Last month, we considered the snake as a spirit guide – now we think about the salmon. In the first part of this series, we looked at the *Place of Meeting*. So, you've crossed into the Otherworld and a spirit comes to you in the form of a salmon – what does it symbolise?



OK then, the salmon is very much a symbol of wisdom, knowledge and guidance, particularly for those who follow a druidic path. The salmon is a creature that indicates new energies, positivity and coping with life's problems. Overall, the appearance of a salmon as your spirit guide suggests more wisdom, healing power, versatility in coping with change and increased emotional energy.

A salmon spirit guide is connected to independence and the stamina needed to go against the opinions of others, much like a salmon needs to swim upstream to return to its spawning ground. That means you tend to be determined, stubborn and a bit of a warrior. Think of it like a salmon's journey – you are focused on your goals in the process of moving forward and achieving your aims.

Some form of self-reflection is indicated with the salmon, to understand yourself better and strengthen your resolve. On the positive side, this spirit guide also encourages some joy and anticipation for new challenges. In general, the salmon guide often takes the role of a teacher or mentor or helper in the Otherworld. In summary then, the salmon spirit guide facilitates these benefits.

- Acquisition of new knowledge or ideas for the future.
- An ability to cope with changes with wisdom.
- An improvement of your abilities to plan for the future.
- Help with inner peace or relaxation.

Crystals: aquamarine

We've chosen aquamarine as our crystal this month, as it's a correspondence stone for January. Aquamarine is a form of beryl and emerald and its name is derived from the Latin, **aqua marinus**, meaning **water of the sea** – in reference to its sparkling ocean-blue/green colour: caused by iron oxides in the crystal.

The **main healing properties of aquamarine** are:

- As a crystal close to the throat chakra, aquamarine is really good for dis-eases that affect the lungs, breathing or throat, eg laryngitis or respiratory problems. So, one can use it for sinus issues, coughs and hay fever – not sure if it works for covid-19 though.
- It balances the pituitary and thyroid glands, which regulate hormones and growth.
- It helps with diets to lose weight, good for teeth or gum problems and soothes tired eyes.
- Also, it helps to heal inflammatory dis-eases of all kinds, eg skin issues such as herpes, eczema, shingles, hives, rosacea and psoriasis. It may also help prevent outbreaks of herpes.

From a spiritual stance, aquamarine was believed to represent the powers of mermaids – with courage, good fortune and protection for those who travel on or near water.

- Aquamarine is a valuable aid for shamanic practitioners, those who practise divination or mystics – it is used for meditation and visions.
- It helps with wisdom in disputes and self-realisation – thus, this crystal complements those who have a salmon spirit guide.
- Aquamarine helps to promote kindness, compassion and a gentle love for all people.
- It is a stone of justice too, using wisdom to sort out complaints or anger in a quiet or logical way.



Herb of the month: juniper

Juniper (*juniperus communis*) is one of the correspondence plants for January and it has been used over the centuries for ceremonial cleansing, as well as for herbal healing.

Actually, juniper is best known as a tree and its distinctive flavour may be used for gin. Healers use the berries, wood or needles or oil for infusions, tinctures or massage oils.

OK then, what would you use juniper for?

- Its main medicinal use is as an antiseptic (*see also our feature on herbs for first aid, later in this edition*).
- Hospitals once burned juniper twigs, because of the disinfectant quality and it was believed juniper prevented outbreaks of cholera, dysentery or typhoid.
- The cleansing power of this herb is such that it's worth adding it to incense for rituals or just for baths – to dispel any negativity.
- It is possible to make an infusion out of the berries, not only for gin, but as a fortifying tea.
- One application of juniper, that was common up to the 1990s, is that it was used to induce abortions. Regardless of one's views on this topic, **it is important to not use juniper pills or essential oil if you're pregnant.**
- What else to say? Oh yes, juniper is a good herb that is used in a variety of cosmetic applications, eg the Ancient Egyptians used it to combat tapeworms in embalming, juniper can be a scent for aftershave and also as a cleansing agent to purify buildings. At Beltaine, people burned juniper branches to purify cattle.



Recipe: Winter chocolate cakes

Thinking about correspondences, as we approach Imbolc, a correspondence food for January are sweet cakes. With that in mind, here's an easy recipe for chocolate rock cakes - this recipe is a real one from a chapel social event, held in the early Edwardian period (about 1904). The recipe is estimated to make about 18 small rock cakes and I've tried it myself several times – and it all went well for my family's events.

Ingredients

1. 350g self-raising flour
2. 2 level tbsp cocoa
3. 100g butter
4. 100g caster sugar
5. 1 egg
6. Milk to mix.

Method

1. Pre-heat the oven to 190°C.
2. Put the butter and sugar into a mixing bowl and blend until light and creamy.
3. Add the egg and beat in well.
4. Sift the flour and cocoa together and add to the bowl
5. Add a little milk to make the mixture stiff.
6. Add teaspoonfuls of the mixture to a greased baking tray and bake in the oven for 15-20 mins (until brown and cooked).
7. Remove the cakes and leave to cool – do not eat them all at once!



Interfaith notes

By Gylden Fellowship and Surrey Faith Links

You may have noticed that our picture on page 1 features the River Wey in winter and a church in the background. Well, several years ago, we approached Surrey Faith Links to see if there was any room for a pagan organisation within their organisation. To our surprise and enduring benefit, Gylden Fellowship was welcomed into Surrey Faith Links as a recognised pagan group that welcomed all pathways and was happy to discuss faith impartially. Since then, members of the Gylden Community have worked with Woking Action for Peace, the Guildford and Godalming Interfaith Forum, the Unitarian Church in Godalming and other religious bodies in places like Basingstoke. And we let them know about our ceremonies and beliefs. Each month, we receive a newsletter from Surrey Faith Links and here's a selection of the texts from the December 2020 issue.

There's a multifaith initiative on [community support](#) – local courses for local people on well-being. The courses for 2021 are free and enrolling now, **to start from 18 January. The enrolment date is 8 January.** The courses are designed to support adults with mild-moderate mental health conditions that have an impact on daily life, eg depression, anxiety, or sleeping disorders. Bookings are by phone: **0300 200 1044**. There are also families who could benefit from family learning parenting courses or vulnerable adults who need support. More details from adultlearning@surreycc.gov.uk.

Another reason to note **18 January** is that it marks a project called [Reclaim Blue Monday](#). It's a programme of online events that are designed to reduce loneliness, organized in liaison with SocialEyes. The schedule includes a singing masterclass from Olivier Award winning actress, Cassidy Janson, illusions from magic circle veteran Katherine Rhodes and hilarious comedy with Josie Long. What's more, each event is free to attend, live and fully interactive. Sign up for priority access here: https://www.greatgettogether.org/reclaim_blue_monday.

We've taken part in the [Woking Action for Peace](#) series of debates before – they went online during the pandemic and the programme for 2021 has been published. For zoom joining details, please contact Keith Scott: keithsc_2000@yahoo.com or **01483 824980**. For more information, please visit: www.wokingdebates.com and/or Facebook. The debates run from 11am-12.30pm each day. These are the proposed topics.

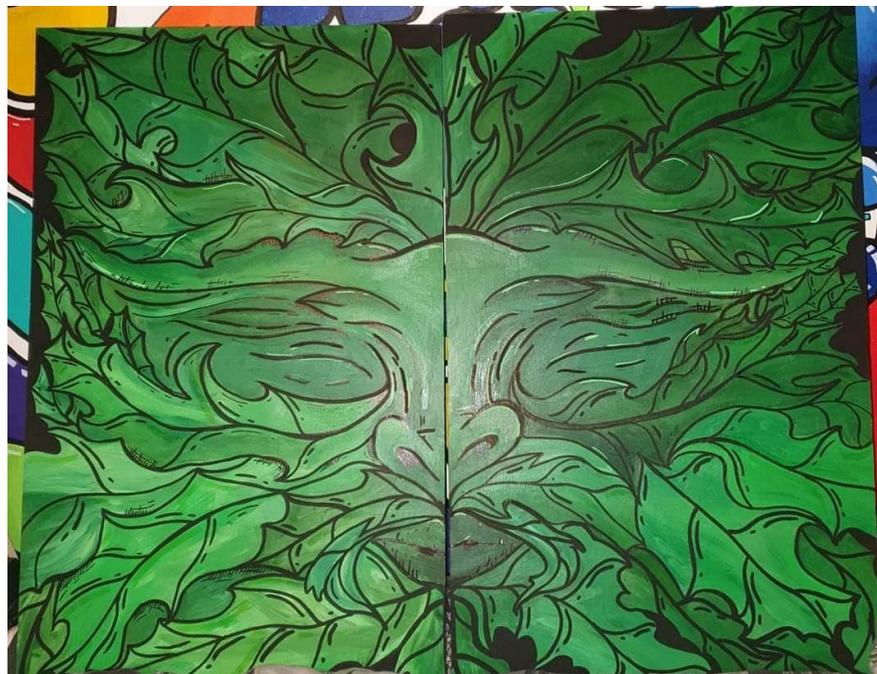
- 16 January: Are we giving vulnerable children the help they need?
- 20 February: Future of Woking in 2050.
- 20 March: Knife crime and gangs.
- 17 April: Air pollution.
- 15 May: Arms Trade and military expenditure.

Here are the main faith festivals due in January:

- 12: Birthday of Swami Vivekananda (Hindu)
- 13: Maghi (Sikh)
- 13/14: Pongal (Hindu)
- 15 January: Birthday of Guru Gobindh Singh (Sikh)
- 25: Honen Memorial Day (Buddhist)
- 28: Tu B'Shvat (Jewish)
- 30: Jashn-e Sadeh (Zoroastrian)
- Evening of 1 February: start of Imbolc.

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Brianna Cilia, artist - contact: @BriannaCiliaArt





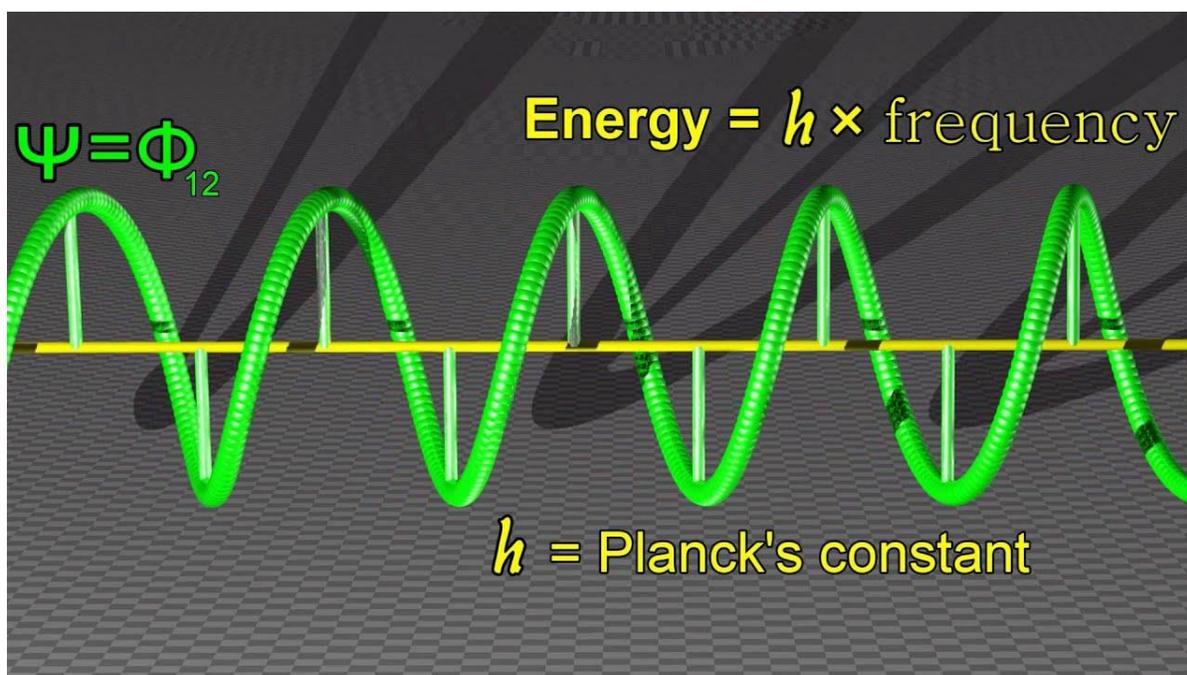
Cosmic energies: what is quantum?

By Mark Sharpen

OK, happy New Year to all the **GYLDEN MAGICK** readers. For the next few issues, I'm going to look at some of the interesting bits and pieces of quantum science, but I've been told to keep it all as an overview. When we get into the ideas of quantum gravity, superconducting metals or teleportation, it'll become more technical (sorry), but that's for a bit later in the year.

So, what do you understand by the term, **quantum mechanics**? Put very simply, it's the study of what's real. Once upon a time, it was easy and science described what was real and what could be proven in experiments that could be repeated with the same results. It's a natural mindset, that describes reality as we know it, but is it really so? One can run the same experiment again and again and posit a theory, based on the results. Alas, the universe has a way of turning such theories on their heads.

For example, I'm guessing that many of you will have heard of Schrödinger's alive-and-dead cat, but if not, I'll try to explain things. At present, quantum scientists differ on the question of reality. There are those who argue for realism – science and maths describe how the universe operates. And there are non-realists who consider what we think we know. Let's take wave-functions, which we looked at briefly last year. You cannot see them, but can see their effects – bit like the wind really, but are wave-functions real, if they can't be seen? What we do know is that wave-functions can be measured in terms of effects and that they are variable in nature, which is important if one uses wave-functions for predictions.



Another common quantum theory concerns parallel universes – it's known as the Many Worlds theory. In metaphysical terms, each time we measure something or make a key decision, reality splits into several alternative versions with different outcomes – and this is never going to be empirical realism. But it's still a quantum concept which doesn't stand up to the practical application yet, but may do so in the future.

Overall, quantum mechanics is the science of exploring **what if** questions and evaluating them in terms of the universe – parallel dimensions, collapsing wave-functions – and that wretched cat.

Celestial notes

By Joanna Bristow-Watkins

As mentioned in the December issue, we are very pleased to welcome **Joanna Bristow-Watkins** as one of our new contributors for **GYLDEN MAGICK** in 2021 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 many of the training events are online at present, although some of the Forest Bathing+ sessions are going ahead, near Guildford, with modifications due to covid-19 rules – all details on Joanna's website.



Virtual training events include healing circles, readings, unity consciousness meditations, moon attunements, an Imbolg ritual and other online gatherings that are based on the lunar cycle. Again, more details on Joanna's website. One thing that we are excited to learn more about in 2021 is the fact that Joanna organises **Egyptian Alchemy Healing using the Reyad Sekh Em** (RSE) system. Joanna is a Reyad Sekh Em® (Egyptian Alchemy Healing) Practitioner & Teacher.

Her Egyptian Alchemy Healing system **Reyad Sekh Em (RSE)** is modularised, so that Level One (introduction) is now available to complete online as 3 units. All the units can be taken alone, but together make up the RSE 1 syllabus. The next series of modules starts on **16 February** with the Violet Flame of Amenti and **18 February** for Khemitology.

1. The Violet Flame of Amenti and attunement (£92) = 1 unit - 3 x 2¼-hour Tuesday evening sessions starting 7.15-9.30pm on Tuesday 16 February. For details and to book, see **Violet Flame of Amenti** section of virtual courses.
2. Khemitology; Indigenous Egyptology (£92) = 1 unit - 3 x 2¼-hour Thursday evening sessions starting 7.15-9.30pm on Thursday 18 February. For details and to book, see **Khemitology** section of virtual courses.

Another area of Joanna's expertise is her regular **Celestial Forecasting**, including the one for 1-31 January 2021. We cannot reprint the whole forecast here – readers who want more information are recommended to consult her website or subscribe to her newsletter. What we can do is to take a selection of items from the January 2021 forecast, which we think will appeal to our readers.

1. **Friday 1-Tuesday 5 January 2021** (peaking on the 3-4 January) is the **Quadrantids Meteor Shower**; visible from 1 January after midnight and peaking in the early hours of 4 January. Typically, 40 or so bright, blue and fast (25.5 miles per second) meteors will radiate from near the Plough constellation (see picture below), some blazing more than halfway across the sky. A small percentage of them leave persistent dust trains. This shower usually has a very sharp peak, usually lasting only about an hour. The particles that cause the Quadrantid meteor show originate

from the asteroid 2003 EH1, an asteroid that is probably a piece broken off from an obsolete comet. Since the orbit of 2003 EH1 is highly inclined to the orbit of the Earth, the Earth passes through it very quickly. Thus, the Quadrantid meteor shower is an extremely short one, lasting only a few hours. With the recent full moon on 30 December, there could be too much light pollution to see much...see www.earthsky.org for more details.

2. **Monday 11 January** is **Plough Monday** in England! Traditionally, Plough Monday (the Monday after Epiphany when the Zoroastrian Magi visited the infant Jesus) is the day for setting aside the remnants and excesses of Christmas and *putting one's hand to the plough*; in other words, starting work on a project of some sort.
3. **Wednesday 13 January** is **New Moon** from 05.00. A new moon abundance ritual would be appropriate within 24 hours. This is a good day for creating a personal or corporate vision for 2021.
4. **Thursday 14 January** is the Hindu Celebration of **Makara Samkranti**, which is the Winter Festival of the reborn sun. It is traditional to wear yellow clothes and eat yellow food. Bathing in sacred waters, lighting bonfires, kite flying, dancing and offering prayers are also traditional activities over this festival, with rural children going from house to house, singing and asking for treats. Most ancient Hindu festivals are observed according to lunar cycles, whereas *Makar Sankranti* is one of the few determined by the solar cycle. This means it falls annually on the same Gregorian calendar date (14 January), except on occasional years (such as 2020) when the date shifts by a single day, because of the complexity of earth-sun relative movement.
5. **Wednesday 20 January** is **St Agnes Eve**; a night for meaningful and deep dreams. In Christian tradition, St Agnes appeared to her parents in a dream the night after she was martyred.
6. **Monday 25 January** is **Burns Night** in Scotland. Burns Night is a revered date in the Scottish calendar and celebrates, on the anniversary of his birthday, the life and works of their national Bard, Robert Burns. Born over 250 years ago; some consider his best-known poem as *Auld Lang Syne*, though others believe he did not write it himself, but was the first person credited with writing it down for posterity as part of his attempt to preserve Scottish traditional songs. The evening centres on the entrance of the haggis (a type of sausage made from a sheep's stomach) on a large platter to the sound of ceremonial bagpipes. When the haggis is on the table, the host reads the *Address to a Haggis*. This is an ode that Robert Burns wrote to the Scottish delicacy! At the end of the reading, the haggis is ceremonially sliced into two pieces and the meal begins.
7. **Monday 25 January** is also **St Dwynwen's Day** in Wales. St Dwynwen is the Welsh equivalent of St Valentine, being their patron saint of love.
8. **Thursday 28 January** is the **Full Moon** from 19.16. Between Full Moon and the next New Moon is considered as a good time energetically for detoxing the body.

According to London Astrologer, Tanya Cohen (via tanyaecohen@gmail.com), the astrological aspects of 2021 involve a **Saturn Square Uranus**, which means navigating change:

"In 2021, the traditional ruler of Aquarius (Saturn) and the modern ruler (Uranus) will be making a dynamic square aspect to each other. This will aid the process of freeing ourselves (Uranus) from the old structures (Saturn), and help us to integrate existing structures (Saturn) in a new way (Uranus). With both Saturn and Jupiter now in Aquarius, the sign of invention, we have a really good chance of finding solutions to existing problems. Meanwhile the focused and steady energy of Saturn will keep us in check as the zany and enthusiastic combination of Uranus and Jupiter get together to reinvent our future. The energy of Aquarius is out of the box, other worldly and ahead of its time. In 2021 we're likely to see a resurgence of all things 'alternative' – complementary medicine, astrology, and astrobiology (the study of life in the universe). This new world has the potential to be a very good fit for many of us!"



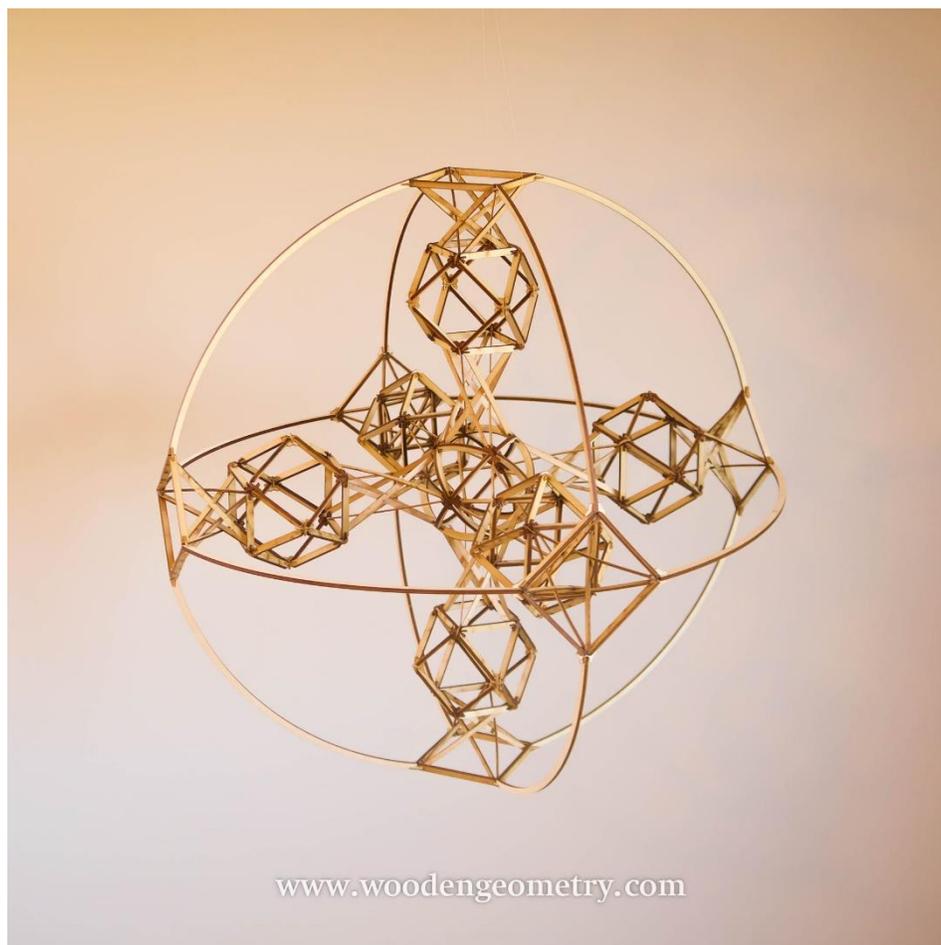
Spi-rituality - sacred geometry

By Rebecca Granshaw and Art is 't

*This topic is one that is mooted as a new area for **GYLDEN MAGICK** in 2021. There's a lot of traditional magickal subjects in pagan journals, but we thought that it would be interesting to explore some different areas – and sacred geometry was suggested by one of our admins.*

We're starting with **VORTEX** geometry! A vortex is an energy movement in the form of a spiral. It is an immensely powerful tool to bring things into movement, into process, into transformation. Moving forward to your new NOW, every moment again and again. Vortices are endless forward movements and a single vortex helps to spread out the frequencies of the higher creations into your environment and into the field.

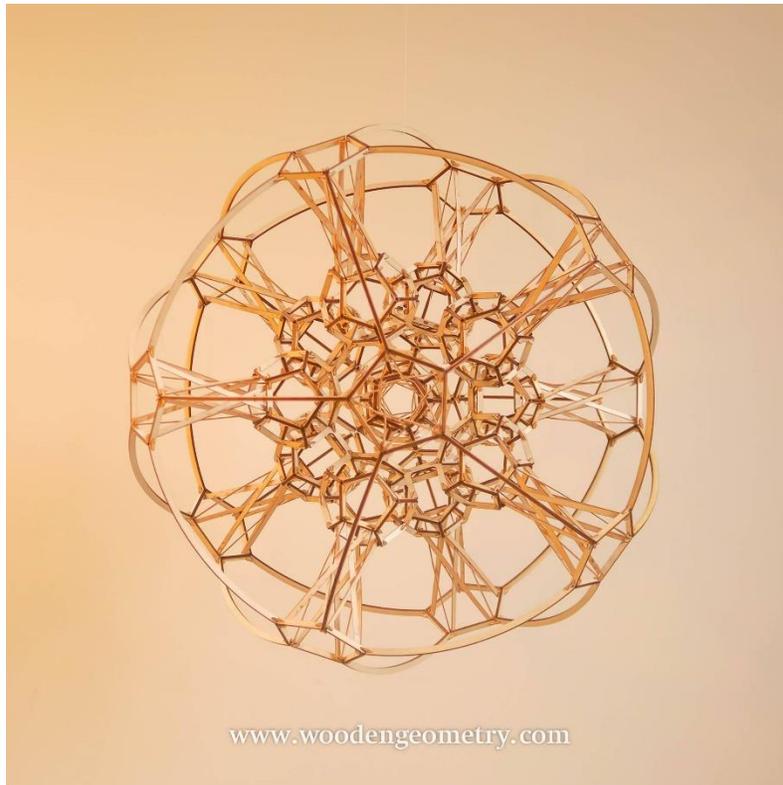
Our pictures here come from www.woodengeometry.com. In all 3 geometric shapes, you find vortex elements: each one brings a line of energy into life that passes the centre of the geometry. It makes the specific frequencies of the inner geometry spread out into your field and the unified field. Even more: if something is frequenced through the eye of a vortex element, it automatically brings it into alignment with its highest truth. Most of the geometric shapes that you find in the website are inspired by the Template Ceremonies. The Template is a model of 16 coded Ceremonies made by Juliet (*quantum poet*) and Jiva Carter (*geometry master*).



Torus Vortex



Gaia Terra Prana Vortex



Aqua Fractal Vortex

Tales for darker evenings: The Nunnington Dragon

By the Storyteller

Rather than another traditional ghost story (and there's plenty of these on our FB group at the end of last year), here's a dragon story from Yorkshire – from the Middle Ages.

The Nunnington dragon is sometimes referred to as the dragon of Loschy Hill, but the location is never clear and the tale originates from the North Riding of Yorkshire. What we do know is that the events took place around 1290 and the huge dragon was known for having a deadly tongue with a poisonous venom and fangs that were equal to the size of pitchfork prongs. Its den was on a wooded hill, Loschy Hill, near East Newton.

Having determined to free the county from the creature, the famous warrior, Peter Loschy, had a special suit of armour prepared. Every part of it was covered with sharp blades, set with the edges outwards. Thus defended, armed only with his sword and his dog, he went forth to seek the dragon, which he quickly found in its lair.



The dragon, glad of another victim, darted upon the armed man, notwithstanding a wound from his sword, and folded itself around his body, intending to squeeze its victim to death and afterwards to devour him at leisure. When the dragon coiled around him, it was cut in pieces by the blades and by Loschy's sword. However, the Nunnington dragon had the power of regeneration and kept reconnecting its cut parts to become whole again. As it rolled on the ground, its wounds instantly healed and it was as strong and vigorous as ever. A long and desperate fight ensued between the knight and the wyrm, without much advantage to either.

At length, the sword of the knight severed a large portion of the wyrm, which the dog quickly snatched up in his mouth, and ran across the valley with it nearly a mile, and there left it on a hill near Nunnington Church. Then it returned to the scene of combat and, snatching up another fragment, cut off in the same manner, conveyed it to the same place, and returned again and again for other fragments until they were all removed, the last portion conveyed being the poisonous head. The knight, now rejoicing at his victory, stooped to pat and praise his faithful dog; the latter, overjoyed, looked up and licked the knight's face, when, sad to relate, the poison of the dragon imbibed by the dog was inhaled by the knight, and he fell down dead in the moment of victory, and the dog also died by the side of his master.

The villagers buried the body of the knight in Nunnington Church, and placed a monument over the grave, on which were carved the figures of the knight and his faithful dog, to witness to the truth of the story.

From the Grimoire: making a witch bottle

By Nick the Witch

Note: my deities involve Brigid and Cernunnos and eagle magick, but do include your own goddess and spirit guide in the spells.

The witch bottle is a magickal tool that has been reported in use for centuries. In early times, the bottle was designed as a way to protect oneself from malicious witchcraft and sorcery. In particular, around the time of Samhain, homeowners might create a witch bottle to keep evil spirits from entering the home on Hallow's Eve. The witch bottle was usually made of pottery or glass, and included sharp objects such as pins and bent nails. It typically contained urine as well, belonging to the homeowner, as a magickal link to the property and family within.

The general idea of the witch bottle is to not only protect yourself, but send back the negative energy to whoever or whatever is sending it your way. You'll need the following items:

- * A small glass jar with lid or a bottle with a cork
- * Sharp, rusty items like nails, bent pins or, as an alternative, rough gravel
- * Sea salt
- * Red string or ribbon
- * A black or white candle

Fill the jar about halfway with the sharp, rusty items or gravel. These were used to deflect bad luck and ill fortune away from the jar. Add the salt, which is used for purification, and finally, the red string or ribbon, which was believed to bring protection. As an extra shield, I tend to add a small protection crystal in the mix. When, the jar is halfway filled, there are a couple of different things you can do, depending on whether or not you're easily repulsed.

One option is to fill the remainder of the jar with your own urine - this identifies the bottle as belonging to you. However, there are other ways you can complete the process. Instead of urine, use a bit of wine. You may wish to consecrate the wine first before using it in this manner. In some magickal traditions, the practitioner might choose to spit in the wine after it's in the jar, because this is another way of marking the jar as your territory.

Cap or cork the jar, and make sure it's sealed tightly (particularly if you used urine - you don't want any accidental spillage), and seal it with wax from the dark candle. Black is considered handy for banishing negativity. If you're having trouble finding black candles, you may want to use white instead, and imagine a white ring of protection surrounding your witch bottle. Also, in candle magick, white is typically considered a universal substitute for any other colour candle.

Now - where to put your bottle? There are two schools of thought on this, and you can decide which one works best for you. One group swears that the bottle needs to be hidden somewhere in the home - under a doorstep, up in a chimney, behind a cabinet, because that way, any negative magick aimed at the house will always go straight to the witch bottle, avoiding the people in the home. This school of thought works well for flats. The other philosophy is that the bottle needs to be buried as far away from the house as possible, so that any negative magick sent towards you will never reach your home in the first place. Whichever one you choose, be sure that you're leaving your bottle in a place where it will remain undisturbed permanently.

Witchcraft history: The Samlesbury Witches

By Gylden Fellowship

With the general advent of *Macbeth* on the stage from 1606 onwards, with its symbolic tributes to King James I, it is important to realise that there is only a short period to the Lancashire Witch Trials, which were held in 1612. In fact, there were 2 sets of witch trials – the *Pendle witches* and the *Samlesbury witches*. Of these, the Pendle witches are famous and the case has been examined many times in books and on television. The other trial is less well-known and is just as revealing for the Tudor attitude towards witches, as depicted in *Macbeth*.

The main source of information is an account from Thomas Potts, who was the clerk to the Lancaster Assizes. The trial judges (Sir James Altham and Sir Edward Bromley) ordered him to write up the proceedings. The trials took place on 18-19 August 1612 and Potts completed his account on 16 November 1612 – and it is a very full account. Sir Edward Bromley reviewed the account and found it to be fit for publication; thus, *The Wonderfull Discoverie of Witches in the Countie of Lancaster* was published in 1613. It should be noted that the account does show both judges in a very good light and leaves the historicity open to accusations of spin-doctoring rather than verbatim reporting.

There were 8 defendants in the Samlesbury trial, but five were freed on the order of Sir Edward Bromley, providing that they gave sureties against future conduct. So, the trial was held of the remaining three alleged witches (Jane Southworth, Eileen and Jennet Brierley). As with the Pendle witch trial, the only real evidence was supplied by a 14-year-old girl (Grace Sowerbutts). Grace was the niece of Eileen Brierley and the grand-daughter of Jennet Brierley. The hysterical stories told by Grace included wild tales of murder, witches' sabbats and demons.

All her evidence is detailed in the account by Thomas Potts, but mainly it was a confused account of Grace being kidnapped by supernatural means, taken to local barns and abused by demons in secret. Grace testified that she had seen Jennet Brierley transform into a dog and try to force Grace into drowning herself. Other evidence from Grace included the murder of a neighbour's baby by Eileen and Jennet and their sucking of its blood. And finally, Grace referred to regular sabbats at a local place (Red Bank), where all three defendants met and danced with demons — and tried to force Grace to join in.



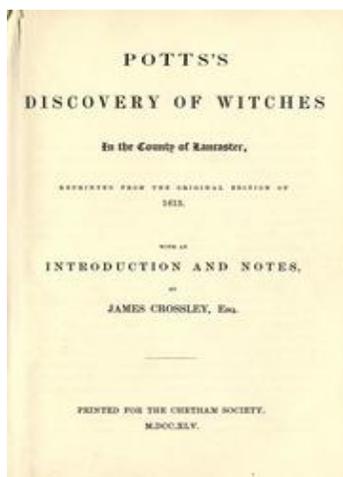
Actually, this trial is not quite the same as the Pendle witch trial. There are some similarities in the age of the accuser, but there were no charges levelled that referred to older actions, no threats or unexplained deaths and Grace's testimony was not corroborated. The only other evidence from the prosecutor was that Jane Southworth's late father-in-law had avoided her when possible and had referred to her once as a witch, but it was the Samlesbury Hall connection that was decisive in this trial.

The Southworth family had split between Roman Catholicism and the Protestants during the Reformation. After the prosecutor had finished his case, the defendants were allowed to speak and they begged the judge to make Grace tell the court who had encouraged her to make the charges. The judge did so and Grace was confounded. Upon further questioning by the judge, it was shown that Grace could not add any extra details to her testimony. At once, the judge said that it was obvious to him that a priest had coached Grace in what to say in court.

He ordered two of the justices of the peace to interrogate the girl. They did so and reported that, indeed, Grace had immediately recanted her testimony. She admitted that she had been told what to say by a Jesuit priest (Christopher Southworth). This revelation showed that all of the evidence from Grace was flawed and was based on popular notions about witches, eg many believed that witches had familiar spirits in the shape of dogs, but witches did not become dogs. The court also accused Grace's father (Thomas) of trying to make money from his daughter's testimony, basing his family's profits on the then-recent Pendle witch trials.

Sir Edward Bromley freed the three defendants and Thomas Potts praised the judge for his "great care and paines" in rooting out a wicked Papist plot that would have seen three innocent (Protestant) women sent to their deaths. The judge warned those present to be constantly on their guard against such practices which were the norm for people who had no respect for blood, kindred or friendship. Of course, what is not mentioned is that the Pendle trials were still in progress and people were convicted on little proof and without an obvious Catholic conspiracy to save them.

The Samlesbury controversy continues still for historians: why would a Jesuit priest coach a young girl to make false charges? The testimony was discovered easily and much of the information was wrong. One view that is current is that Grace's evidence was known to be flawed in advance and the trial was a political attempt to discredit the Roman Catholic Church and, by default, stay in line with the actions of the new king after the Gunpowder Plot and the restrictions on Catholics. There may have been reasons for Thomas Sowerbutts to want to accuse two of his in-laws, but why use his daughter as a political pawn? It is possible that Father Southworth was involved with Grace's family and that Grace was exploited by the authorities themselves.



Positive energies - how colours affect your mood

By Gylden Fellowship

HOW COLORS AFFECT YOUR BODY

<h3>Red</h3> <ul style="list-style-type: none"> - stimulates the adrenal gland and the neurons - too much exposure causes stress - provokes anger and frustration - stimulates heartbeat and breathing - associated with energy - enhances human metabolism - increases respiration rate - raises blood pressure 	<h3>Blue</h3> <ul style="list-style-type: none"> - soothing effect on human mind - slows human metabolism - produces a calming effect - too much exposure causes depression - suppresses appetite - materials in blue color appear to be light in weight
<h3>Yellow</h3> <ul style="list-style-type: none"> - helps to release Serotonin, causing a happy mood - too much exposure causes fatigue - speeds up metabolism - babies cry more in yellow rooms - evokes pleasant, cheerful feelings 	<h3>Green</h3> <ul style="list-style-type: none"> - has soothing effect on the eyes - relaxes the body and alleviates stress - improves vision - has a healing and hygienic effect
<h3>Purple</h3> <ul style="list-style-type: none"> - develops spirituality and deep thoughts - intensifies sexual activity - evokes gloom and sad feelings - causes frustration 	<h3>Orange</h3> <ul style="list-style-type: none"> - stimulates mental abilities - increases appetite - increases oxygen supply to the brain - stimulates mental activity - stimulates appetite
<h3>Gray</h3> <ul style="list-style-type: none"> - unsettles - creates expectations 	<h3>Pink</h3> <ul style="list-style-type: none"> - reduces anger and anxiety - denotes feminine qualities
<h3>White</h3> <ul style="list-style-type: none"> - has a calming effect - represents a successful beginning 	<h3>Black</h3> <ul style="list-style-type: none"> - gives the feeling of perspective and depth - makes people wearing it look thin

healthinfocus.net

A Witch's Herbal - emergency measures

By Nick the Witch

We did promise some new features and series in **GYLDEN MAGICK**, as we continue our third year of publication and here's one – we continue with our regular herb of the month, but this feature looks at common ailments and suggests some easy herbal remedies, both for internal and external applications. Last month, we looked at colds and chills – this month, it's all about helping with emergencies, immediate first aid, if you like. Here's a short list of key herbs – a lot of these are best used as salves or oils to apply to the wound...if you consult our **GYLDEN MAGICK** indexes in the August 2020 issue, you'll be able to see which issue has more detail on specific herbs.

- **Garlic:** eat or drink the raw juice of a garlic clove three times a day. It has both antiseptic properties and is good against catarrh. If you're unlucky enough to have an infected boil or spot, rub a fresh garlic clove onto it.
- **Calendula:** quite a lot of people have used my calendula ointment over the years or taken a jar from our stand at fayres. Calendula (English marigold) is one of nature's best skin moisturisers. It's great at sorting out acne, chapped skin or rashes. A calendula infusion helps for someone with a mouth ulcer.
- **Echinea:** well, it's a natural antiseptic for stings, insect bites or wounds. Echinea infusions are OK if mixed with berry fruits, but it's probably best if made into a tincture.
- **Chamomile:** as with calendula, so with chamomile, except that this has an antiseptic property for cuts or rashes. Chamomile infusion is well-known for its calming effect, particularly for those who have a panic attack, are nauseous or are in shock. I keep a few chamomile and rose petal teabags at hand for anxiety. Very similar to chamomile in effect is **Lavender**, but one can also use lavender essential oil to help soothe burns, scalds or sunburn. Also, do not forget **Yarrow** infusions for calming people down – I make yarrow and peppermint teabags for this purpose, but do not use yarrow if you're pregnant.
- **Comfrey:** OK then, many people have used my comfrey salve or massage oil for problems affecting muscles and joints. It's also good for healing broken bones or greenstick fractures. Remember that it's one for external application only.
- **Slippery elm:** this herb is great for digestive problems. It can be mixed with warm or cold water to combat bloating, wind, indigestion or gastritis.
- **Witch hazel:** a lot of people know about witch hazel, although it's not a good idea to use it straight onto a cut. I'd suggest mixing it in water and applying it to the wound with a swab. Witch hazel is just fine against insect bites, bruises or burns.
- **Juniper:** this is a natural disinfectant and, also, an antiseptic – it's our herb of the month in this issue (*see earlier*).
- **Plantain:** both rib-leaved and broad-leaved plantains are good against rashes, insect stings or cuts. Now here's a thing – if you're stung by nettles, it's the humble plantain that will give instant relief. Dock leaves are no good against nettle stings, except that dock often grows near nettles. You can either apply the plantain leaves to the sting or make a tincture of them for future use.
- **Banana:** OK, I know bananas are not herbs, but they are really good against splinters. Use the inside of the peeled skin to lubricate the wound and the splinter should come out very easily.

As an extension to herbal healing for chills and colds, the **Gylden Fellowship** natural healing stand has stocked an **anti-cough syrup** too – this is a combination recipe that depends upon which fruits are in season. The original consisted of blackberries, lime juice, honey and water. Over the years, I've made it with raspberries, strawberries or morello cherries, mixed with lemon or orange juice. It's an all-purpose cure that is really good against coughs or sore throats. The recipe is listed on our website.

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