



Gylden Magick

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Jan. 2024

PRACTICAL MAGICK & UNIVERSAL ENERGY FOR EVERYDAY LIFE

Editor's notes

by Gylden Fellowship

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

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

First things first though – we've decided to continue with the longer version of our magazine in our 6th 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.

Dates for your diaries – not least the **Wassailing** on 14 January (Old Twelfth Night), **Up-Helly-Aa** on 30 January in Shetland and the **Feast of Hecate** on 31 January.

So, this issue of **GYLDEN MAGICK** includes stained glass, science pieces from Mark on astronomy and climate change. There is a text from Charlie on crystals, revenants in folklore, poetry, celestial forecasts, seasonal magick and events to look out for soon.

The photo above is indicative of the season – the feast of Imbolg falls on 1 February. **The meaning of Imbolg is described in the first piece below.**

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 Gylden Fellowship

Imbolg/ Imbolc/ Oimeic is a Celtic festival that falls on the mid-point between Yule and the Spring Equinox at Ostara, this year on Thursday, 1 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, 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 February 2024), 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 2024. 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.



Some of you have moved home recently or may be thinking of doing so in 2024 – this magick is for you. A blessing for a new home is not so hard to carry out. There are several options and smudging every room with white sage is an easy task. Here's a blessing for smudging each room.

*For negative forces in my sacred site,
I banish you hence with peace, love and light.
You wield neither power nor control here,
I stand and confront you without any fear.
The smoke sends you forever away,
This my home and you will obey.
So, mote it be.*

Or, one could use a pinch of salt in the corners of each room with this invocation.

I cleanse and purify this room of all negative and lingering vibrations.

Those of you who know me also know that I usually suggest making a witch bottle for a new home (see details in **GYLDEN MAGICK** for January 2021). The key question is normally that of location. There are two schools of thought on this, and you can decide which one works best for you. One group swears that the bottle needs to be hidden somewhere in the home - under a doorstep, up in a chimney, behind a cabinet, because that way, any negative magick aimed at the house will always go straight to the witch bottle, avoiding the people in the home. This school of thought works well for flats. The other philosophy is that the bottle needs to be buried on your property, but as far away from the house as possible, so that any negative magick sent towards you will never reach your home in the first place. Whichever one you choose, be sure that you're leaving your bottle in a place where it will remain undisturbed permanently. Here's a blessing for your completed witch bottle.

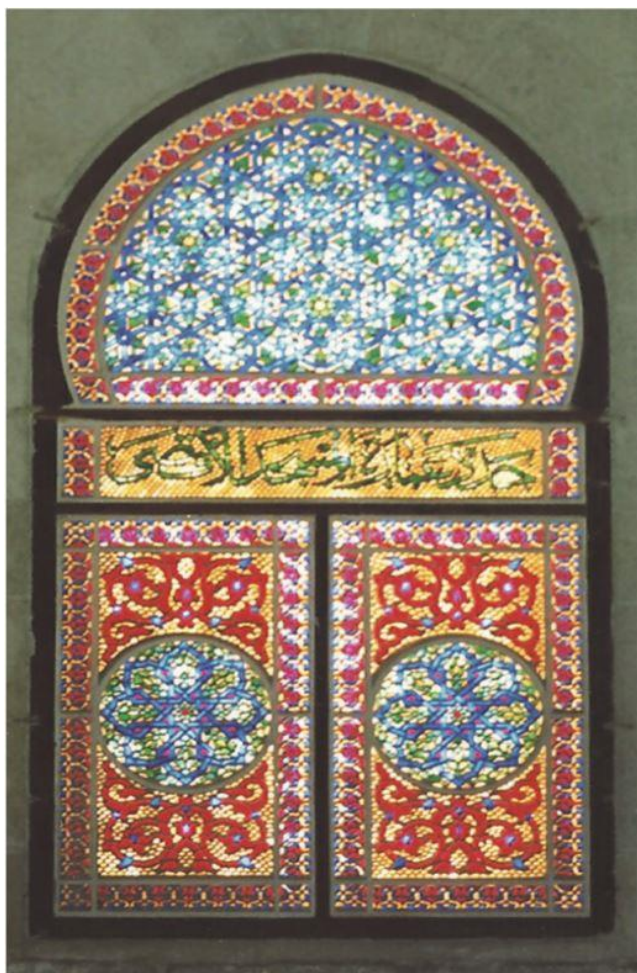
*O Lord and Lady of hearth and home,
Guard my home with all your might,
Protect my home from all ills that be,
With this bottle sealed so tight.
Protect this place, I beseech you,
So, this bottle acts as guard,
Bring here good, but not the evil,
And grant goodwill from near and far.*



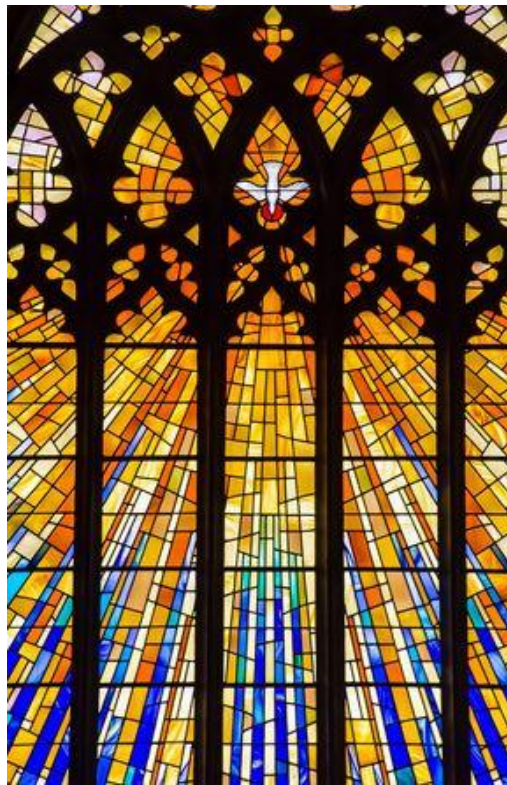
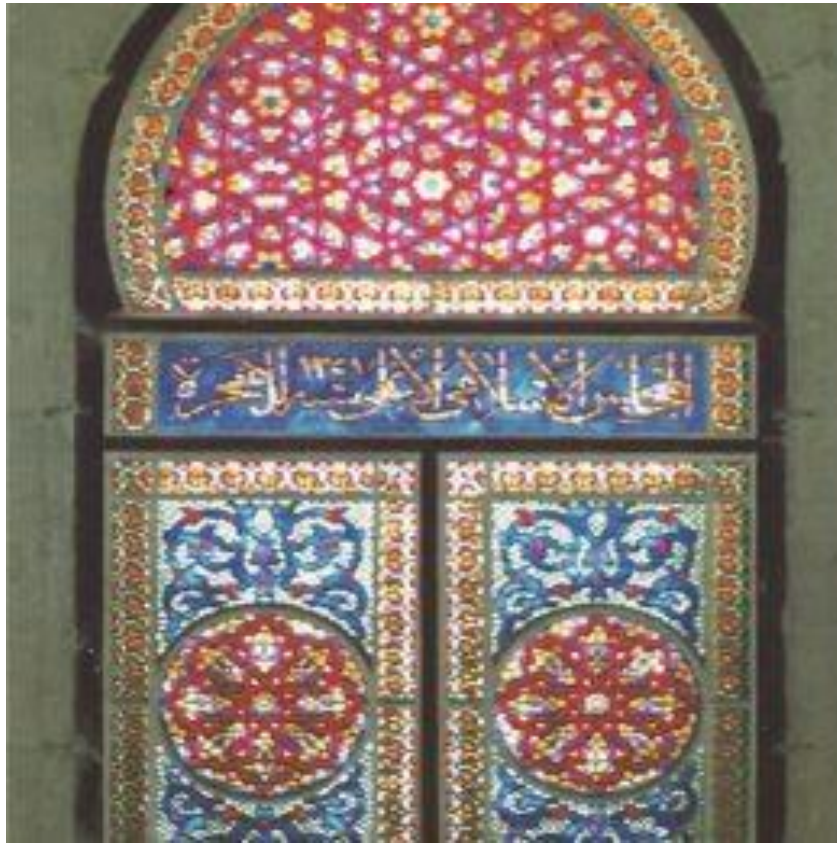
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Islamic and Christian stained glass

Collated by Gylden Fellowship







January crystals

By Charlie Foreverdark and Nic the Witch

Charlie Foreverdark is still coping with her new addition to the family! Many congratulations to Charlie and Rob on the arrival of their baby, River Castiel. So, we're looking at the correspondence crystals for January and their healing properties, using some of Charlie's notes from previous years – the key ones are aquamarine, jet and blue lace agate.

Blue lace agate is a serenity crystal and can be used as an alternative to snow quartz or amethyst, for an anti-nightmare charm, for trauma healing or for a harmony spell. Other healing uses are shown below.

1. Blue lace agate is also good for tension headaches and for lower blood pressure.
2. For those people who value sound healing, this stone can channel vibrational energies to the afflicted area of the body.
3. Blue lace agate is best used with the throat chakra, ie helping with sore throats, aches or pains in the neck and thyroid issues.
4. It's also used to treat musculoskeletal problems, eg arthritis, fractures and bone density weaknesses.
5. It's a good stone for imaginative children, to help with creativity and to distinguish reality from stories.
6. It helps with skin problems, such insect bites or itching.

So, then where's the best place for blue lace agate?

- Middle of the chest helps the cardiac muscle and strengthens the heart chakra.
- Placed on the abdomen, it helps to relieve digestive complaints.
- Carry a blue lace agate to help combat stress, eg in supervisors or managers.
- Carry this stone also to help with communication and self-expression, eg those who speak in public or teach for a living.
- For new mothers, placed on the chest to encourage lactation.



Jet is one of those stones that feature in my workshop on protection magick, alongside black tourmaline, celestite and obsidian. It's also one of those stones that can be foraged within the UK – the best jet used to come from the Whitby area. Jet is pure carbon and is a form of petrified wood, also known as lignite.

Jet is close to amber, as both minerals are types of fossil resin. Jet builds up an electrical charge when rubbed with a cloth. As a protection stone, jet was used in Ancient Egypt and, as an ornament, in the Bronze Age.

And what of its **healing or magickal** properties?

- It is a brilliant protective stone, particularly against curses, evil intent and hexes. In Roman times, jet was used as a protection against the evil eye.
- Jet helps against arthritis, joint stiffness and glandular problems.
- It is particularly good when used with the root chakra – for calm, peace and personal balance.
- Jet is good for grounding yourself and fighting phobias, mood swings or depression.
- Also, jet is good for fighting colds, bronchitis, flu and headaches.
- Cleanse jet with dry sea salt or with incense – do not use water or sunlight.
- Similarly, it works very well in drawing out the negative energies around your aura, acting as a purifier to dispel any unwanted energy. It allows positive energy to flow within.
- As such, jet can be used to purify other crystals by placing them in a dish together.
- Jet promotes your psychic links and spirit communication.
- It is best worn as some type of talisman or jewel, perhaps a pendant, bracelet or necklace, set in silver.



Aquamarine is a form of beryl and emerald and its name is derived from the Latin, **aqua marinus, meaning water of the sea** – in reference to its sparkling ocean-blue/green colour: caused by iron oxides in the crystal. It was believed to represent the powers of mermaids – with courage, good fortune and protection for those who travel on or near water

The main healing and spiritual properties of aquamarine are:

- As a crystal close to the throat chakra, aquamarine is really good for dis-eases that affect the lungs, breathing or throat, such as laryngitis or respiratory problems. So, one can use it for sinus issues, coughs and hay fever – we're not sure if it works for covid-type viruses though.
- It balances the pituitary and thyroid glands, which regulate hormones and growth.
- It helps with diets to lose weight, good for teeth or gum problems and soothes tired eyes.
- Also, it helps to heal inflammatory dis-eases of all kinds, namely skin issues such as herpes, eczema, shingles, hives, rosacea and psoriasis. It may also help prevent outbreaks of herpes.
- Aquamarine is a valuable aid for shamanic practitioners, those who practise divination or mystics – it is used for meditation and visions.
- It helps with wisdom in disputes and self-realisation – thus, this crystal complements those who have a salmon spirit guide.
- Aquamarine helps to promote kindness, compassion and a gentle love for all people.
- It is a stone of justice too, using wisdom to sort out complaints or anger in a quiet or logical way.

Moonology 2024

FULL MOONS OF 2024

 <p>WOLF MOON January 25th</p>	 <p>SNOW MOON February 24th</p>	 <p>WORM MOON March 25th</p>
 <p>PINK MOON April 24th</p>	 <p>FLOWER MOON May 23rd</p>	 <p>STRAWBERRY MOON June 22nd</p>
 <p>BUCK MOON July 21st</p>	 <p>STURGEON MOON August 19th</p>	 <p>HARVEST MOON September 18th</p>
 <p>HUNTER'S MOON October 17th</p>	 <p>BEAVER MOON November 15th</p>	 <p>COLD MOON December 15th</p>

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The Lost Galaxy

By Mark Sharpen

So, here's an interesting little astronomical tale about a galaxy that went AWOL. Any galaxy is a collection of billions of stars, their clinging solar systems, gas and dust, all bound together by the invisible force of gravity. It's hard to decide whether astronomers can detect one of these colossal realms with a ground-based telescope or whether it's better to use a powerful telescope in space.

Scientists first discovered Aztecc71 with a camera on the James Clerk Maxwell Telescope in Hawaii. But when they searched for the galaxy with NASA's Hubble Space Telescope, it had completely vanished. It took the [James Webb Space Telescope](#), the leading infrared space observatory, to win at this stellar game of hide-and-seek. There it was: a faint but distinct galaxy, popping out hundreds of new stars every year.

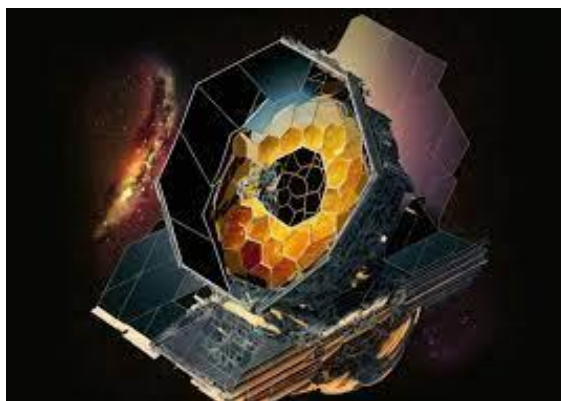
For scientist Jed McKinney, a postdoctoral researcher at the University of Texas at Austin, its rediscovery is a game changer, hinting at the possibility that Webb will find many others of its kind, existing long ago in cocoons of dust.

"We can study for the first time the optical and infrared properties of this heavily dust-obscured, hidden population of galaxies," McKinney said, "Not only can (Webb) stare back into the farthest reaches of the universe, but it can also pierce the thickest of dusty veils."

Aztecc71 is a star-forming galaxy in the emerging ancient universe. Its buzz of activity is hard to observe because it's concealed in a cloak of dust. Researchers estimate the Webb images capture the galaxy at about 900 million years after the Big Bang. Given that most scientists believe the universe is 13.8 billion years old, that period can still be considered the universe's infancy.

Galaxies like Aztecc71 were once assumed to be rare in the early universe. This discovery suggests they might be three to 10 times as common as expected, according to a new findings, published in *The Astrophysical Journal*. Scientists have marked over a dozen more candidates in the first half of *COSMOS-Web data*, the largest initial Webb research initiative to map up to 1 million galaxies in a particular area of the sky to study early structures of the universe.

The key to Webb's success in finding Aztecc71 was its infrared vision, a type of light that is invisible to human eyes. Webb, a collaboration of NASA, the European Space Agency, and the Canadian Space Agency, is observing some of the oldest, faintest light in the universe. The powerful telescope, orbiting the sun about 1 million miles away, will study a period less than 300 million years after the Big Bang, when many of the first stars and galaxies were born.



Global warming

By Mark Sharpen

Time to move from space to our planet. Thinking about the outcome of COP28 on 13 December – namely that nearly 200 countries agreed to improve climate action before 2030, with the aim to keep the global temperature limit of 1.5°C within reach. 2023 was one of the hottest years in human history: a year of droughts, rainfall and searing heatwaves. Extreme temperatures even reached underwater. Much of the southern hemisphere basked in summer-like weather through its winter, reaching all the way down to Antarctica. Still, 2023 was the hottest year humans have ever experienced, and by a wide margin according to most data sets. November was warmer by a larger amount than any month measured by NOAA (National Oceanic and Atmospheric Administration – the USA equivalent of the Met Office) in 174 years.

Last year was the first time that global average temperatures rose above a critical line, providing a glimpse into a world where humanity fails to get climate change under control. By the end of the year, some datasets showed that the earth's temperature (on average) was 1.5°C/ 2.7°F warmer than temperatures before the Industrial Revolution.

That number — 1.5°C — stands out because it was a limit established as part of the 2015 Paris climate agreement. Almost every country in the world agreed that humanity needs to hold warming this century to well below 2°C (3.6°F), above pre-industrial times, ideally limiting the rise to 1.5°C.

And in 2023, there were several natural forces converging on top of human-caused warming pushing up temperatures around the world. For example, in addition to heating caused by greenhouse gases from burning fossil fuels, temperature cycles in the Atlantic Ocean and the El Niño pattern in the Pacific Ocean converged in their hot phases this year.

In 2018, the Intergovernmental Panel on Climate Change, a UN team of climate scientists, put out a special report examining the differences between staying below 2°C and staying below 1.5°C. They found that every fraction of a degree of warming had additional adverse consequences for the planet. Conversely, every bit of warming avoided yielded benefits to humanity - 1.5°C is not intended as a tipping point for the planet, but a practical target for countries. According to the UN, the rest of the world is doing far too little and time is running out. To keep global average temperatures from rising beyond 1.5°C by 2100, greenhouse gas emissions need to fall 43% by 2030, relative to 2019 levels. Yet even taking into account commitments on paper, global emissions are likely to increase.

To put this year into context, it's worth unpacking how global temperatures are measured and calculated. The world has already warmed by about 1.1°C/1.98°F, compared to global average temperatures before the Industrial Revolution.

But that's an average. Judging how much an individual year has warmed compared to the era before humans started burning coal, oil, and natural gas in huge volumes is trickier. Many of the research groups that track global temperatures — the Met Office Hadley Centre, NOAA, the EU's Copernicus, Berkeley Earth — broadly agree on the temperature records over the past few decades. According to the NOAA, November 2023 was warmer than the average July from 2001-2010.

Several factors beyond human-produced carbon dioxide emissions were at work last year. The big one is that there was a strong El Niño last year, which tends to drive up global temperatures. The Hunga Tonga-Hunga Ha'apai volcano in Tonga that erupted in 2022 may also be playing a role. Manoj Joshi, a professor of climate dynamics at the University of East Anglia, noted that, unlike most volcanic eruptions that spew aerosols that end up cooling the planet, the Tonga volcano sent an unprecedented amount of water vapour into the atmosphere. Water vapour can act as a heat-trapping gas.

There were also fewer cooling aerosols from other sources due to regulations to protect air quality, including rules to limit shipping pollution that went into effect in 2020. Weaker air currents over the Atlantic Ocean also led to less than typical amounts of dust from the Sahara Desert getting whipped up and dimming the sun. That meant more of the sun's rays.

Climate scientists prefer to track climate change using 20-30-year averages, which helps smooth over year-to-year variations. However, the window to act on climate change is closing and no one wants to wait a decade to find out whether the world already missed its target. Scientists use models and projections to estimate when that will happen. Right now, most models project that the world's average temperature will rise 1.5°C above pre-industrial levels in the early 2030s, but some forecasts show that could occur as soon as 2027.

Coming up with a target requires balancing these trade-offs, as well as anticipating other factors like advances in technology. For climate negotiators, it was still a fraught process to come up with a number that was defensible and palatable. After decades of analysis and wrangling, the 2009 Copenhagen agreement landed on 2°C, which was cemented in the 2015 Paris Agreement.

Every scenario chalked out by the IPCC, in its most recent report, shows that the world is likely to miss the 1.5°C goal. The most optimistic pathway counts on the world falling below the line eventually as natural carbon sinks soak up emissions and technologies like capturing carbon dioxide directly from the air come online.



Shrooms

By Erica Zann

Hi, welcome to more witterings from an elderly resident of a small English village. On balance, Yuletide was peaceful. One of my friends introduced me to the idea of hygge, which comes from Sweden or Norway or some such, Scandinavia anyway. It seems to comprise comfort, keeping warm, relaxed ambience and so on. I'd planned on visiting family over Yule, but all of them came down with eye infections, stomach viruses, etc - so, I stayed well clear. My Yule included lots of TV, books, films and the wireless – and no shortage of food! My family and I caught up as a deferred Yule in late December, when all the bugs had gone away.

Hasn't it been cold? Also, it's very wet and blustery, which makes me sad for those who are forced to sleep on the street. All I can do is support local food banks and charities where possible, ignoring all the tosh from the government about benefit scroungers and homelessness being a lifestyle choice (***Editor's note: this is the opinion of the author.***).

What's due in January? Well, our sheltered housing company put on a New Year's Eve party in the lounge, which was very convivial. Someone had donated a bottle of port. That was kind of them – it brings back memories of port and lemon. We had a chat about past drinks from our youth that are less common now. I remember Campari and soda, Dubonnet and lemon, while others recalled Daiquiri, Cinzano, Gold Label and Bloody Mary.

Actually, the fact that it's so cold or raining means that I can play bingo or rummikub with my friends this week. We play in the residents' lounge during the week – it's very civilised with coffee and cakes or biscuits. The keys to life are to slow down, listen to others, find out news and shared memories. Some of my friends are aged 90+, but memories are so important to them and I learn things too.

Apparently, Ronald Hutton was rewarded in the New Year Honours. I reflect that most magick is no more than the witch's box of tools – different tools for a variety of needs, ranging from simple kitchen witchery to the occasional hex. I know that the Wiccan Rede disapproves of the latter, but where would we be without spells for banishments or the evil eye? Sadly, I had to put a little hex on a person at the start of December for hurting someone I care about. Oh well, such spells tend to last about a month or so. Did it work, I hear you think? H'mm well, yes it did, but no names, no pack drill, as they say.

A better type of magick is that used to heal people. When I have a moment, I try to make some basic remedies for my fellow residents. Examples are winter syrups for sore throats, oil of calendula for dry or chapped skin, oil of cleavers for psoriasis, spearmint teabags for upset stomachs, rose and lemon balm teabags for de-stressing and oil of comfrey for joint pains or pulled muscles.

Winter blessings to you all.

Erica

Folklore: Revenants

By the Storyteller

Revenants have many names – vampires, wampyrs, strigoi and so on. It's worth remembering that the story of *Dracula* was not original to the Victorian theatre manager, Abraham Stoker. Before the story of *Dracula* had been written, the author (Bram Stoker) was aware of a rich tradition of myths and legends about blood-drinking undead beings, a medieval king called Vlad the Impaler, a popular series in the Victorian penny dreadfuls of *Varney the Vampire* and earlier stories from the 1800s, namely *The Vampyre* (John Polidori) or *Carmilla* (Sheridan Le Fanu).

Some vampire myths go back a long way. The ancient Persians, Babylonians and Israelites all had legends of blood-drinking demons. One of the earliest Israelite vampire myths was called Lilith and parents hung charms around cradles to prevent Lilith's attacks on their children.

Vampire myths can be found in many other histories, such as India, China, Eastern Europe, ancient Rome and ancient Egypt. For example, there is an ancient Roman myth about a bird, called the **strix**, which ate human flesh and blood. In Eastern Europe, the legend of the walking undead was strong and the main remedies included stabbing the creature with stakes, placing a crucifix in the coffin, using garlic charms to keep vampires away and cutting the head off the vampire.

In Romania, vampires were known as **strigoi** (based on the same word as the Roman *strix*). They usually took the form of reanimated corpses that sucked blood and attacked people. As late as the 19th century, many Romanian families still fired bullets into the coffins of newly dead people and graves were opened regularly to check for signs of vampire activity, namely little signs of decomposition. Any suspected vampire corpses would be staked or have their heads cut off.

In Britain, many people in medieval England believed that corpses of evil or vengeful individuals were capable of "reanimating" in the ground and then rising from their graves to attack or harm or even kill the living. Historical accounts from Britain and Ireland tell of fear of revenants in general, while some accounts from Scotland and Ireland (and one from England) also hint at revenant blood-sucking – a fear linked more specifically to vampiric aspects of the revenant tradition. An example of such an account is the tale of a 12th-century Yorkshire cleric, William of Newburgh.

There was an evil man, Roger de Bully for instance, an evil man, who, escaping from justice, fled the city of York to Guiseley, but then died and rose from his grave. Pursued by a pack of barking dogs, he wandered through courtyards and houses while everyone locked their doors. Finally the townspeople decided to put an end to the threat by digging up his dead body, mutilating it and burning it. They laid bare the corpse, swollen to an enormous corpulence, with its countenance beyond measure turgid and suffused with blood. The young men, however, spurred on by wrath, feared not, and inflicted a wound upon the senseless carcass, out of which incontinently flowed such a stream of blood, that it might have been taken for a leech filled with the blood of many persons.

As a story, *Dracula* was written in 1897 (just over 120 years ago) and most of the myths were common belief across the world. These beliefs still exist. In the mid-1990s in Mexico, there was a wave of reported vampire attacks on domestic animals. In 2002/03, there were riots in Malawi, because many people there believed that vampires were attacking citizens while the government did nothing. In 2004, a Romanian family destroyed a

corpse, because they thought that it had become a vampire. In October 2017, the UN was forced to remove staff from two districts in southern Malawi, following a vampire scare that has left at least five people dead.

And revenant stories can be found among First Nation tribal folklore too...here is a tale from the First Nation Iroquois tribe.

A woman was nervous when her husband said they were to stay in an abandoned lodge, for it contained the corpse of the hermit who once lived there, enshrined in a coffin in the loft. This old Iroquois custom was seldom used, but the hermit had insisted upon it before his death. Her husband said there was good hunting in this place and so they moved in, but the wife refused to go up into the loft where the hermit's body lay.

When her husband left to hunt, she immediately put her daughter in the sling on her back and went to look for roots and berries, staying away until her husband returned with the meat. As she prepared the evening meal, her tired husband climbed up into the loft to rest. The hut soon filled with the delicious smell of roasting meat.

She was sorting through the berries when she heard a muffled cry and the crunch of breaking bones. As she stared upward, frozen in horror, blood dripped from the rafters. She crept silently to the far corner of the room where she could see up into the loft. A skeleton with glowing red eye sockets was feasting on the body of her husband; its teeth and chin were covered with blood. Her daughter stirred restlessly at her back, and she knew that she had to get away immediately.

"I am going to run down to the stream to fetch water for the broth," she called toward the loft. "I will be right back." She took the pail and walked toward the stream, but as soon as she was out of sight among the trees, she ran as fast as she could.

She heard a terrible howl from the direction of the house as the creature heard them escaping and started to pursue. The young mother stumbled desperately through the woods, the creature's howls growing closer and her little daughter wailing in fright. The monster was gaining on her.

Finally, she shouted the Iroquois distress cry, hoping someone would be near enough to hear it. Her call was heard by the warriors from the village. She could hear the creature breathing behind her as she sprinted to the edge of the village. Here, she collapsed to the ground, but before the monster could pounce, a party of warriors burst through the gates of the village chasing the skeleton away.

They swung their torches wide and the skeleton retreated farther into the woods. The warriors chased the creature back to the hermit's house, and set fire to the cabin. As the flames covered the house, a terrible howling and roaring came from the loft. The vampire hermit fled into the woods in the form of a black shadow, never again to plague the young woman or her daughter.

Events



New Forest Mind, Body & Spirit Fayres *Presents*

THE MIND, BODY & SPIRIT FAYRE

HORNDEAN

Sunday 4th February 2024 - 10am - 4pm

£2 ENTRY

Crystals - Healers - Tarot - Books Gifts - New Age - Reflexology and More!

Free Talks and Workshops

Horndean Technology College - Bartons Hall - Waterlooville

Contact the team:
07800 734 911
Email: newforestfayres@gmail.com

Many thanks to Di-Lugh Yates for sending this.

Pagan online moot for deaf/hard of hearing people and their families oral or BSL users or learners

Any Pagan path or those interested in Paganism welcome

Starting January 2024

When 1st Tuesday and 3rd Thursday

Time 8pm

Where online zoom

https://www.facebook.com/groups/623357909418174/?ref=share_group_link



Sunday 24 March 2024
at The 1865, Brunswick Sq. Southampton. SO14 3AR
Spriggan Mist
The Wood Demons

There is no need to print your ticket. Just give your name at the table inside the venue. We will have a list of ticket buyers

SPRIGGAN MIST

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

THE WOOD DEMONS

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

A recipe for Imbolg

By Nic the Witch

Well, here's a [correspondence food for Oimele/ Imbolg](#). There was a choice of lamb or milk and I decided on an old recipe for milk that was very popular for invalids – and there are a lot of colds around just now. Milk jelly need not be made with dairy milk: almond, oat, soya or coconut milk are all OK for those who are lactose-intolerant, but it does include gelatine and eggs.

As the name suggests, this one is a traditional pudding recipe that shouldn't take long to make. It was a staple food in Victorian households, along with souffles and omelettes. My guess is that this recipe makes **about 4 servings**.

Ingredients

1. 125ml water
2. 15g gelatine
3. 75g caster sugar
4. Juice of 2 large lemons
5. 2 eggs
6. 275ml milk

Method

1. Put the water and gelatine into a cup in a saucepan of simmering water.
2. Stir the mixture in the cup until the gelatine has dissolved.
3. Put the sugar, lemon juice, eggs and milk into a bowl and beat well together
4. Add in the gelatine mixture and beat again.
5. Strain the mixture into a 550ml mould.
6. Leave in a cool place until it's set.
7. Lift out of the mould and serve.



Up-Helly-Aa, Lerwick, 30 January 2024

Collated by Gylden Fellowship





Celestial forecasts: January 2024

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!

January begins with New Year Day (1st), which in Scotland extends into 2 January and is called **Hogmanay**. In the night sky this month, we have the Quadrantid Meteors peaking 3rd & 4th. To the Anglo-Saxons, January was called **Æftera Geola**, or "After Yule".

We can look forward to the traditional British Festivals of Epiphany (6th) and Plough Monday (8th) plus the Hindu Celebration of Makara Samkranti (15th) and the Annual Scottish Burns Night (25th).

We have our **Harmony in Nature Woodland Therapy** event 11am-1.30pm on Sunday 21 January at Harry Edwards in Shere (Surrey).

To assist with therapeutic and abundant alignment with the moon cycle, our next **Lunar Alignment Programme** runs Thursday 11 January - Saturday 10 February. Our **Full Moon Meditation** takes place 7.30-9.30pm (UK time) on Thursday 25 January.

On Thursday 11 January, our annual New Year New Moon New Vision Lunar Cycle Alignment Programme (LCAP) starts on the New Moon (peaks at 11:57). New Moon is a good time to work on your Vision Board (downloadable instructions on this page) for 2024. Hopefully a more supportive global environment will start to take shape.

We also include the **New Moon Abundance Ritual**, which 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.

2024 is a Leap Year and an 8 year in numerology. This means the digits of 2024 add up to 8. The number 8, being the infinity symbol on its side, represents the infinite *forever conscious* part of our soul, higher realms of consciousness and our infinite journey. The number 8 is also connected with abundance and strength. According to **creative numerology**, an 8 year is a time to develop personal power. It is a journey of true understanding, reward, balance, and achievement. 8 is the number for **power, material and financial gain, achievement, reward, status, and satisfaction**. The 8 Year vibration will provide the means – the personal power – with which

to change the status quo and accomplish a significant goal that will alter the direction and quality of your journey.

According to London Astrologer Tanya Cohen, Jupiter starts to move forwards on New Year's Eve, having been retrograde for five months. This bodes well for the future and suggests that we could be ending the year on a high note. Mercury will turn direct on New Year's Day and Pluto will move into Aquarius on 21 January. All the planets in the sky will be moving forwards from the end of January until the end of April. This is when we can finally start putting some of our plans into action.

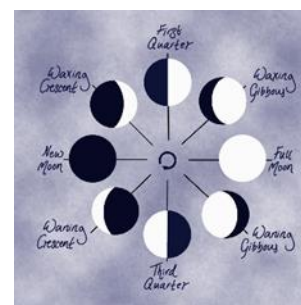
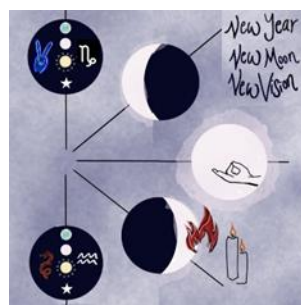
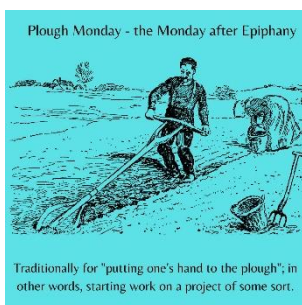


Monday 1 January is New Year's Day and is a Bank Holiday in the UK and time for New Year's Resolutions!

Monday 1 – Friday 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 of 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 for more details.

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



Monday 8 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.

Thursday 11 January to Saturday 10 February is Joanna's Harmony Healing [New Year New Moon New Vision 2024](#) 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.

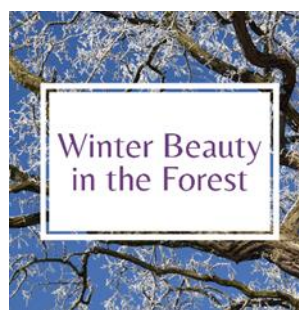
[New Year New Vision](#) costs £177 and is a mentoring programme with Joanna running for the complete first lunar month of the new year (from New Moon to New Moon). Generous rate reduction for RSE students and course repeaters.

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 more centred demeanour with positive direction and excitement for 2024. See [informational YouTube video](#) or [Harmony Healing website](#) for more information and testimonials from a previous New Year initiative.

Thursday 11 January is New Moon @ 13:57 and the start of our **New Year New Vision Lunar Cycle Alignment Programme**. Forget resolutions, set intentions for 2024!

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 2024.

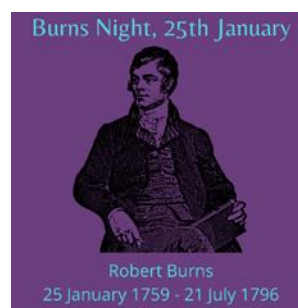


Monday 15 January is the Hindu Celebration of Makara Samkranti, which is the Winter Festival of the reborn sun. It is traditional to wear yellow clothes and eat yellow food. Bathing in sacred waters, lighting bonfires, kite flying, dancing and offering prayers are also traditional activities over this 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 2024) when the date shifts by a single day, because of the complexity of earth-sun relative movement.

Saturday 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 on the night after she was martyred.

Sunday 21 January, 11am-1.30pm, 2½ hours Forest Bathing session with Joanna at Harry Edwards Healing Sanctuary (Shere, near Guildford, Surrey), £37.77. 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 to go on our monthly update list for seasonal events



Thursday 25 January @ 17:54 is Wolf Full Moon. We are holding our Full Moon interactive online meditation 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.

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](#).

Thursday 25 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 [YouTube explanation](#).

Thursday 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.

Thursday 25 January is St Dwynwen's Day in Wales. St Dwynwen is the Welsh equivalent of St Valentine, being their patron saint of love.

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!

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 is jo@harmonyhealing.co.uk (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 <https://harmonyhealing.co.uk/newsletter-sign-up> or at any page of the Harmony Healing website.



Poetry

By Nicola Ison

Editor's note: this is a piece from Nicola Ison's forthcoming work, *Cuan Tuinn*.

RAIN ON THE WIND

*Cool breeze on my face,
Grey clouds overhead,
I taste the air, only to find,
First signs of impending rainfall.
Good for plants, but less so for clothes,
Shoes, spectacles and umbrellas.
I walk briskly into a place of shelter –
A community centre with other rain refugees;
But it's the same inside as outside,
The air is thick with tension and storms are brewing.
It's in the air – impatience, annoyance and irritation,
And then sunshine dazzles outside –
'Twas only a heavy shower, soon gone.
Inside, the sunbeams lighten the pressure,
Someone laughs and the air is suddenly sweeter.
Here we are, with our moods and minds ruled,
By a passing shower and natural forces.
Gaia governs our tempers every day,
Why can't we taste rain on the wind,
As a promise of sunshine to come?*

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