



Gylden Magick

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July 2021

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.

Dear readers of **GYLDEN MAGICK**,

It's July (the Mead Moon) – and this issue of **GYLDEN MAGICK** has a definite emphasis on summer and the start of **Lammas** on 1 August (or Lughnasadh, if you prefer). Tbh, there have been a few signs of pagan activities returning after the notional lifting of lockdown, forecast for mid-July. Examples include autumn fayres and live music.

As we approach the end of our third year of publication, we're always pleased when authors want to continue their articles or new authors come along. From September 2021, there'll be a new

series from [Joanna](#) on Egyptian alchemy, detailed crystal articles from [Charlie Foreverdark](#), new meta-science from [Mark](#) and extra environmental pieces from [Matt Richards](#). All this in addition to our regular features!

Lammas happens right at the end of July, which is why there's some blessings here. Other notable dates for diaries in July are **the Feast of Cerridwen** on 3 July, **Festival of Sleipnir** on 26 July and **the Feast of Thor** on 29 July. Don't forget 24 July for the **next full moon**.

One of the useful things I've learned in lockdown is the importance of calmness. I've been reading *The Things You Can See Only When You Slow Down* by Haemin Sunim. The chapter entitled, *Why Am I So Busy*, was very useful. Now that Gylden

HQ has moved, I can start making natural medicines again.

Something else is included in this issue. At fayres and markets, we get all sorts of queries on the stand, but without the pagan events in the pandemic, some have contacted us direct for answers. Part of my grimoire piece this month was written from scratch for just such an enquiry. It's common for people to experience grief at the passing of a loved pet and the request here was even more specific.

Thank you for all your feedback and blessings.

Gylden Fellowship admins

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

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Animal spirit guides: bear

Not all animal spirit guides take the form of primary mammals like wolves, lynxes or birds, eg crows. It is common to have a reptile guide or an insect one. Last month, we considered the snail as a spirit guide – now we think about the bear. 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 bear – **what does it symbolise?**



Well, the bear spirit has several meanings that will inspire those who have this animal as a guide:

- The primary meaning of the bear spirit animal is courage and confidence.
- Standing against adversity; the bear takes action and leadership, showing inner strength.
- The spirit of the bear indicates it's time for healing or using healing abilities to help oneself or others.
- The bear guide emphasises the importance of solitude, quiet time, rest and self-care.
- The spirit of the bear provides strong grounding forces.

The bear spirit guide gives strong support in times of difficulty. It provides courage and a stable foundation to face challenges. When the bear shows up as a spirit guide in your life, reflect on your beliefs or principles.

The bear is also a guide to take leadership in your life or in other people's lives. This animal is admired for its strength and powerful stature that will inspire you to step into a leadership role in your life and take action without fear.

When you invoke the power of the bear spirit guide, reflect on the qualities of inner strength, fearlessness and confidence in yourself and how you can project them in your world.

Crystal of the month: sapphire

OK, sapphire isn't just a gemstone, although it is commonly found in jewellery. However, sapphire is a correspondence stone for July and is a type of corundum, an aluminium oxide. It forms in prismatic, bi-pyramidal, rhombohedral or tabular crystals, and it can also occur in granular or massive habits. It is found in metamorphic and igneous rocks, as well as alluvial deposits.

Sapphires have been discovered in India, Sri Lanka, Cambodia, USA, Madagascar, Pakistan, Afghanistan, East Africa and Australia. Sapphires are far from just dark blue – other common colours are violet, pink, green, black, yellow and orange. In fact, all colours of corundum (except red, which is ruby) are called sapphire. In blue sapphires, the colour is caused by iron and titanium, vanadium causes a violet tint and chrome causes pink ones.

The three crossed lines in a star sapphire have been said to represent hope, faith and destiny and, in German legend, it was considered a stone of victory. So, what are the **main healing properties of sapphire?**

- Sapphire is a stone of mental peace, calming the mind and easing strain.
- Further, it's a good stone for releasing mental tension, depression and anxiety. It is also used when one wants to concentrate or focus on a task.
- Sapphire also calms your body systems and glands by removing areas of stress or dis-ease.
- It is good for healing eye problems.
- Sapphire is good for the circulatory system. It can be used to treat blood dis-eases, stops excessive nosebleeds, blood clots and strengthens veins or capillaries.
- Sapphire can reduce infection, inflammation, burns and fevers.
- Sapphire is helpful for people with dementia or Alzheimer's disease. Also, it stimulates the pituitary gland and the thyroid.



Herb of the month: cleavers

Cleavers (*Galium aparine*) has long been used for cleansing both inside and outside one's body. The plant can be eaten too, as a vegetable – and herbal healers can use all parts of the plant.

OK then, cleavers can be used for [the following ailments](#).

- It's quite common to make and use cream of cleavers for rough skin or psoriasis. Having sourced a bag of cleavers, this remedy looks an attractive alternative to calendula oil.
- The tincture is good for the lymph glands and nodes. It demonstrates the power of cleavers for cleansing.
- Another method of using cleavers for cleansing is to make a juice, to help with tonsillitis or prostate problems.
- Further to that one, many people use cleavers as an infusion. It's good as a diuretic too and clears UTI problems, eg cystitis. You can enhance the effect of cleavers by mixing it with nettles or yarrow.
- And it's really good as a compress. You make up an infusion of cleavers and any other herb that will heal skin wounds or ulcers, grazes and rashes.
- In terms of magick, Scott Cunningham suggests that it's good to use cleavers in binding spells with an emphasis on protection or relationships.



Recipe: haddock & shrimp jelly

One of the correspondence foods for July is fish and this is an alternative fish snack for the summer. Actually, there is evidence that it was a staple of summer tennis parties during the Edwardian years. This recipe serves 4-6 people and is a real one from pre-First World War times.

Ingredients

- 450g fresh haddock
- 125ml peeled shrimps
- 7g gelatine
- 1 hard-boiled egg
- Salt and pepper:

Method

1. Cover the haddock in cold water in a saucepan and season. Boil and simmer for 20 minutes until the fish begins to flake.
2. Drain the fish, but keep the cooking juice
3. Flake the fish, discarding any bones or skin.
4. Stir in the shrimps and season again.
5. Take 275ml of the cooking juice and sprinkle in the gelatine
6. Place it in a heatproof bowl in a saucepan of boiling water. Stir until the gelatine has dissolved.
7. Put some of the fish and shrimp mixture in each of small moulds, eg 4-6, until each one is more than half-full.
8. Add the gelatine mixture to each mould.
9. Cool and chill until needed. When serving, slice the egg and unmould the jellies. Add an egg slice to each jelly.



Lammas/ Lughnasadh: Blessings for 1 August

By Gylden Fellowship

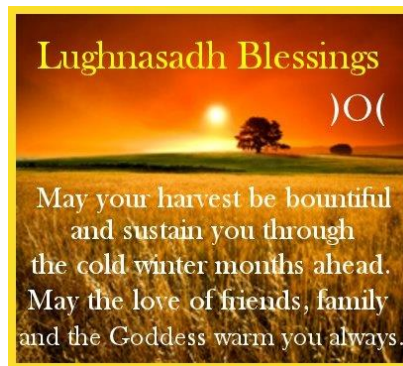
Lughnasadh is the grain harvest that provides the basic food that will sustain us through the winter. It is important to recognise that this grain is also the seed that becomes next year's harvest – the seed lives on and completes the cycle.

The festival allows us the opportunity to give thanks to the Goddess for her abundance and for our personal harvests. As the sun's energy begins to wane, we acknowledge what we have learned during our periods of growth this year and reflect on our achievements. We can start to think about how this progress can move forward as seeds for next year.

In Saxon times, the work of gathering in the grain harvest was hard and, afterwards, the community came together to celebrate by baking new loaves from the new grain, feasting and revelry.

Prayers for Lughnasadh

*For the sun we mourn
As he shall wane.
The crops remain.
Through kern and corn,
The harvest born,
Shall life return.
Our Mother Earth
Now brings birth
The life poured forth
In light and warmth.
(Rae Beth, 1982)*



*Our Lord and Lady you shall provide,
Long after all has withered and died.
Though you have given us life from these lands,
What we know are the works of our hands.
We shall remember, just like the corn,
That we ever live, die and are reborn.*

Gylden
Magick
July 2021

Artwork by Amanda Hill, glass artist

Contact: amandahill.glass@gmail.com



Amanda Hill is a glass artist based in the Surrey Hills, who takes inspiration from the colours of glass and the nature scenes around her to create contemporary designs.



From the Grimoire: spells for new homes

By Nick the Witch

Occasionally, people contact me for specific healing remedies or for targeted magick. As with all healing magick, no charge is levied for such spells, but I suggest a small donation to charity is best. Here, I was asked for two pieces of magick – blessing for a new home and a spell for the transfer of spirits of family pets.

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.**



OK then, those are some generic new home blessings, as requested by some of our readers. The next request is very specific and concerns **the souls of beloved family pets who have passed over in this lifetime**. All animals have souls and many people choose to invite their pets' spirits to return to them after the pet has died. But what do you do if you move house – how do you transfer the invitation to your new home? If you travel to the Otherworld regularly, it's easier to talk to the spirit of your pet there. However, I'm not recommending this path as it takes practice and experience.

There are two answers to this type of spell and the first is to run it so that the pet's soul is linked to your soul. As you move home, so your pet's soul moves with you – and is with you every day. A second option is to issue another invitation to your pet's spirit in your new home.

Note: these spells are taken from my grimoire, which means they've been used in practice by me. I tend to call upon either Brighid or Cernunnos, but you can choose your own deities – the goddess for animal spells is Diana and I've asked her for help in the past when healing a dog.

What you will need: waxing moon, 2 orange candles & holders, athame, rosemary sprigs and a photo of your former pet or something that belonged to it.

1. The spell starts with the first night of a waxing moon.
2. Use the athame to put your name or sigil on one candle.
3. Use the athame to put your pet's name and a heart on the other candle.
4. Put the candles in their holders with the photo or keepsake between.
5. Surround the holders with rosemary sprigs.
6. Light both candles.
7. Start the invocation and repeat 9 times.

Circle round, the wheel it turns,
 Spirit to spirit, the twin flame burns.
 Heart to heart, I summon thee,
 Soul to soul, return to me.
 Cross earth and water to my side,
 Let not time come to divide.
 Dearest friend, we stay together,
 Our spirits are linked forever and ever.

8. Allow the candles to burn down and scatter the rosemary sprigs outside your home.
9. Put the photo and keepsake near an entrance to your new home.



Celestial notes

By Joanna Bristow-Watkins, Harmony Healing

As mentioned before, we are very pleased to feature **Joanna Bristow-Watkins** as one of our regular contributors for **GYLDEN MAGICK** in 2021 and, here, we're including a few details about her expertise – many thanks to Rebecca Granshaw for suggesting Joanna. Joanna runs **Harmony Healing**, which may be accessed at www.harmonyhealing.co.uk. It should be noted that some of the training events are online at present – all details on Joanna's website.

Forest Bathing+ Sessions with Joanna: 3 hour **Forest Bathing+ Sessions** at Harry Edwards Healing Sanctuary (Shere, Surrey) on **Sunday 18 July** and at Newlands Corner on **Thursday 8 and 22 July**

Virtual Events: All you need to take part via Zoom is a computer with a webcam and microphone. It's very easy to download and use. If you do not have Zoom, visit <https://zoom.us/> and sign up for free.

Two RSE 1 modules start in July/August month with **Khemitology** on Tuesdays 20, 27 July and 3 August and **Essene Angelology** on Tuesdays 10 and 17 August. The other two modules have just been run but can be completed with the next series. Anyone who has studied RSE with me in the past can have a special price to attend please contact me for details.

Monthly Virtual Healing Circle & Unity Consciousness Meditations: I will be running my next virtual healing circle via Zoom on **Wednesday 23 July**, at 7.30-9.30pm (UK time = GMT). Participants all receive a deeply healing experience. Cost to participate is £22 by Paypal (£20 by online BACS payment) or half price to Violet Flame or RSE graduates. During these monthly sessions, 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. This activity serves as a good taster of my 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.

Other Harmony Healing Services

Harmony Healing activities are aimed at bringing harmony and wellbeing into your life. Currently, events are virtual, except for Forest Bathing+, hence distant readings and healings are proving popular and we have low cost **meditations** available as well as **distant 1-2-1 healings**. Remember that **Harmony Healing gift vouchers** are available for use against any of our services.



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

Timings given are UK time

July is still British summertime. Time for the orchids, delphiniums, dahlias, hydrangeas, irises and sunflowers to bloom, and the lingering perfumed scent of roses, honeysuckle, gardenias and jasmine on the night air. Traditionally, here in the UK, July would feature the Wimbledon Championship tennis finals and Henley Regatta; this year the latter is postponed until August.

The month of July was renamed to honour Julius Caesar, who was born in this month. Under Roman rule it was previous called Quintilis, meaning the 5th month in Latin. This was before January became the opening month of the calendar year, when the Gregorian calendar was established by Pope Gregory XIII in 1582. To the Anglo-Saxons, it was called Æftera Līpa (after midsummer).

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 *2021 Almanac*. Whilst considerable effort is made to ensure accuracy, this is not an exact science and sources are sometimes contradictory! These monthly Celestial Forecasts (CF) are generally uploaded to the Harmony Healing website 2-3 months ahead and are sent out to the main mailing list and CF subscribers a few days before the month starts. Extracts also appear in Jovi Hoonjan's [The Voice](#) magazine, an initiative to support small businesses in the UK. Jovi is a Shamanic Healer & Reiki Master, do visit her lovezmeditate.com website. Try Jovi's [free online shamanic drumming guided meditation](#), the levels of consciousness for all her meditations have been calibrated as equal to Enlightenment.



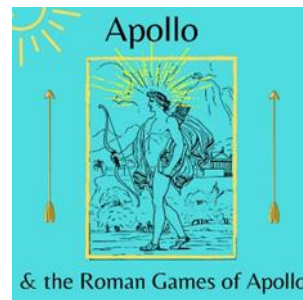
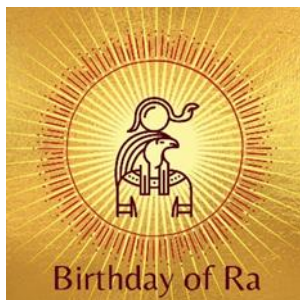
Thursday 1 July in Fasli tradition, is the **Zoroastrian Rain Festival of Tir Jashan**, dedicated to the star deities of Tir and Teshar. People give bracelets made of the seven colours of the rainbow. At the end of the festival, they go to a high place and throw them into the wind (biodegradable I hope). As the Festival is actually on the 13th of Tir, some Zoroastrian traditions convert this to 4 July.

Thursday 1 July is also **Canada Day**; the national day of Canada. This is a federal statutory holiday celebrating the anniversary of Canadian confederation, which took place with the passing of the Constitution Act on 1st July 1867, where the new name Canada recognised the three separate colonies of Canada, Nova Scotia, and New Brunswick being united into a single Dominion within the British Empire.

Sunday 4 July is **American Independence Day**. This marks the anniversary of unanimous adoption of the Declaration of Independence, by the Second Continental Congress in 1776. The Declaration announced that the 13 colonies claimed their separation from England, which eventually led to the formation of the United States.

Thursday 8 July, 10.30am – 1.30pm Forest Bathing+ at Newlands Corner, an Area of Outstanding Natural Beauty (AONB) in the Surrey Hills, £38 (+ Eventbrite fee = £38.32). Join us for a reviving yet relaxing Forest Bathing+ session in our local ancient woodlands. We will lead you slowly and purposefully through a series of mindfulness-based sensory exercises and a treerelaxation. Deeply relaxing and surprisingly profound, you will be delighted by your reconnection with, and enhanced appreciation for, nature. Despite the name, there's no swimming involved, this relates to bathing in the ambience of the tree canopy.

We have small groups of maximum 16*, including your guide(s) to allow us to adopt COVID precautions and social distancing. *We were previously exempt from the social group maximum 6 rule due to our categorisation under sport and exercise. This is a 3-hour Forest Bathing+ session which will take place in all weathers except 30+mph winds. Book at [Eventbrite](#). If the event is full, email me on jo@harmonyhealing.co.uk to go on a waitlist.



Saturday 10 July (Friday night/Saturday morning) @ 02:17 is the **New Moon**. 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 [Facebook Page](#) or [You Tube Page](#). New Moon is a good time to work on your Vision Board for the rest of 2021.

Tuesday 13 July, according to some sources, was the Ancient Egyptian Festival to celebrate the **Birthday of Ra**. Since Ra was the God of creation this could be interpreted as the day man was created! Ra was also associated with the Sun and healing so perhaps it is no coincidence that the Romans celebrated Apollo on the same (equivalent) date.

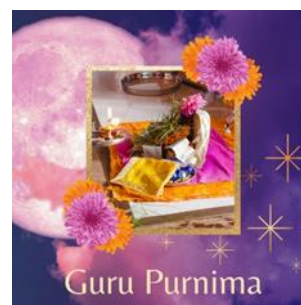
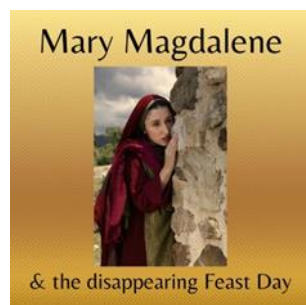
Tuesday 13 July, in Roman Times, was the culmination of the **Games of Apollo**. As early as 212 BCE, 13 July was the celebration of Apollo as the God of Healing (especially during wars) but this later extended into an 8-day festival ending on 13 July. Apollo was associated with the Sun and his twin Diana (Goddess of Hunting) was associated with the moon. Apollo became significant among the Romans when Augustus Caesar, as a young man, chose Apollo as his own god, and attributed his victory over Antony and Cleopatra to Apollo's superiority over the Egyptian Deities! Augustus is said to have described Apollo as: "Governor of Roman destiny; master of the sun; archer; augur; averter of pestilence; and giver of sound morals to the young."

Wednesday 14 July is **Bastille Day**; a national holiday in France. This commemorates a mob of Frenchmen, rebelling against the rule of their king, who stormed a prison to obtain weapons and free prisoners. It sparked the French Revolution in 1789.

Sunday 18 July, 11am - 2pm, **Forest Bathing+** in the grounds of Harry Edward's Healing Sanctuary, £38 (+ Eventbrite fee = £38.32). Immerse yourself in the healing elements of nature and connect deeply with all your senses. Spend 3 hours in the woods mindfully connecting to your surroundings and living fully in the present moment, guided by me in simple sensory exercises and a treelaxation. 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. We have small groups of maximum 16* including guide(s) to allow us to adopt COVID precautions and social distancing. Book at [Eventbrite](#). If the event is showing as full, email me on jo@harmonyhealing.co.uk to go on a waitlist. *We were previously exempt from the social group maximum 6 rule due to our categorisation under sport and exercise. This is a 3-hour Forest Bathing+ session which will take place in all weathers except 30+mph winds.

Tuesdays 20, 27 July and 3 August, is the Harmony Healing Virtual Interactive training course **Introduction to Khemitology**, 7.15-9.30pm (UK time), £88. 3 x 2¼ hour evening course. Worth 1 unit towards the RSE Level 1. Held remotely on Zoom.

Thursday 22 July was celebrated in the First Book of Common Prayer, 1549, as **Saint Mary Magdalene's Day** in the Christian calendar. When the Second Book of Common Prayer was published 3 years later in 1552, this feast day, amongst others was omitted. Early celebrations of Mary Magdalene's Feast Day included marriage symbolism such as creating your own healing oil blends "for the marital bed", probably including oils such as rose, sandalwood, and ylang ylang. The original feast day venerated her as a representative of the perfect wife (church liturgy recommended readings such as Proverbs 31:10-31), so it is a day to celebrate the Sacred Feminine, maybe plant something, sew something, cook something and, of course, love something.



Thursday 22 July, 10.30am – 1.30pm **Forest Bathing+** at Newlands Corner, an Area of Outstanding Natural Beauty (AONB) in the Surrey Hills, £38 (+ Eventbrite fee = £38.32). Join me for a reviving yet relaxing Forest Bathing+ session in our local ancient woodlands? I will lead you slowly and purposefully through a series of mindfulness-based sensory exercises and a treelaxation. Deeply relaxing and surprisingly profound, you will be delighted by your reconnection with, and enhanced appreciation for, nature. Despite the name, there's no swimming involved, this relates to bathing in the ambience of the tree canopy. We have small groups of maximum 16*, including your guide(s) to allow us to adopt COVID precautions and social distancing. *We were previously exempt from the social group maximum 6 rule due to our categorisation under sport and exercise. This is a 3-hour Forest Bathing+ session which will take place in all weathers except 30+mph winds. Book at [Eventbrite](https://www.eventbrite.co.uk). If the event is full, email me on jo@harmonyhealing.co.uk to go on a waitlist.

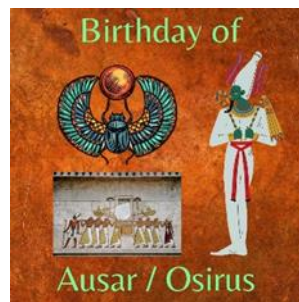
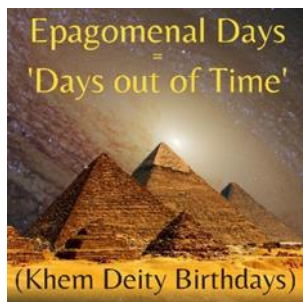
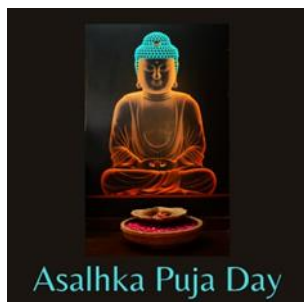
Friday 23 July, **Virtual Full Moon Monthly Guided Meditation**, 7.30-9.30pm UK time, £20 + admin fee if paid by PayPal (half price to VFoA/RSE graduates).

Saturday 24 July - Lunasa Thunder Full Moon @ 03.37 (Friday night/Saturday morning). Between Full Moon and the next New Moon is considered as a good time energetically for detoxing the body. Click here for [Angela McGerr's Full Moon Meditation with Gabriel](#). Signed copies of Angela McGerr's Harmony Angel cards are available from the [Harmony Shop](#).

Saturday 24 July, being the day of the Full Moon in July, it is also **Guru Purnima** (the Full Moon of the Gurus) in Hindu tradition. The day of full moon, Purnima, in the month of Ashadh of the Hindu calendar is traditionally celebrated as Guru Purnima by Hindus. On this day, devotees offer puja (worship) to their Guru. The Sanskrit root "Gu" means darkness or ignorance. "Ru" denotes the remover of that darkness. Therefore, one who removes the darkness of ignorance is a Guru. It is a day for celebration and worship, a day on which the disciples remember and express their gratitude to the lineage of Gurus. Hindus believe that a Guru is necessary to make one understand the formless Divinity.

Saturday 24 July is Asalha Puja Day; a Buddhist commemoration of the Buddha's first public speech to five ascetics. He declared the middle way, the noble eight-fold path and the four noble truths upon which Buddhism is based.

Monday 26 July (or 13 July) is the Egyptian eve of the **Epagomenal Days** of celebration for the birthdays of their ancient major Deities. The exact correlation of the Egyptian New year to the modern calendar is disputed, but I favour the linking with the heliacal rising of Sirius (dawn visibility of Sirius) as this star, known to the Egyptians as Sopdet (pronounced Soppday) was closely associated with Aset. The celebrations began on the Eve of the Epagomenal Days - viewed as 26th July, although some sources equate it to 13 July). The following days marked the birthdays of the five children of the Egyptian Deity, Nut.



Being dates of powerful Egyptian Energies these may prove ideal days for an Egyptian Energy Reyal Sekh Em 1-2-1 healing session. According to myth, Tehuti (Thoth) enabled Nut to give birth to her five children [Aset (Isis), Ausar (Osirus), Set, Heru (Horus the elder) and Nebt-het (Nephthys)] by using his cunning to win a game of draughts with the moon. By winning a seventy-second part of the moon's light, he managed to create five extra days (the Epagomenal Days, also known as the **Days out of Time**), which allowed Nut to give birth to her five children without breaking Ra's decree that her children could not be born on any existing calendar day. This myth is responsible for Tehuti (Thoth)'s role as a lunar deity.

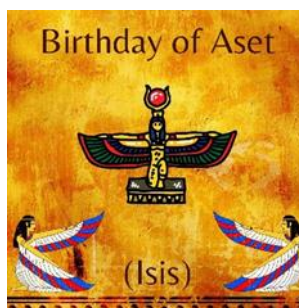
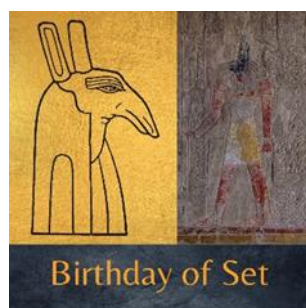
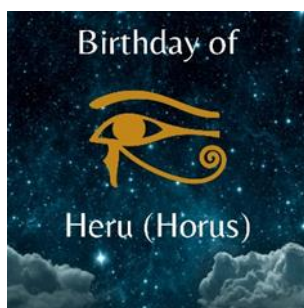
Tuesday 27 July, in the Egyptian Calendar, is **the Birthday of Ausar (Osirus)**. He is also known as Wzr, Wesir, Asar, Ausir, Usir, Usire, Osirus, Osirus. The latter two versions being used later after the Greek occupation, but the variation is mainly due to the lack of vowels in hieroglyphic language meaning that there are many phonetic representations.

Wednesday 28 July, in the Egyptian Calendar, is **the Birthday of Heru (Horus)**. This is Heru-ur [also known as Horus the Elder (Gr)], sibling of Ausar and Aset, not their son. Not all sources list him as a sibling; Egyptian mythology widely varies depending on the era and geographical location of the source within Egypt.

Thursday 29 July, in the Egyptian Calendar, is **the Birthday of Set (Seth)**. Set is also known as Seth (Gr), Setesh, Sutekh, Setekh or Suty which probably ultimately led to the term Satan.

Friday 30 July, in the Egyptian Calendar, is **the Birthday of Auset** [Aset, Iset, Isis (Gr)]. Auset is responsible for resurrecting her murdered husband and, being mad with grief, uses her magical powers to temporarily restore breath and life into Ausar in order to conceive their son, Heru.

Saturday 31 July is the Egyptian **Birthday of Nebt-het** [Nebet-Het, Nebthet, Nephthys (Gr)]. Nebh-het is the sister-wife of Set and is typically paired with her sister Auset when undertaking funerary rites because of their protective priestess roles with mummified bodies.



Tales for summer evenings: The Chipmunk's Stripes

By the Storyteller

This is a folk tale from the Seneca tribe.

Long ago when animals could talk, a bear was walking along. It has always been said that bears think very highly of themselves as they are big and strong, and are certain that they are the most important of the animals. As this bear went along, turning over big logs with his paws to look for food to eat, he felt very sure of himself. "There is nothing I cannot do," said this bear.

"Is that so?" said a small voice. Bear looked down. There was a little chipmunk looking up at Bear from its hole in the ground. "Yes," Bear said, "that is true indeed." He reached out one huge paw and rolled over a big log. "Look at how easily I can do this. I am the strongest of all the animals. I can do anything. All the other animals fear me."

"Can you stop the sun from rising in the morning?" said the Chipmunk. Bear thought for a moment. "I have never tried that," he said. "Yes, I am sure I could stop the sun from rising." "You are sure?" said Chipmunk. "I am sure," said Bear. "Tomorrow morning the sun will not rise. I, Bear, have said so." Bear sat down facing the east to wait. Behind him the sun set for the night and still he sat there. Chipmunk went into his hole and curled up in his snug little nest, chuckling about Bear's foolishness. All through the night Bear sat. Finally, the first birds started their songs and the east glowed with the light which comes before the sun. "The sun will not rise today," said Bear. He stared hard at the glowing light. "The sun will not rise today."

However, the sun rose, just as it always had. Bear was very upset, but Chipmunk was delighted. He laughed and laughed. "Sun is stronger than Bear," said Chipmunk, twittering with laughter. Chipmunk was so amused that he came out of his hole and began running around in circles, singing this song: "The sun came up, the sun came up. Bear is angry, but the sun came up."

While Bear sat there looking very unhappy, Chipmunk ran around and around, singing and laughing until he was so weak that he rolled over on his back. Then, quicker than the leap of a fish from a stream, Bear shot out one big paw and pinned him to the ground. "Perhaps I cannot stop the sun from rising," said Bear, "but you will never see another sunrise." Oh, Bear," said Chipmunk, "Oh, oh, oh, you are the strongest, quickest, and the best of all of the animals. I was only joking," but Bear did not move his paw.

"Oh, Bear," Chipmunk said, "you are right to kill me, I deserve to die. Just please let me say one last prayer to Creator before you eat me." "Say your prayer quickly," said Bear: "Your time to walk the Sky Road has come!" "Oh, Bear," said Chipmunk, "I would like to die, but you are pressing down on me so hard I cannot breathe. I can hardly squeak. I do not have enough breath to say a prayer. If you would just lift your paw a little, just a little bit, I could breathe and I could say my last prayer to the Maker of all, to the one who made great, wise, powerful Bear and the foolish, weak, little Chipmunk."

Bear lifted up his paw, just a little bit. That little bit, though, was enough: Chipmunk squirmed free and ran for his hole as quickly as the blinking of an eye. Bear swung his paw at the little chipmunk as it darted away. He was not quick enough to catch him, but the very tips of his long claws scraped along Chipmunk's back leaving three pale scars. To this day, all chipmunks wear those scars as a reminder to them of what happens when one animal makes fun of another.

Sacred art: First Nation totem poles

Pictures collated from mixed sources by Gylden Fellowship

First Nation totem poles are sculptures carved on poles made from huge trees. These sculptures were made mainly by tribes of the Northwest coast, where trees were very large and plentiful. The first European explorers observed the large numbers of totem poles and the history of totem poles dates back over centuries.





Crystal clear: vivianite

By **Charlie Foreverdark**

Time to welcome another new author to **GYLDEN MAGICK** – **Charlie Foreverdark**. From September, Charlie has kindly offered to write occasional pieces for us on crystals, just as she does for other organisations, such as the crystal company, **Saltshack**.

"Have you heard of vivianite?" The message arrives with an accompanying sneak-peak 10-second video of an aesthetically astonishing crystal, looking somewhat similar in structure to kyanite or perhaps tourmaline, but with the most impressive depths of green colour I've ever seen. I hadn't... yet... so I went on a mission to find out everything I could about this strange and stunning mineral. Some absolutely gorgeous examples of vivianite featured in this Saturday's *Saltshack live*, which celebrated the opening of Luke and Dannielle's new business premises and spectacular showroom. Exciting stuff!! Especially since everyone that knew what vivianite was jumped at an opportunity to snap up what was available.

Here is everything I managed to uncover about **vivianite**. It is subject to a brilliant and fairly unique scientific phenomenon and is possibly one of the most interesting minerals that I have researched to date. Vivianite is an iron phosphate mineral, named by German geologist, Abraham Gottlob Werner in 1817, in honour of mineralogist John Henry Vivian, who had discovered deposits of the mineral at Wheal Kind in St Agnes, Cornwall.

It forms in ranges of **geological settings**, principally in the upper oxidation zones of ore deposits and in organic rich environments with low levels of oxygen and sulphide. Direct association of vivianite crystal aggregates with organic matter/remains is a common feature, although it is not ubiquitous. Vivianite is found worldwide in various aquatic systems; including freshwater and marine sediments, waterlogged soils, bogs, hydrothermal veins and deposits, archaeological settings and also in pipework and within the vicinity of effluent from water sewage plants.

In terms of **geological location**, Bolivia has provided the collector with the world's finest examples of vivianite. The finest Bolivian vivianite occurs in transparent dark green crystals with distinct sharply angled terminations. The Kerch Peninsula in Ukraine is well known for exceptional vivianite sprays within fossilized shells, and large vivianite crystals (including rare violet and multi-coloured varieties) have been found in the Blackbird District, Idaho.

Vivianite is also known to form in crusted patches upon dead bodies, owing to the phosphate that is present in the hard bits of bones and teeth. If a cadaver ends up buried in waterlogged conditions, anaerobic digestion releases the phosphate from the decaying remains; this slowly combines with iron and water to form vivianite.

Partially blue human remains have been recovered from graveyards, past war zones, and alpine lakes and glaciers. In fact, the presence of vivianite can even help archaeologists and forensic researchers determine what happened to a person's body after their death. An example of this mineral being used in such a way was when the blue-tinged skeletal remains of the crew members of an American B-26B aircraft from 1963 were recovered in Vietnam. When studies revealed the blue coating substance to be vivianite, the forensic investigators were led to conclude that the crew must have been buried in waterlogged soil, dosed with iron from their corroding aircraft, creating the ideal conditions for the blue mineral to have arisen. Researchers have also discovered that a vivianite coating on historic finds, such as bones and teeth can factor in slowing their rate of decay, often improving the archaeological value of affected specimens.

Vivianite can occur as **crystals, masses or concretions**. Sedimentary vivianite primarily occurs as an earthy coating with no visible crystals on the remains of leaves, fibres and decaying root matter in bog lakes and paddy fields. More impressive radiating crystalline structures of vivianite occur more typically within fossilised teeth and bone specimens from waterlogged conditions close to a source of iron. Vivianite crystals are usually prismatic, but may occur as stellate (star-shaped) groups, or encrustations with bladed or fibrous structures. Extracting soft, friable vivianite concretions from the viscous dense clay and soil environments is time-consuming, not to mention the necessary washing and cleansing required to remove clay and organic residue, however the end result is often something rather spectacular.

Pure vivianite is **colourless**, as oxidisation causes the mineral to change colour - examples are typically found as deep bluish green prismatic or flattened crystals. Vivianite is notorious for its sensitivity to light, darkening upon exposure. This deepening in colour and decrease in transparency is caused by a chemical transformation of the iron. To expand upon this simplified explanation, when particles of light energy (photons) enter a transparent vivianite crystal, they can knock a hydrogen nucleus (a proton) out of one of the water molecules. This converts the water into a hydroxide ion with a negative charge. In turn, this extra negative charge is balanced by the oxidation of one iron atom.

Within just a few minutes, a very minor amount of light-induced oxidation can rapidly change the colour from colourless transparency, to deepening brilliant translucent greens. Strong pleochroism sets in, with the transmitted light becoming a cobalt blue when the crystal is rotated at certain angles. Continued exposure to light can also cause disintegration in larger crystals, with specimens becoming unstable and forming cracks along cleavage surfaces. So, make sure you keep your specimens out of the sun.

As the oxidisation process involves no interaction with the atmosphere (no oxygen enters the structure from outside and no water molecules escape to the outside), it is a completely internal reaction known as "**oxidation by deprotonation**". Therefore, external lacquering cannot prevent the phenomenon.

Unfortunately, the bad news is that **ALL vivianite suffers from this instability**; the good news is that decomposition can be prevented by limiting the exposure to light sources, excepting the short periods of time when it is being admired. It is a truly beautiful stone but definitely shouldn't be kept on permanent display or in direct sunlight as it will darken to almost black. The end result is that the vivianite physically changes into another mineral species known as **metavivianite or "kertschenite"**.

As a historical aside, powdered vivianite pigment has occasionally featured in blue oil paints, since around Roman times. In medieval Europe it provided a slightly more accessible alternative to the expensive lapis lazuli. Due to the unique oxidisation process of vivianite, the blue coloured paint would become more intense as time went on, and in some cases ultimately resulted in the greenish tinged skies seen in 13th and 14th century paintings.

Vivianite pigment was discovered in "*The Procuress*", a painting by Dutch artist, Johannes Vermeer from the year 1656. The vivianite pigment contributes to the blue-grey parts of the carpet in the foreground of the piece. Vivianite pigment was historically referred to as blue ochre by the School of Cologne in the 13th and 14th centuries. Genuine vivianite pigmented paint is still manufactured and sold today, and is prized for its smoky blue tints with a distinct earthy depth and green undertones.

With a **hardness** of just 1.5–2 on the Mohs scale, vivianite is so fragile and soft that any faceted gems would be difficult to handle safely, let alone wear. The sectile nature makes the mineral generally unsuitable for jewellery. Faceting vivianite is immensely challenging; thinner pieces are often flexible and can even be cut with a knife. Scientists have synthesised vivianite in laboratories for environmental and agricultural research. However, there is very little alternative demand for the lab-created material.

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