

# Gylden Magick

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## Jan. 2023

PRACTICAL MAGICK & UNIVERSAL ENERGY FOR EVERYDAY LIFE

## Editor's notes

By Gylden Fellowship

Welcome to **GYLDEN MAGICK** – the spiritual magazine from Gylden Fellowship that spans both traditional and newer pagan beliefs and practice.

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

First things first though – we've decided to continue with the longer version of our magazine in our 5<sup>th</sup> year of publication, from September. So, our **Wolf Moon** issue comes in at 30 pages, with lots of different topics. There are some longer pieces, to give authors more space.

Most of our contributors come from the Gylden area, providing a mix of

magick, wisdom and stories. Past editions of **GYLDEN MAGICK** can be accessed on our website and on Facebook too.

As with the December issue, this edition has a **seasonal flavour** with both articles and some lollipops too. In the concert music sense, lollipops are short, entertaining pieces.

So, this issue of **GYLDEN MAGICK** includes sacred geometry, poetry, and looking towards Imbolg. There are two texts from Charlie on crystals, Las Posadas photos, hygge, environmental updates, a First Nation story and celestial forecasts.

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.

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

Many of our annual festivals are based upon the light, e.g. the solstices and the equinoxes, as significant to us today as to our ancestors. Talking of festivals, it's great that several are starting up again.

For more info, why not join the **Gylden Fellowship** community on Facebook today and catch up on our news?

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# Looking towards Imbolg

By Nic the Witch

Imbolg/ Imbolc/ Oimeic is a Celtic festival that falls on the mid-point between Yule and the Spring Equinox at Ostara, this year on Tuesday eve, 1 February until Wednesday eve 2 February. It was known as *Oimeic* or *I'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 and flu, many moots and pagan groups are holding online ritual celebrations, but some open-air rituals may be found, namely Basingstoke Pagan Circle.

Let's start with *Oimeic*, which is a Gaelic word meaning "ewes' milk", whereas *I'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. Here are some ideas for celebrating Imbolg in your own homes.

- Making a Brighid doll (brideog) out of straw, flowers or shells.
- Cleansing the home for spring.
- Lighting a white or green candle, if you don't have an open fire.
- Making a Brighid cross or a straw cradle or bed, the leaba Brid.
- Good time of the year for scrying or divination.
- Placing snowdrops or swan feathers on your altar.

As we're coming up to Imbolg (1-2 February 2023), perhaps it would be a nice idea to have some Imbolg incense, regardless of whether it's just for you or for a small group ritual. You can make your own quite easily, using a blend of herbs, flowers, wood bark, resins and berries. The first step is to gather your ingredients, together with jars, lids, mortar, pestle, mixing and measuring spoons. Any guide to incense lists the parts and a part is simply 1 unit of measurement - a cup or 1tsp.

Start with the essential oils or resins, mashing them up with the mortar and pestle. Or, you could use a blender or coffee grinder. Then add berries, flowers, dry herbs last. The Imbolg incense could consist of:

- 2 parts cedar or sandalwood
- 2 parts frankincense
- 1-part pine resin
- 1-part dragon's blood
- 1-part orange peel
- 0.5-part lily or snowdrop petals
- 1-part spice, e.g. cinnamon or nutmeg.

If you want to add ritual to your incense, focus on your intent, such as anything you would like to achieve in 2023. State your intent out loud as you blend the herbs to charge up your incense and again as it burns.

Talking about burning incense, Imbolg is the time that Christians celebrate as Candlemas - here's a candle spell that's designed to give basic protection for ritual or altar work.

A lot of candle magick involves writing on the wax and I find that using a crystal to write on the candle can give a boost to the spell. Never blow the flame out - just pinch it or snuff it out.

**Please note that all the spells used or quoted in *GYLDEN MAGICK*, were written by members of Gylden Fellowship.**

**Set-up:** a dark blue candle, a small container of patchouli oil, pine or sandalwood incense, salt and water. Altar colours for Mabon-Samhain are yellow, orange, brown or gold.

1. Anoint the candle with some of the patchouli oil.
2. Chant, "***Candle of protection, power and might,  
Protect me from evil with your pure light***".
3. Light the candle and the incense.
4. Anoint your forehead with some of the patchouli oil.
5. Sprinkle salt and some water around the candle.
6. Visualise all negative thoughts and stresses fading away.
7. Chant, "***Let all the elements now combine,  
To protect my heart and mind,  
Let darkness and evil fade away  
So only good shall come my way***",
8. Let the candle burn out completely and repeat as needed.





**Valentine's magick** - apples have long been used for divination and love magick. The blossoms were included in love sachets and used to scent candles to attract love. To ensure happiness in your relationship, cut an apple in half and share it with your loved one. The spell below uses apple seeds to bring love into your life.

**You will need:** a piece of rose quartz, a red rose, a red apple, a green and a pink candle. Pick a time when you know you will not be disturbed. While getting all the things you need, think of the love you would like to invite into your life.

- ✚ Light the candles and place the rose in front of the burning candles.
- ✚ Hold the rose quartz in your hand and, as you stare into the candle flames, repeat the invocation below:

*"Loving Goddess, I invoke thee,  
To grant me here my desire,  
I ask for love eternal and true,  
Sealed with candle-fire.  
May the fragrance of the rose,  
Carry my wish afar,  
And bring me only my true love,  
To last for evermore.  
So mote it be."*

- ✚ All thanks to the Goddess and leave the candles to burn out.
- ✚ Eat the apple and save the seeds.
- ✚ Place the rose, the apple seeds, and the rose quartz on a window ledge where they will attract the magick of the moon. Next day, as soon as you wake up, plant the apple seeds in a pot of soil.
- ✚ Look after your seeds in a caring way and, as the seedlings begin to grow, love will come into your life.
- ✚ Keep the roses and, when they wilt, dry the petals, keeping them in a special place (with your rose quartz) to remind you of the spell.



Gylden  
Magick  
Jan. 2023

# Las Posadas festival, Mexico: 16-24 Dec. 2022

Collated by Gylden Fellowship













# Crystal clear: yooperlite®

By Charlie Foreverdark

Before we begin, it is important to first recognise that the word, Yooperlite®, is actually a tradename brand of syenite rock with inclusions of fluorescent sodalite. Syenite is an intrusive igneous rock with a coarse granular internal structure and a general composition similar to that of granite, but lacking (or at least very low <5%) in concentrations of quartz. Sodalite is a rich royal blue coloured mineral, first discovered in Greenland in 1806. It fluoresces underneath ultraviolet (UV) light.

Fluorescence, in a nutshell is where the stone absorbs the electromagnetic radiation and then emits it at a longer wavelength, which is why it appears fiery orange in the case of sodalite. Fluorescent materials cease to glow almost immediately upon the cessation of the radiation source, unlike phosphorescent materials which continue to emit light for a short time afterwards.

Yooperlite® is a fluorescent rock found predominantly along the Michigan shores of Lake Superior - the rock will emit a glow when subjected to UV light. With a Mohs hardness score of 5, Yooperlites® were discovered, named and trademarked by agate dealer and mineral collector, *Erik Rintamaki*. He knew that UV light can have an effect upon certain minerals and decided to take a night stroll along the lake shore with a handheld UV torch. He found several small Yooperlites® in the early hours of one morning in June 2017. When his torch-light fell upon the rocks, they emitted a distinguishable yellow and teal luminescent glow. He collected and sent these curious stones to geological experts at Michigan State University, where Scanning Electron Microscope (SEM) analysis was utilised to confirm that the fluorescent mineral was inclusions of sodalite. The stones were identified as "syenite clasts containing fluorescent sodalite." And, although syenites are a common enough occurrence in the state of Michigan, these Yooperlite® specimens were the first documented sodalites ever to be found there.

Extensive testing revealed that the Yooperlite® actually did not originate from the Michigan Upper Peninsula, but probably came from Coldwell Alkaline Complex in Ontario, Canada. The Yooperlites® were then likely transported south via continental glaciation and gradually made their way into Lake Superior. Research followed and, in May 2018, an article in *Mineral News* concluded that Rintamaki had discovered a new mineral, and, despite the fact that rock collectors had likely been stumbling unaware over these dull-looking rocks for ages, the discovery earned him the right to the trademarked name.

Michigan's Upper Peninsula is abbreviated to the letters "UP", and the locals of this area are known as "Yoopers": a colloquialism derived from the abbreviation "UP". Rintamaki selected "Yooperlite®" as an affectionate nod to his homeland and in recognition of the awesome glowing properties. He also noted the distinctive individual patterning of each specimen and named them according to their visual design: Gemmy, Flower, Snowflake, Spray Paint, Banded, Striated and Galaxy. How and/or why they take on these patterns remains a geological mystery at this time.

Rintamaki's unique and exciting discovery garnered an astonishing amount of national media attention and, naturally, the material has been exported and can be purchased worldwide from crystal and mineral suppliers. However, if you prefer to locate your own specimen the law of the state of Michigan decrees that you are allowed to harvest up to 25lbs of rocks per year, excluding restricted areas where rock collecting is not permitted, such as the National Parks. Also, Yooperlite® rocks have been found in gravel pits in Minnesota, on Lake Michigan near Chicago and Point Betsie, in Wisconsin, Illinois, and Indiana. The mineral is not uncommon, and actually occurs all over the world.

From twilight through the night is the best time to search for these glowing stones with a UV light as their reactive glow will be more visible in the darkness. During the daytime, there is nothing about their colour, texture, density or grain pattern to set them apart from the thousands of other rocks on the shore. It is only under the black-light that the magic happens. The best times of year tend to be spring and autumn, after the ice from the lake relocates rocks and the choppy waves upturn the order of beach. Particularly good harvests are typically gathered after stormy weather. The best equipment is a durable water-resistant UV torch with a focused beam. These can be picked up relatively cheaply, but if harvesting minerals is something that you intend to expend energy upon, it is worth investing in a fairly decent one.

Another name for Yooperlite® is **emberlite** or, more specifically, Keeweenaw emberlite. Other terms include embers, or simply glow-rocks. Erik Rintamaki built his business on the discovery of these beautiful glowing rocks and now offers rock-hunting tours at \$50 per person and sells a wide range of Yooperlite® merchandise online. He actually trademarked the name, so the word Yooperlite® is his intellectual property. However, this action was not met with universal acceptance. An online personality known as Jason Asselin, who also hails from the Upper Peninsula challenged Rintamaki's right to trademark the stone after he was served with a cease-and-desist order from Rintamaki's lawyers for trying to sell Yooperlite® on Etsy, without first having obtained consent. In protest, Asselin created a GoFundMe campaign to trademark his own named brand of sodalite-rich syenite – "**Lake Shore Emberlites**".

Rintamaki contends that trade marking the Yooperlite® name was simply a practical business decision. The correct geological name for these stones is sodalite-rich syenite. Although it has become a well-known label, Yooperlite® only really refers to Rintamaki's brand of fluorescent sodalite from Michigan. Rintamaki has insisted that any person can apply for his permission to become an authorised vendor and sell the rocks under their trade name Yooperlite®. Whilst he generally avoids contesting small-time or occasional sellers using his trademarked name, in order to sell Yooperlite® in any real quantity, one would have to apply to him directly in order to become a qualified and recognised official vendor.





# Mammal round-up

By the Mammal Society

One in four of our native mammals is threatened with extinction, and many others are in decline. With Britain now recognised as one of the most nature-depleted countries in the world, urgent action is needed. The Mammal Society is working to give our wildlife a better future in these ways. More details from [www.mammal.org.uk](http://www.mammal.org.uk).

1. Keeping a constant watch on the conservation status of our mammals and making this information freely available.
2. Making conservation more effective by providing guidance on what to do and where to do it.
3. Educating the public and professionals about wild mammals, training people to survey them, and sharing the latest research.
4. Working in partnership to restore native mammal populations and re-establish functional ecosystems.
5. The text below concentrates on **seals and shrews**.

**Grey and harbour seals** are threatened by climate change, predators, competition for food, pollution and diseases. Such threats can cause seal strandings, which either result in direct death or rescue. When rescued, trained wildlife rescuers assess each seal and determine whether treatment at a rehabilitation centre is required. Seal pups that come into rehabilitation centres require medical treatment and/or assisted feeding. The stress induced on the seals by these practices has the potential to negatively affect the outcome of rehabilitation. Therefore, the overarching aim of new Mammal Society research is to develop health and welfare assessment tools for harbour and grey seals in rehabilitation, in order to increase their odds of survival and release back to the wild.

The first study investigated the causes of harbour and grey seal admittance to rehabilitation centres in the UK and Ireland, and identified factors that affect juvenile seal survival. It has just been published in the journal of **Marine Mammal Science**, published by Wiley Periodicals LLC on behalf of Society for Marine Mammalogy. This study involved the collection of rehabilitation records for 1435 harbour and 2691 grey seals from five rehabilitation centres from 1988-2020.

The records showed that **the most common reasons for seal admission to rehabilitation centres** included the following:

- malnourishment (37%)
- injuries (37%)
- maternal abandonment (15%)
- lethargy (12%)
- parasite infections (8%).

In September 2022, the **Greater White-toothed (GWT) Shrew** was discovered in Great Britain by Ian Bond, from a specimen caught by Melissa Young's indoor cat. This new non-native mammal, found in the Sunderland area, was confirmed via a DNA test. At present, the GWT shrew is not known to be invasive in Britain but, as a new non-native species, it has the ability to become invasive.



The GWT shrew is known to out-compete the pygmy shrew in Ireland and there is a possibility that the GWT shrew will negatively affect, or completely displace our pygmy shrew. The GWT shrew is native to Europe, North Africa and some of the Channel Islands. Although the origins of the shrews found in Sunderland are currently unknown, they could have been imported from Ireland or the European continent. DNA sampling is being planned to be able to answer this question.

With the potential harm to native pygmy shrews in mind, the Mammal Society and MammalWeb are calling for increased monitoring of shrews, in Britain. There is a need to confirm the GWT shrews' presence in the wild, find out how far it has spread, and determine whether it is affecting the abundance of pygmy shrews.

The Mammal Society and MammalWeb are promoting ways to record the presence of all small mammals, to monitor GWT shrew distribution and any changes to pygmy shrew abundance. Methods include the use of camera traps, taking photos of sighted shrews, alive or dead, and checking owl and bird of prey pellets for shrew remains. Ad hoc sightings – ideally with photos – can be recorded using the Mammal Mapper app. Camera traps can be modified to record small mammals and all resultant footage submitted to the MammalWeb platform.

Since the GWT shrew in Sunderland was first identified, a number of shrew records have been reported. Recently, a photograph of a dead shrew in Nottinghamshire, submitted via the Mammal Mapper app, was reviewed by independent experts and confirmed to be a highly likely GWT shrew. This record is over 200km away from the initial GWT shrew sighting and highlights the importance of vigilance and widespread recording of small mammal species across national extents.

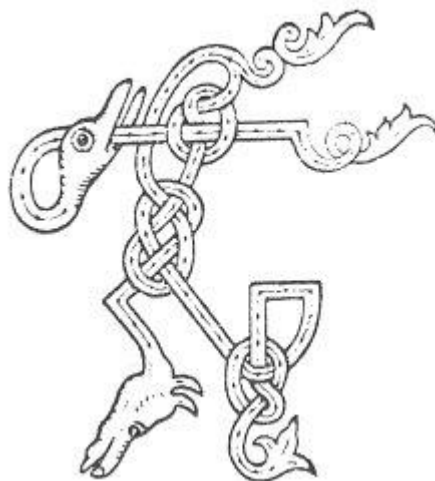
**For further details, please contact The Mammal Society at:  
General Enquiries [info@themammalsociety.org](mailto:info@themammalsociety.org) 02380 010981**



## Gaelic blessing:

By Alexander Carmichael, from the *Carmina Gaedelica: Milking Song*

COME, Mary, and milk my cow,  
 Come, Bride, and encompass her,  
 Come, Columba the benign,  
 And twine thine arms around my cow.  
 Ho my heifer, ho my gentle heifer,  
 Ho my heifer, ho my gentle heifer,  
 Ho my heifer, ho my gentle heifer,  
 My heifer dear, generous and kind,  
 For the sake of the High King take to thy calf.  
 Come, Mary Virgin, to my cow,  
 Come, great Bride, the beauteous,  
 Come, thou milkmaid of Jesus Christ,  
 And place thine arms beneath my cow.  
 Ho my heifer, ho my gentle heifer.  
 Lovely black cow, pride of the sheiling,  
 First cow of the byre, choice mother of calves,  
 Wisps of straw round the cows of the townland,  
 A shackle of silk on my heifer beloved.  
 Ho my heifer, ho my gentle heifer.  
 My black cow, my black cow,  
 A like sorrow afflicts me and thee,  
 Thou grieving for thy lovely calf,  
 I for my beloved son under the sea,  
 My beloved only son under the sea.



# Imbolg blessing

By Nicola Ison

**Editor's note:** the latest collection of poems from Nicola, *Mac Tire*, has been published on the **Gylden Fellowship** website and is free to download – here is a blessing for Oimeic.

Brigid, wise one, I call to you,  
Lady of the Smithy, I invite you here,  
Eternal Goddess, I ask your presence,  
Please be with us today.

I welcome you, Brigid at Imbolg,  
And ask for your blessing as the wheel turns,  
O Mother of Poetry, teach us your art,  
That your inspiration many enter our hearts.

O Mistress of Magic that stands by the fire,  
And shapes the light to the form you desire,  
O Mother of smithcraft, please teach us your art,  
That the power of change may enter our hearts.

You kindle the springtime to quicken the earth,  
From under your mantle the old has new birth,  
O Mother of Healing, please teach us your arts,  
That peace and contentment may enter our hearts.





## Tales for lighter evenings: Day and Night

By the Storyteller

**Editor's note:** the latest collection from the Storyteller, *Tales of Wonder and Magick*, has been published on the **Gylden Fellowship** website and is free to download. Readers can also find a collection of ghost stories, *Winter Chills*, from the website. This story is a First Nation tale from the **Menominee** tribe.

One day long ago, Rabbit was walking through the forest. He saw Owl sitting on a branch of a tree. There were bits of light coming through the trees, but it was hard for Rabbit to see. Rabbit asked Owl why he liked it so dark. Rabbit told Owl he didn't like the dark and he was going to make it bright like the daylight.

Owl told Rabbit that if he was powerful enough, to do it. Owl told Rabbit that they should have a contest to see who could make it dark or light all the time.

Rabbit and Owl called together all of the birds and animals to witness. Rabbit and Owl explained to the animals what they were trying to do. Some of the animals wanted Rabbit to win, but didn't know if they wanted it to be light all of the time. Some of the animals wanted Owl to win so it could stay dark all of the time.

The contest began. Rabbit repeated "Light, Light" and Owl repeated "Night, Night" - the trick was not to repeat the other's words. If one of them repeated the wrong word, they would lose. Rabbit and Owl kept on saying their words. The animals were cheering them on. All of a sudden, Owl said "Light" by mistake and lost the contest.

Rabbit was the winner and he had his wish for daylight, but he decided to let there be night as well for the benefit of all the animals. This made everyone happy.



# Crystal clear: bumblebee jasper

By Charlie Foreverdark

In today's industrial climate, it has become all the more important for the smaller producers and business owners to provide ethically-sourced alternative produce to contrast the internet giants (which obviously cannot be named for legal reasons so we'll just call them Whamazon and Bish!) One of the materials that you may never see on the shelves of ethical crystal buyers is bumblebee jasper.

Bumblebee jasper originates near the hot vents of Mount Papandayan – an active volcano in Indonesia. It isn't really jasper as it contains almost no quartz. It is a soft fibrous calcite of around 5 on the Mohs hardness scale.

The formation of this gemstone takes place in cracks, known as fumaroles, through which steam and sulphur-rich gases from the volcano escape. As these cracks collect rainwater, they become natural hot springs where sediments liquefy and begin to boil. The sediments include volcanic ash, iron, calcium, gypsum and barite, but it is the presence of an arsenic sulphide called *pararealgar* that gives bumblebee jasper its distinct yellow colouring. Gradually, as these pools of toxicity cool, the bumblebee gemstone formation takes place.

Indonesian miners from the surrounding villages of West Java extract the bumblebee jasper from solidified mud pools near sulphide bearing veins, on the lower slopes of this active volcano. Whilst its eruptions are not frequent, they have historically produced dangerous explosions and lahars that have put both mine workers and local civilians at risk.

In addition to the immediate obvious danger of mining in an active volcanic area, the presence of **arsenic sulphide** ( $As_4S_4$ ) raises serious concern about the toxicity of the airborne fibres and dust produced during both obtaining, and then fashioning towers and cabochons from this material. Historically, miners and lapidaries alike have suffered injury, cancer and even death as a result of mining, cutting, or polishing bumblebee jasper.

Initial enthusiasm in the material spurred the locals to mine a large amount of the stone in the 1990s and it was sold on the markets of Jakarta, and exported to Bali. In 2008, an American dealer bought up the villagers' entire stockpile and tried to reintroduce it to the jewellery market as **Eclipse Jasper**, whilst in Bali it became known as **Mustard Jasper** - although they do not often crop up today, it is important to be aware of those alternative aliases.

In 2010, village locals (including young children) began to hand dig a small hilltop vein, but of the approximately 2 tonnes of material that was produced, only around 500kg was fine grade, bright and displayed the desirable high contrast banding that enabled it to be sold on the market. According to UNICEF, an estimated 2.7 million children are involved in some form of child labour in Indonesia, with around half of them under the age of 13. Unfortunately, the labour-intensive mining in Indonesia is just one of the industries that end up exploiting children, but the mining of bumblebee jasper is surely one of the most dangerous.

To this day, there are several workshops in the Sukabumi area of Java that still cut and polish bumblebee jasper as their main product. The lapidaries are paid very poorly and very rarely provided with the appropriate protective gear required to avoid the toxic dust, which can cause fatal diseases such as lung and mesothelial cancer. During the mining, cutting, and polishing, the substance is ground up, throwing particles and fine dust up into the air. The unsuspecting workers then inhale it, or lick it off of their lips or skin, or absorb it through other mucus membranes. A test of one vein of bumblebee jasper showed an average arsenic level of 12000mg per kilogram. To put that into context, the lethal level in a human is 140-1400mg. It is exceptionally dangerous for the lapidaries, who regularly work the material in small studios with poor ventilation.

**In addition to that, even the polished final product is a potential risk.** Not all stones are the same and, naturally, the amount of particularly harmful materials can vary dramatically on a piece-by-piece basis. One person could handle, sleep with, polish, even lick a stone and be lucky enough to get away with it, whilst someone else with another stone supposedly of the same variety could fall ill. This is why you cannot simply accept anecdotal representations from random online crystal enthusiasts who insist that “this stone which other people claim is toxic didn’t bother me!”

While the overall toxicity of sulphur is relatively low, it can still cause serious injury if it is breathed in or ingested. Arsenic, on the other hand, is extremely harmful to humans and animals, and can be fatal even when ingested or absorbed in fairly low amounts. Specifically, inorganic arsenic compounds are confirmed human carcinogens, which produce tumours of the mouth, oesophagus, larynx, bladder and paranasal sinus. Arsenic is a recognised carcinogen of the skin, lungs, and liver. Chronic poisoning from arsenic typically results from swallowing or inhaling arsenic compounds. Whilst the heavy metal sulphides are generally insoluble, they do produce toxic action through the liberation of hydrogen sulphide. Hydrogen sulphide, if generated, is toxic, a severe irritant and flammable. Effects include conjunctivitis, headache, nausea, dizziness, coughing, pulmonary oedema, and possibly death. The acute effects of inhalation include lung cancer. The substance may also be corrosive due to evolutions of hydrogen sulphide on contact with moisture. Hydrogen sulphide is highly irritating to the respiratory tract and exposure to high concentrations can affect the central nervous system and cause fatality.

Bumblebee jasper literally contains substances that could cause serious physical injury or death to humans if we were to take enough of it into our bodies. Given that the miners and lapidaries who work the stone aren’t afforded this consideration, it is important to weigh up whether you feel that the injustice is worthwhile just to have an unusual piece in your collection. If my warning goes unheeded and you do decide to go ahead and get some anyway, or perhaps if you already have some, a few tips: Always make sure that it is sealed with a protective coating before you wear it on your skin, don’t get it damp or wet, bin it immediately if it cracks or breaks, don’t handle the raw material and definitely **DON’T LICK IT**. Ultimately it really isn’t worth the risk!





## MBS January meditation

By Dolphin Star Temple

Dolphin Star Temple Mystery School is pleased to invite you to participate in a mass group meditation on Saturday January 28th at 5:00 pm (Time in the Netherlands), 8:00 am PST (Time in Los Angeles, CA). We will be live on our Facebook page and the meditation will be guided by **Inge van Straalen, President of the DST Board, Teacher, and Minister of DST.**

The main intention of the meditation will be to assist our planet and all the beings in it to heal and to raise their vibration. Together we can manifest a better reality with our focus, intentions, expectations and creation power.

In order to have the best results possible, we need your participation around the world. You will serve as an antenna that will anchor in your location, a combination of higher vibrational frequencies that we will be tuning in and channelling. Our Guides of light are sending us their healing energies and need our physical bodies to help ground those energies on our precious Earth.

**Together as One Mind and One Heart, we can heal humanity and Earth.**



**DOLPHIN STAR TEMPLE GLOBAL MEDITATION LIVE**  
JOIN US ON OUR FACEBOOK PAGE



**Inge van Straalen**

**January 28th, 2023 - 5 pm The Netherlands, 8 am Los Angeles**

## Helping wildlife in your garden

By Sussex Wildlife Trust: more details from [www.sussexwildlifetrust.org.uk](http://www.sussexwildlifetrust.org.uk)



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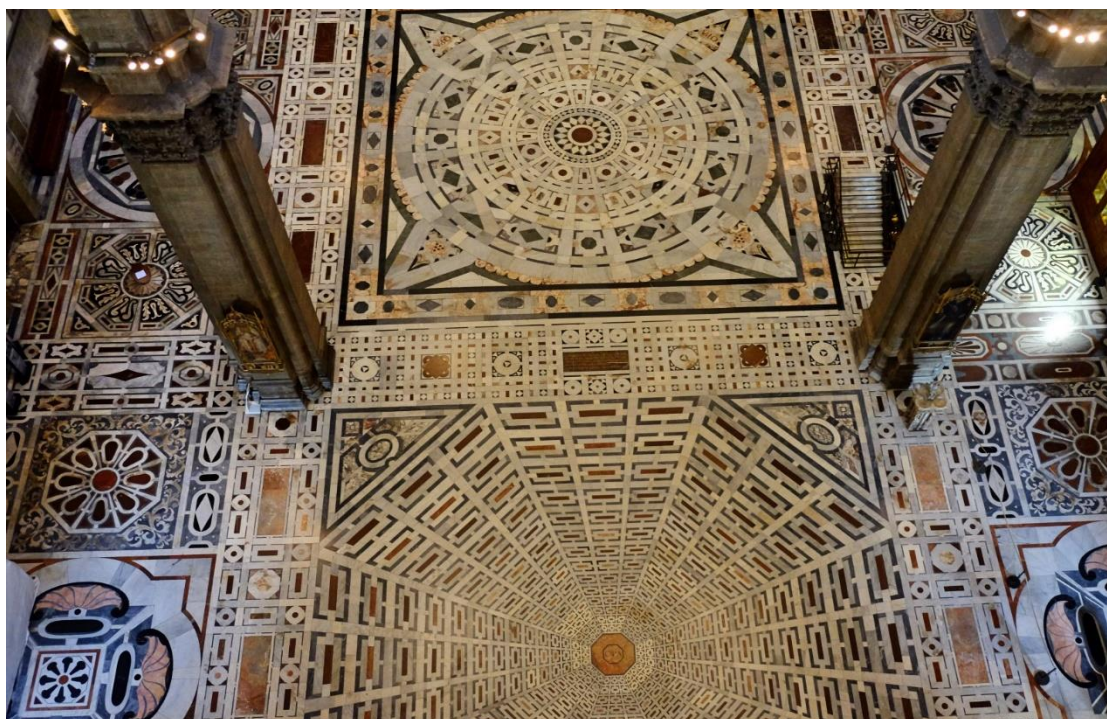
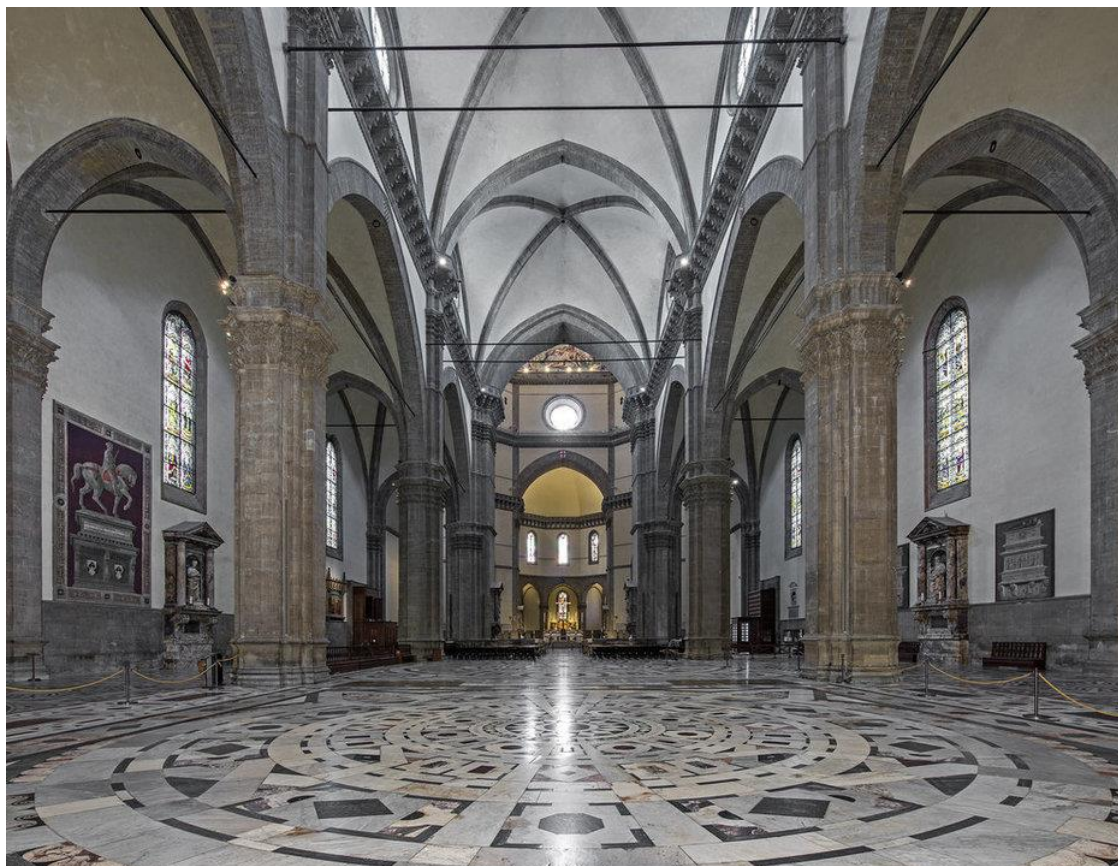
January is the perfect month to start thinking about making your garden or outside space more friendly for wildlife. You can help animals and birds make it through the winter and plan ahead for the spring and summer. **Here are our Top 10 Tasks for your wildlife garden in January 2023**

1. [Hang bird feeder and put out food on the ground and bird table](#)
2. Make sure your bird bath is topped up with fresh water and not frozen
3. [Regularly clean bird feeders](#), bird tables and bird bath
4. [Dig a pond or create a bog garden](#)
5. Trim back shrubs and trees once all their berries and fruit have been eaten
6. Plant a deciduous tree that produces berries or fruit if you have the space – try Rowan (*Sorbus aucuparia*) – blackbirds love it!
7. [Make a log or rock pile](#) to create areas of shelter for wildlife
8. Build a [compost](#) bin
9. Plan a [wild flower meadow](#) for spring sowing or planting
10. Buy or [build a bee nesting box](#) in your garden



# Sacred geometry: Santa del Fiore, Florence

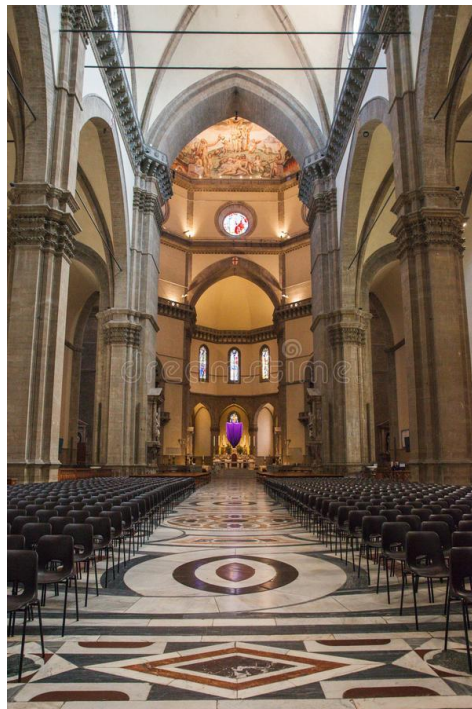
Collated by Gylden Fellowship











# Hygge

By Nic the Witch

After starting 2023 with a touch of flu, I've been thinking a lot about continuing 2023 as a stress-free winter via a well-known Danish technique, known as hygge (pronounced hoo-guh). Denmark is further north than England and a typical winter's day there starts with sunrise about 8.30am and stops at sunset at about 3.30pm – and it's Very Cold. In the icy weather over Yule, one could not help, but think about hibernation and hygge reflects this desire...mugs of hot chocolate, a lovely hot water bottle, warm blankets or an evening in the warm with good friends – all of these are part of hygge.



"Hygge, during the short, dark days and long nights, is akin to wintering. To slowing down, allowing the year to fold in on itself, and tending to ourselves and to each other," says Louisa Thomsen Brits, author of The Book of Hygge: The Danish Art of Living Well. "It leads to a sense of a rich inner life that radiates out through bleak days." So, here is a list of key foundations to the hygge approach.

1. Slow down – look at the pace and daily routine of your life. There's really no need to rush from task to task. The first step is to stop and reflect on what is comforting and relaxing for **You** – can you put more of these comfort items into your daily life? Examples for me might include putting time aside for poetry or folklore, having a full meal at lunch, meeting some friends in the afternoon for a chat and chocolate biscuits, going for a daily walk and tuning in for favourite radio programmes.
2. A circle of light never hurts, particularly when it's hammering down with rain outside in the evening or extremely cold with icy weather. Again, I can only speak for myself, but my flat is always full of twinkly lights, flickering candles or lit lamps. When I first moved in, a close friend advised that I should turn the unfurnished flat into a place of peace and magick – I've done that with tapestries on the walls, some of my friend's paintings, lots of lights, books and far too many crystals!
3. Try to soothe your senses by using a lot of colour in your immediate environment. That might include wearing bright clothes or having gentle music. I would add different types of incense, wearing sparkly jewellery, plants aplenty and always having lots of welcoming food or a cuppa for visitors.
4. Look after the small stuff means observing self-care each day. Small, routine jobs reinforce your comfort and well-being. It's all in the mindset – I tend to have morning and evening blessings, perhaps a bit of kitchen magick when cooking a meal and spending time with a cup of coffee and a pastry just to drift in semi-trance for any problems.
5. Hygge need not only be for the wintry seasons, although that is when warmth and comfort come into their own, to be fair. It is a pattern of life and establishes a sense of self-love that strengthens you. Now, I will confess that my flat is very welcoming to everyone, but that has not stopped me from placing a powerful protection grid to shield against negative influences – in my case, it's a combination of eagle magick and sentinel crystals.



# Celestial forecasts: January 2023

By Joanna Bristow-Watkins

*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, January 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 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** (9th) plus the Hindu Celebration of **Makara Samkranti** (14th) and the Annual Scottish **Burns Night** (25th). We have our only [Harmony in Nature Woodland Therapy \(Forest Bathing\)](#) event this month 11am-1.30pm on [Saturday 21st January at Harry Edwards](#) in Shere (Surrey). To assist with therapeutic and abundant alignment with the moon cycle, our next Lunar Alignment Programme commences with the New Moon on Saturday 21st January and runs until Monday 20th February. Our [Full Moon Meditation takes place 7.30-9.30pm \(UK time\) on Friday 6th](#), with **Wolf Full Moon** peaking at 23:07.*

**Sunday 1 January** was New Year's Day and was a Bank Holiday in the UK and time for New Year's Resolutions. 2023 is a 7 year in numerology. This means the digits of 2023 add up to 7, which makes it very special. Seven is a magical number in folklore and mysticism. Seven is undeniably a lucky number with great influence; associated with psychic and mystical powers, secrecy and the search for inner truth.

The authority attributed to the number seven, dates to the ancient civilisations who co-ordinated their lives with the lunar cycle, which comprises four phases each lasting just over seven days. This is likely to explain why we have seven named days in our week (each ruled by a planet).

The number seven appears frequently in our society: there are seven years to each stage of human growth, seven colours of the rainbow, seven notes in the musical scale, we have grouped our environmental miracles into The *Seven Wonders of the World* and there are even seven petitions in the Lord's Prayer and seven deadly sins.

The seventh child of a seventh child of a seventh child is said to be born with psychic ability. Mrs Heaney, our art teacher at school was said to have this ancestral heritage and I must say, that those of us unskilled at fine art certainly used this old adage to our advantage - whenever we were bored with the task at hand, we would insist that she regaled us with proof that she was indeed psychically gifted. Long before the flurry of interest brought about by Harry Potter, we pupils had a fascination with ghosts and spirits and since my grammar school was founded in 1725, there were plenty of rumours to whet our appetite.

Anyway, back to my theme! To summarise, the number seven is widely held to be a lucky number, especially in matters of love and money, and is associated with **Magic** and **Mystery**,

Anyone familiar with my sister [Angela McGerr](#)'s angelology books or who has studied my [Violet Flame of Amenti](#) course will know that Melchisadec is associated with the number Seven. He is the Patriarch of the Seven Planetary Angels and ruler of the Violet Ray. He represents peace and wholeness through spiritual

transformation. In Atlantis, he was said to rule the Temple of Spirit, which represented healing and alchemy. The Temple housed a violet flame, featuring all shades of violet; a spiritual antiseptic, which transmutes negativity. It should be a great year for those who feel close to the Melchisadec energies.

On a separate note, this brings me to the observation that we have a close affiliation with the ruling planet connected with the day we were born, in addition to the ruling planet for our element (earth, air, water, fire) as well as the zodiac. The realisation that performing celestial attunements on someone to match his/her personal profile (based on a birth chart or wedding date for example) led me to develop a new series of bespoke empowerment attunements detailed in the below or via this [special offer link](#).

Astrologically, a highly significant astrological shift taking place this year is that on 23 March - Pluto, signifying death and rebirth, tentatively moves into revolutionary Aquarius for the first time in 225 years. During the last periods when this happened there were many advancements within the arts and sciences plus lots of political upheavals; examples include 1778-1798 (the French Revolution and the American War of Independence) and 1532-1553 (Henry VIII's dissolution of the monasteries and also Protestant reformation in Europe).

Astrologer [Ysanne Lewis](#) ([ysanne.com](http://ysanne.com)) explained that the 2023 planetary alignments indicate transformation and, in the future years, this may be seen as an age of enlightenment and science. It's important to trust your intuition this year, especially during a window of opportunity for new ventures between mid/late January and April. For a fuller summary of 2023 astrology, listen to Ysanne's interview on Marlow FM radio, go to <https://www.marlowfm.co.uk/listen-again/>, Good Morning Marlow, Thursday 29 December at 10am, her interview starts 89:49 minutes in.



**Sunday 1 January was New Year's Day** and is a Bank Holiday in the UK (as well as the 2 January this year as New Year's Day fell on a Sunday) and time for New Year's Resolutions!

**Sunday 1–Thursday 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 Full Moon on Friday 6 January, there could be limited viewing this year. See [earthsky.org](http://earthsky.org) for more details.

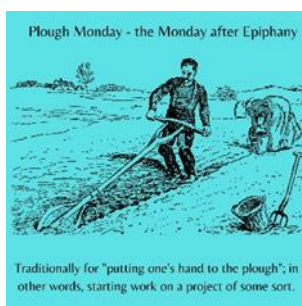
**Friday 6 January is Twelfth Night - or Epiphany** in the Christian Calendar -the day when (traditionally) the Christmas Tree and other decorations should be removed until the following year.

### Friday 6 January @ 23:07 is Wolf Full Moon.

Between Full Moon and the next New Moon is considered as a good time energetically for detoxing the body. If you would rather do a different angelic meditation by yourself, 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](#).

**Friday 6 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, 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](#).



**Monday 9 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.

**Wednesday 11 January** is the start of Harmony Healing Virtual Module: [Mindful Chakra Alignment and Unity Consciousness](#), (£66), 7.15pm - 9.30pm (UK time/GMT = UK & USA friendly evening hours), 2 1/4 hours for 3 consecutive weeks ending 25th January, worth 1/2 unit towards [RSE Level 1](#). Held remotely on Zoom. Re-balance your chakras, reconnect with the Earth and Sky and learn to work with etheric crystals and the energy of the chakra system. Many of my students report powerful and transformational experience during this course of meditations and alignment techniques. Book via [Harmony Shop](#)

**Thursday 12 January**, 7-8pm, Joanna is scheduled to run a live video for VSA (Vickysoul Academy) explaining about the [Moon Alignment Course](#) starting 21 January, contact Vicky on [victoria@thevickysoulacademy.com](mailto:victoria@thevickysoulacademy.com) to find out more.

**Saturday 14 January**, 2-7pm, is Beata's Open Inner Goddess Within & Live Your Magic, at The Bisley Yurt, GU24 9AR. Beata is a founder of the New Earth Goddess Heart Temple. This is a monthly activity, for women only, full of healing, cleansing, letting go, joy, love and liberating on soul. This New Earth Goddess Temple events feature sacred ceremonial cacao to connect to wisdom of your Soul, to your heart, re-claim your power, let go of the old, welcome the new. It's an interactive 5-hour mini-retreat offering deep powerful healing, full of joy. Each time will be unique, enhanced with a different invited guest (empowered women), but always the event will be tailored to the needs of the attending goddesses. Very limited sacred spaces offered. More at [Beata's website](#).



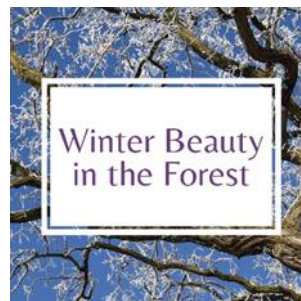
The next monthly event will be 2-7pm, 11 February. Contact Beata on 07731 673759 or [info@ifeelgoodtherapy.com](mailto:info@ifeelgoodtherapy.com) using the code HHJO1, to receive details on how to pay via bank transfer and save the Eventbrite fee.



**Saturday 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 (Leap Years such as 2020) when the date shifts by a single day, because of the complexity of earth-sun relative movement.

**Thursday 19 January**, GWCH monthly meet-up is showcasing Australian Bush flower remedies with Liz Bevan-Jones in Godalming. Email [gwchnetwork@gmail.com](mailto:gwchnetwork@gmail.com) if you want to book in. All meetings start at 11:30am and end at 1:20pm with a light lunch till 2pm. Guildford & Woking Complementary Health (GWCH) group holds monthly gatherings. Suitable for therapists and/or healers who would like to network and connect with other like-minded individuals as well as anyone with a curiosity to find out more about complementary therapies and other spiritually enriching subjects. You can join as a paid member and come regularly or drop in as a guest on an ad hoc basis, paying a small fee (in the region of £10) to join a specific session and stay on for the informal buffet lunch.

**Thursday 19 January** is Sarah's Moon Lodge Healing Women's Circle, 7-8.30pm UK time, £20 paid on the night. 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. To establish the full address and to book, contact Email Sarah on [crystalhealingbysj@gmail.com](mailto:crystalhealingbysj@gmail.com) or text 07949 492070.



**Friday 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.

**Saturday 21 January, 11am - 1.30pm, 2½ hours Forest Bathing+ session with Joanna at Harry Edwards Healing Sanctuary (Shere, near Guildford, Surrey), £35.** 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 [kateandjo@harmonyinnature.uk](mailto:kateandjo@harmonyinnature.uk) to go on our monthly update list for seasonal events.

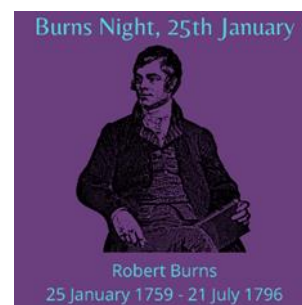
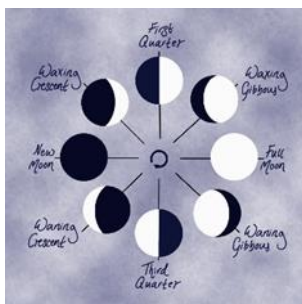
**Saturday 21 January to Monday 20 February** is Joanna's Harmony Healing [New Year New Moon New Vision 2023](#) initiative to reconnect with nature through closer alignment with the lunar cycle. This is achieved by working through the 28 Mansions of the Moon with the unique angel guardian of each lunar mansion. [New Year New Vision](#) costs £177 and is a mentoring programme with Joanna running for the complete first lunar month of the new year (from New Moon to New Moon). Generous rate reduction for RSE students and course repeaters.

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 2023. See [informational YouTube video](#) or [Harmony Healing website](#) for more information and testimonials from a previous New Year initiative.

**Saturday 21 January is New Moon @ 20:53.**

It's the start of our New Year New Vision Lunar Cycle Alignment Programme. Forget resolutions, set intentions for 2023!

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 [You Tube Page](#). It is a fabulous day for creating a personal or corporate Vision Board for 2023.



**Sunday 22 January, following the New Moon on the 21 January, the Year of the Water Tiger comes to a close and we progress into the Year of the Water Rabbit,** which will last until Friday 9 February 2024. Chinese Zodiac expert, Nicholas Haines, describes the Year of The Water Rabbit as a time to breed Magic and Miracles.

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. We moved into the water element last year with the Water Tiger. Each earthly branch is characterised, on a deeper level, by a yin or yang force and its own element.

In order, the 12 zodiac animals are: Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog, and Pig. Hence, the sign of the Rabbit is the fourth animal of the Chinese zodiac and represents longevity, peace and prosperity in their culture. 2023 is predicted to be a Year of Hope, but requires us to take specific actions to avoid a weakness within the Water Rabbit.

In Chinese culture, homes are thoroughly cleaned at the New Year to sweep away old ill fortune to make room for coming good luck, and fireworks are set off, and red (sometimes with gold) is worn to ward off evil monsters and bad luck. To find out more about the Year of the Water Rabbit, join the [Conscious Café](#) online event (from £9.21 if bought in advance, rising to £11./37 on the door) on 24 January, in which Nicholas Baines will predict what to expect in this auspicious year.

**Wednesday 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.





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