



Gylden Magick

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June 2019

PRACTICAL MAGICK & UNIVERSAL ENERGY FOR EVERYDAY LIFE

Editor's notes

by Gylden Fellowship

Welcome to the Litha issue of **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 Strawberry Moon and the altar colours for Litha are yellow, orange, red and gold. And, we have the next part of our altar tools series, i.e. statuettes.

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 little insight to the herbal medicines available from the **Gylden Fellowship** stand at MBS fayres during the year.

Dates for your diaries – don't forget **21 June** for both Litha/ Summer Solstice and also World Peace and Prayer Day.

What else is there? Well, we have a piece on magickal history, anxiety aid for your pet cat, a Litha recipe,

photos from the Violet Flame MBS Fayre, another sacred place (Matley Wood), a folk tale about an ogre, the regular monthly meditation, poetry, some suggested prayers for your Litha celebrations and a preview of Crystal Fest 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 June?

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Spell of the month: lose that anger

Usually, I dissipate my own negative feelings via a piece of citrine or howlite in a crystal meditation, but here is a simple spell for you or someone you know who is feeling annoyed, frustrated or generally yuk!

Set-up: a piece of snowflake obsidian and a piece of rose quartz, preferably rough stones.

- Purify and bless the piece of snowflake obsidian and the piece of rose quartz.
- Put the obsidian into your dominant hand.
- Invoke the Goddess or your deity.
- Close your eyes, focus on the stone in your hand and spend 5-10 minutes imagining all the feelings of anger, depression, low self-esteem, etc running from your head and heart into your arm and down into the stone.
- Open your eyes and throw the stone away - all the bad feelings have gone too. Don't bury the stone, as the negativity will leach into the soil, and don't try to reuse the stone either. If necessary, the bin is best!
- Repeat the procedure with the rose quartz, except this time, think of joyous, inspiring memories and place them in the stone.
- The rose quartz should be kept or carried with you.
- Thank the Goddess or your deity for help and quietly use your spirit name to end the spell.

I know this works, because the invocation and closure words can be varied slightly, but I have healed people remotely in this way - as above, so below, so mote it be.



Crystal of the month: labradorite

Last month, we looked at citrine – now, it's the turn of **labradorite** – one of my favourite stones for healing and for the iridescence of its surface. Not surprisingly, this crystal was named for Labrador in Canada, where it was first mined. It's a stone that comes under the heading of feldspar minerals and is known also as *spectrolite*. The **healing uses** include the following.

- It cleanses negative energies – by relieving stress or anxiety.
- The iridescence can be used as a focus for concentration, suggesting new ideas and enhancing your imagination.
- Physically, it aids with eye or brain dis-eases.
- Labradorite can be used to heal colds, rheumatism and high blood pressure.
- It balances your metabolism and helps with stomach problems.

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

- In general, labradorite is great for expanding your consciousness, perhaps in spirit journeys or meditations.
- It balances and protects your aura.
- It can be used as a booster for clairvoyance or past-life regression.
- As expected from a stone that enhances psychic abilities, labradorite is best used with the third eye chakra, but can also be used at the throat or crown chakras to ground spiritual energy.
- It's good for helping people achieve inner calm for meditation or trance. If you wear a piece of labradorite jewellery, it helps with intuition and calms an anxious mind.



Herb of the month: lemon balm

Lemon balm (*Melissa officinalis*) is a very ubiquitous plant for healing and it's attractive to bees (*Melissa* is Greek for honeybee). Sometimes, people refer to lemon balm as sweet balm or honey plant and it is the leaves that are used for healing for these ailments.

- Lemon balm is good for skin problems, eg acne or cold sores.
- The leaves have a sedative property against insomnia or stress issues.
- As a digestive aid – the plant contains chemicals that relieve wind and help with liver or gall bladder problems.
- Anti-migraine or headache treatment.
- As a treatment for stomach cramps or UTI.

Clinical studies have found that lemon balm blocks the attachment of antibodies to the thyroid cells that cause Grave's disease (hyperthyroidism). **How to use the lemon balm leaves** is often the question, but the best ways are shown below. It should be noted that lemon balm remedies should not be used by pregnant women, those who take medicines for mental health or those using thyroid remedies.

- As an essential oil in a diffuser, it helps with good sleep – lemon balm can be blended with valerian. The oil can also be dabbed onto the neck to combat stress.
- Put the leaves in an infusion after a meal for digestive benefits.
- Place some leaves in a small muslin bag and add it to a hot bath – the aroma helps with anxiety.



Recipe of the month: Litha feast

This recipe is designed for a summer solstice celebration where there could be 15+ people. It's good for sabbat feasts and is a very colourful addition to the table.

Ingredients

1. 1 bag (22oz) frozen whole green beans
2. 1tbsp lemon juice
3. 1tbsp fresh basil leaves (or 1tsp of dried basil)
4. 2tsp fresh thyme (or 1tsp dried thyme)
5. 1tbsp olive or sunflower oil
6. 1 medium red pepper, cut into strips
7. 1 medium yellow pepper, cut into strips
8. 1 medium orange pepper, cut into strips
9. Salt and freshly ground black pepper, if desired

Method

1. Cook green beans on the hob, as directed on bag.
2. Drain and put the beans on plate and loosely cover to keep warm.
3. Meanwhile, in small bowl, mix the lemon juice with the basil and thyme and set it aside.
4. Place the pepper strips and oil to a pan on the hob, on medium heat for about 8-10 minutes – stir often until the peppers are tender.
5. Add the green beans and the herby lemon mixture to the peppers and shake to ensure an even coating.
6. Cook for another 2-3 minutes, stirring frequently.
7. Serve the beans and peppers sprinkled with freshly ground black pepper or salt, if desired.



Altar tool of the month: statuettes

OK then – last month, we looked briefly at pentacles and pentacles are often found on altars too. However, this time we're looking *at altar or shrine decorations*. Common items for altars include wands, athames, candles, crystals and sabbat objects (flowers, fruit or produce), when necessary.

Statuettes, idols and icons are also common and can be eclectic, according to the pathway of that pagan. To be fair, I keep a model of an eagle on my altar, but let's consider some other possibilities.

- Symbols to represent the five elements
- A statue of your god or goddess
- A picture of an angel
- A depiction of your spirit guide, if appropriate
- A picture or carving of the Green Man
- Some other representation of nature – feathers, shells, etc
- Amulets or talismans
- Table plaques.

The nature of your statuette depends upon your pathway, eg a Triple Goddess, a Cernunnos, an Odin and all deities from different traditions. Tell you what – let's have a review of some of most popular altar statuettes and you'll see the diversity of pagan worship.

- Wiccan: Horned god, Moon goddess, Green Man or Cerridwen
- Other witchcraft: Brigid, Danu, Herne, The Morrigan or Hecate
- Norse/ Germanic: Odin, Thor, Freyr, Frigga, Loki, Hel, Baldur or Heimdall
- All deities from the Ancient Egyptian pantheon
- All the deities from the Ancient Greek pantheon
- All the deities from the Ancient Roman pantheon
- Many deities from First Nation beliefs
- Angelic host: Raphael, Gabriel, Michael or Uriel.

Monthly meditation: summer walk

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 and you decide to stop awhile in a village to look around.
- From the village duckpond, you follow a gurgling stream away from the high street.
- You walk along the path, listening to the peaceful sound of the stream and you watch a few ducks in mid-stream.
- After a few minutes, the village is behind you and the path continues through the grassy meadows, alongside the ever-widening stream.
- You notice the green-blue of the water and the small flowers in the grass = white, yellow, pink and purple.
- You come to an old wooden bridge as the stream turns ahead of you.
- You cross about halfway and look through the clear water at the reeds, small stones and tiny fish in the current – an idle thought comes to you about playing Poohsticks when young.
- Birds fly across the cloudless, blue sky and you imagine flying with them.
- You feel the sun on your face and you can hear the buzzing of insects in the reeds.
- Resting with your arms on the bridge, you watch a couple of swans gliding by on the stream.
- When you feel ready, re-trace your steps to the village, perhaps for a cup of tea.

The Market Square: Gylden Fellowship

In last month's issue of *GYLDEN MAGICK*, we met the team from Mystic River Lounge, in the town square on market day. 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 cobbled stones underfoot and an Eleanor Cross in the centre. There are old buildings all around and roads off to the side.

Just for a change, here's a little intro to the work of [Gylden Fellowship](#), behind the scenes, really. Oh yes, a list of the admin team members can be found on the Facebook group – without their support, none of our work could happen. Apart from the digital publications like the calendars, monthly magazines and briefings, we also take part in several fayres each year. For 2019, you'll be able to see us at these events.

- CrystalFest (July)
- Godalming Spirit Fayre (September)
- Wandering Witches' Fayre (November)

Note: previous to this, we took part in the Enchanted Market (Feb), the Godalming Spirit Fayre (March), Wandering Witches' Fayre (April) and Violet Flame MBS Fayre (May).



At most of these events, it's the Gylden Fellowship natural healing stand that rolls into town. We have numerous infosheets on herbal healing to give away, free advice for customers with queries and free products. **Did you say free products?**

Well yes, actually – we have a donation box on the stand and request that anyone who takes one of our herbal medicines, contributes something to the cause. During 2018 and 2019, we collected for *Phyllis Tuckwell Hospice Care* and *Step by Step* (a charity for the young homeless in Hampshire) – both of these causes were selected by the admins for Gylden River.

So, what **sorts of products** do you have on the stand? That varies according to the focus of the event, but we had more magical stuff + oracle cards (free readings) for the Wandering Witches' events and more practical remedies for the holistic fayres – here's a list of the most popular products.

- Anti-cough syrup, made from berries, citrus and honey.
- Calendula salve for dry or chapped skin, acne, eczema or rashes.
- Chamomile salve for cuts, grazes and skin problems.
- Comfrey massage oil for joint stiffness, muscular strains and fractures.
- Flower essences – the *Friendship* mix helps with anxiety and promotes peaceful relationships – it's made from pink roses, water from the White Spring at Glastonbury and vodka (as a preservative) – you take just 1tsp per day.
- In 2018, we had a lot of craft jewellery on the stand too, made by hand by one of our admins.
- A stock of small crystals and shells to give away to customers, if required.
- For Crystal Fest, we'll also be adding crystal essences or elixirs to our range of remedies.

For full contact info on Gylden Fellowship, please see the links on the final page of this magazine.

Gylden
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June 2019

Violet Flame Holistic Fayre: 19 May



Sparkly Reflections

By Rebecca

It stops with me as I learn to love
every memory,
every cell,
every emotion,
every thought,
every sensation,
every judgement,
It stops with me.
I love you ♡

You are not who you were told you are.
You are powerful.
You are infinite.
You are love.

The kind of love that isn't loaded with expectation, hatred and fear.
The kind of love that will free you from the prison you were never in explosively or
gradually.
Either way.
I love you ♡



Spi-rituality: Prayers for Litha

Report by Gylden Fellowship

Litha is the height of summer, the longest day and the shortest night of the earth's solar year. We celebrate the completion of the cycle that began at the winter solstice. 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 count our blessings, celebrate our achievements and pass on the spirit of goodwill to all we encounter. Here are some suggested prayers for you to use in a Litha ceremony, whether you're a solitary practitioner or celebrating in a group rite.

*Glory of the Day-Star, hail!
Lifter of the Light, Burnisher of the Sky.
Gifts of love to earth are bringing,
Summer's shimmer, dew's delight.
Dancing be the heart within us,
Open be our souls to bliss,
Courage vanquish every shadow,
Greet Midsummer with a kiss.*

(Greeting to the Summer Solstice from Celtic Devotional – Daily Prayers and Blessings, © Caitlín Matthews 2010)

*Blessed be this solstice season, when the sun is ascendant in the skies,
And the Goddess is already pregnant in anticipation of Yule.
Today we celebrate the light, for tomorrow that light will wane.
Today we say hail and farewell to the waxing sun -
To the months of fertility, planting and growth.
Today, we say hail and welcome to the waning time -
To the months of harvest, gathering and wisdom.
We anticipate the fruits and reapings of autumn.*

*The longest day is over,
As the sun sinks slowly away.
At dawn, we greeted and honoured you,
Celebrating your light over the land.
You make crops grow and bloom,
And your heat warms the earth -
You are the bringer of life for us all.
Now the darkness starts once again,
A minute more of night each day,
Until we celebrate your rebirth at Yule.
Radiant Aine*, we ask for your blessings
At your festival of Midsummer –
Help us to experience true joy and divinity.
May the goddess of love and light,
Bring us the sun's power during every day and,
Throughout the remainder of our lives.
So mote it be.*

* Aine = Aw-neh – this is a prayer for sunset at the end of Litha.

The Storyteller's archive: Ogre of Abergavenny

A lot of folk tales are based upon historical events. With a little research, it is possible to disentangle the facts from the embellishments – and then, the storyteller can add his or her own interpretation. The following story tells the true tale of William de Braose, 4th Lord of Bramber, murderer and what happened to him.

Born in 1140, William was Lord of Bramber Castle and Lord of several Welsh kingdoms, including Abergavenny and Builth. He fought alongside King Richard I in 1199 and then transferred his loyalty to Prince John and supported his claim to the throne. By way of reward, William's estates in Wales were increased by the additions of Monmouth and Glamorgan.

*He earned the nickname of the **Ogre of Abergavenny** after his famous murder of the Welsh princes in 1175 during the reign of King Henry II.*

In 1175, the king told William to ban all Welshmen in his lands from bearing weapons — William invited the princes of Gwent to a feast at Abergavenny Castle and the guests politely left their weapons outside. The feast came to an abrupt stop when William told them the king's message. The unarmed Welsh guests protested and William's men murdered them, including Seisyll ap Dyfnwal (the Lord of Upper Gwent), his son and all their servants. William's men were ordered to slaughter the only heir, seven-year old Prince Cadwaladr, in his mother's arms. The king rewarded William with the post of Sheriff of Herefordshire from 1192-1199.

And William's trail of murder did not stop there...in 1202, King John ordered William to imprison Arthur I, Count of Brittany, who was John's nephew and had a claim to the English throne. William did so and was rewarded with Gower in Wales. In 1203, Arthur was murdered on the Ogre's orders, whilst in prison. The king rewarded William de Braose again by making him Sheriff of Herefordshire in 1206 and the grant of three castles in Gwent. William's Welsh estate was now very extensive, based on his trail of blood.

William was now a firm favourite of King John, but his triumph was cut short. King John was running short of money in the royal treasury and he decided to tax the nobles even more. William de Braose was a prime target due to his extensive lands and the king announced (in 1208) that William owed money to the crown. King John seized William's lands and castles. William escaped to Ireland, hid his grandson in Wales and planned for the rest of his family to join him.

*Unfortunately, William's wife and two sons were captured by King John; William escaped to France in 1210, disguised as a beggar, where he died in 1211. His wife and sons were not so lucky, as the king imprisoned them in Corfe Castle and starved them to death in 1210. Later, Bramber Castle was returned to the de Braose family and it remained so until they died out in 1324. But this is **not** the end of the tale. It is said that the thin ghosts of the starved children still haunt Bramber Castle and can be seen in the grounds at night, perhaps seeking their father.*



Shrines & sacred places: Matley Wood

By Wayne Davis

The Southampton Witches was formed in 2014 by Becky Anderson as a Facebook group, to support witches. We held our first Full Moon ritual at Silbury Hill, Avebury before we started holding our regular rituals at Matley Wood, near Lyndhurst, in the New Forest.

Matley Wood is situated on the B3056 (Beaulieu Road), which is now our sacred home.



The Southampton Witches are an open group of people from all walks of life, following many different paths and

traditions. The original idea was to hold open Full Moon rituals and to encourage people to learn and take turns in leading a ritual. We still encourage people to get involved in doing this, but the rituals are now normally led by Wayne Davis, Helen Craddock and a few others.

We encourage people to bring their families and friends to our rituals and, also, people who are just curious as to what we do. This year, we started to celebrate the sabbats too by holding rituals.

Before we start the rituals, we have a sweep of the area to remove all the rubbish. The rituals last around one hour but, depending on the weather, we stay longer to enjoy Mother Nature. We hold the rituals come rain or shine and have only cancelled a few, due to dangerous weather conditions.



By holding regular rituals, our energies and the magic can be felt during the day and we feel the magic in the woods. We often have the New Forest ponies and cows come and join us, along with the sounds of all the birds, including owls, jays and crows, to name a few. We have also been lucky to see deer, including a white deer in the distance.

We have assisted students from Southampton and Bournemouth Universities in making film and photography documentaries on witches and their everyday lives. We are a very friendly bunch and welcome all that come and join us. If you visit the location during the day and close your eyes, you will feel the magic all around you.

Matley Wood has its own car park and the ritual site is not very far. The area can be a bit uneven – so, if you are visiting, please let us know so we can help you. In winter, the area can be muddy so please wear appropriate footwear. We hope to see some of you soon – bright blessings.



Herbal healing: Anxiety in pet cats

Report by Gylden Fellowship

OK then, Gylden Fellowship had a natural healing stand at the **Violet Flame MBS Fayre** in May – lots of oils, anti-cough juices, salves and flower essences. And there were lots of queries during the day for guidance on herbal healing, but one of the more unusual questions was from a customer who wanted to know how to treat severe anxiety in her pet cat. I promised that I'd look up the answer and send it on after the show, but here's a bit more on my answer.

Some cats are naturally stressed and anxious as part of their characters, while others save their worst anxiety for car journeys or visits to the vet. So, are there any herbal aids to relieve cat stress? The following list gives a few suggestions.

1. **Catnip** normally makes a cat agitated, but if you give catnip to your pet about 20 minutes before the stress event, it is likely that the cat will be quite tired and calm by the time to leave.
2. **Valerian** is great for humans trying to sleep. With cats, the effect is similar to catnip, but your cat will be extra tired and calm after the first period of running around.
3. **Chamomile** flowers are good for stress reduction, whether you put it in a tea or use it for your cat.
4. **Bach Rescue Remedy** is a flower essence that works for pet cats and humans alike. It contains rock rose, impatiens, cherry plum and star of Bethlehem – all promote calm and ease panic or stress.

Note: I once cured a pet dog of extreme stress – it kept biting people – by asking its owner to attach a small crystal to its collar and offering up a prayer (written by me) to the goddess, Diana. The crystal that I gave to the owner was a tiger's eye. The dog never bit anyone ever again. It is possible that this method could be used as well as herbal healing for an anxious pet cat.

So, how could you introduce such herbs to your cat? I'd say using the dried herbs is best for younger cats, perhaps in a small pillow. Tinctures and decoctions can be bought from naturopathic vets and that may be safer than trying to do it yourself from scratch. Add a few drops of the tincture or essence to your cat's water or put in the cat's mouth via a pipette for immediate relief. As to essential oils, I've heard conflicting accounts about their use on pets – my suggestion is that an essential oil is too concentrated to give to a cat internally.



Preview: Crystal Fest 2019

By Maxine Cilia

Anyone remember this event from February? OK, it was the Enchanted Market in Bracknell.



Well, here's some good news – the organisers of **that** event (in association with the Crossley Club and Graham Steel Music Company) have decided to run Crystal Fest on 20 July. It's an exciting little fayre and show, dedicated to crystals with:

- Stalls
- Talks
- Readers
- Healers.

There will be a full day's programme of talks and workshops to quench your thirst for all things crystal. Among the speakers are Lyceum Witchcraft and Gylden Fellowship.

All the details are on the notice opposite, but Crystal Fest takes place on Saturday, 20 July 2019 from 11am-11pm (the fayre stops at 5pm and the admission fee is just £2). After that is the show (7-11pm for £6 admission), with:

- Spriggan Mist
- Jadoo's Jingles
- Andy Prince – *see picture opposite*
- Dragonfly Sky.

The venue for Crystal Fest is the upstairs room at the Crossley Club, 113 Guildford Road, Lightwater, Surrey GU18 5RA.



Spriggan Mist return to the Crossley Club (just off the M3 at Junction 3) at Lightwater, after an absence of 8 years, where they did a series of shows called **Spriggan Mist Present!** The Club is a lovely venue with a great lounge bar, dance floor and stage.

Crystal Fest
Sat. 20th July '19
Fayre 11am-5pm

Talks Stalls Healers/Readers

Evening Show 7pm-til late
With Performances by
Spriggan Mist **Jadoo's Jingles**

More to be announced.

The Crossley Club
113 Guildford Rd, Lightwater, Surrey GU18 5RA

Tickets: £2 Fayre £6 show £7 Both
www.enchantedmarket.co.uk

Magickal history - Hannah Green

By Gylden Fellowship

Let's talk about **tea leaves** for a while. This little part of the history of British witchcraft took place in the late 18th century and concerns Hannah Green. To put her story in context, the Jane Wenham case in March 1712 marked the end of the witchcraft trials in England. After the Wenham case, there was another law passed – the **Witchcraft Act 1735**, which repealed the **Witchcraft Acts 1563 and 1604** and the **Scottish Witchcraft Act 1649**. The 1735 Act remained in force until 1951, but there were fines or prison for people who claimed they could cast spells, foretell the future or talk to spirits.

Local histories of Bradford and Wilsden refer to Hannah Green as the Ling Bob Witch - a fortune-teller who was able to divine the future of clients by reading tea leaves. Sometimes, she made general prophecies for her customers too, again for a fee. Her husband was the local miller. Was she successful? Here is a quotation from an eye witness.

"The cottage had a tall chimney stack, white-painted so her clients would know where to find her. She was very popular with the gentry who would travel considerable distances for a consultation and whose carriages were often to be seen outside her home... it was no novel sight to see carriages with pairs of horses standing outside the Ling Bob oracle's abode awaiting their fair mistresses, who had come to consult old Hannah concerning their conjugal or other difficulties."

In a career spanning some 40 years, Hannah Green saved more than £1,000 (at a time when £1 a week was a good wage for a skilled man and many people earned less than half that). In later years, Hannah moved to Novia Farm on the Otley Old Road, near Yeadon, where she died on 12 May 1810. Here is a quotation from an eye witness, known only as Mabel.

"The people in olden times were very superstitious and there was one person in Yeadon who, from 1770 made a fortune out of the ladies who believed in fortune-telling. She was known as the Ling Bob Witch, but her real name was Hannah Green. Many rich and aristocratic people consulted Hannah. She must have had a gift of second sight for they consulted her on many matters and she carried her profitable business on for 40 years."

Here is a picture of the Ling Bob pub in Wilsden/ Yeadon (part of the Bradford area) in 1960. Hannah Green – the Ling Bob Witch – lived in a small cottage on the site of the current pub car park from 1770 onwards. The term, **ling bob**, is a dialectical term for Heather End. The present inn was built in 1836, but there had been an older pub of the same name on the same site. There were also a few very old cottages and farms in the area, because Wilsden was a very small village then – later, the Industrial Revolution was responsible for more mills and more cottages.



For past issues of Gylden Magick magazine, please contact us:

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