



# Gylden Magick

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## June 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 June (the Strawberry Moon) – and this issue of **GYLDEN MAGICK** has a definite emphasis on **dhraiocht**. This is a Gaelic word that refers to the glamours or enchantments cast by the faery folk; in Ireland, such magickal folk are known as the sidhe – from which we derive the word, *banshee*.

The festival of **Lunantisidhe** was in May and **International Fairy Day** is later in June. **Alban Hefin** falls on 21 June and altar colours are dark green, bright yellow and gold. More

about faery magick and enchantments later in this issue.

I say Alban Hefin, but most pagans would describe this date as the **Summer Solstice or as Litha**. We'll feature an in-depth look at this festival on our website, a little nearer to 21 June, but we've put in a few blessings here too. Other notable dates for diaries in June are **Mother Shipton's Day** on 2 June, **World Environment Day** on 5 June and 24 June for the **next full moon**.

The picture is that of a faery tree at **Uisneach**. The Hill of Uisneach has been described as the heart of Ireland – it is the legendary resting place of Lugh. Faery trees are often blackthorn, but we've lots more on this topic from **Joanna Bristow-Watkins**.

**What else** is included in this issue?

There's the usual range of spirit guides, art, herbal stuff, ancient culture and folklore. As it's the summer solstice, **Mark Sharpen** is looking into the sun (not literally). We are pleased to announce that we have a new author for the July edition onwards – **Charlie Foreverdark** is a published writer on crystals for Saltshack and she'll be sharing some of her expertise in **GYLDEN MAGICK**.

**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: snail

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



Well, the most obvious message is that the snail spirit has lots to say about the pace of our lives. In other words, this guide will help you to reduce the hustle and bustle of your daily routine. When we learn to slow down (to a snail's pace), there is so much more to see and learn.

Alongside this process of slowing down, the snail guide brings peace. Remember that you're not being asked to stop, but slow down and reflect. Mistakes are often made by trying to do too much or too quickly.

So, the key lesson of a snail spirit guide is to teach you how to use your time and energy in the most effective way. In practical terms, that means making time for yourself and, occasionally, saying no to incessant requests. It's all about priorities – do one thing well before starting the next task.

The snail spirit guide illustrates the need for keeping one foot on the ground, namely knowing when it's time to stay, and when you should move along or retreat for safety. Stay calm, courageous, and patient.

Overall, the snail is a gentle spirit guide who wants you to be kind to yourself. Celebrate even the small victories in your life. Open your heart to receiving blessings.

And don't forget the snail's shell. It represents home and security wherever you go. The shell is a safe place for you to build and go to when everything seems too much.

## Crystal of the month: amber

OK, I confess, amber is not a crystal, but fossil tree resin and organic. Yet, it is often used as a crystal healing tool. Amber is also a very spiritual gem. It seems to capture the light and warmth of the sun within its structure, and also the vibrant, life-giving qualities of sunlight.

The oldest piece of amber has been dated to some 320 million years ago, so you can imagine what powerful energies this stone holds. Some people believe that amber is the resting place of departed souls because of the preserved insects in the thick resin.

Geologically, younger amber tends to be softer than amber buried for a long time. Amber from Myanmar tends to be the hardest and amber from the Dominican Republic is softer. Its colors are varied and often come in different shades of brown, orange, and yellow.

So, what are the **main healing properties of amber?**

- Amber is closely connected to preservation on a spiritual level. That means that it is often worn as an ornament or talisman to promote eternal youth. Amber is worn for good luck and protection from evil. It enhances your creativity too.
- The orange and gold colors of amber are known to stabilise stronger and higher energies in the body and can influence them by offering balance and protection.
- People use or wear amber to eliminate negative energies, eliminate fears, acquire patience and wisdom, and even soothe bodily aches.
- If you're nervous about tackling something in life, amber gives insight, strength and courage to branch out in new directions. Amber helps to put everything into perspective.
- Amber is essential for the relief of stress and anxiety. It will dissolve all traces of physical and mental exhaustion and it will help you eliminate your fears and worries. It's also good against depression.

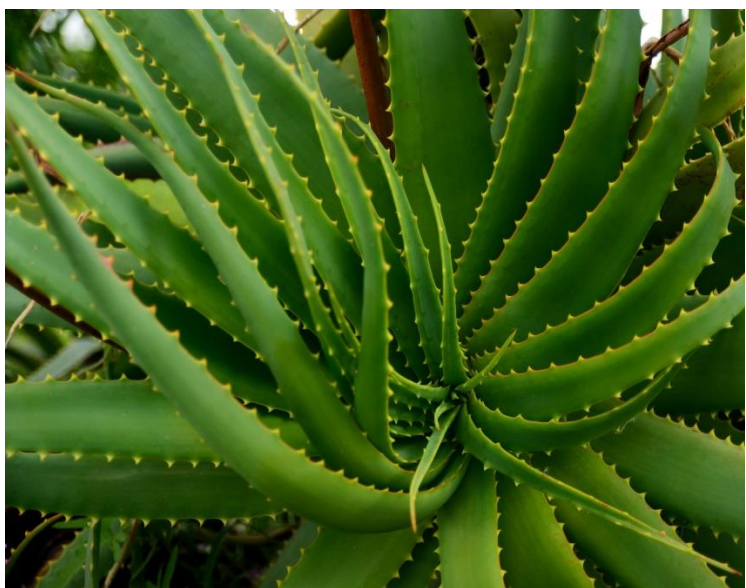


## Herb of the month: aloe vera

**Aloe vera** (*Aloe barbadensis*) has long been used for cosmetic purposes, as well as for healing. This plant was reputedly favoured by Cleopatra as a face cream – it is still used for hand and face creams. The key medicinal parts of the plant are the leaves and the fresh sap therein, which has antioxidant and antibacterial properties. ...

OK then, aloe vera is used for **the following ailments**.

- It's quite common to use aloe vera to improve skin and prevent wrinkles.
- The tincture is good for poor appetite, constipation and indigestion. Actually, on that note, you can also buy aloe vera capsules for digestive problems or urinary infections.
- Probably the best-known use of aloe vera sap is the healing of wounds or burns and, in the USA, aloe vera sap has been found to be good for the treatment of radiation burns. You take a leaf from the plant and either crush it or squeeze it to get the sap. This juice can be applied directly onto burned skin, eczema or dermatitis. Alternatively, one can apply an aloe vera poultice to the injured area.
- Other problems that are alleviated by aloe vera include high blood sugar levels, dental plaque and canker sores.
- Aloe vera sap is often made into a suntan lotion, a shampoo or a skin moisturiser.



## Recipe: savoury haricots

One of the correspondence foods for June are beans and, in particular, haricot beans. This recipe serves 4 people and was a good dish before and during World War 1. The recipe is a real one from Edwardian times.

### Ingredients

- 225g haricot beans
- 2 hard-boiled eggs
- 1tsp parsley, chopped
- Onion, chopped
- 50g cheddar cheese, grated
- 125ml milk
- Salt and pepper:

### Method

1. Soak the beans overnight in cold water.
2. Next day, place them in a saucepan with new water and heat for an hour or so until tender.
3. Drain the beans and slice the eggs.
4. Heat the oven to 180°C.
5. Put a layer of beans in an oven-proof dish and sprinkle with the onion and parsley.
6. Add salt and pepper, half the cheese and the egg slices.
7. Cover with rest of the beans and season again.
8. Pour in the milk, cover the dish and bake in the oven for about 20 mins.
9. Remove the cover, add the rest of the cheese and heat for another 10-15 mins.



# Alban Hefin/ Litha: Blessings

By Gylden Fellowship

## *Litha prayer at sunset*

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



*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)

Gylden  
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June 2021

## Artwork by Tara B Studios

Contact: @TaraBernadetteEgan





# Cosmic energies: the Dyson swarm and bubble

By Mark Sharpen

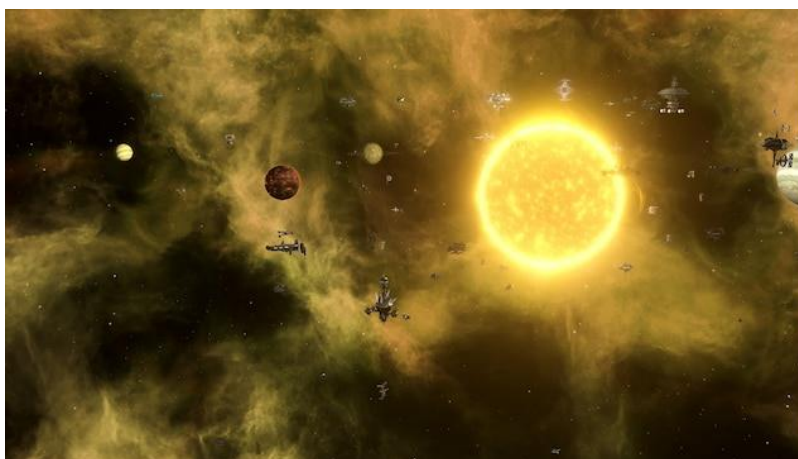
Solar energy or, more correctly, *photovoltaic* systems are those that generate electricity from light, using specially designed photovoltaic panels, arrays and installations, which are connected to utilities grids. If a single office building or residence includes solar panels to supplement the electricity supply, the flow of solar-generated electricity is distributed via a special transformer, to ensure that the supply is constant.

The use of solar energy to convert sunlight into electrical energy is not new, but is a good example of the current concern with energy efficiency and the move away from fossil fuels. The electricity produced is direct current and can be used that way, converted to alternating current or stored for later use. The simplest form of photovoltaic energy is a solar-powered battery.

However, I'm not revisiting the science of photovoltaic energy now. In line with the new science-type theme of these articles and the solstice, I thought it would be interesting to consider the concept of direct solar energy via a Dyson swarm or sphere.

Nothing to do with hoovers – this is a different Dyson. We're thinking about the physicist, **Freeman Dyson** here and his concept of harvesting power from the sun in a very structural way. The idea of the Dyson sphere was to imagine some type of enclosure around the sun to collect most of its energy. Such an enclosure would resemble a bubble or a sphere. Dyson was inspired by the idea that advanced alien species would, logically, use such technology – "One should expect that, within a few thousand years of its entering the stage of industrial development, any intelligent species should be found occupying an artificial biosphere which completely surrounds its parent star"

Apart from the construction of a sphere, the concept has now evolved into a Dyson swarm and there's a current project at the University of Oxford's Future of Humanity Institute, that forecasts how humanity could (one day) build a Dyson swarm around the sun. So, what's a Dyson swarm?



Well, it's not a sphere. A Dyson swarm would resemble a net, namely satellites, solar energy collectors or mirror panels and control systems in an orbit around the sun. The sun's energy would be collected by this network and transmitted to the Earth. The network itself could be constructed by robotic machines on the surface of Mercury over a few decades. When I say robots, I'm referring to the use of AI, self-replicating machines, automation and 3D production. It is a feasible concept that offers a new perspective on the goal of renewable energy and the end of fossil fuels, not in this century perhaps, but more of a future project.



# Environment: Marsh Frog Chorus

By Sussex Wildlife Trust (Michael Blencowe, *Head of Community Action for Wildlife*)

A summer evening stroll past the damper areas in the east of our county is not for the paranoid or insecure. You could be mistaken for thinking that the very marshes, ditches and ponds are mocking you as an incredible quacking, cackling chorus fills the air growing more and more hysterical. This is the song of the marsh frog.

The frogs, hidden from sight, inflate two vocal sacs making them look like they are blowing bubble-gum out of their ears. Guttural guffaws are amplified by these sacs and broadcast. Their loud laughter is contagious. Once one frog proudly proclaims his place in the pond with a raucous whoa-aa-aa-aa, his neighbour is compelled to respond and soon the entire marsh is whoa-aa-aa-aa-ing like a bawdy comedy night at a social club. Holding the title of Europe's largest frog, the marsh frog is 50% bigger than Britain's native common frogs. Full grown adults are a reassuringly Kermit-like green.



Photo: Marsh Frog (© 2014 G. Bradley)

www.uksafari.com

Unlike our native frogs, they never stray too far from water. Marsh frogs are either in it, on it or sat close to it. They are alert and wary and, as you approach, these acrobatic amphibians will launch themselves into the air and belly flop with a plop into the water. But sit still by the water's edge and inquisitive bulging eyes will soon reappear at the surface. Their wariness is warranted. Herons, egrets and grass snakes prowl the ditches hoping for a frog in their throats.

Marsh frogs are only found in a few places in Britain and East Sussex is a hot spot for this cold-blooded animal. But they shouldn't be here. These green-skinned aliens have been introduced by man. Or, to be more precise, Mr E.P Smith of Stone-in-Oxney, Kent. Mr Smith, Conservative MP for Ashford, seems to have had a very tolerant and progressive view towards immigration and released twelve of these Hungarian marsh frogs into his garden pond in 1935. It wasn't long before the warty dozen had multiplied and, by the 1960s, all of neighbouring Romney Marsh rang with the sound of frog laughter.

From there it was just a short hop into Sussex and over the decades the march of the marsh frog has continued, sometimes 'helpfully' assisted by humans. Marsh frogs will also respond to human laughter so, if you fancy a laugh, head to the marshes. Smile and the world smiles with you. Laugh and a marsh frog laughs at you.

# Celestial notes

*By Joanna Bristow-Watkins, Harmony Healing*

As mentioned before, we are very pleased to welcome **Joanna Bristow-Watkins** as one of our 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](http://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 [Saturday 19 June](#) and at Newlands Corner on [Tuesday 22 June](#).

**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 June](#), 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.



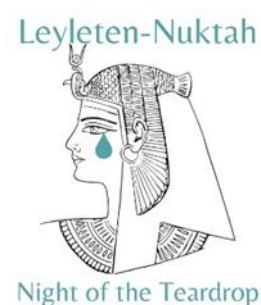
Joanna is a Reyad Sekh Em® Egyptian Alchemy Healer and Teaching Mentor. We also have [meditations](#) available and a number of virtual courses including [Reyad Sekh Em \(RSE\) Egyptian Alchemy Healing Level 1](#) (which is now fully available as interactive training modules) and a [monthly virtual healing 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**

June is British summertime. The roses bloom, imprinting their perfumed scent into the extended evenings leading to the Solstice on the 21 June. Garden flowers and hedgerows are splendidly colourful and summer berries are abundant. This year, after extended lockdown, we will relish the picnic season with strawberries & ice-cream plus elderflower cordial; despite optimism versus realism whilst planning for both rain and/or sunburn risk.

The month could be named after Juno, the Roman Goddess, linked with marriage. To the Anglo-Saxons, it was called *sera monath* (dry month), which is not necessarily our modern-day experience.

During June, as well as our own traditional British festivals, we have a couple of international events – World Environment Day and Asteroid Day. We can look forward to a sprinkling of Chinese, Egyptian and Roman celebrations plus the Bootid Meteor Shower as well as a solar eclipse on 10 June. Unlike the lunar eclipse at the end of May, this solar eclipse will be visible in most of UK and Europe and, like the May lunar eclipse, it will have an energetic impact globally. We have Surrey Forest Bathing events on 19 & 22 with the Full Moon Guided Healing meditation taking place on the 23, the night before the Solstice Strawberry Moon (coinciding with Midsummer's Day) reaches its peak.



**Saturday 5 June is World Environment Day**, which has been celebrated annually since 1972. Over the years, the day has focused on such issues as acid rain, oceans, water and green cities.

**Thursday 10 June @ 11:53 marks the Solstice Dark Moon & Annular Solar Eclipse**, visible in most of Europe, North America & Asia, plus in North/West Africa, Atlantic & Arctic areas. See [timeanddate.com](http://timeanddate.com).

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.

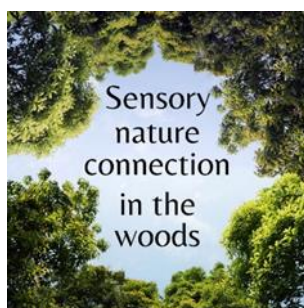
**Monday 14 June is scheduled as the Chinese Dragon Boat Festival**, also known as Duanwu Festival in Mandarin and Tuen Ng Festival in Cantonese. The festival is to commemorate the Chinese patriot, Qu Yuan, who killed himself by jumping into the river Li in despair. He was desperate because his master refused to take his advice and he feared his country falling into the enemy's hands. It is on the fifth day of the fifth month of the Chinese calendar, which falls this year on Monday 14 June. However, celebrations often take place on convenient weekends in the Western calendar - such as the [London Hong Kong Dragon Boat Festival](#) which was scheduled to take place this year in late June, depending on covid-19 constraints.

**Wednesday 16 June is the Egyptian night, known as Leyleten-Nuktah, the Night of the Tear Drop.** A miraculous tear-drop as Aset (Isis) began the mourning of her brother/husband Asar (Osiris), was believed to fall into the Nile causing it to rise and bring new life to the land. Sources vary as to whether this is 14/16/17 or 18 June; the date is actually the 11 day of the Ancient Egyptian month of *Ba-oo-neh*, so the confusion arises when trying to covert this to our Gregorian calendar.

**Saturday 19 June, 11am-2pm, Forest Bathing+** in the grounds of Harry Edward's Healing Sanctuary, £35 (+ 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 12\* including guide(s) to allow us to adopt covid precautions and social distancing. Book at [Eventbrite](#). If the event is full, email me on [jo@harmonyhealing.co.uk](mailto: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.



**Sunday 20 June is the Egyptian Festival of the Burning of the Lamps**, which was held at Sais (source [Bibliotheca Alexandrina](#), p31, also available via [Academia.edu](#), date from Moonwise Calendar). This is the third great festival in Sais to Aset (Isis). In an under-chapel beneath the temple, lamps were carried in procession around the coffin of Asar (Osiris). It was by the power of light, symbolising the life-giving power of the Moon, that Aset rekindled life in her dead husband. The exact date is actually the 13 day of the Ancient Egyptian month of *Epeiph*, so confusion arises when trying to convert this to our Gregorian calendar and some sources give variations especially 21 June.

**Monday 21 June at 04.32 is the pagan celebration of the Solstice**, the moment when the sun enters Cancer. In the Northern Hemisphere, this is viewed as the triumph of light, the ecstatic culmination of the sun, yet the start of growing darkness. Old traditions included:

- Making a bonfire on a hilltop, singing, drinking, laughing and merry-making.
- Processions with torches and lanterns.
- Rolling wheels downhill to mark the start of the sun's descent.
- Blessing cakes and wine.
- Waiting for the dawn and greeting the sun when it rises, sleeping by a spring, rolling naked in the dew of the summer sunrise! More at [timeanddate.com](#)

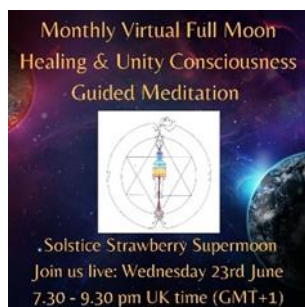
**Tuesday 22 June, 10.30am– 1.30pm Forest Bathing+ at Newlands Corner**, an Area of Outstanding Natural Beauty (AONB) in the Surrey Hills, £35 (+ Eventbrite fee = £38.32). Join me for a reviving yet relaxing Forest Bathing+ session in our local ancient woodlands? I will lead you slowly and purposefully 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 12\*, 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](mailto:jo@harmonyhealing.co.uk) to go on a waitlist.*

**Wednesday 23 June, [Virtual Harmony Healing Full Moon Guided Meditation](#)** (£20 + Paypal admin fee - half price to RSE graduates), 7.30pm - 9.30pm (UK time). This will be a Zoom video gathering and all participants will receive group healing, be able to nominate others for healing, plus there will be a global healing and unity consciousness exercise. Please email [jo@harmonyhealing.co.uk](mailto:jo@harmonyhealing.co.uk) or contact me via Facebook Messenger/What's App to let me know you've booked to make sure I send you the link. 2-hour Full Moon Guided Personal & Global Healing & Unity Consciousness Meditation, 23 June @ £22 – book via Paypal.

**Thursday 24 June is Full Moon @ 09.40 UK time.** It's the Summer Solstice Oak Strawberry Supermoon as well as Midsummer's Day, also known as the Lotus Moon, Oak Moon, Cold Moon or Long Night's Moon. Between Full Moon and the next New Moon is considered as a good time energetically for detoxing the body.



**Thursday 24 June is also Midsummer's Eve** and was considered magical in Cornwall and Ireland, when there was feasting, fires, songs, and dances. Bonfires were kindled on high hills to commemorate the high point of the year. Traditionally, the veil is thin between the dimensions housing the living and the dead at this time.

This is also the **Roman Festival of Fors Fortuna**. Fors is an ancient Roman Goddess of prosperity, good luck, and divine blessings. Her name means "She Who Brings", from the Latin verb, *fero*, synonymous with abundance and success. This seems to have merged with Fortuna, probably originally a Goddess of fertility, into the Goddess called Fors Fortuna, who was acknowledged as sometimes being fickle or wanton and representing Fortune as Goddess of luck or chance. She was especially worshipped by slaves and commoners, as the Goddess who could bring about rags-to-riches transformations; with at least two dedicated temples in Rome being founded by former slaves in gratitude for their changed luck.

**Saturday 26 June (Friday night/Saturday morning) is predicted as the peak of the Boötids Meteor Shower**; if they are visible at all this year. Although they are not active every year, they can occur any time between 22 June and 2 July. In 2021, with the Full Moon occurring on 24 June, the peak dates will span a period of considerable moonlight pollution. From more northerly latitudes (including UK), the all-night twilight poses an additional problem for observers. More at [in-the-sky.org](http://in-the-sky.org), including a map of the radiant point.

**Wednesday 30 June is Asteroid Day**. It was co-founded in 2014, by Dr. Brian May, astrophysicist and lead guitarist of QUEEN, together with Rusty Schweickart, Apollo 9 Astronaut, Danica Remy, President of B612 Foundation and filmmaker Grig Richters. Asteroid Day events take place annually on 30 June to mark the anniversary of the Tunguska impact in 1908. Its purpose is to expand the understanding of asteroids and to ensure that any asteroids which might ever have a direct impact on our planet are carefully monitored.

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](#). [Harmony Healing Gift Vouchers](#) are available.

## 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 [love2meditate.com](http://love2meditate.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.

# Tales for summer evenings: Faery ointment

By the Storyteller

**Not all of the fae are delicate and helpful creatures, as shown in this traditional tale from Tavistock.**

Once upon a time there was an old woman, who had worked as a nurse and still helped people in Tavistock, with minor ailments. One night in the dead of winter, about twelve o'clock in the morning, the old woman had just got comfortably into bed, when there was a loud rapping noise on her cottage door. She was startled and alarmed by the call, but arose from her bed, and soon learned that the summons was a hasty one, asking her to attend on a patient who needed her help.

She opened her door and there stood a strange, squint-eyed, little, ugly, old fellow, who had an unchristian look about him. Although not keen on the errand, the old woman dared not resist the command to follow him at once and attend upon his wife. "His wife!" thought the good dame, "May Heaven forgive me, but as sure as I live I be going to the birth of a little devil."

A large coal-black horse, with eyes like balls of fire, stood at the door. The ugly old fellow, without more ado, whisked her up on a high pillion in a minute, seated himself before her and away went horse and riders, as if sailing through the air, rather than trotting on the ground. Soon they set down at the door of a neat cottage; there were a couple of children and her patient was a decent-looking woman.

A fine, bouncing baby soon made its appearance, who seemed very bold on its entry into life, for it gave the good dame a box on the ear. As with all good old nurses, she declared it to be a sweet little thing. The mother said nothing to this, but gave nurse a certain ointment with directions that she should rub the child's eyes gently with it. The nurse performed her task, though she thought it odd and wondered what it could be for. Perhaps, if a good thing, she could try it on her own eyes. Not so – a great change took place!

The neat cottage, and all who were in it, seemed to undergo a sudden transformation: some better and some worse. The new mother appeared as a beautiful lady clothed in white, the baby was wrapped in silvery swaddling clothes and the father seemed to have a pixie cast. The two other children sat on either side the bed's head, but looked like a couple of little flat-nosed imps, who scratched their heads or pulled the fairy lady's ears with long, hairy paws.

The old nurse saw she was in an enchanted place and left quickly without saying about using the magic ointment on herself. The ugly old fellow put her on the horse and told it to take her home.

At the next market day, which was for the solstice, she went out to sell her eggs and who should she see, but the same, ugly old fellow, stealing sundry articles from stall to stall. She thought to herself, "Ah, I've caught you now and I could set the mayor and two town constables on you, if I chose to tell." Instead, she went up to him and asked after the health of his wife and child.

"What!" exclaimed the old pixie thief, "Do you see me today?" The old nurse replied, "See you! Of course, I do and I see you are busy into the bargain."

"Do you see me so?" he cried, "With which eye do you see all this?" The nurse replied that she saw him with her right eye. "The ointment! The ointment!" exclaimed the old fellow, "Take that for meddling with what did not belong to you - you shall see me no more." He touched her eye as he spoke and, from that hour for at least a week, she was blind on the right side, thus paying for having given in to a whim in the house of a pixie.

# Customs: Lunantisidhe and the Fae

By Joanna Bristow-Watkins and Nick the Witch

On 24 June, it's **International Fairy Day**. These tiny supernatural creatures have been staple characters of myths and legends for generations. Today, faeries can be found in stories, films, fantasy games, images and faery festivals. It's worth noting too that it's almost the centenary of the Fairy Investigation Society, which was founded in 1926. At that time, there was a large Theosophist movement in society – this movement classified the existence of faeries and specified how faeries helped in the natural world. To a large extent, it was a theosophist principle that underpinned how Walt Disney depicted faeries in his films. In this case, it's the timeline that's important, because the Disney films of *Snow White* in 1937 and *Fantasia* in 1940 were based on the faeries as part of the natural order. Faeries as autumn leaves and snowflakes in *Fantasia* all reflect a basic theosophist tenet at that time.

In nearly every culture, there is some reference to spirits or faery-like creature who perform good or evil deeds depending on their nature. Often, there are several manifestations of these beings, but never so many have been so intricately woven into the culture as those of the Celts. In Saxon Britain, there were mischievous fae called pooks...in Ireland, the fae came under the heading of the sidhe and the mischievous fae were leprechauns. The more perilous fae are the banshees and dwarfgs. They foretel ill fortune and can injure humans. According to Irish legend, this keening *Bean Sidhe* predicted death. There are several versions of her story across Ireland and Scotland. Her appearance was often eerie and gruesome, a ghost story for soldiers and childbearing women.

Many of the fae are associated with nature. Dryads are tree spirits, while gnomes live among the roots. The variety of water faeries and undines is as broad as the sylphs and other spirits of the air. In Welsh legend, *Tylwyth Teg* is a faery family known for kidnapping. Also known as *Bendith y Mamau* or **the mother's blessing**, they would leave a changeling in the child's place. Sometimes, these horrible faeries take horses for wild rides leaving them exhausted.

To celebrate International Fairy Day this year, one could read a faery story, watch a film that features the fae, create a small faery garden or make some faery cakes! Here's a little faery tale from Mumby in Lincs that features a member of the fae family, a boggart.

*A farmer bought a new field, without knowing that it was inhabited by a squat, hairy boggart - a kind of fae-troll. The boggart refused to allow the farmer to plant anything in the field, claiming it was his and the farmer had no right to it. The farmer, in turn, pointed out that he'd paid good money for the land and, by right, he ought to be able to use it. The pair argued for a whole day before finally agreeing that the farmer should plant the field, on condition that they could share the crop.*

*The farmer, being a crafty fellow, began to think of a way to keep the whole crop for himself. So he asked the boggart, "Which part of the crop will you take for your share? Do you want the part that grows below the ground or the part above it?"*

*The boggart thought for a while, before answering that he would take the part growing above the ground. Therefore, the farmer planted the field full of potatoes. When harvest time came, the farmer stood over a huge pile of potatoes while the boggart had to make do with the useless part of the crop. Angrily, the boggart announced that next time, his share would be the part of the crop that grew below the ground.*

*The crafty farmer agreed and, this time, planted the field with wheat. When the harvest time came, the farmer had a fine crop, while the boggart was left again with stubble and the useless parts of the plants. The boggart, furious at*

*having been cheated twice, demanded that the farmer would sow wheat again, but this time, they would each start at opposite ends of the field and each would only take what they could reap before sunset.*

*The farmer agreed, but the night before the harvest, the farmer sneaked out and planted several iron rods in the boggart's side of the field. When the time came, the boggart quickly blunted his scythe, leaving him unable to continue with the harvest, while the farmer easily made his way through the crop. Furious, the boggart stormed off, never to be seen again.*

Sunday 16 May was the **Night of Lunantisdhe**, a Celtic Festival honouring the faery spirits of blackthorns. From a website called [selkywolf.com](http://selkywolf.com) (no longer live), which featured extracts from *A Witch's Guide to Faery Folk* by Edain McCoy, it seems that Lunantisdhe is a curious blending of the Latin word, luna, meaning moon, together with the Gaelic sidhe which means faery. They are the guardians of the blackthorn tree from which humans (and leprechauns!) make shillelaghs, a walking stick indigenous to Ireland.

These faeries are - according to an [AngelFire site](http://AngelFire.com) – “Wizened little stick creatures with long arms and fingers for climbing between the thorns”. Their sole purpose for existing seems to be to protect the blackthorn trees from human encroachment. The only time they approach the tree is to pay homage to the Moon Goddess at the Esbats (a specific Full Moon Wicca Ceremony which may have its origins in Celtic folklore), perhaps explaining why their name has a lunar connotation.

According to another very informative site, [ecoenchantments.co.uk](http://ecoenchantments.co.uk), unlike the majority of great mystic trees, the blackthorn appears to be revered only in the British Isles (Celtic folklore of both Irish and Scottish traditions) with there being little or no association with the mythical traditions of other ancient civilisations. The blackthorn is a tree of profound magickal lore in the Celtic tradition. It is one of the designated Eight Chieftain Trees on the Ogham Tract, where its name is **Straif** (strife, said to be where the word came from in the English dictionary) and translates as 'Incraser of Secrets.' I feel it brings a whole new meaning to 'trouble and strife' the Cockney rhyming slang for wife!

The blackthorn is also known as sloe (after its fruit), sloe plum, snag, spiny plum, wishing thorn, faery tree, (dark) mother of the woods, pear hawthorn. Within the UK, the trees are an ancient, native pioneer species, with evidence that the fruits were eaten by early man. Blackthorn was used in Iron Age communities (c3400 yrs ago) as remains have been found, buried in a straw-filled pit (believed to be used for ripening and preserving the bitter sloes) near Glastonbury in the Lake Village (recorded in a catalogue of findings by the excavator Arthur Bulleid).

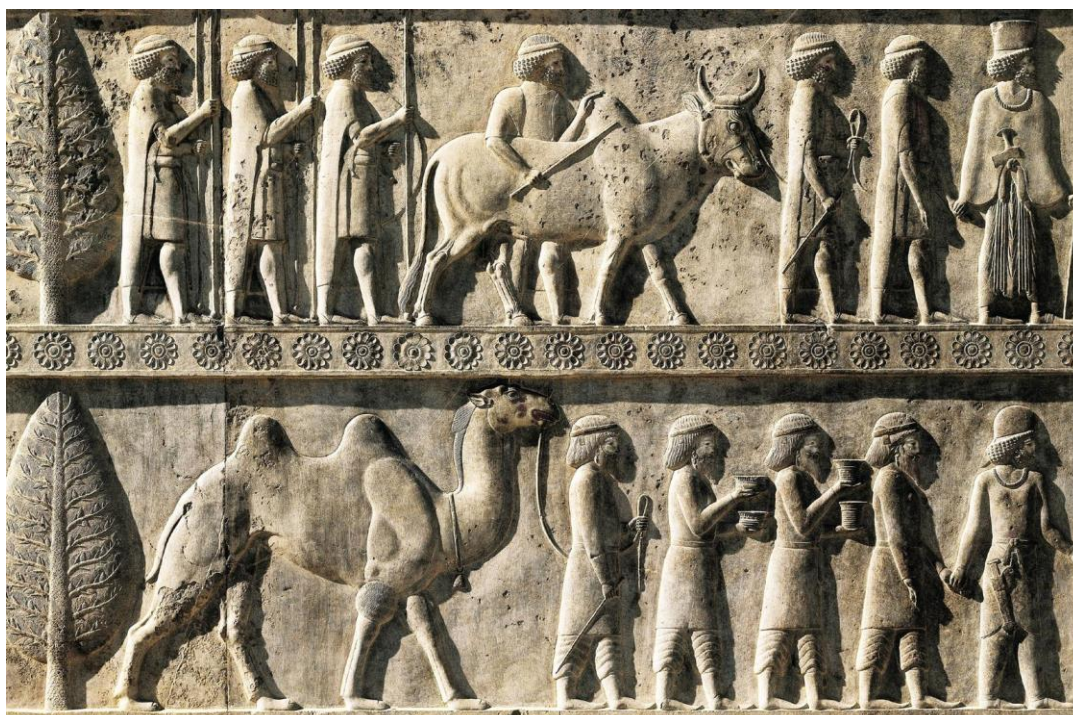
Blackthorn is also wellknown for its medicinal benefits, having been catalogues by herbalists, John Gerard in 1597: *“The juice of sloes do stop the belly, the laske and bloodie fluxe, the inordinate course of womens terms, and all other issues of blood in man or woman.”* Whilst Nicholas Culpeper, in 1653, recommends a decoction of the powdered bark of the roots, or of the fresh or dried berries as a cure for 'lask of the belly, or stomach, or the bloody flux, and to ease the pains in the sides or bowels.' He also recommended a distilled liquid of the flowers steeped in a highly honeyed mead, which he described as 'A most certain remedy, tried and approved, to ease all manner of gnawing in the stomach, sides and bowels, or any griping pains in any of them, to drink a small quantity when the extremity of the pain is upon them.’

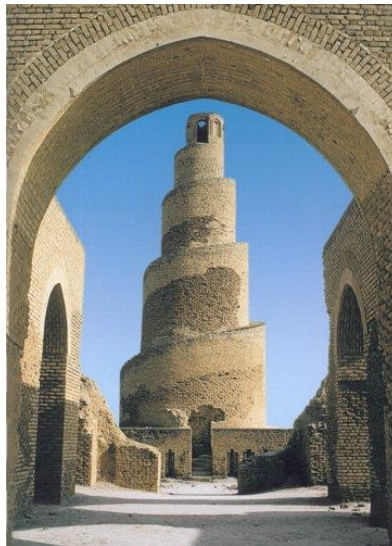


## Sacred art: Mesopotamian

Pictures collated from mixed sources by Gylden Fellowship

This selection of Mesopotamian and Sumerian art reflects a tiny part of one of the earliest civilisations. Today, much of the remaining architecture is located in Iraq and other pieces in museums around the world. We'll start with the **Gate of Ishtar**.





# From the Grimoire: an enchantment for love

By Nick the Witch

Apples have been used for divination and love magick. The blossoms were included in love sachets and used to scent candles to attract love. To ensure happiness in your relationship, light a red candle, cut an apple in half and share it with your loved one. Or, you could run this spell.

## *Apple Seed Love Spell - To Bring Love into Your Life*

### You will need:

A piece of rose quartz  
 A red rose  
 A red apple  
 A green and a pink candle

Pick a time when you know you will not be disturbed. While getting all the things you need, think of the love you would like to invite into your life.

- ✚ Light the candles and place the rose in front of the burning candles.
- ✚ Hold the rose quartz in your hand and, as you stare into the candle flames, repeat the invocation below:
  - ✚ *"Loving Goddess, I invoke thee,  
 To grant me here my desire,  
 I ask for love eternal and true,  
 Sealed with candle-fire.  
 May the fragrance of the rose,  
 Carry my wish afar,  
 And bring me only my true love,  
 To last for evermore.  
 So, mote it be."*
- ✚ All thanks to the Goddess and leave the candles to burn out.
- ✚ Eat the apple and save the seeds.
- ✚ Place the rose, the apple seeds, and the rose quartz on a window ledge where they will attract the magick of the moon. Next day, as soon as you wake up, plant the apple seeds in a pot of soil.
- ✚ Look after your seeds in a caring way and, as the seedlings begin to grow, love will come into your life.
- ✚ Keep the roses and, when they wilt, dry the petals, keeping them in a special place (with your rose quartz) to remind you of the spell.

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