



# Gylden Magick

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## July 2020

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. Our meetup group membership has almost 200 people and we welcome new members constantly.

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

**Gylden Fellowship** continues as a pagan support mechanism, albeit less so at the moment, in the light of the COVID-19 restrictions. So, this time, we're very grateful to our friends for their contributions too.

In this issue, there's *practical magick*, i.e. spells, crystals and herbs. This is the **Blessing Moon** and the altar colours are yellow, red and silver. And, we have the next part of our spirit guide series, i.e. rabbits.

But no ads – after all, we're like a pagan public library and all the information is free.

Dates for your diaries – not least the **Feast of Ceridwen** on 3 July, the **Neptunalia** on 23 July (hence the sea sparkle picture above) and two Norse festivals: **Sleipnir** on 26 July and the **Feast of Thor** on 29 July. There's a **lunar eclipse (penumbral)** on 5 July and a **meteor shower (Delta Aquarids)** on 28-29 July. And we have **Lughnasadh** on 1 August.

**What else is there?** Well, we continue our series about animal spirit guides with the rabbit, one of the most famous First Nation tales,

poetry, harvest traditions, our ancient peoples series looks at Cnut the Great, a second piece on Schumann Resonances, soul tribes and soul mates, an opinion article from The Pleiadian Starseed Channel, crystals and ethics, environmental photos from the Sussex Wildlife Trust, herbal healing with allium cepa and our crystal of the month is moonstone.

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

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

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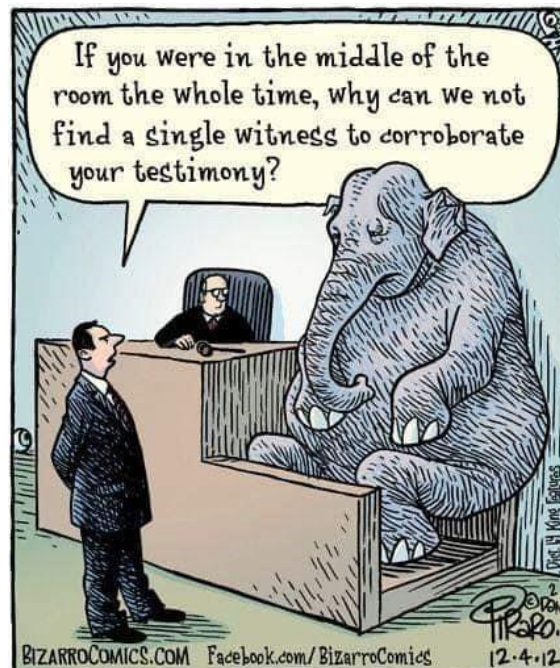
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## Animal spirit guides: rabbit

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



OK then, first do not confuse a rabbit spirit guide with a hare, as the two animals have different meanings. A rabbit guide has three main values:

- Abundance.
- Comfort.
- Fertility.

Comfort is one thing, but your guide may help you with planning things and a gradual spiritual development. You may suffer from an unpredictable or indecisive nature and the rabbit will help you to slow down. Having said that, you may have quick reflexes, a good eye for detail and co-ordination. Many people with rabbit guides are gentle, intelligent and kindly folk. They are persuasive and often succeed in their endeavours. Just like rabbits in the wild, this guide can sense impending danger.

A rabbit guide can help you make practical changes to your life, eg evaluating nutrition and diet. Rabbit guides are full of magickal energy, particularly in helping you to maximise fertility and abundance in your life. Carry a talisman with you that is decorated with a rabbit image, as this will boost your physical energy. Rabbits are linked to the deities of spring.

In some legends, rabbits are the messengers of the underworld, as they come and go out of the earth as they please. A rabbit spirit guide is of help for deep meditations or journeys in the Otherworld.

## Crystals: moonstone

Moonstone crystals are easily obtainable – they come mainly from Australia, India or Sri Lanka. It belongs to the feldspar group of stones; it contains potassium, silicon, sodium and aluminium. Sometimes, moonstone is referred to as *hecatolite*. But, the pearly shimmer of the crystal gives rise to its name. It is linked closely with the divine feminine and the symbols of fertility and sensuality.

The structure of moonstone forms parallel structures within the crystal matrix, which balances light back-and-forth in a natural phenomenon called **labradorescence** – as in labradorite. Moonstone was a common stone in jewellery from ancient India and among the Celts. To get the best out of a moonstone, wear it as a pendant, ring, bracelet or whatever.

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

- Moonstone is really good for love and any light-work. As opposed to sunlight, the moonstone gives a softer energy against emotional stress.
- It is a brilliant creative stone, particularly increasing your intuition and artistic side.
- A moonstone is great against fears, negative thoughts or self-doubts.
- Further, it's good for meditation by helping to clear the mind and grounding your spirit.
- It could be described a crystal of wisdom as it allows you to keep calm against emotional triggers or over-reactions.
- Moonstone is best with the heart chakra – that's everything to do with intuition and emotions.
- As the name suggests, moonstone is good for time of the month problems affecting hormones, conception, menstrual issues and child-birth.
- It is good for insomnia and helps against sleep-walking.
- It can be used to stop dis-eases of the skin, hair and eyes.



## Herb of the month: allium cepa

Allium is an umbrella term that covers vegetables, such as garlic, onions, chives and leeks. Here, we're looking at allium cepa in particular – the onion. In general, the onion bulb is best used as any of the following:

- Anti-inflammatory
- Antiseptic
- Diuretic
- Expectorant
- Febrifuge
- Gastric.

On the **healing side**, onions are good for as a remedy for various ailments, including the following.

- When you chop, eat or crush an onion, the enzyme released (allinase) has a sulphur element and lots of glycoproteins. It helps build immunity against cancer – and also makes you cry.
- So, eating lots (7 or more servings per week) of allium vegetables can help reduce the chances of developing cancers in the colon, prostate, stomach, oesophagus or ovaries.
- Allium cepa acts as an anti-inflammatory to help fight infections or prevent osteoarthritis. A steam inhalation with a chopped onion helps to clear the lungs and bronchial tract.
- It's also good for stomach upsets and gastric issues – onion also strengthens the appetite.
- Onions can be eaten to prevent cataracts, due to the beneficial effect of their quercetin.
- Eating onions or other allium vegetable is good for cardiovascular dis-ease by reducing the risk of heart attacks, angina, high cholesterol or high blood pressure.



## Recipe: colcannon and onions

One of the correspondence foods for July are vegetables and, since our monthly herb is allium cepa, it seemed right that our recipe involves onions. Colcannon with onions is a fairly easy dish to make and you can choose which other vegetables to add to the mix. It's traditional to use cabbage, but other brassicas will do, eg kale, greens, sprouts, etc – whatever is leftover at that point.

### Ingredients

- 700g potatoes, peeled and cut into chunks
- 225g firm green cabbage, sliced finely or shredded
- 12 spring onions, trimmed and sliced
- 75ml single cream or 5tbsp milk
- 75g butter
- Salt, pepper and a sprinkle of nutmeg

### Method

1. Put the potato chunks and 1tbsp of salt in a large saucepan and pour boiling water over them.
2. Simmer gently for 20-25 minutes until tender – not lumpy.
3. While cooking the potatoes, melt 25g butter in a pan and fry the cabbage for 3 minutes and then add the chopped spring onions – cook for about a minute.
4. Drain the potatoes, leave them in the saucepan and add the nutmeg, pepper, cream/milk and the rest of the butter.
5. Use a potato masher to reduce the mixture to a fluffy texture.
6. Stir in the fried cabbage and spring onions to the mashed potato, adding extra salt or pepper, as required – you could also add extra butter.



# Zeitgeist & Gerald Gardner

By Gylden Fellowship

This text is part of the introduction to a current work-in-progress. It may be a **GYLDEN BRIEFING** or something very different. When researching Wiccan profiles, it's hard to find new things to say about Gerald Gardner, that haven't been said already and in greater depth. So, our piece (when it's finished) will look at what influenced Gardner and many others at that time...look for our completed piece in late summer.

OK, let's start with a few definitions here – what does this term mean? Actually, it's a theory from German philosophy from about 200 years ago. Literally speaking, **zeitgeist** means the **spirit of the age or spirit of the times**. It refers to an invisible agent or force dominating the characteristics of a given age in world history. Or, to put it another way, we're considering the spiritual and magickal climate of a particular era – that of the period, 1900-1930 in the UK, although we may stray a little on either side. It will be a whistle-stop tour, because most of the sections deserve their own books, but the spotlight, as it were, is on the context or ambience rather than single subjects.

Broadly speaking, this time is before the beginning of British paganism – before Wicca really started as a movement, but after Crowley. And yet, one has to ask what motivated Gerald Gardner, both directly and as an indirect spiritual force? If you think this is too waffly, please bear with me. There were so many spiritual strands during this period of history, the timeline permits us to see a trend of **evolutionary paganism** within the context of the UK national psyche that preceded and influenced the development of the movement we know as Wicca.

*Paganism* is an umbrella term that covers many pathways, in the same way that Christianity is an over-arching descriptor. For example, all druids are pagans, but not all pagans are druids. This applies to witches and heathen kindred too. So, the word, *pagan*, in this text, is used in its broadest sense.

If one tries to pick out some of the key events within the 30 years that we're covering here, there are so many – times of change in fact, but also times of change in our attitudes to alternative beliefs and paganism.

- The end of the British empire (Boer War, India, Iraq, Commonwealth) and the transition of monarch from Queen Victoria to Edward VII and then George V
- The First World War
- The Spanish flu pandemic that took 230,000 lives just in the UK
- The Titanic
- Women's rights
- Irish unrest
- Start of the Depression.

And then there were all the technological, cultural and literary changes in this period, including cinema and the start of television. We'll consider these latter too, because of the effect they had on some places such as Avebury. Just to be lyrical for a moment, this period was a type of **spiritual vorticism**, which expressed itself in many different ways. Some of the themes that will be covered in relation to Gardner's life and how they influenced him, include the following.

- Aradia
- Golden Dawn
- British spiritualism
- Theosophists
- Faeries
- Tolkien & CS Lewis.

Gylden  
Magick  
July 2020

# Photography showcase by Sussex Wildlife Trust

Contact: [www.sussexwildlifetrust.org.uk](http://www.sussexwildlifetrust.org.uk)



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JTomlinson



# Soul tribes and soul mates

By Nicola Ison

Before examining this topic, I should say that I have a spell that serves to attract a soul mate. That said, it is a very powerful bit of magick and is a binding spell and so, for those reasons, I'm not going to set it down here. However, there are a few experienced witches in the **Gylden Community** area who may be able to help you, if you have any other questions on this matter – just send us a query.

**What then is a soul mate?** Well, the first thing to say is that a soul mate is not the same person as your life partner, i.e. marriage or live-in partner. The American writer, Richard Bach, described a soul mate as “someone who has locks that fit our keys, and keys to fit our locks. When we feel safe enough to open the locks, our truest selves step out and we can be completely and honestly who we are.”

A soul mate is someone who can truly open your locks, not in a sexual sense, but in a spiritual sense. A life partner fits with you on a physical, moral and sensible level. That person is here with you for this life-time as a supporter and companion, but there's an integral problem, as he or she doesn't speak to your soul.

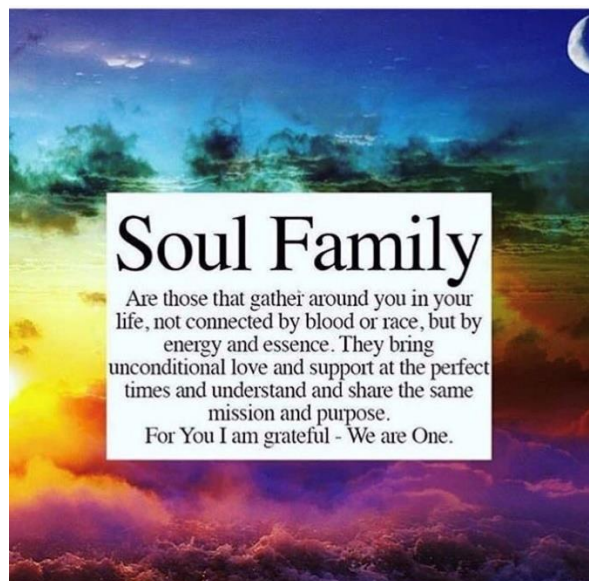
Only your soul mate makes you feel entirely complete and enriched, outside of sexual, family, domestic or other areas of your life. Many people opt to stay in life partner relationships, because society demands sensible (normal) behaviour of families, careers, etc or because most people are afraid of living their lives alone. With a soul mate, you are never alone, because he or she knows what you want and, almost with a low-grade telepathy, when you need some reassurance. The following list shows some of the characteristics of a bond between soul mates.

1. If someone is your soul mate, chances are that he or she has been **present in your past life-times**. You might suddenly and briefly experience flashbacks of your soul mate. You might even feel an odd sense of *déjà vu*, as if the moment in time has already taken place, perhaps a long time ago, perhaps in a different setting – at first, though, there will be an instant of recognition between your souls.
2. Both of you are on the **same wavelength**. You're able to finish each other's sentences, have the same ideas at the same time and pick up loads of info on the non-verbal plane. Soul mates often have a mental connection, similar to twins. They might pick up the phone (or Facebook) to call each other at the exact same time. Though life may keep you apart at times, your minds will always be in tune if you are soul mates.
3. You can accept **each other's flaws** much easier. Everyone has grumpy days or moments, but the bond between is tough to break. Soul mates learn to love each other's imperfections and a relationship is more likely to be a soul mate match if you both love each other exactly as you each are in reality.
4. Soul mates often see their relationship as **us against the world**. They feel so linked together that they're ready and willing to take on any feat of life, so long as they have their soul mate by their side. Soul mate relationships are founded on compromise and unity above all else.
5. Notwithstanding the gender of your partner, he or she should always make you feel **secure and protected**. This means that if you're a man, yes, your woman should make you feel protected, too! Your soul mate will make you feel like you have a guardian angel by your side. A person



who plays on your insecurities, whether consciously or subconsciously, is not your soul mate, eg someone who tells you are useless or not capable of doing something.

6. A soul mate is not someone you can walk away from that easily. It is someone **you can't imagine being without**, a person you believe is worth sticking with and fighting for. And, in the end, that is what counts.



Your soul mate is not the same as **someone from your soul tribe**, though. Your soul tribe is like a spiritual family that supports and encourages you. How can you recognise someone from your soul family? Here are some clues.

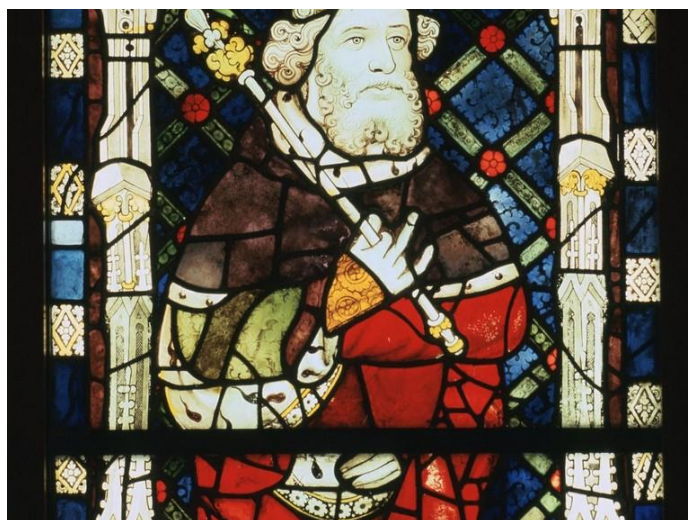
1. Do you feel understood and at home around them? Understanding gives a sense of belonging and connection. With someone from your soul tribe, you'll feel a positive connection with them and conversations will flow naturally. You can feel free to speak your mind and tell them your deep secrets without feeling vulnerable or rejected.
2. Do you get excited when seeing a member of your soul tribe? You should, because they feel like family to you - welcome them with open arms and be happy to catch up with them, especially if you haven't seen each other in a while.
3. Do they provide balance in your life? For example, if you are an impulsive person, some of your soul tribe may counsel patience or planning.
4. If you feel low, do they give you strength? Soul tribe members bring out the best in one another.
5. Do they have similar life events to you? Your soul tribe may enter your life when you're at a crossroads or feel at the end of your rope. If you meet someone who you feel a strong connection with while you're going through a tough time, don't take this as a coincidence.
6. Do they have similar goals and dreams to you? Your soul tribe can be guides to help you on your journey – you support each other.
7. Have you met in previous life-times? Stronger links can mean that you can sit in silence and not feel awkward, because you just enjoy being in their presence.
8. Do they help you move on from sad memories? Soul tribe members are like a family and care about you. They'll support you in difficult times and be happy with you in good times.

# Ancient peoples: Cnut the Great

By Gylden Fellowship

So, here's a question – who was the first Danish king of England? The answer is Sweyn Forkbeard, who was crowned on 25 December 1013, but his reign was short-lived, as he died on 3 February 1014. His son, Cnut, might have ascended the throne then, but there was a period of 3 years with various rulers before they all died and Cnut became king in December 1016. He is sometimes referred to as King Canute and, in 1018, he became king of Denmark too, on the death of his brother.

King Cnut reigned for the next 20 years or so and became one of the most effective English kings at a time when there were the threat of war and constant raids by Viking ships along the coast. To stop the Viking raids, Cnut raised a huge amount of Danegeld (gold and silver) to bribe the Viking raiders. This tactic worked and the king strengthened his hold by executing any English lords who were suspected of plotting against him. And he married Emma of Normandy, a ruse that succeeded in delaying any threat of a Norman invasion.



The well-known story about Cnut commanding the tide to turn back is recounted in several places, but the actual message was that the sea was governed by God, rather than subject to the whims of kings and Cnut was demonstrating that message to his sycophantic courtiers.

One key problem at the time was growth of Christianity, but Cnut supported the Christian church in England and promoted peace. Churches and monasteries were popular targets for the Vikings and Cnut rebuilt many of these religious places, thereby increasing his political power. In fact, King Cnut is well-known for such reforms and he was the only Viking king to visit the Vatican, securing beneficial agreements on fees and tolls. Among his religious reforms were the following.

- Promoting monastic life
- Encouraging illumination of manuscripts
- Supporting the monasteries in their care for the poor.

However, Cnut the Great earned his title by invading Scotland in 1027 and making peaceful alliances with some Scottish kings. Then, he invaded Norway in 1028. In effect, he became the king of England, Denmark, Norway and part of Sweden. This feat increased the trade and economies of all the countries under his rule, until his death in 1035.

# Harvest traditions

By Nick the Witch

As we approach the Feast of the First Harvest – Lughnasadh – I thought it would be a good idea to consider some of the harvest traditions and customs. Lots more to say about the festival itself when we publish our sabbat blog, later in July.

First, summer solstice is sometimes referred to as midsummer - it had differing traditions surrounding it in ancient pagan times. Among the Greeks, there were some calendars which were based around the solstice. In Athens, the calendar went from summer solstice to summer solstice and in Delphi, the new year started with the first new moon after the summer solstice. A few calendars began around the winter solstice. Their calendars were mostly lunar-oriented with some solar events thrown in, and different regions had multiple calendars.

In Athens, summer solstice was celebrated with the holiday of Kronia, which was a harvest festival. It was dedicated to Kronos, father of Zeus. There is also evidence to suggest that in the Delphic calendar, the festival was dedicated to Apollo. Modern Hellenist pagans tend to follow the Athenian route and celebrate their own version of Kronia around the summer solstice – a few also celebrate Prometheia, in honour of Prometheus.

Still, it can be noted that many of these festivals are linked with harvests and the forthcoming reaping of crops. It may even be interesting to note that Apollo's connection with harvests came first and the sun later in association with such. There certainly would be nothing wrong with combining various elements of these festivals and honouring all three at once or simply honouring the day with a libation to Apollo and other related deities.

The same is true of our harvest festivals. As pagans, we celebrate both Lughnasadh and Mabon, which give thanks for the harvest, but other cultures and religions do the same – Harvest services for Christians, the annual acorn festival for the Miwok tribe and many apple festivals in late September/October.

To quote Rae Beth (*Hedge Witch*, 1990) for a minute, "*The Goddess is giving birth now, and we celebrate this birth, the fruits of field and orchard, garden and hedgerow...we celebrate the life energy that the God has given as well as all the creation that the Goddess is bringing forth*". Rae Beth continues by suggesting that a witch could do worse than take a walk in the countryside and look at the harvest in the fields and hedges.

For me, Lughnasadh is all about baking. For the Saxons, it was the festival of the first harvest (the loaf-mass) when the first grains were ground and made into bread, ready to be offered to the gods in worship and thanks. It was also a time to mourn the sun god (Lugh) whose power was on the wane and the light decreased each day. Later, the festival was absorbed into the Christian calendar as Lammass.



Actually, the story of harvest rituals and customs in Britain is interesting, although it is worth noting that the real decline in such traditions started in the early 19<sup>th</sup> century. Customs that had existed for centuries came under attack from the increasing use of steam-powered threshers, pulled by horses, plus mechanical harvesters that could both reap and bind the corn and straw. Such was the prototype of today's combine harvester and these machines signalled the end of customs as *Crying the Neck* (proclaiming the end of the harvest) and choosing a *King of the Mowers* (the best reaper).

Pre-1800, it was usual for the landowner to celebrate the end of the harvest on his fields by providing a *horkey* or *mell supper*, to which all of the harvesters were invited. In general, this was a large meal with plenty of ale or cider. As Victorian values started to seep into society after the 1830s, these often-drunken horkeys attracted widespread disapproval, not least from Queen Victoria herself. The inevitable result was not long in coming, namely the harvest tea, which started in the 1840s – a harvest service in church followed by a meal and tea.

By 1889, a Church of England rector was able to say that the old harvest feasts were no more and that there were harvest festivals instead. By his understanding, such events consisted of, "Tea and cake at sixpence per head in the schoolroom and a choral service and sermon in the church" – this continues to be the practice in many Church of England churches today. It's a far cry from the horkeys and giving of thanks at harvest.

On the other hand, there's still plenty of crop fairs around. In the UK, some produce fairs and outdoor farmers' markets continued to run during covid-19, whilst using social distancing rules. Here are some examples of ancient produce festivals that are still organised on a regular or annual basis in Britain.

1. Marldon Apple Fair is on August Bank Holiday Saturday.
2. Wisbech Strawberry Fair is held in late July.
3. Findon Great Sheep Fair occurs in September.
4. Annual goose/livestock fairs are held in Tavistock (2<sup>nd</sup> Wednesday in October) and Nottingham (1<sup>st</sup> Thursday in October).
5. The Colchester Oyster Ceremonies are split over two dates each year: late September is the start of the oyster-dredging season and a proclamation is read out (this custom dates from 1256). In late October, the mayor of Colchester hosts the Oyster Feast.
6. Some erstwhile produce fairs are remembered now only by name and have evolved into general funfairs. Examples include the Cheese and Onion Fair (September, Newton Abbot) and the Black Cherry Fair (July, Chertsey), but their titles reveal their origins.



Credit: Gillian Nott

# Cosmic energies: Schumann Resonances (2)

By Mark Sharpen

In the June issue of **GYLDEN MAGICK**, there was a brief introduction to the Schumann Resonances. Just to recapitulate though, the Schumann Resonances are all about sets of electromagnetic waves that oscillate at different frequencies within the Earth's ionosphere. I looked at the links between human mental health (brainwave frequencies in EEG readings) and the vibrational patterns of Schumann Resonances. And I suggested that spikes in the Schumann Resonances could affect human behaviour.

Human beings vibrate at a range of 5-10hz and Gaia (the earth) vibrates at 7.83hz. A **resonant frequency** is one that boosts a given object, already tuned to a specific frequency – these two frequencies influence each other if they can be harmonised. This is where a concept called **entrainment** comes in. It's where two interacting frequencies that normally vibrate independently, come together to act as a single frequency for a time. Perhaps one frequency slows down and the other speeds up...they're trained into harmony.

Does this affect us? Well, yes it does, because studies show that people who resonate closer to the 7.83hz frequency are more at peace and are healthier than those who emit a frequency of 10hz. Humans are supposed to live in harmony with the earth's vibration and this concept is called **coherence**. When we fall out of sync with the Schumann Resonances, we start to experience such symptoms as:

- Insomnia
- Anxiety
- Immune deficiency
- Dis-ease.

Falling out of sync is incoherence and it's easy to do when the human brain is affected by other forms of EMFs (electromagnetic fields), eg mobile phones, television, mobile phone towers, etc. All these EMFs interfere with our natural resonance. Other factors that interfere with or harm our natural resonance include:

- Eating junk or processed foods
- Taking manufactured drugs
- Taking part in stressful situations.

It has been suggested (in studies) that the evolution of the human brain and its operation are attuned to the Schumann Resonances. Thus, interference from other EMFs can disrupt the alpha wave in our brains, resulting in health problems and behavioural changes. If not corrected, this trend signals an evolutionary change for humans. For example, modern spacecraft contain a device that simulates the Schumann Resonances for the astronauts, because early astronauts reported mental problems once they left the ionosphere.

What can we do to aid our coherence with the Schumann Resonances? It's all about improving our relationship with Gaia

- Spend more time in nature
- Listen to the frequency and let your mind entrain back to the natural vibration
- Check the Resonances if you are feeling very anxious or cannot sleep
- Maybe buy a Schumann Resonator to emit the 7.83 frequency for you, if you feel ill or can't spend time in nature.

# The Maid of the Mist

By the Storyteller

**Many First Nation tribes revered the Thunderbird, a mythical being that took the form of an eagle with a beak and wings that dispensed thunder and lightning. To the Iroquois tribe, this eagle myth takes the form of Hino or Hiron, the spirit of thunder and guardian of the heavens – such thunderbirds (or just thunders) may take the form of winged men who fight evil spirits or monsters, evidenced by floods, earthquakes or thunderstorms. It is common to find icons of thunderbirds on the top of totem poles. And there are many tales...here's the most famous.**

*The maid was a sad girl who had lost her husband and her hope at a young age. The beautiful girl could not find her way through the sorrow that was her lot in life so, one day, she stepped into her canoe, singing a death song softly to herself, and paddled out into the current. Soon the canoe was caught by the rough water and hurtled toward the falls. But as the canoe went over and she fell, Hino, the god of thunder who lived in the falls, caught the maid gently in his arms and carried her to his home beneath the mists and the thundering veil of water.*

*Hino and his sons ministered to the grieving girl, and she stayed with them until her heart healed within her. Then the younger son spoke words of love to the maid and they married, to the delight of the god of thunder. A young son was born to the couple, and he followed his grandfather everywhere, learning what it means to be a god of thunder.*

*The only shadow on the happiness of the maid in the mist was a continual longing to see her people one more time. Her chance came in an unexpected and unwelcome way.*

*A great snake came down the mighty river and poisoned the waters of her people. They grew sick and started dying. Soon the great snake would return to devour the dead until her people were all gone. It was Hino himself who gave her the news, and she begged that she might return for one hour to warn her people of the danger. The god himself lifted her through the falls and set her down among her people to give warning about the evil snake that was causing such pestilence among them. She advised them to move to a higher country until the danger was past, and they agreed. Then Hino came and took the maid back to her husband and her home.*

*After a few days, the giant serpent returned to the village, seeking the bodies of those who had died from the poison it had spread. When the snake realised that the people had left the village, it hissed in rage and turned upstream to search for them. But Hino heard the voice of the serpent and rose up through the mist of the falls. He threw a great thunderbolt at the creature and killed it in one mighty blast. The giant body of the creature floated downstream and lodged just above the cataract, creating a large semi-circle that deflected huge amounts of water into the falls at the place just above the god's home. Horrified by this disastrous turn of events, Hino swept in through the falls and did his best to stop the massive influx of water, but it was too late.*

*Seeing that his home would soon be destroyed, Hino called for the maid and his sons to come away with him. The younger son brought his wife and child and followed Hino through the water of the falls and up into the sky, where the thunder god made them a new home. From this place, they watch over the people of the earth, while Hino thunders in the clouds as he once thundered in the noise of the great falls. To this day, an echo of Hino's voice can be heard in the thunder of the mighty waters of Niagara Falls.*

# Poetry: Dolphins

By Vali Trinity

Merry Meant and Merry Be,  
the Pods are often many...  
Leaping high above the ocean,  
Swimming in unison,  
Forever seduced by motion.

Joyful feelings,  
In their watery world, splish, splash,  
shoals of fish in abundance,  
Darting, diving, turning in a flash.

Deep down on the ocean floor,  
The crabs show their delight,  
Walking sideways under rocks,  
Having no clue of "right".

The dolphins shine in the sun,  
glistening, in black satin coats,  
Smooth, glossy, ready for dinner,  
Playing tag with the boats.

They have such power in leaps and bounds,  
I think they've been here forever,  
Until time dictates, they leave  
Let's celebrate their endeavour.

Taken from the book, **Poetry in the Vali** – for more details, contact [hapivali7@gmail.com](mailto:hapivali7@gmail.com)



# Ethical crystals

By Gylden Fellowship

For those of you who have been buying crystals online during lockdown, you probably saw the vast array of products on sale – not just the stones, but jewellery too. I've bought plenty of healing crystals in the past and not always given much thought to where these stones come from, unless it's a particularly rare or valuable item. The following article is not a polemic on what we, as pagans, must do, but it does raise some questions to ask when we buy crystals in future.

No gemstones or healing crystals have been certified as Fair Trade (FT): the only precious metals that are FT are gold and silver. Any buyer should ask a trader about a product's origin. Platinum is not FT at present, but it is possible to source ethically recycled platinum for jewellery. The main reason why crystals and gems are not included in the FT standard is due to the fact that every mine operates differently because of:

- Types of stones mined
- Geography of the local area
- Local climate
- Traditional mining methods of the sourcing area, eg on a small scale with only a few people.

Pagans need to be aware that many traders devise their own standards to label ethical crystals or stones. Such standards may be based on international guidelines, but there is no inspection or third-party quality audit of these schemes.

If you want to buy crystals or gems for, say, magickal healing or altar decoration, it is worth checking for the following information from the trader.

1. Are the stones sourced from organisations that work with small-scale miners?
2. Do these mines avoid the use of child labour?
3. Do these mines use workers of both sexes?
4. Are the source organisations dedicated to educating the smaller mines on proper health and safety methods?
5. Are the methods of mining safe?
6. Are the mines located in environmentally safe areas, i.e. not national parks?
7. Are the mines located in areas of recent wars?
8. After mining is completed, will the sourcing agent restore and replant the mine sites. For example, when sapphire mines in Australia were exhausted, the sourcing organisation there (Columbia Gem House), ensured that the site was restored to grassland for farming.

**Note:** if the trader cannot give you these answers, then it's *caveat emptor*, but I would suggest that crystals of uncertain provenance are less good for healing.

## Environmental concerns

Any FT standard looks at protection for the environment, during mining, cutting, and jewellery manufacturing. Unlike mining for most minerals, gems are usually mined by hand as small hand-held tools minimise the lasting impact on the local environment. A gemstone miner is much more likely to use a shovel or a basket than an earthmover.

Most small-scale mine workers live near the mine workings and it is important that any mine leaves as much vegetation (as possible) untouched to reduce the impact on wildlife habitat. This is another point that should be checked by the sourcing agent. A mining operation moves a lot of earth and rock, but streams and aquifers need protection too, as do marine life.

## Human rights protection

If possible, the trader should be asked whether the source agent for the stones can guarantee fair dealing for the miners and workers in the cutting shops, namely:



- No child labour
- Minimum wages
- Good health and safety, eg dust control in the cutting areas
- Comfortable working conditions
- Training and qualification of skilled workers
- Equal opportunities.

Some sourcing agents go much further than these basic rights. For example, the sourcing company built a school for the children of workers at the Chimwadzulu Mine in Malawi (where a rare ruby is mined). With an attendance roll of 950, it also provides needed educational services for all the village children. Non-agricultural work is rare in this part of Malawi and infrastructure is almost non-existent. Other sourcing agents look toward their workers' health and provide small medical clinics, build freshwater wells and replant forests.

### Product integrity

The road from a gem being taken from the earth to display in a shop or trade fair is not straightforward. Most buyers are aware that many crystals are either dyed or grown in a laboratory, but there are other links in the supply chain that can be checked before purchase. A dealer should be able to guarantee the integrity of each stone:

- Quality
- Location of the mine – some dealers operate a strict chain of custody, to assure customers of the path of a stone from mine to shop
- How the gem has been cut or faceted
- Whether the stone has been enhanced in any way, eg heating to improve colour – this often occurs with rubies and sapphires
- Whether any synthetic substances have been mixed in the stone – this is particularly true with quartz
- Some stones are mixed with glass or via a process known as fracture filling to add synthetics
- It is possible to ask a dealer for an origin report on a valuable stone and a scientist can look for clues to a gem's origin.

**Note:** for this reason, many crystal healers prefer to either forage for their own crystals or buy rough, untreated stones.

### Commercial ethics

It is important to show the link to the mine for lots of reasons – as a crystal healer, I feel that a link with the environment of the mine adds to the energy of the crystal. Many people know that coffee comes from Colombia, but how many know that some of the best rubies and sapphires come from Malawi?

The actual export chain process can be demonstrated by a crystal dealer via a complete chain of custody documentation for each stone. Thus, all transactions and transfers of goods and monies are handled in a legal and transparent manner, according to local laws.

Any shipments into the UK should include an official invoice that shows real and accurate values. The official invoice is also used to remit payment by online banking or bank order to an official bank account supplied by the supplier. Such papers help to avoid the scam of buying gems as part of money laundering.

The *Earth to Pocket* initiative emphasises the importance of sourcing crystals that already have clean energy rather than using running water, sage or moonlight to cleanse new crystals. Similar to the Seed to Plate organic food movement, *Earth to Pocket* dealers buy tumbled stones directly from mine owners/ gem tumblers who can verify the origin of their products and mining conditions.

# A Sign of the Times

By Soma ARah

The following article is the first part of an opinion piece from Soma ARah (Carol Noonan) Channelling The Pleiadians, [www.ThePleiadianChild.com](http://www.ThePleiadianChild.com)

Subscribe to YouTube channel "Carol Noonan"

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Everything has changed - our whole world has changed. Everything we know has come crashing down, crumbling around our knees and beneath our feet, as we stand looking on in shock, silence disbelief, bewilderment, fear, panic, distraught, distressed, suicidal and in denial. The whole world has been brought to its knees - not a single person is unaffected by the events that are taking place. This is an unprecedented event in history, that we have never ever before seen the likes of and it affects every single person on the planet in one way or another. That's 7 billion + people all affected by current events. This has never ever happened before and we don't seem to know what to do. We seem to be waiting for someone else to take the reins and help us, someone else to come and rescue us, we seem to be caught in psychological shock and trauma on a mass scale.

Many things are happening upon earth at this time, much of which will not be shown on mainstream media yet, maybe in the future, but maybe never? Examples include mass arrests around the world, famine, war, human trafficking, torture and abuse – all sickening crimes against humanity on a mass scale and the erosion of human rights everywhere. Who is to blame? Cartels of large companies, financiers, governments, organised religion are all popular targets and elected politicians do little but praise and support them.

What is true is that our world is crazy from reported stuff on the internet, but not mainstream media and, perhaps, our world is not what we thought it was. Yet many people cannot believe what they are being shown, what they are seeing with their own eyes – a condition known as cognitive dissonance. I cannot blame them either. Sadly, I believe that IS the world we are living in today. But WHY? Why are we going through such a horrendous time on Earth?

What I believe to be true is this - that I've been shown by The Pleiadians is the following. We are in the Ascension Process, a process where our consciousness is raising, shifting onto a higher frequency, level, dimension, awareness and state of being. It frees us of the shackles that are keeping us dumped down, that are binding us and keeping us on a lower frequency.



At the downfall of Atlantis, negative ET Energy came in and overtook the Atlanteans, changing their DNA to enslave them, to keep them dumbed down, to control them, to manipulate them and to claim ownership of the Earth. A large meteor hit the Earth, shifting the Earth off its natural axis and causing the poles to shift. A veil of amnesia was placed around the Earth and this began the downfall of Atlantis. The Atlanteans began to forget who they were and where they came from. They began to lose their connection with the divine forces of positive loving ET Energies. They lost the ability to connect with them, to see them, to talk with them and to communicate with them.

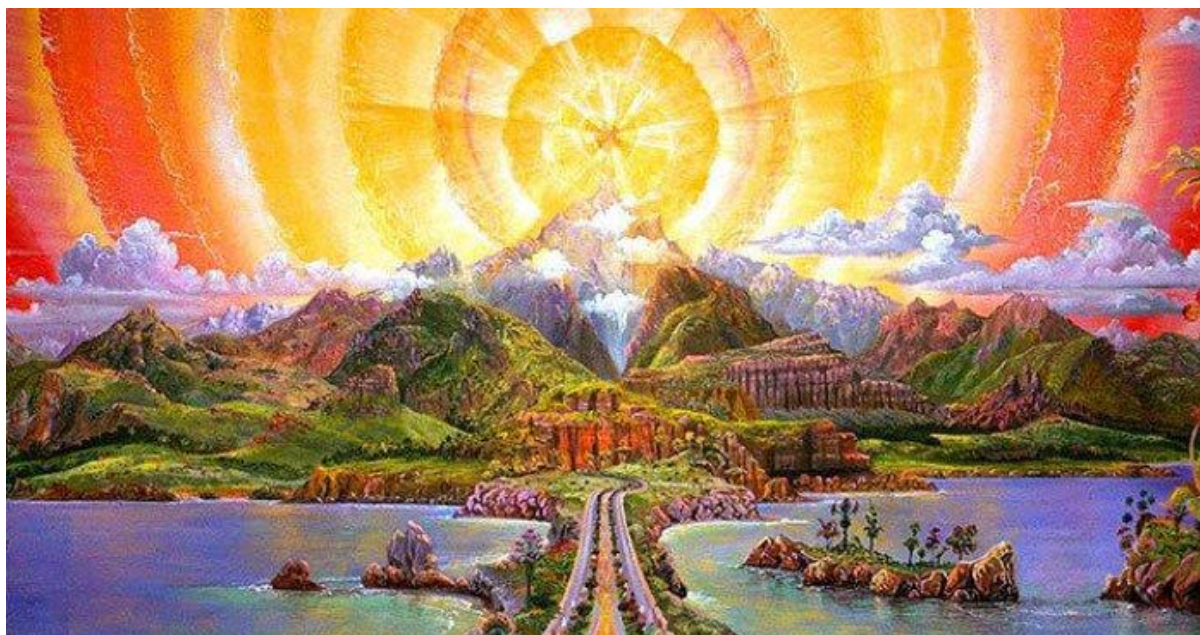
A great lie was told to them by the negative energies who were enslaving them - the biggest lie humanity has "EVER KNOWN" - that we are alone in the universe. This lie further enslaved them, made them self-reliant and forgetting the Atlantean power that had been in the past. Before their DNA was deliberately changed and manipulated, they had lived a lot longer, mostly free from disease, on a much higher frequency, loving in love and light compassion for each other.

There has been a war going on by many negative energies for many thousands of years. The Pleiadians call it the War of the Worlds and now is the beginning of the end of that war.

What's happening now on Earth is that the pendulum is swinging back into its natural state of being - one of Love and Harmony. The Earth is moving back onto her natural axis. At the same time, humanity is changing with our DNA reverting to its original state, much like a coil that has been stretched to its absolute limit and then released. It will naturally and eventually go back to its original shape, position or state of being – our original blueprint as it was meant to be, before it was changed. And that is what is happening now. Much like a birthing process, it is painful.

All systems on Earth need to be replaced and will be eventually, slowly maybe. This is a time on Earth NEVER SEEN BEFORE, because it's never happened before. And that's partly why we are in such shock and trauma on such a MASS SCALE. Humanity is traumatised on a mass scale. But it will be OK. There are natural laws governing this universe and we are part of them. We are not alone and never have been alone. Our original DNA was changed and the truth kept hidden from us. We have been lied to on a mass scale - about the truth of who we are, where we came from, etc. Everything we have been taught, shown, led to believe, is a complete lie. Our true history, our true science, our true origins, everything - we don't come from earth.

I know it is hard for some people to believe this. The ascension is an unfolding of human consciousness, and many of us have already woken up, in order to "HELP YOU" wake up too. We were sent here, we chose to come here and we have been prophesied about for millennia, called Star Seeds, Rainbow Warriors and many other names in many other religions.



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