



Gylden Magick

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Jan. 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.

The **Gylden Community** is one of the most extensive pagan libraries in southern England. Its website, www.gyldenfellowship.co.uk, is growing too – our Yule sabbat blog reached over 4000 people and we welcome new members constantly.

On Facebook, the **Gylden River LRC** (Learning Resources Centre) is a social learning hub with optional study units in key areas of magick.

Gylden Fellowship continues as a pagan support mechanism even under covid-19 constraints. We resemble **the library reference desk** at present, answering queries from group members and offering advice to different FB sites. The uncertainty

over covid-19 has meant a reduction in actual rituals, fayres and moots. So, we can't issue calendars at present, but we hope this will change in 2022.

We look forward to 2022 with real excitement. This January 2022 edition features some new contributors and we have exciting news from our storyteller.

Our **Wolf Moon** issue continues with the 25-page format with ever more guidance on spiritual issues and magick – this month has a definite emphasis on looking towards Imbolc. But no ads – after all, we're like a pagan public library and all the information is free.

Dates for your diaries – not least the **Wassailing** on 17 January (Old Twelfth Night), **Up-Helly-Aa** on 28-29 January in Shetland and the **Feast of Hecate** on 31 January.

What else is there? Well, we have an environmental alert from the World Cetacean Alliance, wassailing photos, obsidian as our crystal, celestial notes, news from the Sussex Wildlife Trust, meta-science on energy loss, a dark tale from Devon, winter healing from the Waverley Healing Wheel and lots more.

Anything else? Oh yes, the title – we never forget that our faith is based upon Nature and that our strength comes from earth magick. Many of our sabbats are based upon the light, e.g. solstices and equinoxes, as vital to us now as to our ancestors.

For more info, why not join **Gylden River LRC** or **Gylden Fellowship** groups on Facebook today and see our archives or new briefings?

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Crystal clear: obsidian

By Charlie Foreverdark

Time to send New Year 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**.

Obsidian is an igneous rock consisting mainly of silicon dioxide, which occurs as a natural glass. It is formed during the eruption of Felsic lava from volcanoes. Because of the high concentration of silica within Felsic lava, the high viscosity coupled with the rapid cooling upon its expulsion from the earth, inhibits the formation of mineral crystals, allowing instead for a **natural glass** to form from the lava. The structures that we find within crystalline forms simply do not have time to group together due to the rapid cooling process. To illustrate this point, imagine melted sugar. If it is rapidly cooled, you are left with a delicious brittle that breaks into shards. However, if allowed to cool slowly, internal crystals can form and harden - the end product is a softer toffee or fudge.

The result of this natural volcanic process is a smooth, uniform, non-crystalline texture which breaks with a sharp conchoidal (curved) fracture, as there are no natural planes of separation within the material.

It is what is known as **an extrusive rock**, meaning that it usually solidifies above the Earth's surface where the edges of a lava flow come into contact with cool air or water. Obsidian is not a true mineral, as its atomic structure is not crystalline. In addition, the composition of obsidian is variable and cannot easily be classified as a distinct mineral; we refer to such substances as **mineraloids**. Every volcano (and, in some cases, each specific volcanic eruption) produces a distinguishable type of obsidian, which makes it possible for archaeologists to trace the exact origins of a particular artefact.

Though obsidian is typically jet-black in **colour**, the presence of hematite (iron oxide) can produce red or brown tinted varieties and the inclusion of tiny gas bubbles may create a golden or silvery sheen. Other impurities can even cause specimens to display distinct rainbow-coloured banding. In some examples, the inclusion of small, white, radially clustered crystals of **crystalite** (known as spherulites) within the dark volcanic glass produce a blotchy or snowflake pattern, known in the trade as **snowflake obsidian**. Occasionally, attractive bicoloured specimens are formed when reddish-brown obsidian (high in iron impurities) swirls together with purer black obsidian, creating **mahogany obsidian**.

The word, **obsidian**, essentially means *stone of Obsius*. It was so named as (according to ancient Roman writer and naturalist Pliny the Elder) it was first discovered in Ethiopia by an explorer called Obsius.

For centuries obsidian has been used to create weapons and tools. Radiocarbon dating suggests that obsidian tools found in Ethiopia might be as much as 180,000 years old! Due to its brittle nature and a score of 5 on the Moh's hardness test, the material fractures with very sharp edges and can be easily worked into desired shapes. Today, obsidian is very easy to cut with a diamond saw as well as to carve with a Dremel diamond tip drill, but prior to the Bronze Age it was shaped through a technique known as **knapping**. The ancient Aztec and Greek civilizations first used obsidian decoratively for mirrors and as jewellery or ornaments, but it proved an immensely useful material in the construction of weaponry, implements and tools by Native Americans and other ancient peoples. Prehistoric obsidian arrowheads, knives, spear points and cutting tools have been found in many parts of the world from a wide range of Neolithic cultures. Obsidian tools have even been discovered at famous archaeological sites such as Göbekli Tepe, which might be as old as 11,000 years. Spanish conquistadors were dismayed to discover that a single blow from a good Aztec obsidian-edged sword could cleanly behead a horse.

The **sources of obsidian** were limited to locations that experienced volcanic activity. However, obsidian was a highly valued commodity and the volcanic glass stone was used in trading by Mayan merchants, dating as far back as 100 years BCE. Given the abundance of obsidian found in the area and its usefulness, we know that it was historically valued and considered most precious.

The original settlers of Rapa Nui (known now as Easter Island) used obsidian to decorate their enormous monolithic Moai statues on Easter Island. Chunks of dark-coloured obsidian were set into contrasting white circles of bird bone or seashell, forming striking pupils for their eyes. Only one intact example of the eyes of the Moai survives to this day. The Rapa Nui people also used sharp obsidian tools to inscribe what came to be known as the Rongorongo glyphs into wooden tablets. These glyphs have never been deciphered, but are thought to be an independent invention of writing. Rongorongo is the modern name for the inscriptions, which in the Rapa Nui language means to recite or chant, suggesting that the engraved tablets were used for sacred prayer during ancestral worship and ceremony.

Apache Tears are a specific type of black obsidian found in the south-western USA and Mexico where the native Apache tribes lived (primarily Arizona, Nevada, and New Mexico.) Apache Tear nodules were formed when beads of molten magma were thrown up into the air during a volcanic explosion, and then cooled very quickly as it rained down over the arid barren desert. As a result of this abrupt trajectory, apache tears have an opaque, dull and far less glassy appearance to standard obsidian. The meaning of their name comes from a Native American legend. It was said that the Pinal Apache tribe were pursued by the invading cavalry and, though they fought bravely, they were significantly outnumbered. Rather than be captured, they rode their horses over the cliff face, tumbling to their deaths. The dark strangely-shaped stones were said have formed as the tears of the distraught women and children fell to the earth as they mourned their loss.

With a plethora of historic record of its use in weaponry, **obsidian is still prized to this day** in the world of crystal healing as a stone of protection and it is still used in modern times for surgical scalpel blades. The edges of obsidian can be flaked to veritable molecular thinness, and well-crafted obsidian blades have a cutting edge up to five times sharper than high-quality steel surgical scalpels. Viewed under a strong electron microscope, a surgical steel scalpel looks like a blunt axe in comparison to the smooth cutting edge of an obsidian blade! Obsidian blades produce cleaner cuts with less tissue trauma, which translates to faster healing and healthier scar tissue.

Another use of obsidian, steeped in history, that is still practised today is as a scrying device. You will most certainly be familiar with the image of a gypsy fortune teller gazing deeply into a crystal ball and making predictions based on what is seen. Obsidian is a perfect choice for the mystical process known as scrying, because of its dark reflective surface. In addition to a truly fascinating history, there is no denying that obsidian is a fascinating gemstone to look at, and it is amongst the most widely used stones in jewellery and other artisan crafts. The captivating deep black colour complements a variety of different styles and designs, and always makes for a beautiful piece.



Witterings: Oimelc

By Nick the Witch

Imbolg/ Imbolc/ Oimelc is a Celtic festival that falls on the mid-point between Yule and the Spring Equinox at Ostara, this year on Monday eve, 1 February until Tuesday eve 2 February. It was known as *Oimelc* or *l'mbolg* and the light increases each day. At burial places like Newgrange, underground chambers align perfectly with the rising sun on Imbolg. At this time of covid lockdown, many moots and pagan groups are holding online ritual celebrations, eg Butser Ancient Farm and the Pagan Federation.

Let's start with *Oimelc*, which is a Gaelic word meaning "ewes' milk", whereas *l'mbolg* means "in the belly". Both words refer to the start of the lambing season for Celtic farmers: many ewes had given birth to lambs and this was a time of celebration. Spring was not far off and it would be time to plant the crops as the ground thawed. Both the new lambs and the ewes' milk would help people to survive the winter, as the stocks of meat and grain stored at Samhain might be running low.

The Goddess, Brighid (or Bride) is the keeper of the sacred flame, the guardian of home and hearth. As a way of honouring Brighid, rituals of purification and cleansing are common. Her name means "bright one" and she was the daughter of the chief god, Dagda. Brighid is a goddess of poets, healers and midwives, but also symbolises a war-like aspect as the fabled Brigantia who battled the Romans.

A Celtic celebration at Imbolg was not a massive community fire like those at Beltane or Samhain. As Brighid looked after homes, each home would have its own fire, burning through the night. If the home was built of wood or thatch, some would prefer that candles were lit in each living area. In the Christian calendar, Imbolg falls on the same day as Candlemas. The world grows warmer, the wheel turns and, each passing day, adds more heat to the sun king's ray. As the earth is awakened by the loving caress of the rising sun king, we ask that the Goddess hears our prayers, hopes and dreams. Brighid, we ask you to dance in our lives and dreams, show us your ancient truths, share your vibrant health and keep our spirits whole.



Let us join our energies together and ground ourselves with the earth –

- 1) Visualise roots growing from your feet into the ground.
- 2) Visualise your unwanted energy moving through the roots, down to the ground.
- 3) Imagine earth energy as a green line of light pouring from the earth and suffusing your spirit.
- 4) Bring candles for blessing, as symbols of our light shining out for 2022.

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Wassailing and the Mari Lwyd

Collated by Gylden Fellowship and Andrew Merritt Photography







Environment: resources

By Sussex Wildlife Trust (Barry Yates)

The start of the New Year is always an opportunity to begin a new project, perhaps a personal wildlife one. It might be writing, sketching, painting, photography, video or a combination of them. You could:

- Keep a wildlife diary and notice something each DAY, write a few words or take a photo.
- Sketch the buds on the same branch every WEEK.
- Take a photo once a MONTH of the same view, a favourite tree or a pond.
- Try to notice the gradual change of the seasons in your garden, on your regular walk or even on your favourite nature reserve.
- On each walk, you could list the flowers you see, your first sightings of migrant birds or the appearance of bumblebees, butterflies or hoverflies. If you have a favourite plant or animal, watch it and count it carefully through the seasons.

And, at the end of the year, you will have learned more about your natural world. You may have gathered enough material to write how what you saw changed with the seasons...*and, perhaps, how it changed you.* You could share your progress with friends, on social media, in a local paper, or start a blog and share with the Sussex Wildlife Trust. These are some of our favourite local wildlife blogs:

<https://rxcoastalbirder.wordpress.com/>

<https://rxbirdwalks.wordpress.com/>

<http://squaremetre1.blogspot.com/>

and then, of course, there's our own [Rye Harbour Nature Reserve](#) blog:

<https://rye.sussexwildlifetrust.org.uk/blog>

There are many friendly Facebook pages out there to help you in your wildlife watching and one of our favourites is [the Sussex Wildlife Trust Nature Table](#):

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

Another route to learning more about wildlife is to join in with our [Rye Harbour](#) events on site at:

<https://rye.sussexwildlifetrust.org.uk/discovery-centre/events>

<https://rye.sussexwildlifetrust.org.uk/nature-reserve/wildlife/what-to-see-this-month>

or the Sussex Wildlife Trust online resources at:

<https://sussexwildlifetrust.org.uk/discover/go-wild-at-home/sussex-wildlife-trust-tv>

The [Discover Rye Harbour Wildlife](#) group meets on the second Tuesday of each month at 2-4pm. We have been adapting to public health – so, sometimes we meet at the Discovery Centre, or online, or for a wildlife walk at the reserve. We'll encourage wildlife observers to increase their enjoyment and understanding and, perhaps, become wildlife recorders. As an example, Linda will be following Stonechats and David will be counting Little Grebes. More detail at <https://rye.sussexwildlifetrust.org.uk/discovery-centre/get-involved/discover-rye-harbour>
Whatever 2022 has in store for us all why not make more time to observe and record your wildlife?

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

Forest Bathing+ Sessions with Joanna & Katie

We have a *Harmony in Nature* forest bathing session at Harry Edwards Healing Sanctuary, Shere on Sunday 16 January, 11am-1pm.

Monthly Virtual Full Moon & Unity Consciousness Meditations

Our **Full Moon Meditation** takes place **7.30-9.30pm (UK time)** on Monday 17th, with the **Wolf Full Moon** peaking at 23:51 hours. Aligning with the moon cycle is very therapeutic, and our next Lunar Alignment Programme commences with the New Moon on 2 January 2022 and runs until Tuesday 1 February.

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 healings**. Joanna is a Reyad Sekh Em® Egyptian Alchemy Healer and Teaching Mentor. We also have **meditations** available and a number of virtual courses including **Reyad Sekh Em (RSE) Egyptian Alchemy Healing Level 1** (which is now fully available as interactive training modules) and a **monthly virtual healing circle** - details on **Harmony Healing Virtual Events**. Joanna also offers **distant intuitive readings (past life and/or aura readings)** and **distant 1-2-1 healings** and runs various **Meet-up groups in London and Surrey** and the **London & Surrey Alchemists Facebook Group** and posts regularly on **Instagram** and **Linked-In**.

January in Britain is the month when our daylight hours continue to extend bringing positivity and hope. Whereas December benefits from warmth still trapped in the land, the chill of our tilt away from the sun toward dark, cold space is felt now in January. The landscape still presents a stark beauty with occasional evergreens and frost is a regular morning visitor. Warm up with bashed neeps (turnips) and/or swede, together with carrots, beetroot, garlic, cauliflower, Brussels sprouts, kohlrabi, cabbage, kale, potatoes and winter squash.

*The month of January was named after the Roman God, Janus, who had two faces so he could see the past and the future and was also the god of doors. Interestingly, traditional New Year celebrations involved the door being flung open at midnight to let out the old year with the banging of saucepans to send it on its way. Nothing was taken out of the door on New Year's Day, not even empty bottles from the revelries of the night before! To the Anglo-Saxons, December was called **Æftera Geola**, or "After Yule".*

*January begins with **New Year Day** (1st), which in Scotland extends into January 2nd and is called **Hogmanay** (see the December Celestial Forecast for more). In the night sky, the month, we have the **Quadrantid Meteors** peaking 3rd & 4th and the constellation of **Orion** is very prominent. We can look forward to the traditional British Festivals of **Epiphany** (6th) and **Plough Monday** (10th) plus the Hindu Celebration of **Makara Samkranti** (14th) and the Annual Scottish **Burns Night** (25th).*

Saturday 1st January is New Year's Day and is a Bank Holiday in the UK and time for New Year's Resolutions. 2022 is a 6 year in numerology. That means when you add up all the digits of the year you get the number six. In numerology, six represents healing and unconditional love of the heart, with the six-pointed star - or Macrocosm. The Macrocosm is the whole of a complex structure, especially the world or the universe, contrasted with a small or representative part of it, hence representing the Divine in Everything.

According to London Astrologer, **Tanya Cohen**, during 2022: -

"Pluto, the planet of detoxification and transformation, will move through the final degrees of Capricorn intensifying the collapse of the old structures. Capricorn represents governments, institutions and the very tent pegs of society. The astrology for the next two years suggests that the old hierarchal order may not be able to sustain itself much longer. Governments could literally start collapsing. One thing feels certain, the people who have abused their power in the past will continue to be held to account.

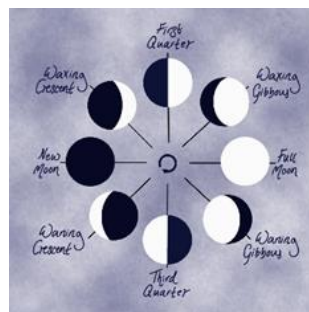
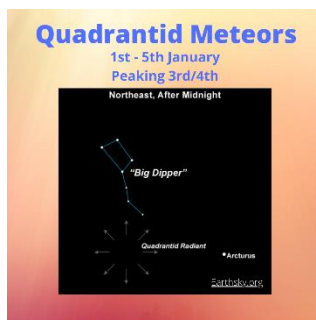
Over the past year, whilst Saturn (the old) and Uranus (the new) have been dialoguing with each other, there's been a lot of pressure to create change. But the nature of this challenging square aspect means it's felt a bit like two steps forward, one step back all year. If you're feeling like things haven't quite come together yet you need to be patient. The bigger picture is that things are still being reworked and reprogrammed. We have to continue to trust the process and the timing.

There will be a shift when Jupiter moves out of Aquarius. Jupiter is also the planet of miracles. It will be in Pisces for much of next year. This heart opening energy can help deepen our connection to unconditional love and amplify the healing and compassion that the world so badly needs. It can also help us let go of fear as we move more freely into a new paradigm and a new world. This is exactly what we need on the next stage of our journey.

As the North Node (our collective future and growth) prepares to leave Gemini in January, its message becomes even more urgent. Gemini, the sign of the twins, encourages us to embrace duality; to accept that two very different things can be going on at the same time. On the one hand it feels like the world is ending. On the other hand, through all this pain and suffering a rebirth is taking place.

Continuing to focus on the bigger picture and holding a vision of the kind of world we'd like to live in, continues to be the way forward."

If you'd like to receive Tanya's fascinating Astrological Reviews, or have a personal chart drawn up by her (I've had one - amazing), get in touch via www.harmonyhealing.co.uk

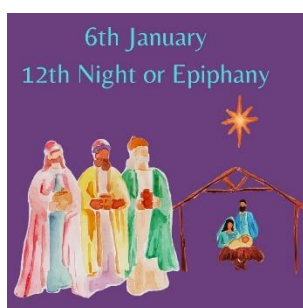


Saturday 1–Wednesday 5 January (peaking on the 3 & 4 January) is the Quadrantid Meteor Shower; visible from 1-5 January after midnight and peaking in the early hours of the 4th. Typically, 40 or so bright, blue and fast (25.5 miles per second) meteors will radiate from the constellation, Bootes, some blazing more than halfway across the sky. A small percentage of them leave persistent dust trains. This shower usually has a very sharp peak lasting only about an hour.

The particles that cause the Quadrantid Meteors 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 New Moon on Sunday 2 January, there could be great viewing this year. See earthsky.org for more details.

Sunday 2 January is New Moon @ 18:35 and the start of our New Year New Vision Lunar Cycle Alignment Programme. The **New Moon Abundance Ritual** should be carried out within 24 hours after the New Moon. It needs to be after the New Moon because the moon should be waxing (getting bigger again) to carry the manifestation energy. There are video instructions on my [YouTube Page](#). It is a fabulous day for creating a personal or corporate Vision Board for 2022.

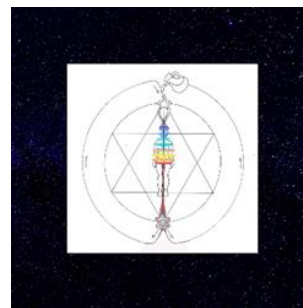
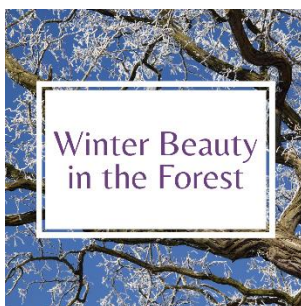
Sunday 2 January to Tuesday 1 February is Joanna's Harmony Healing New Year New Vision 2022 initiative to reconnect with nature through closer alignment with the lunar cycle. This is achieved by working through the 28 Mansions of the Moon with the unique angel guardian of each lunar mansion. The **New Year New Vision** costs £155 and is a mentoring programme with Joanna running for the complete first lunar month of the new year (from New Moon to New Moon). The benefits will include creating a close-knit community (possibly international) and new friends with whom to start your year with abundant and fun rituals to rekindle your zest for life. The outcome is a calmer and centred demeanour with positive direction and excitement for 2022. See [Harmony Healing website](#) for more information and testimonials from a previous New Year initiative.



Thursday 6 January is 12th Night - or Epiphany - in the Christian Calendar. The day when traditionally the Christmas Tree and other decorations should be removed until the following year.

Monday 10 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. A traditional delicacy from Norfolk, eaten on Plough Monday, is known as 'Plough Pudding', which is a boiled meat, onions and suet pudding.

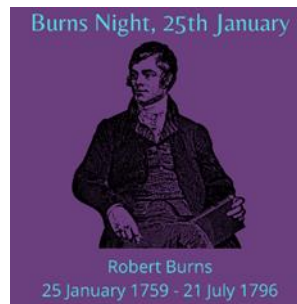
Friday 14 January is the Hindu Celebration of Makara Samkranti, which is the Winter Festival of the reborn sun. It is traditional to wear yellow clothes and eat yellow food. Bathing in sacred waters, lighting bonfires, kite flying, dancing and offering prayers are also traditional activities over this 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, set 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.



Sunday 16 January, 11am-1pm, 2 hours Forest Bathing+ session with Joanna at Harry Edwards Healing Sanctuary (Shere, near Guildford, Surrey), £25. This Winter Forest Bathing+ session will take place in all weathers except 30+mph winds. A deeply relaxing and rejuvenating experience, and which, despite the title forest bathing, does not involve any swimming! Some of the scientifically proven benefits of spending time in woodland include reduced stress levels, stronger immune system response, and a stabilised cortisol cycle. Book via our [Harmony Healing shop](#). Email to go on our forest bathing mailing list.

Monday 17 January @ 23:51 is Wolf Full Moon. We are holding our Full Moon virtual healing circle tonight at 7.30pm GMT, see entry below for details. Between Full Moon and the next New Moon is considered as a good time energetically for detoxing the body. Click here for [Angela McGerr's Full Moon Meditation with Gabriel](#). This ritual is taken from Angela McGerr's A Harmony of Angels book; this is now long out of print but we have a few signed unused copies available from the [Harmony Shop](#).

Monday 17 January, 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 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](#).



Thursday 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.

Friday 21 January is Sarah's 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. It is being held in person by Sarah in the TW13 postcode area, full address will be given on receipt of payment. Talk, support, heal, celebrate, and hold each other. Book at [Eventbrite](#).

Tuesday 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.

The same date is St Dwynwen's Day in Wales. St Dwynwen is the Welsh equivalent of St Valentine, being their patron saint of love.



Harmony Healing Blog updates can be emailed to you. The Harmony Healing regular Blog update can be emailed out with more information as the events above happen (updates are headed with a title detailing the occasion so you can choose whether to open it or not), featuring New and Full Moon, meteor showers, eclipses and other meteorological events, interesting anniversaries, ancient festival dates plus notification of dates of numerological significance.

See <https://harmonyhealing.co.uk/blog> for typical Blog entries. Sometimes Blogs will appear on successive days and at other times there will be no messages for a while. The sender e-mail address and the sender will show as Joanna Bristow-Watkins @ Harmony Healing. You may need add this email to your safe list and check your junk filter initially. *You can sign up at any page of the Harmony Healing website or at <https://harmonyhealing.co.uk/newsletter-sign-up>.*

Acknowledgments

Celestial Forecast is compiled by Joanna Bristow-Watkins of Harmony Healing, the original is published at Joanna's [Monthly Celestial Forecasts](#). It is created using many sources but notably the [Moonwise Calendar](#) and Lia Leendertz's annual Almanac. Whilst considerable effort is made to ensure accuracy, this is not an exact science and sources are sometimes contradictory!

Poetry: Albatross

By Nicola Ison

Paper, paper everywhere,
And not a sheet to shred,
Until it's all been scrutinised,
Sorted and thoroughly read.

Files of statements multiply,
Letters and bills abound,
They've been here a long time now,
Just left lying around.

Now's the day for filing them,
Putting away the reams,
Into new files and more boxes –
Only in your dreams.

We'll get there one day, I console,
The house will be totally neat,
No papers on the floor at all,
We'll be old, but the task complete!



Tales for dark evenings: Chambercombe Manor

By the Storyteller

Smuggling was big business in the 16th and 17th centuries throughout England, as the wealth of folk tales about smugglers attest. However, another lucrative trade at this time was wrecking and many small coastal communities were the beneficiaries of ships that ran aground on nearby rocks or shallows. This tale is about one such person.

And so, we go to Chambercombe Manor in the 17th century. This stately home is located near Ilfracombe in Devon and belonged to Alexander Otway at the time of this story. Alexander made his money through wrecking = luring ships onto the rocks for plunder.

One night, Alexander & his son (William) caused a large ship to run aground. As his father looted the ship, William Otway rescued a beautiful woman from the wreck. They soon married and had a daughter (Kate). When Kate grew up, she married an Irishman and they moved to Dublin.

After a while, William Otway ran short of funds. He decided to take up the family tradition of wrecking ships for profit. During a terrible storm one night, William caused a ship to run aground and he discovered a badly injured and disfigured woman in the waves. He took the body up to the house, but she died there. After robbing the body of all the jewellery and clothes, he realised that it was the body of his own daughter. Overcome with guilt, he hid the body in the house and left Devon forever.

Fast forward 200 years to the 1860s, when the new tenants of the Manor were exploring the house and they discovered some secret rooms and false walls. Inside one of the secret rooms was an old four-poster bed and the skeletal remains of Kate, William Otway's daughter, who is said now to haunt the house on stormy nights.



Actually, **GYLDEN FELLOWSHIP** are happy to announce that collected volumes of tales by the Storyteller will be posted on our website this month. Such tales are performance pieces and can be downloaded by users to read aloud.

Save the date!

By Maxine and Baz Cilia and Jonathan Argento

Editor's note: these events are correct at the time of publication, but covid-19 rules may cause changes. We'll announce any changes on our FB group, closer to the time.



**Wild
Witchcraft
Conference**
26: 03: 2022

Speakers
Damh the Bard
Rachel Patterson
Vikki Bramshaw
Sam R Geraghty
Host Jonathan Argento

Sat, 26 March 2022, 10am-5pm GMT – £22.15

Location: Merchistoun Hall, 106 Portsmouth Road, Horndean PO8 9LJ



Enchanted Market
Charity fundraiser 2022

12th-13th Feb

Garth Hill College
Bracknell RG42 2AD

In Aid of
Thames hospice

Environment: dolphins

By World Cetacean Alliance

We believe that hundreds of dolphins are killed every year as the result of giant factory ships trawling waters around the UK. Victims of unsustainable fishing, the bodies of these beautiful, intelligent animals regularly wash up on British shores.

You may have already heard about supertrawlers fishing in waters around the UK. These are huge fishing vessels with kilometre-long nets the size of 450 tennis courts, which are capable of harvesting thousands of tonnes of fish per trip.

These supersized nets mean that fish aren't the only animals that get caught. Dolphins, and any other marine wildlife unfortunate enough to be nearby, are unable to escape and end up being needlessly killed as "bycatch".

Supertrawlers from around the world are legally allowed to fish in UK waters. However, since supertrawlers don't enter territorial waters, they aren't held to the same level of legislation as the UK's own local, sustainable fishing community.

With your support, we're demanding greater transparency on bycatch from supertrawlers and are calling on the UK government to hold supertrawlers to account by strengthening legislation. Our mission is to protect whales, dolphins and porpoises through a connected community of people with the expertise, capacity, and resources to act as the voice for cetaceans and their habitats locally, nationally, and internationally.

Cetacean (/sɪˈtɛɪfən/

noun: cetacean; plural noun: cetaceans; adjective: cetacean

- 1. a marine mammal of the order *Cetacea* ; a whale, dolphin, or porpoise.**

adjective: cetacean

- 1. relating to or denoting cetaceans.**

The World Cetacean Alliance (WCA) was created with the explicit purpose of bringing together organisations and people to create an integrated model for cetacean conservation and protection. Since our first days, we have felt that the strength of our mission comes from the people who are invested in it, be they individual partners, whale watch operators, not-for-profit-organisations or NGOs.

Before the WCA, there was no authoritative worldwide conversation being had on how best to advocate for cetaceans and the consortium of businesses and groups that revolve around them. As such, there was a lot of space for information, funding and intersectional research projects to fall between the cracks. We feel that, without a structured information network, the efficacy of conservation efforts is somewhat limited in a way that it doesn't need to be. There are organisations and companies all over the world doing work on behalf of cetaceans, but an intersectional approach is needed to make sure that all parties have easy access to current news and upcoming research within the community. We need to give non-profits, scientists, activists, concerned citizens and businesses a way to work together and communicate freely on local and global solutions to protect cetaceans.

Find out more at <https://worldcetaceanalliance.org/dolphins-arent-discard/>

Winter wildlife

Photos by Sussex Wildlife Trust

Contact: www.sussexwildlifetrust.org.uk





Healing from the inside

By Waverley Healing Wheel

Over the years, we've published all sorts of herbal healing suggestions, namely various salves, creams, massage oils and so on. Looking out at the dreary weather and many people not going out for fear of Omicron infection, here are a few ideas for healing recipes that both warm the body and the soul! Many of these will appeal to vegetarians too.

Winter mushroom hot-pot

A lot of traditional Yuletide fare involves very rich or sugary foods. So, this recipe is all about a vegetarian alternative for the new year.

Ingredients

12 shallots

4 portobello mushrooms

120g shiitake mushrooms

250g chestnut mushrooms

25g butter

olive oil

2 large carrots

2 cloves of garlic

Thyme to season

2 fresh bay leaves

500ml veg stock

1tbsp tomato purée

Method

1. Put the shallots in a bowl and cover with hot water (makes them easy to peel).
2. Roughly chop the mushrooms.
3. Heat half the butter with 1tbsp oil in a pan on medium heat.
4. Fry the mushrooms in batches, until coloured, but still firm, adding another 1tbsp oil between each batch. Tip the mushrooms into a bowl and set aside.
5. Peel and chop the shallots, garlic and carrots.
6. Heat the remaining butter in the pan. Fry the shallots and carrots for 10 mins, stirring occasionally – add garlic for last 3 mins.
7. Add the thyme, tomato purée and bay leaves.
8. Add the vegetable stock and simmer for 25 mins.

9. Season to taste and fish out the thyme stalks and bay leaves. Stir the cooked mushrooms into the sauce along with any juices, heating through for 5 mins or so – tastes well with colcannon, mashed potato or warm fresh bread.

Winter stew

Here's a hearty stew for the chills of winter, but with no meat – the families in Celtic or Saxon settlements would need to preserve the meat over the winter, but use up the more perishable vegetables. And there are options with the following recipe, e.g. using turnips, chestnuts or leeks – whatever you fancy. My guess is that this recipe makes about 3-4 servings.

Ingredients

150g small mushrooms, washed

3 large onions, cut into chunks

1 small green pepper, cut into small pieces

400g tin chopped tomatoes/ 450g ripe tomatoes, chopped finely

4 tbsp cooking oil

1 clove garlic, crushed

1 bay leaf and 1 tsp basil

Salt & black pepper.

Method

1. Put the oil in a pan and heat gently.
2. Add the onion chunks and cook for 3-4 minutes.
3. Add the green pepper and mushrooms, mix well and cook for another 3-4 minutes.
4. Add the salt, black pepper, tomatoes, garlic and herbs to the pan.
5. Mix all the ingredients well.
6. Cover and heat gently for 40-50 minutes.
7. Serve the mixture with rice or pasta. Traditionally, such a vegetable mix would have been eaten with chunks of hot, crusty bread.

Vegan gravy

A lot of traditional Yule or Christmas fare involves meat, be it turkey or chicken or whatever. So, this recipe is about a vegetarian alternative.

Ingredients

2 onions

2 carrots
25g dried mushrooms
Sunflower or olive oil
2 fresh bay leaves
2 sprigs of fresh thyme
2 tablespoons blackcurrant jam
2 tablespoons plain flour
1 tablespoon tomato purée
2 tablespoons red wine vinegar
1.5 litres vegetable stock

Method

1. Peel the vegetables and chop roughly.
2. Put in a large pan over a medium heat with oil and the herbs.
3. Fry for 25 minutes or so until golden, stirring occasionally.
4. Add the jam and continue to cook for another 5 minutes until sticky and caramelised.
5. Stir in the flour, then add the tomato purée and vinegar.
6. Pour in the stock and bring to the boil.
7. Reduce to a simmer for 10 minutes until thickened and reduced.
8. Sieve into another large pan, using a spoon to squeeze out all the extra flavour.

Soothing juice for sore throats or tickly coughs

Ingredients

300g raspberries
Juice of 2-3 oranges
300ml water
Honey to sweeten (or a little caster sugar)

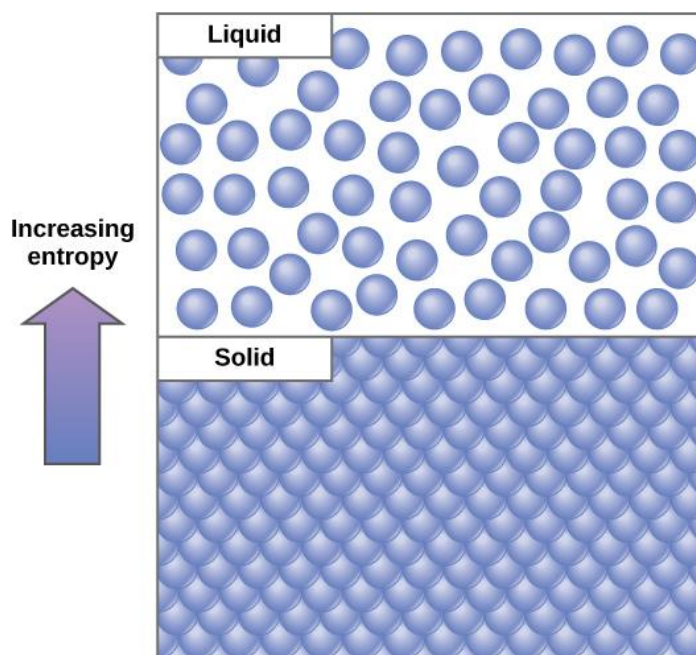
Method

- 1) Mix the berries, orange juice and water together in a pan.
- 2) Put on a low/medium heat for 20/25 minutes.
- 3) Sieve mixture into another pan.
- 4) Add honey and heat until dissolved.
- 5) Simmer for 10 minutes.
- 6) Drink a glass & store any excess in a cool, dry place (not fridge).
- 7) Add water as necessary to make it a cordial rather than syrup.

Energy loss

By Mark Sharpen

OK then, this piece is all about entropy. Btw, happy New Year to everyone!



Entropy is what much of 2020 and 2021 meant to a lot of us – it's the movement of an organised system or a society into ever-increasing disorder or chaos. The term comes from physics, but applies to social sciences too. In short, entropy is one way of describing the loss of energy – if I drop something on the floor and don't pick it up, there's no real problem. But, if I carry on not picking stuff up, sooner rather than later, my flat turns into a dump! And that would take a lot of energy to sort out. Clearing up the chaos erodes my time and energy.

What is interesting is that entropy has a polar opposite – negative entropy, or negentropy, for short. If I try to order my life on negentropy, it follows that life will become less chaotic and more energy-efficient. In social systems, energy is defined as the capacity or ability to do work. We can see the dysfunctional entropy in corporate life, such as committee meetings that could have been done via zoom or online, rather than in person. Actually, I remember thinking that if I ignored most of the management emails (when I worked in-company), so much more real work could be done.

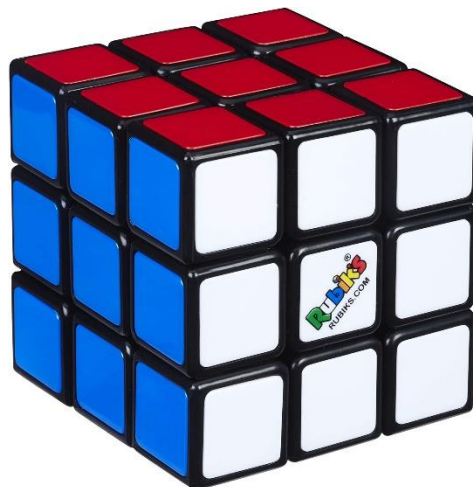
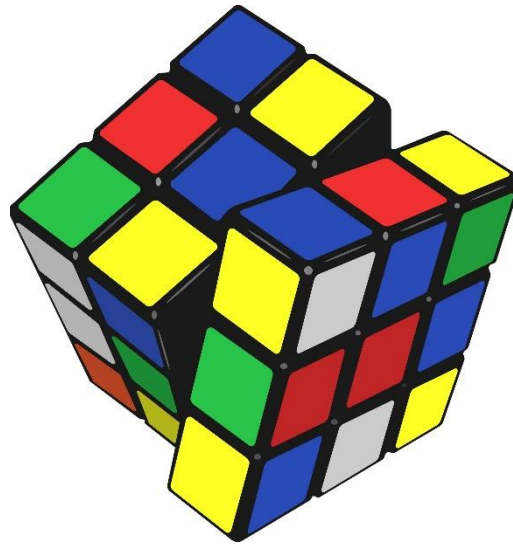
So, what could be done is to look at entropy in its physics sense and apply the principles of energy loss to social or business systems. In other words, this would mean trying to use negentropy to maximise our energy and minimise energy loss. To take a left-field idea, this might mean having a moot in person for those who can make it, but having it on zoom or skype too for those who cannot travel to the event, perhaps through infection or bad weather or whatever. The result is that our pagan lives suddenly become more efficient and effective. Moots can suddenly be attended by both the online audience and the those who turn up.

How then can we use negentropy to stop wasting energy in our lives? Here's a few suggestions.

- 1) Identify where there are areas for improvement in your life. Just as my study is hard to use with letters, books and papers scattered everywhere, so a mindset of good filing is important. If it was an engineering or thermodynamics problem, a loose joint might leak heat energy.

- 2) Work out which energy losses are the biggest or most annoying. Making kitchen or bathroom repairs may avoid leaks or floods. Sorting out problems at work may avoid time losses on your part.
- 3) When faced with a confusing situation or too many tasks at once, I try to make a list or plan. That sorts out the most important issues and appointments. In a corporate context, is it necessary to have a pre-planning meeting or is it better done by email?
- 4) If we're talking plans here, whether in a social situation or an engineering context, test your ideas out first. We always did this when taking new ideas for a whirl as a company – some will work and others won't, but they might work in a year or so. That's why one should never waste a new idea.
- 5) Trying to cut down on energy losses, be they time-related or wider than that, can be long-winded. I can attest to this from when I used to audit small companies in terms of quality standards. Some processes and procedures need more than repairs, but a new start. Looking at your life may mean changing small things to reduce energy loss, but there's no bigger entropy than a corporate structure.

Here's a good image for negentropy. The completed cube is low entropy and good negentropy. The jumbled one is high entropy.



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Our email: @GyldenFellowship

Our website: www.gyldenfellowship.co.uk

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

