



Gylden Magick

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March 2019

PRACTICAL MAGICK & UNIVERSAL ENERGY FOR EVERYDAY LIFE

Editor's notes

by Gylden Fellowship

Welcome to **GYLDEN MAGICK** – the spiritual magazine from Gylden Fellowship that spans both traditional and newer pagan beliefs and practice.

The **Gylden Community** is resuming its place as one of the most extensive online pagan libraries in southern England and its website, (www.gyldenfellowship.co.uk) will grow accordingly.

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

Gylden Fellowship continues as the essential pagan support mechanism, i.e. visiting groups, Interfaith work, fayres, producing monthly calendars, helping our moot friends across the region with rituals or meetings, etc.

In this issue, there's **practical magick**, i.e. spells, crystals and herbs. This is the Storm Moon and the altar colours for this period leading to Ostara are green, purple and yellow. And, we have the next part of our altar tools series, i.e. chalices.

The **Market Square** gives a useful overview to genuine sources of guidance, as well as items for your own interest. This month, we feature **Greenmantle magazine**.

We'll be looking at how various groups write and run their own rituals – this time, as we're between sabbats, we'll look back to a druidic **Imbolc ritual**.

Date for your diaries – don't forget **17 March 2019** for the **Godalming Mind, Body & Spirit Fayre**, i.e. lots and lots of crystals and natural healing, not least from our stall!

What else is there? Well, we take a look at the practice of oceanic reiki, there's an Ostara recipe, a preview of the Wandering Witches' Fayre in April, an interesting First Nation tale about fire, another monthly meditation, poetry and an intro to our new series on shrines 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 March?

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Spell of the month: rocky bits

From a magickal stance, tulips are not common flowers to use, but here's a spell that proves an exception. A tulip also has become a symbol for meanings like:

- Enduring love between partners or family
- Unconditional intense love
- 11th wedding anniversary
- Abundance, prosperity and indulgence
- Charity and helping the less fortunate.

Tulips are common during the period from Imbolc to Ostara and any tulip can help repair rifts in a loving relationship, eg after arguments. Let's say that you have argued with a close friend or your partner and you want to repair the damage. Here is a spell to help restore the love.

What you will need: an object dear to you, an object belonging to the person that you have argued with, several tulips and symbols of the elements.

1. Invoke the elements, using symbols on your altar.
2. Create a magic circle and place the two objects in the middle of the circle.
3. Lay the objects together and place the tulips across both of them.
4. Prepare yourself for magick by turning off any distracting electrical gadgets and putting the phone on recording.
5. Empty your mind and look only at the items in the circle.
6. Breathe in and out slowly, noting the scent of the tulips.
7. *Chant these words, "Arguments gone and the break is no more, With the help of these tulips, our love is as before."*
8. Release the elements and return the objects to their places.
9. Put the tulips in some water. You have done what is necessary to repair the breach.



Crystal of the month: blue jade

Blue jade is one of those stones with a lot of uses, both physical and spiritual. Let's start with **physical benefits**:

- Reduction of swellings or inflamed skin.
- Relief of asthma and bronchitis.
- Help with viral infections.
- Relief of arthritis and joint stiffness.
- Relief of stress issues. I healed a primary school age child, years ago, at the request of her grandmother with blue-green jade. The main problems were severe anxiety and anger control.
- As with comfrey, blue jade helps bones to heal from fractures and also to relieve cramp.
- It is a cleanser for the spleen and kidneys.

OK, then – what are the **main spiritual benefits**?

- Blue jade helps people to be patient and not lose their tempers.
- One healer describes blue jade as a stone of "slow, but steady progress".
- Unsurprisingly, blue jade is powerful when it comes to dreams – negative thoughts are released, positive ideas enabled and vivid dreams facilitated, when jade is placed on the crown chakra.
- Apart from anything else, blue jade helps people suffering from low confidence, low self-esteem and a perceived lack of independence.

Blue jade is often used by healers who are experienced in sound therapy via drums, bells, gongs, etc. A jade pendant or necklace protects against deception and abuse by groups or individuals for financial or sexual gain. Jade is very good against bullying in any environment.



Herb of the month: lavender

Actually, lavender is a wonderful herb that calms a person, helps him or her to sleep and can flavour food too. More about that next month, when we feature a lavender recipe.

There's a lavender farm just outside Alton, which sells all manner of products – not just plants, but essential oils, pillows, lavender soaps and everything else. Let's start with the best uses of lavender for the body.

- Relief of anxiety or depression.
- Tremendous against headaches.
- The antiseptic nature of lavender is great against fungal infections, inflammations, digestive problems and many other bacterial issues.
- Relief of small burns and insect bites.

While on this subject, **lavender oil** has been tested and been shown to help (as an aromatherapy) with these conditions.

- High blood pressure and increased pulse rates for those in stressful situations, such as exams or pre-surgical operations.
- Depression.
- Labour pains.
- Insomnia.
- Fatigue.
- Migraines.
- Hair loss.
- Pain from toothache.

So, which is the **best way** to use lavender? Lavender water is still available to carry with you and a spray can be used for pillows or sheets. Lavender can be added to a bath or as an infusion. Other uses are massage oils, salves, compresses or steam inhalations. It is possible to make a lavender tincture too.



Recipe of the month: Ostara cakes

One might expect eggs or seeds for the celebration of Ostara, but traditional foods go a lot further than that, eg fish, cheese, biscuits and foods made of seeds. We've opted for a honey cakes recipe here. It makes small single cakes, but could be combined for one sponge – your call.

Ingredients for cake

- 125g soft salted butter
- 75g light brown sugar
- 140g runny honey
- 2 beaten eggs
- 225g sifted self-raising flour
- 1tbsp lemon juice
- 1tsp ground ginger

Ingredients for glaze

- 100g soft salted butter
- 70g runny honey
- 125g sifted icing sugar

Method

1. Heat the oven to 180°C and grease the cake tin(s).
2. Blend the soft butter and sugar until light, add the honey and beat for 2-3 minutes.
3. Beat in the eggs; then fold in the flour, lemon juice and ginger.
4. Divide the mixture between the greased tins and bake until golden and risen (15-20 minutes) – allow to cool for about 15 minutes.
5. OK, time to make the glaze. Melt the butter in a pan and whisk in the icing sugar and the honey.
6. Spoon the warm glaze over the honey cakes, as thick as you wish.
7. Leave the cakes to set on a wire rack, glaze-side up and try not to eat them all at once.



Altar tool of the month: chalice

OK then – last month, we looked briefly at athames and now it's the turn of your chalice. In essence, a chalice, cup or goblet is intended to hold water, juice, wine or other drink for use during a ceremony or ritual – why does mead spring to mind here? Romans used a cup or bowl fixed to a stand during feasts, known as a calix. Later, early Christian rituals used a calix for communion.

In magick, a chalice has a different purpose and may come in all shapes or sizes from Celtic-style goblets to drinking horns, depending on your pathway. As a rule of thumb, I'd say a chalice should cost about £30-£35. Try to avoid resin ones, because the resin may corrode over time – do you really want to drink a blend of resin and wine?

Some chalices are made of silver or pewter and may cost more. Pewter and silver tarnish too and need to be checked regularly. Others may be ceramic, stoneware, glass, buffalo horn, etc.

I use a ceramic goblet that has a traditional style, known as an Awen goblet. For those of you who've seen Indiana Jones and the Last Crusade and remember the final scene, where both the hero and the villain have to choose a holy goblet, traditional magick and rituals do not necessarily need very ornate and expensive chalices to worship the deities.

It is possible to make your own chalice or drinking horn (if you follow a heathen kindred tradition), but the key point is that it is your chalice, imbued with your intent that is important to your magick.

Talking about magick, we've decided to devote more space to chalice spells – this will be an article for next month's **GYLDEN MAGICK**.



Monthly meditation: root chakra

This meditation is all about bringing relaxation to the **Muladhara** or the root chakra, i.e. the chakra that affects your blood, spine, feet, skeleton, teeth and legs. As with many meditations, ensure that your environment is quiet and free from interruptions – start with some long, deep breaths – we'll look at Gauranga breathing another time.

1. As you breathe out, focus on the base of your spine and imagine your root chakra glowing a luminous red colour — the warm glow of the chakra calms you and you feel serene and safe.
2. You feel grounded and unshakeable like a huge boulder in the earth.
3. Imagine standing at the base of a snow-capped mountain, rising high into the sky. In front of you is a large opening to a cave.
4. Red flowers growing at the mouth of the cave sway in a gentle breeze and reflect the warm sunshine falling on them. The rays of the sun seem to invite you to enter the cave.
5. Step forward and go inside — the cave has smooth walls and a high ceiling with a warm breeze making you comfortable. Walk further and look around.
6. You see the path opening into a large, almost circular, room with a big rectangular stone lying in the middle. A beam of light from a small crack in the ceiling bathes this stone with a warm glow.
7. Walk over to the stone and sit on it.
8. You begin to feel a part of the mountain, deeply anchored and rooted to the earth. You feel safe, as the earth supports and feeds your entire being.
9. Imagine your root chakra spinning and gaining strength. As it spins faster, a red light washes over you and joins with every cell in your body.
10. Breathe deeply and feel the energy moving to the base of your spine - rest in this awareness.
11. Rise from the stone and leave the room, through the passageway to outside the cave. Look back at the mountain and feel at one with it.
12. When ready, open your eyes and finish.



The Market Square: Greenmantle magazine

In last month's issue of **GYLDEN MAGICK**, we met Chris Davenport from Bazaar Bears, in the town square on market day. Now, it's time to meet **Paul Pearson and the team from Greenmantle Magazine**. 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. So, let's listen to **Paul** as he describes the background to **Greenmantle**.

Greenmantle was conceived over 25 years ago when, the Pagan scene was quietly flourishing, but participation was still somewhat difficult.

It was originally conceived as a one-off newsletter, but grew into a magazine proper before it was printed. The response was overwhelming, and we have gone from strength to strength ever since.

Publishing a diverse selection of topics and featuring many well-known contributors – Ronald Hutton, Michael Howard, Ramsey Dukes, Kenneth Johnson and many more – Greenmantle has built a modest, yet dedicated following. Articles cover many aspects of the pagan and occult world as well as its history and diversity.

Beyond the magazine, Greenmantle has also been involved in many projects - we helped organise the Blue Plaque for Doreen Valiente in Brighton and the celebrations surrounding it; we were invited to be part of the Pagan and Heathen Symposium and the editor was invited to be a trustee for the Pagan charity Pagan Aid.

We also launched Windgather Publications with the appearance of our first book, **The Mountain and the Stream**, and we have been involved behind the scenes of other events, not least our own.

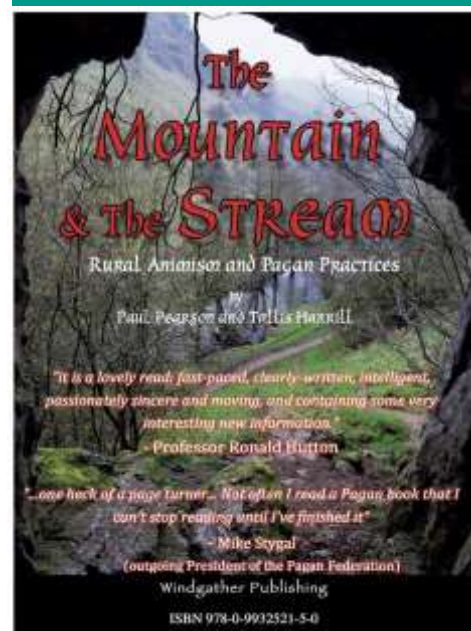
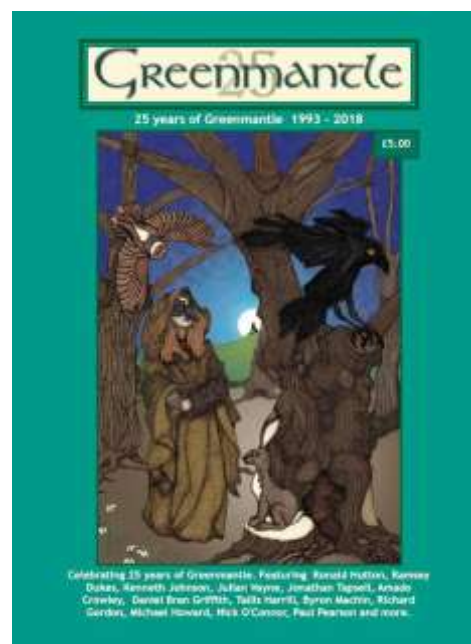
The pagan world continues to grow and evolve. It now takes its place in society, with legal rights in the USA, UK and other countries. We are a presence in UK Interfaith

organisations and help to bring a greater understanding and co-existence among religions. Both **Greenmantle** and the pagan community have experienced great leaps forward and I am proud and happy to have been a small part of it.

Paul Pearson, Editor

For more information about **Greenmantle**, please visit our website:

<http://greenmantle.org.uk>



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The Enchanted Market 2019



Sparkly Reflections

By Rebecca Granshaw

The way I see it

There are only two types of people (I'm being overly simplistic on purpose).

- 1. Heart People - who have found their hearts, usually through a tremendous amount of painful self-referencing and live creating from that space. They create love.*
- 2. Head People - who are in their heads, and have no clue that anything else exists. They create from a lack, a not enoughness and a fear that they don't know what they are doing. They create fear.*

Heart people are extremely terrifying to head people, who believe their value comes from receiving love from outside of them.

The concept that they are LOVE, is as alien, as a giraffe in the Arctic.

They believe that what they do is who they are.

Not that they are who does.

And it is where they do, what they do, that truly matters.

This post is a reminder and thank you to every heart person (and I am truly blessed to have some wonderful heart friends) who consistently continue to act from their heart space, despite the incredible resistance they attract as a result. It is unbelievably hard to be a heart person in this world.

You are the most important people, doing the most important work, that most 99% of the population is frankly too afraid to do.

I ducking love you.

Keep shining no matter what.

How crazy is it that sanity is crazy, to the crazy people who think they are sane?

And actually, I love everyone because under it all, we are ALL love.

There is no difference between anyone.

Let go of fear and love!



Spi-rituality: Imbolc ritual

Ritual by Emily Porth & report by Gylden Fellowship

In last month's **GYLDEN MAGICK**, we gave an introduction to esbats – full moon ceremonies. This month, we're looking at sabbats again and Imbolc, in particular. Read on for a druidic ritual report.

On 10 February, the **Rowan and Thorn Druid Grove** held its Imbolc ritual in Alton. Despite some windy weather earlier in the day, the time of the ritual was dry and clear, but varied between sunshine and rain. Imbolc is the first festival of spring and this day was also marked as dedicated to the goddess, Brighid – a good day for the renewal of life after winter.

The druidic ritual was written by **Emily Porth**, leader of this grove. The standard rite was an OBOD one, but this grove always includes an extra opportunity for members to contribute poems, stories, songs, etc. It is worth noting that if you wish to attend a grove ritual, please use the group's website or Facebook site in advance, to notify the organisers of your intention. Here is an extract from the ceremony.

"Each step is a seed planted in the dark. A seed that requires sustenance, water, light and love to reach its full potential. A seed that deserves to be celebrated and admired when it grows and finally blooms into flower after so much struggle and effort."

Each seed planted in a garden contributes to its beauty. The garden exists only because many seeds have been planted, nurtured and brought to flower through care and a healthy environment."

The altar included a Brighid cross for each person and some tiny daffodils. Participants were invited to consider what seeds they intend to plant, how to nurture these seeds or change in their environments to help the seeds to grow – and then share such thoughts with the group.



Blessings followed with mead, apple juice and almond cookies.

The Grove performed the **Druid Prayer** as part of the ceremony and the **Druid Oath** too (see below), alongside Awen chants.

"We swear, by peace and love, to stand,

Heart to heart and hand in hand,

Mark, O spirit, and hear us now,

Confirming this, our sacred vow.

Awen".

The Storyteller's archive: the Discovery of Fire

Here is a common tale from my stock of First Nation folklore. In this case, it's a tale from the Alabama tribe. It's still quite cold in the evenings and, as we gather with our families around a blazing fire or stove, spare a thought for those without food or heat and give what you can. Also, please try to spread a little Gylden warmth and love from your heart chakras to those around you.

In the beginning of the world, it was Bear who owned Fire. It warmed Bear and his people on cold nights and gave them light when it was dark. Bear and his people carried Fire with them wherever they went.

One day, Bear and his people came to a great forest, where they found many acorns lying on the forest floor. Bear set Fire at the edge of the forest, and he and his people began eating acorns. The acorns were crunchy and crisp and tasted better than any other acorns Bear and his people had ever eaten. They wandered further and further away from Fire, eating the delicious acorns and seeking out more when the acorn supply grew low.

Fire blazed up merrily for a while, until it had burned nearly all of its wood. It started to smoke and flicker, then dwindled down and down. Fire was alarmed - it was nearly out - "Feed me! Feed me!" Fire shouted to Bear. But Bear and his people had wandered deep into the forest, and did not hear Fire's cries.

At that moment, Man came walking through the forest and saw the small, flickering Fire. "Feed me! Feed me!" Fire cried in despair. "What should I feed you?" Man asked. He had never seen Fire before. "I eat sticks and logs and wood of all kinds," Fire explained.



Man picked up a stick and leaned it on the North side of Fire. Fire sent its orange-blue flames flickering up the side of the stick until it started to burn. Man got a second stick and laid it on the West side of the fire. Fire, nourished by the first stick, burned brighter and stretched taller and eagerly claimed the second stick.

Man picked up a third stick and laid it on the south side of Fire and laid a fourth stick on the East. By this time, Fire was leaping and dancing in delight, its hunger satisfied. Man warmed himself by the blazing Fire, enjoying the changed colours and the hissing and snapping sound Fire made as it ate the wood. Man and Fire were very happy together and Man fed sticks to Fire whenever it got hungry.

A long time later, Bear and his people came back to the edge of the forest, looking for Fire. Fire was angry when it saw Bear. It blazed until it was white-hot and so bright that Bear had to shade his eyes with both paws. "I do not even know you!" Fire shouted at Bear. The terrible heat rolling off Fire drove Bear and his people away, so they could not take it and carry it away with them. And now Fire belongs to Man.

Oceanic reiki

By Sarah Tilsley

About fifteen years ago I read how some Hawaiians used seashells in healing therapies. My curiosity was piqued as I grew up in Bermuda swimming on coral reefs and own many shells and corals. The article did not say which shells or how they were used so I was left pondering. My history? I'm a reiki teaching master and a druid within the OBOD, based in Worthing - I have a shamanic outlook as well as a Daoist outlook on healing.

Fast forward to 2016 and I moved back to the sea. I joked with a friend that I was going to work with the magic on my doorstep - the beach as I can't drive to the countryside. With 4 daily dog walks, I was really getting to know the sea and her moods. It is extremely healing just being there for ten minutes. I started making seaweed oil, working with tidal flow and land, sea and sky, etc but I couldn't stop wondering about how seashells could be incorporated into my healing practice.



One day I was meditating in front of a giant iridescent abalone shell and I realised I could feel qi energy coming off it. It felt warm and tingly, so I started to experiment on long-suffering friends in reiki sessions and they could all feel it as well. I then found a YouTube clip of a Hawaiian healer using tiger cowries to 'pull' pain out of clients.

I tried it and the shell traps pain in the cavity making the shell heavier. I was amazed. A friend came up with the name: **Oceanic Reiki** and I was off researching the subject.

On a full moon in Pisces (my sun sign) I made a 'seawish' out of driftwood, shell, leather and oils. I stood at the high tide's turn in heavy rain and asked the sea gods for clarification on seashell healing.

As the spell hit the water, the symbols and seashells to use were downloaded into my mind and I had to sprint home - repeating the symbols over and over until I could write them down. **Oceanic Reiki** was born.

This year has been the busiest of my holistic career. Clients are reporting pain being removed, less anxiety and better sleep patterns. I play ocean music and, if appropriate, take them on a beach/ocean visualisation - swimming with dolphins or their favourite sea creature.

We use reiki, coupled with shamanic techniques and colour therapy, as well as the 'medicine' of the mollusc and we have just initiated the first batch of Reiki 1 students.

Seashells are the jewels of the sea. They offer colour therapy, spiral and vortex healing. Also, they can be 'read' in a conchomancy reading. They can be held whilst clients talk and there is also a wealth of ancient lore surrounding them. Let's face it, who can resist picking up a beautiful shell.

To find out more information, visit www.reikidream.co.uk or follow me on Reikidreams on Instagram, Twitter and Facebook or contact me at sarahmajerra@gmail.co.uk. There is also a talk on YouTube, entitled **Oceanic Reiki**.



Preview: The Wandering Witches' Fayres

By Wandering Witches' Fayres

If you are looking for a unique, fun and fabulous day out, the wonderful, world-famous Wandering Witches' Art & Craft Fayre wanders into a southern corner of Hampshire in Spring and Summer each year. These events bring wares of skilled artists and crafters, inspired by Nature and their spiritual paths, with live music from bands such as Pixiephonic and delicious café treats from the Chi Coffee cauldron.

We began in Bedhampton, 6 years ago, wandered through Waterlooville for a couple of years and now have happily parked our brooms in Portchester at the lovely community centre there. Three generous rooms are filled with stalls bursting with beautiful art and crafts with outside stalls and demonstrators when the weather permits. Entry is free so visitors have a little more to treat themselves to the many temptations.

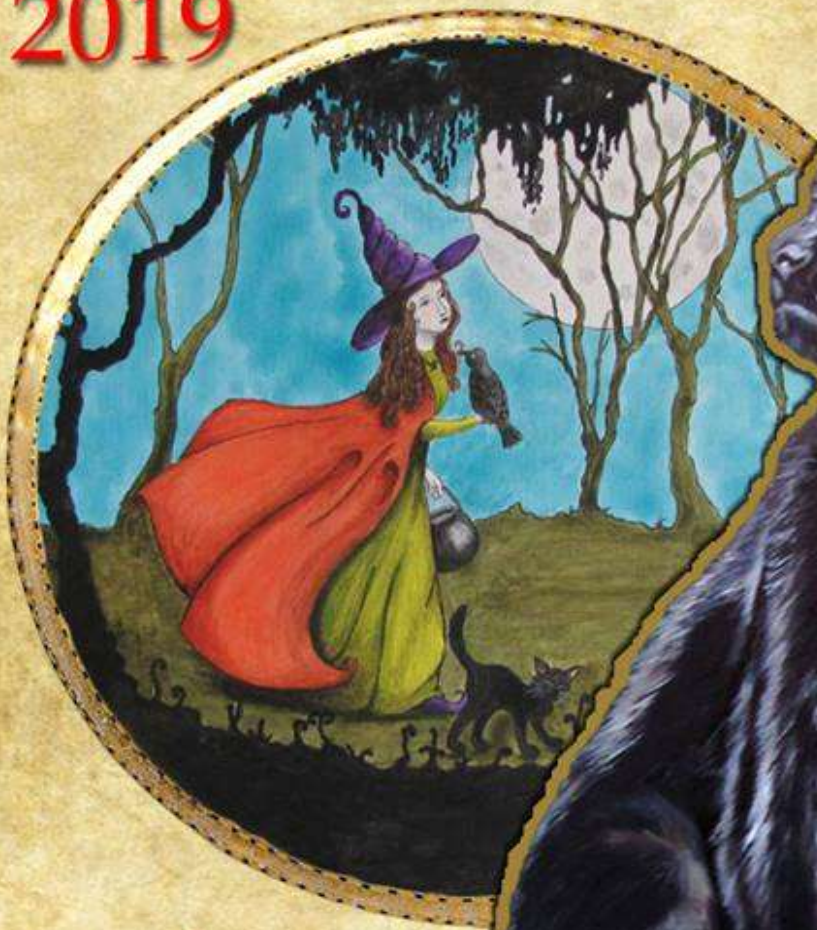
Some of the amazing artists have been with Wandering Witches' from the start and no events would be the same without them. At the same time, it is always good to have new people showing different work for visitors to enjoy so new stalls are hand-picked to add to the vibrant mix. Among the delights, stalls offer:

- Skilled jewellers.
- Original artwork.
- Herbal products and potions and foraged goodies.
 - Beautiful woodcrafts.
 - Delicate needle and felt crafts.
 - Natural candles and soaps.
 - Healing crystals.
 - Native American wares.
 - Fabulous handcrafted creatures.
- Luscious mead in collector's bottles.
 - Magick wands.
 - Stylish clothing.

Wandering Witches' Art & Craft Fayres have become "must-go" events and all are welcome to come along for a fun and enjoyable day out. Find us on Facebook to keep up to date with the latest news and details of who will be showing at each event.

See you next on Sunday 7th April 2019.

Wandering Witches' Fayres
2019



Portchester
Community
Centre
April 7th &
November 3rd



Shrines and sacred places



The above picture shows the Hurlers circles (part of them) in Cornwall. Where? OK, they're not Stonehenge or Avebury or Glastonbury Tor, but many people visit them each year and take away an indefinable sense of prehistoric awe. Our new series will feature some of the sacred places to be found within the Gylden area, written by people who worship there on a regular basis. Shrines or sacred places need not be stone circles, but can be ancient trees, yew groves, caves, tumuli, coasts, beaches, rivers, places on ley lines, etc.

Perhaps, we could start by asking, what makes a shrine? Or, to put it another way – which places inspire you to either attend a ritual or spend time in solitary celebration? Although I travel widely now, as part of Gylden Fellowship, I was a solitary witch for over a decade and found my own sacred places in which to be quiet and offer thanks. Back to the first question then – what defines a sacred place? Well, here's a possible set of common denominators.

1. Is there a central feature to act as an altar or focus for your magick?
2. Is the area open to all the elements, i.e. water, fire, air and earth?
3. Some elements can be interpreted loosely, eg the sun for fire and you could bring spring water.
4. If possible, it's important that the sacred place can be your place for a while, i.e. not used by crowds. If you choose a public place, it may be worth thinking about the times – at moonrise, dawn, etc.
5. Some natural adornment may be available. That doesn't mean picking flowers, but if you're opting for a beach ritual, sea-glass or shells or driftwood may be there for you to use.
6. Sacred places are often sites where people choose to leave offerings to deities. Plastic of any form is not good, but seasonal produce that decomposes may be OK. Tying ribbons or rags to trees may be seen as sacred litter by site owners and removed. My opinion here is that offerings are fine, if they're natural to that site and they reflect your intent, i.e. a feather, a pebble, leaves, a small twig, some salt and so on.

Here's a short extract from our website poetry on shrines.

This is a place for those who can see:

For those who can perceive the history

Of ever-changing landscapes and life.

The shrine was here when men still

Walked on all fours and ran from thunder.

It will be here when men have vanished,

Leaving small traces of their existence.

Ageless and tranquil, the spirits of place,

Via powers of sun, water, air and earth,

Maintain unceasing vigilance at all times,

Throughout the Wheel of each year.

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

Our email: @GyldenFellowship

Our website: www.gyldenfellowship.co.uk

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