



Gylden Magick

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July 2019

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 – the regular sabbat blogs reach 2000-4000 people each time and we welcome new members constantly.

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

Gylden Fellowship continues as a pagan support mechanism, i.e. visiting groups, Interfaith work, fayres, calendars, helping our moot friends with rituals or meetings, etc.

In this issue, there's *practical magick*, i.e. spells, crystals and herbs. This is the Blessing Moon and the altar colours are yellow, orange, red and green. And, we have the next part of our altar tools series, i.e. crystal balls.

The **Market Square** gives a useful overview to genuine sources of guidance, as well as items for your own interest. This month, we give a heads-up to a key crystal workshop, coming in August.

Dates for your diaries – don't forget **13 July** for the **MBS Fayre at Cosham Community Centre** and **20 July** for **Crystal Fest** at Lightwater.

What else is there? Well, we have a piece on palmistry, (the first of a new 4-part series), Litha photos from around the Gylden area, an intro to the new Hampshire Pagans for

Environmental Change, a summer recipe, another sacred place (Cissbury Ring), a First Nation tale about the hermit thrush, the regular monthly meditation, poetry and a preview of Pagan Pride South 2019 too.

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, eg the solstices and the equinoxes, as significant to us today as to our ancestors.

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

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*“ Well, that's the scaffolding up...
We'll be back next week to start building...”*

Spell of the month: casting a circle

This month's magick is a vital bit of kit for all witches, whether they are beginners or not. When you've decided to cast a spell, the first thing is to **protect yourself** from any unwanted energies during your ritual or incantation. You can smudge everything in site, but you can also cast a protective circle - and one of the easiest substances to use is **salt** - so, make a circle of salt around your tools and altar.

- Stand in the circle with the tools you wish to use.
- Relax - say, "the circle is open, but never broken and the Goddess is forever in my heart".
- Call upon the guardians: face in each direction and say,

"Air - East, Spirits of the Air I call you

Fire - South, Spirits of Fire I call you

Water - West, Spirits of Water I call you

Earth - North, Spirits of Earth I call you".

- Imagine a pillar of green light from the Earth up to your head, grounding you.
- Say, "thank you - the circle is cast".

Then, you run whichever spell you want to do. When you've completed your spell, you'll need to open the circle safely.

- Face in each direction and say,

"Earth - North, Spirits of Earth I thank you for your presence here today

Water - West, Spirits of Water I thank you for your presence here today

Fire - South, Spirits of Fire I thank you for your presence here today

Air - East, Spirits of the Air I thank you for your presence here today."

- Imagine the pillar of green light returning to the earth
- Give thanks to the Goddess - "AS ABOVE, SO BELOW, SO MOTE IT BE"

Crystal of the month: amazonite

Earlier in the year, I was in White Witch in Waltham Abbey and, as ever, looking at the shop's extensive crystal cabinet. Not all the pieces are eye-wateringly expensive and I found myself buying a piece of **amazonite**. Also known as Amazonstone, it's a blue/green crystal that can be described as tectosilicate - a type of potassium feldspar, called microcline.

The **healing uses** include the following.

- It soothes the brain and nervous system, balancing both masculine and feminine energies.
- It aids perception by allowing you to see differing points of view to problems and helps with universal love.
- Physically, it aids with trauma, anxiety or fear.
- Amazonite can be used to heal skeletal dis-ease, eg osteoporosis, calcium deficiency, tooth decay and linked muscle spasms.
- As with other crystals, it boosts protection against electromagnetic smog and harmful microwaves.

As a **magickal tool**, amazonite is good for these purposes.

- In general, amazonite is great for expanding self-love and emphasising trust.
- It aids psychic vision, prophecy and clairvoyance.
- Typical virtues that can be improved with amazonite include trust, sincerity and truth.
- It can be used as a booster for good communication and verbal clarity.
- As might be expected from a stone that enhances universal love, amazonite is best used with the heart or throat chakras. Amazonite is linked to the zodiacal sign of Virgo.



Herb of the month: mullein

Mullein (*verbascum thapsus*) is a common plant that grows just about everywhere and has been used in herbal medicine for centuries. With mullein, both the leaves and the flowers are used for healing the following ailments.

- Mullein is brilliant as a remedy for earache – either as a tincture or a macerated oil. It is better than anaesthetic ear drops and can be used on both humans and dogs. Most commonly, the ear drops contain a blend of mullein, lavender, calendula and garlic. Sometimes, a blend may include St John's Wort too.
- Mullein can be applied directly to the skin to help treat burns or inflammatory skin conditions.
- Sometimes, mullein is added to alcoholic drinks for flavouring.

Clinical studies have found that mullein flowers and leaves are good to combat respiratory dis-eases, such as flu, coughs, asthma and bronchitis, by calming inflammations or irritations.

In lab tests (published in 2002), it was shown that mullein helped kill certain types of bacteria, including *Staphylococcus aureus* (the most common cause of staph infections) and *Escherichia coli* (or *E. coli*).

Mullein is a very safe herb and can be found in chemists or health food places as tinctures, capsules, powders, tablets and, of course, ear drops.



Recipe of the month: Vegan lollies

You will need an ice lolly mould to make this recipe, though one could also vary it by using an ice cube tray to make fruit cubes for drinks. Either way, it's a fresh fruit cooler for hot days, that uses only fresh fruits – peaches, nectarines, kiwi fruits, limes and coconut water. That's no dairy at all.

I'm not sure here, but I'm guessing that this recipe will make about 10 lollies, depending on the size of your lolly moulds.

Ingredients

1. 360ml coconut water
2. Juice of 2 limes
3. Zest of 2 limes
4. 2 peaches or nectarines, sliced thinly
5. 2 kiwi fruits, peeled and sliced into thin rounds
6. Loads of wooden lolly sticks.

Method

1. Blend the coconut water, lime juice and lime zest.
2. Arrange some of the fruit among the ice lolly moulds.
3. Pour the lime-flavoured coconut water into each lolly mould to cover the fruit.
4. Put the lid(s) on the moulds and add a wooden stick to each one.
5. Freeze until solid.
6. I tend to run a little warm water over the lolly mould first, to help get the frozen ice out.



Altar tools: crystal balls

OK then – last month, we looked briefly at altar statuettes; now, we're moving onto crystal balls. Most crystal balls are made of glass, but many are made of more opaque crystals, such as amethyst or smoky quartz. After all, it is not the ball that produces the images – the crystal ball is a channel through which your third eye can be active. I have a crystal ball of gold calcite – on the first occasion I used it, I was not expecting any clear images at all and I did not find any. However, the ball took me straight through a portal into the Otherworld and I met a spirit guide. Since then, this is my way of travelling on another plane, but I can't use that crystal ball for divination. However, here's an [overview](#) of how you're [supposed](#) to use your crystal ball.

- Have a quiet place, smudge the room if you wish and dim the lights (with experience, you can work in direct sunlight).
- Put the crystal ball on a stand/table in front of you.
- Sit down and relax, focusing on your breathing.
- For 2-3 mins, place your hands on the crystal ball and focus your energy on it.
- Visualise a question for the ball or say it out loud.
- Take your hands off the crystal ball.
- Take a good look at the ball, allowing your eyes to relax and become unfocused. Once you see the smoke forming inside the crystal ball, give it enough time until you see an image forming.
- After the mist has cleared, you'll see some images in your third eye – try to remember what you see, but keep gazing at the ball. When the time is finished, look away and write down what you saw.
- Keep your crystal ball charged in full moonlight, store in a cloth wrapping (away from sunlight) and clean the ball before each new reading.



Monthly meditation: on the beach

Wherever you are, take a few seconds to get as comfortable as possible and start with some long deep breaths. Close your eyes and focus on the breathing until you feel ready to start your walk.



- It's a lovely sunny day with a blue sky - you decide to have a leisurely stroll on the beach, next to the peaceful waves.
- From the road, you follow a sandy path through the dunes onto the beach itself.
- There's nobody, but you on the beach, which is a mix of stones, shells and sand under your toes. You can hear the sound of gentle waves and seagulls in the distance.
- You feel the warm sun on your arms and neck.
- You walk along the beach towards a set of rocks and rockpools, left by the last tide.
- In the first pool, the water is cool on your fingers and you can see many coloured shells inside – winkles, barnacles, whelks and limpets.
- Moving on to a larger pool, you can see tiny fish, mussels, seaweed on the bottom of the pool, some small crabs, starfish and more shells. You decide not to disturb the water, but are content to sit in the sun and watch the inhabitants of the pool live their lives, awaiting the next tide.
- When you feel ready to go, re-trace your steps through the dunes to the road.

The Market Square Extra: Crystal Pyramid

In 2018 (in this series), we met the organisation that is [Crystal Pyramid Therapies](#). With Crystal Fest on the way, it seemed a good idea to let [Barbara Collins](#) introduce a new workshop that takes place in August. As ever, let's try to visualise the scene. It's market day in a small country town and the traders are setting up their stalls, putting out their stocks. As you read further issues of **GYLDEN MAGICK**, so we'll introduce you to lots more traders, but for now, they're here and putting up their stands. It's a lovely sunny day in the town square, with cobble stones underfoot and an Eleanor Cross in the centre. There are old buildings all around and roads off to the side. So, let's allow [Barbara](#) to tell us about the workshop.

As a practising therapist of reflexology, Reiki and crystal therapy, I would like to share a few of my insights into the use of crystals for holistic use and also in our daily lives. All my clients know that crystals will form part of their treatments when they book appointments for various ailments, for protection or for recovery from trauma. The subtle energies that each stone/ crystal emits can only be used to the greater good of all from those emitting low energies (not negative energies) to the crystals that resonate at the highest spiritual level. We all need the different energies of earth, fire, water and air – minerals and stones are the vehicles through which earth energy is balanced and distributed throughout the planet.

This one-day workshop is an ideal introduction to working with crystal energies. We will be working in small groups in a safe environment to enjoy finding out about crystal energies and how we use them in a therapeutic way. The workshop takes place on **Sunday, 11 August 2019**.

Guests are recommended to arrive from 9.30am for a 10am start and the workshop lasts until 4pm. Each person should bring a light packed lunch for themselves, although drinks and snacks are available during the day. The cost of the workshop is £55. For more info on the course, contact [Barbara Collins](#) at: www.crystalpyramidtherapies.co.uk.



Balancing chakra energies links to all the body's systems and can greatly enhance the body's own healing mechanism. The Chakra system, which originated from an ancient Hindu culture and is believed to date from around 2500 BCE, forms the focus of the workshop. We'll be using crystals to achieve balance along the seven main Chakra energy centres in the body. There will be lots of crystals to practice with and lots of practical experience as we work together. You will also have the opportunity to learn how to dowse, using crystal pendulums and how to select crystals for their specific energies by dowsing or by intuitive selection.

We will also enjoy a crystal meditation and spend some time looking at how the Chakras interact with auras. Crystals and pendulums will be available to use throughout the day and an opportunity to purchase, if so desired. A complete workbook of the day's events will be given to each student.

Gylden
Magick
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Litha events in the Gylden area



Sparkly Reflections

By Rebecca

Now are the moments we live in,
Yet memories of yesterday,
And ideas of tomorrow, often trap us in a world that is not real,
It doesn't have to,
Each time you come back to your breath,
Think love.

Many things in life have happened to us,
They seem hard to understand,
How is this fair?
We ask.
How is spirit looking after me if this happened?

Well that is how,
By showing us in gloriously painful detail exactly why we are here,
What we are here to heal,
And the route to service.
What if we are the path clearers so the next wave of love can land on safe shores.

Brave souls,
Who are you?
Why are you here?
Your problems are your gifts.
Wishing you an easy path to joy,
The easy way is hard enough.

Spi-rituality: Summer Solstice ceremony

By Basingstoke Pagan Circle and report by Gylden Fellowship

Litha is the height of summer, the longest day and the shortest night of the earth's solar year. Solstice means the standing of the sun and we can connect to the great turning point in the earth's annual cycle to stop, be still and reflect on our progress since Yule.

It is a time to symbolise the transition from the waxing sunlight to the waning sunlight, often by holding a mock fight between the Oak King and the Holly King.

On 23 June 2019, members of **Basingstoke Pagan Circle** came together in the War Memorial Park in Basingstoke, to celebrate Litha. Some of them were still in the mindset of having travelled to Stonehenge on 21 June for the solstice celebrations there.

Written by **Paul Oakwolf Coombes**, the Archdruid who organises Basingstoke Pagan Circle Ceremonies, all the sabbat rituals are held in public places, on the weekend closest to the actual festival. One of the key points to note in advance is that all are welcome to come along and join in – it wouldn't be the first time that interested spectators are invited to join the circle too.



Another key point is that this ritual is not exclusively druidic. There are druids present, but I'm both a witch and a druid. Often, there are those of a heathen kindred path too – and all are included.

So, what did this ritual include? There was the Calling the Quarters, an overview of Alban Hefin (Litha) and a blessing of bread and mead, but there were other parts that are less common.

1. A sword bearer determined whether there's peace in the land.
2. There was a poetical element read by someone – here, the poem used was "Blessed Litha, Sacred Fire" by Martha Magenta.
3. There was an Awen chant, followed by the druid oath - *We swear by peace and love to stand, Heart to Heart and Hand in Hand, Mark O Spirit, and hear us now, confirming this, our Sacred Vow.*
4. Each ritual includes a ceremonial talking stick, for each to share blessings, stories, etc.

Here's a flavour of Paul's ritual.

"May the ancient wisdom of our druid heritage, that deep source of eternal truth, held within our lands and our people, be warmed by the inner light of the sun, whose power we acknowledge on this day. Let us together, united by a bond of love, radiate peace and harmony into the world, sending healing to this earth, our home, our mother, for the sake of our children and all life."

The Storyteller's archive: The Hermit Thrush

The following tale is from the Iroquois tribe on how the birds found their songs.

Long ago, the birds had no song. Only man could sing. Each day, man greeted the rising sun with a song. The birds, as they flew by, listened to the beautiful song and they wished they too could sing. One day, the Creator visited the earth and walked around, looking at all the things he had created. He noticed, though, that there was a great silence - something was missing.

As the Creator thought about this, the sun sank behind the western hills. Then he heard the distant sound of a drum followed by the chanting of the sunset song. The sounds pleased him, but when the Creator looked around, he noticed that the birds were also listening to the singing. "That's what's missing!" said the Creator. "Birds should also have songs."

Next day, the Creator called all the birds to the great council. The birds came from far away. The sky filled with flying birds and the trees and bushes bent under the weight of so many birds. As the Creator sat on the council rock, the birds perched and became quiet. The Creator spoke: "Would the birds like to have songs and be able to sing as the people sing?" With one voice, the birds replied, "Yes! Yes!"

The Creator gave them his answer: "At tomorrow's dawn, fly as high in the sky as you can. When you can fly no higher, it is there where you will find your song. The bird who flies the highest will find the most beautiful song."

Next morning, all the Creator's birds gathered upon the land. Excitement spread throughout the birds, except for one small brown thrush who was not excited. He was perched next to a great eagle and thought to himself, "What chance do I have of reaching the most beautiful song? This eagle is so great. I will never be able to compete with such a bird." The eagle, eager for daybreak, took no notice of the small brown thrush near him, but the thrush had an idea. He flew to the eagle's head and quickly hid beneath his feathers.

At that moment, the first break of dawn appeared. With a great roar of wings, the birds took off and the morning sky remained dark as so many birds flew up higher and higher. The first bird found his song. He had flown so hard, you could hear a hum coming from his wings. The hummingbird song plainly calls, "Wait, wait for me." Many other birds weakened and found their songs. As the sun went down behind the horizon, only the eagle, owl, hawk, buzzard and loon flew higher.

At dawn the next day, only the eagle was left. He flew steady and strong until the sun was halfway in the sky. He looked and saw he was the only bird left in the sky. He began triumphantly soaring to the earth. The thrush awoke from his sound sleep at the back of eagle's head, hopped off the eagle's head and began flying upward. The eagle saw the thrush begin his journey, but was too tired to do more.

The little thrush flew higher and higher. He soon came to a hole in the sky. Entering the hole, he heard a beautiful song coming from the Spirit World. He stayed and learned the song. When he had learned it perfectly, he took leave of that place and returned anxiously to earth. He could not wait to share this most beautiful song with the others. As he came closer to earth, he could see the council rock, and he could see the great eagle, waiting for him. All the other birds waited in silence for thrush's arrival upon the earth.

The thrush, nearing the earth, no longer felt proud of his song. He began to feel ashamed that he cheated to find this song. He feared the eagle for he was the one that the thrush had cheated out of the song. The thrush flew in silence to the deep woods and hid in shame under the branches of the largest tree. He could not proudly share his song and was so ashamed that he wanted no one to see him.

There you will find him even today. The Hermit Thrush never comes out into the open, because he is still ashamed that he cheated. Sometimes, he can't help himself, though, and he must sing his beautiful song. When he does this, the other birds stop singing, because they know the song of the Hermit Thrush is from the Spirit World. That is why the Hermit Thrush is so shy and that is why his song is the most beautiful song of all the birds.

Shrines & sacred places: Cissbury Ring

By Gylden Fellowship

To date, **GYLDEN MAGICK** has featured the Rollright Stones and Matley Wood in its series on shrines and sacred places. There are many more to come, including the Ankerwycke Yew and Kingley Vale, but this month covers **Cissbury Ring**. Cissbury Ring is a Neolithic site and Iron Age hill fort, close to Worthing and Findon. It has been the location for many excavations and it would be fair to say that the archaeologists have recovered a lot of material – more on that in a while.

History aside, though, the beauty and tranquillity of Cissbury Ring is just wonderful if you walk up there on a summer's afternoon or early evening. You'll be able to see for miles around, including the English Channel and surrounding settlements. Birds sing and insects' sound too – sometimes, the stillness of Cissbury Ring permits you to hear the plants growing around you. It doesn't matter which pagan pathway you follow, be it druid or witch or eclectic, it's important that you can look at a landscape and be at one with it – picking up the residual energies of those Bronze Age dwellers, Celts, Romans, Saxons and all those who came after.



And you can still find flint arrow heads at Cissbury Ring, because flint mining was vital during the Neolithic period. Then it became a ritual burial place and the round barrows are still here. It became a hill fort in 400 BCE and stayed that way until 100 BCE – the picture gives an idea of the layout, i.e. a hill-top enclosed area with two entrances, a low bank, a rampart and ditch. After 100 BCE, much the defensive layout was changed for the growing of crops and animal husbandry.

I mentioned about the spectacular view and historians have described Cissbury Ring as a look-out point. There is actual evidence to show that it was a fort again for the Romans, for the Saxons and also for the Tudors – with early warning beacons – and for the Second World War, when anti-aircraft guns were built and the whole area was used for military training.

OK then, back to **flint arrow heads**. I remember working in a school near Bognor Regis – before the school was there, the site had been used as a graveyard for aircraft, shot down during the Second World War. A local resident told me that he used to walk his dog over the fields, before the school was built; every walk resulted in him picking up fuselage screws, casings, spent bullets, bits of engines, etc. It's the same with Cissbury Ring – not that you'll find aircraft detritus, but flint mining was carried out there extensively.

It has been suggested that the western side of Cissbury Ring contained some 9 hectares of Neolithic flint mines, with many tunnels, mine galleries and over 270 mineshafts. Some of these shafts appear today as shallow pits, because they were filled in and ploughed over by later farmers. Spoil, small red deer antler parts and flint knapping remains can still be found on the south-western side of the site. The shoulder-blades and antlers of deer were used by early miners as picks, hammers and shovels. Other animal parts that were adapted for tools here include bones from oxen, wild boar and roe deer and these finds have been carbon-dated to 3900-3000 BCE. Later on, Cissbury Ring was used as a burial site and some skeletons have been found in what would have been mine shafts. Such skeletons have been found, buried alongside flint axes, flint tools, burned pebbles, etc.



So, the flints were dug out on one side of Cissbury Ring and the knapping or finishing of the tools was done elsewhere on the site. We know this from the large numbers of flint flakes that have been recovered, as well as red deer antlers and a piece of quartzite that were used for polishing flint axes. Incidentally, flints mined from under the South Downs had better market value and higher quality than those found lying on the surface. Flints taken from the surface are weathered and more likely to fracture.

Back to the hill fort itself – **it's a great place for a sabbat ritual**, providing that one leaves no litter. The actual bits of Iron Age fort are very noticeable and are comparable to the neighbouring forts at Highdown and Chanctonbury Ring. The ramparts enclose about 24 hectares of land and earlier traces of Celtic farming can be seen in the arrangement of ditches and banks, where farming superseded the flint mines. The Romans used the fort as a fort and also for farms – the bones of farm animals, coins, pottery, brass rings and oyster shells have been discovered and carbon-dated.

This is not a shrine in the way that, say, Avebury or Stonehenge is a shrine, but we know that people lived and worked here since 4000 BCE or before. The evolution of Cissbury Ring and the accumulated energies of the inhabitants have marked this place in a way similar to Danebury (and we'll be featuring this one too in the future) and, for sensitive souls, this is a place of peace.

When this area became part of the Saxon Shore from 595 CE onward, all the place-names changed and the landscape still reflects the Saxon effects. For example, I'll quote a few local places around Cissbury Ring and transcribe their names into the Saxon Old English meanings. So, *Findon* means a hill with a heap of wood, *Sompting* means the dwellers at the marsh or swamp, *Storrington* was a homestead with storks nesting nearby and *Worthing* was the home of Worp's people.

Hampshire Pagans for Environmental Change

By Anne Butler

I established the Hampshire Pagans for Environmental Change group on Facebook in April 2019. The group now has over 100 members and the group aims to provide events, information, support and encouragement for Hampshire pagans who want to bring their spirituality into the realm of environmental awareness and activism. Among the team of admins are Wayne Davis (Shamanic practitioner) and Helen Craddock (medium and witch), both of whom I met at the Southampton Witches (UK) group.

To date, we have had one planned group event, which occurred on 21 June (summer solstice). Members were invited to come together with the same intention and conduct a ritual, either alone or in groups towards environmental change. Members were asked to offer suggestions and ideas for the intention and ritual. The established intention was, *"for us to live in harmony with the earth and all her creatures. For positive global change towards reducing humanity's continued destruction on our wild habitat, our disposable plastics, carbon footprint, use of pesticides that are killing our bees and other insects"*.



A summer night ritual that could be used was provided by Wendy Witch, but members were invited to use their own rituals or spells too. The aim is that the power of our group, all coming together at the same time, with the same clear intention and raising energy, can make big changes. I feel passionately that we must work together to protect our environment. I work with the Morrigan and was nudged (pushed) to start to act and build alliances and gather my tribe.

During a full moon ritual with Southampton Witches at Matley Wood, I looked around and realised that I had my group, my tribe, right there. What better movement to work together harmoniously and demand change than those connected to the earth ...pagans? Whilst group members may differ in practices and beliefs, we are all spiritually connected with nature and the earth and most perceive the earth and nature as sacred. I believe that we (as pagans) are a powerful group and by focusing our energy, taking one step at a time, towards our goal and our vision we can make positive changes.

Preview: Pagan Pride South 2019

By Jonathan Argento

Pagan Pride South will be holding its fourth annual summer festival in Palmerston Park in Southampton on **Sunday 18 August**. There will be a parade through town, starting at 10.30am from the Bargate to Palmerston Park and this promises to be, as ever, a colourful and noisy procession capturing a carnival atmosphere. Halfway through the parade, we will be joined by a local biker group, who will escort us into the park. This photo is from the 2018 event.



On the field are a huge variety of stalls selling unique items – traders are a huge help in funding the not for profit event. So be sure to bring some money, the selection of merchandize the largest the region. There are food stalls for meat-eaters and vegetarians and, of course, the obligatory mead stall! The event runs until 5pm. Please do come along, dress up, bring your friends and children and have fun!

Performing on the bandstand this year (from 11am) we have The Tribe of the Lost Teacup (great name!), regular national festival performers Corvus, Car Dia and the wonderful Spriggan Mist, who are also providing the sound and mixing desks. There are also performances by The Pentacle Drummers, Bang to Rites and tribal belly dancers, Jadoos Jingles. In addition to this, there is a speaker's marquee with a selection of talks on environmental and pagan-related topics.

Pagan Pride events have been happening in many parts of the world, notably North America where many cities run similar events organised by local pagans. The first Pagan Pride in the UK was in Southampton about 15 years ago. Nationally, the largest was Pagan Pride UK which (until this year) ran in Nottingham, but there are others in London and Anglia (Milton Keynes). Pagan Pride South was the brainchild of Becky Anderson-Davis and myself - we received huge support from Dave and Cath (Children of Artemis) and Baz & Maxine (Spriggan Mist) - it was, and is, a tremendous privilege to work with them. The event wouldn't have happened without their help. All the bands speakers and crew donate their time and skills to make the event work - it is, after all a free community festival.

Nowadays, thankfully, instances of prejudice and attack against pagans are rare. Nevertheless, we stand with other groups who experience discrimination and are proud to retain the word Pride in our festival. Gay Pride stalwarts (the Pride Priders) will be providing stewards for our event. **On that note, if anyone would like to help with stewarding, please contact Becky or myself.**

Divination - Palmistry

By Sam O'Neil, The Spiritual Palmist, Medium and Spiritual Teacher

This article is the first of 4 pieces, covering the four major lines in palmistry. We'll cover the basic meanings and how to blend them. So, let's kick off with the **Heart line**, which is one of the four major lines.

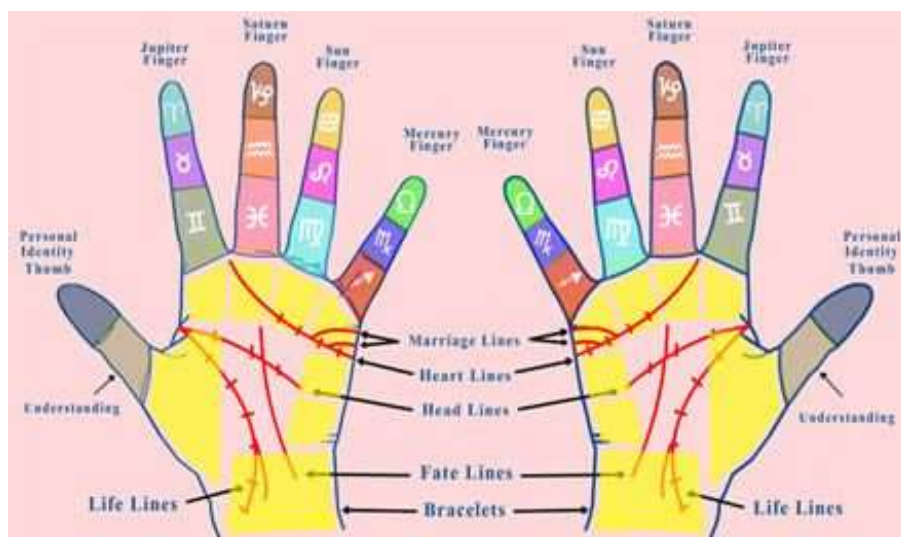
The heart line is not just related to love, but to all relationships, family and, even, projects. Not everyone will have the same lines and marks. The heart line can show the depth of your affection, how you are towards ones you love and to those around you. It can tell if your emotion is complicated or simple. It can also tell if you have had emotion points that have affected your life and our biological health.

When looking at your heart line look at your most active or prominent hand. The heart line is located at the top of your palm. Generally, it is the first line from the bottom of your fingers, going from the edge of the palm under your little finger inwards. Commonly, the following is true.

1. A heart line that is deep, clear, curved, unbroken, not mixed or disorderly and extends to the index finger or between the index finger and middle finger shows someone with a good love life and emotions.
2. A heart line that ends at the middle finger (Mount of Saturn) shows someone who falls in love easily and may act without thinking.
3. A heart line that ends before the middle finger shows someone who has less interest in love, is self-centred and has a love life that is not smooth.
4. A heart line that ends between the middle and index fingers shows someone who can be stubborn or appear selfish, but don't judge a book by its cover. With a curve, the heart line is all about true love.
5. A heart line that ends at the index finger (Mount of Jupiter) shows someone that may wear their heart on their sleeve, content with love, with great dreams and high expectations.

To back up information and give more details on the heart line, concerning love, some of the other lines are the Marriage Line, Head Line, Fate Line, Apollo Line and Girdle of Venus. One of the most common questions I get asked is, *"When will I get married?"* This can be seen along the Fate Line. There will be a Y-shape general along the left side of the line.

Depending on where it is affects **when** you will get married. The marriage lines are located on the side of the of your hand under your little finger (on the side of the Mount of Mercury) These lines will be coming from the side onto your palm. Not everyone does get married, but these lines show significant relationships in your life (past, present and future). Another key question is, *"Am I with my true love, have I found The One?"* A good sign that the relationship you are in is significant is a deep line and this line may get deeper as time goes on. Like all the lines, your heart line changes. It is a great idea today to take a photo of your palm every six months to see the changes. The best photos are taken in natural daylight. Please read August's edition for the Head Line.



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