



# Gylden Magick

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## May 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 one of the most extensive pagan libraries in southern England. Its website, [www.gyldenfellowship.co.uk](http://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 Flower Moon and the altar colours for Beltaine are purple and green. And, we have the next part of our altar tools series, i.e. pentacles.

The **Market Square** gives a useful overview to genuine sources of guidance, as well as items for your own interest. This month, we feature the team at **Mystic River Lounge**.

We'll be looking at how various groups write and run their own rituals – this time, as we're just past the sabbat, we look back to a recent open ritual for **Beltaine**.

Dates for your diaries – don't forget **19 May** for the **Violet Flame Mind Body Spirit Fayre**, i.e. lots and lots of natural healing, not least from our stall! Also, there's **World Meditation Day** on **15 May**.

**What else is there?** Well, we take a look at the forthcoming JRR Tolkien conference, some magickal rings (!), there's a Beltaine recipe, a piece about morality and witchcraft, a folk tale about hell-hounds, another monthly meditation, poetry and a preview of the VF fayre 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 May?

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## Spell of the month: daisies

In keeping with the Flower Moon, here's a flower spell that involves one of the most common plants – daisies. The name, *daisy*, comes from a Saxon term, *dægese eage*, which means *day's eye* - after the flower's ability to open its petals by day and close them by night.

Early Christians used to describe daisies as the tears of Mary, but what is true is that daisies are everywhere at this time of year (at Beltaine) and it is common to find children making daisy-chains. And here is a magickal use for them, which will relieve daily stresses and anxieties.

**Set-up:** a clear glass bowl filled with spring or mineral water, a bunch of daisies and symbols of the elements. If possible, do this spell during the evening, when you want to release the strains of a busy day.

- Put the daisies in the bowl of water.
- Prepare yourself for magick by turning off any electrical gadgets and putting the phone on recording.
- Invoke the elements, using the symbols on your altar/table.
- Take the bowl of daisies and put it in front of you.
- Empty your mind and look only at the daisies.
- Breathe in and out slowly and regularly.
- Imagine the daisies' essence coming into you each time you inhale and the stress leaving you every time you breathe out.
- Chant these words:

*Through the daisy's power, a simple spell is done,  
My daily stresses and my strains have left me –  
every one.*

- Release the elements, leaving the bowl of daisies on the altar. You should be feeling much better and lighter of spirit.



## Crystal of the month: citrine

Last month, we looked at malachite – this month is citrine – a yellow/ orange form of quartz, which is akin to the sunstone as a regenerative stone (its name derives from the French for lemon). The colour comes from its iron hydrate content and it is commonly found in across the world in clusters or as citrine points. Citrine jewellery has been found from ancient Greece and Rome. The [healing uses](#) include the following.

- It absorbs and cleanses negative energies. I've used citrine many times over the years to help people replace sadness, depression and anxiety with happy, joyful thoughts.
- As a bright yellow crystal, it helps the nerves and has a positive effect overall, particularly with self-confidence.
- Physically, it aids with stomach and urinary tract issues.
- Mentally, citrine helps with the processing of data and analysing problems.
- Citrine is generally good for people who are attuned to Nature or other environmental influences.

As a [magickal tool](#), citrine can be handy in these scenarios.

- It deflects psychic attacks.
- It can be used as a booster for environmental spells.
- As might be expected from a stone that fights depression or fear, citrine is best used with the crown chakra, but can also be used at the solar plexus chakra to move energy upwards.
- It's good for helping people achieve inner calm for meditation or trance.
- If you wear a citrine pendant, it helps to stop anger and balance emotions.



## Herb of the month: cowslip

Cowslips (*primula veris*) are part of the same family as primroses and other primulas, growing wild in the spring in meadows and shady areas too. It is beloved of birds and cowslip seeds often turn up in wild bird seed mixes. For the healing witches among us, it is the cowslip flowers, leaves and roots that can be used for [these ailments](#).

- The flowers are good for skin problems, eg acne or eczema.
- The leaves have a sedative property against insomnia.
- Hyperactivity or nervous anxiety in children.
- As an expectorant against colds, coughs or phlegm in colds.
- As a treatment for kidney problems or UTI.

**How to use a cowslip** is often the question, but the best ways are shown below. It should be noted that cowslip remedies should not be used by pregnant women or those using anti-coagulative medications.

- A salve or cream, derived from its flowers, is good for the skin.
- Put the leaves in an infusion for better rest or sleep.
- Put the flowers in an infusion for younger folk – it's a milder sedative than the leaves.
- The roots are used to make an expectorant or tincture against colds, flu, asthma or, even, whooping-cough.
- A poultice of the flowers helps with bruises.



## Recipe of the month: Beltaine

Beltaine marked the end of winter farming and heralded the start of summer, so that sheep or goats could be moved to upland pastures. Stocks of dried meat from the winter would have been low and the start of May was a chance to use fresh vegetables, oatmeal or cheese. Goat cheese was known to be a traditional food for the mid-European Celts and here is a vegetarian recipe for Beltaine.

### Ingredients

- 12oz field mushrooms
- 1 garlic clove, chopped
- 2oz soft goat cheese, cut into 4 circles
- 2 tbsp fresh parsley, chopped
- 2 tbsp fresh tarragon, chopped
- 2 tbsp fresh marjoram, chopped
- 2 tbsp fresh chives, chopped
- Salt and pepper
- 2 tbsp white wine (optional)

### Method

1. Clean and slice mushrooms.
2. Heat 2tbsp oil in a pan
3. Cook garlic, mushrooms and chives on a medium heat until tender, adding salt and pepper.
4. Lift mushrooms out of the pan onto a baking tray in 4 heaps.
5. Put a goat cheese circle in the centre of each.
6. Cook at 200°C until the cheese melts and browns slightly.
7. Wash and dry the herbs and divide into 4 equal portions on plates.
8. Warm the white wine and add any pan juices.
9. Put the mushrooms and cheese onto each plate and pour on the wine.

## Altar tool of the month: pentacle

OK then – last month, we looked briefly at cauldrons, but let's spend a little time on pentacles. A pentagram is a five-pointed star and a pentacle is a pentagram enclosed within a circle. The pentacle is an ancient symbol and has been found in the cultures of ancient Egypt, Babylon, China and Greece. The symbolism encompasses life, love, light and unity. Within paganism, the pentacle covers:

- a) The directions of north, south, east and west and the spirit (at the top).
- b) The elements of earth, fire, water, air and æther.
- c) The circle means a connectivity between the points and the love for Nature.

Commonly, the pentacle represents mystic knowledge, but it is also a tool of protection from those who would attack you. So, it might be a free-standing talisman or engraved/ painted onto a disc, but many pagans also have pentacles on rings, pendants, charms and bracelets too. You can [make a pentacle](#) out of anything, including material or sticks, but there are specific correspondences.

1. A wooden pentacle shows the connection to Nature.
2. A silver pentacle is linked to lunar energy and enhances psychic work.
3. A golden pentacle is said to help energy and wisdom.

Here are some [common magickal uses](#).

1. When running a spell that requires directional energy, a pentacle can focus your intent.
2. As mentioned, a pentacle protects you from adverse energy or malign spirits during rituals or active magick.
3. Similar to a witch-bottle, a pentacle placed at the edge of your property will protect the residents and home itself.
4. It can be used to summon spirits.
5. It can be used to charge crystals or other altar tools.
6. Within a wider portal, you could use it to invoke cosmic energy.

## Monthly meditation: starseeds

Let's start by considering what is meant by a starseed. In short, [starseeds](#) are advanced beings that originate from far-distant stars and galaxies. Their purpose is to help the Earth into a new golden era. Such folk are highly evolved with an aura of deep wisdom, who live among us. This meditation touches on their essences.

1. Start with some long, deep breaths.
2. As you exhale, focus on your chest and imagine a bright yellow chakra that glows and spreads to fill the rest of your body.
3. You are standing on a mountain-top in the evening, the sky is clear and full of stars and you are bright with inner energy.
4. Look up at the infinite expanse of sky and lock your eyes on the Orion constellation.
5. You find yourself rising and being pulled by the group of stars toward them, faster and faster through the cosmos. The Earth is just a ball of blue far away.
6. You have reached the belt of Orion and see the true sizes of the stars.
7. Each one is like our sun, but their rays don't hurt your eyes.
8. Despite the heat, they are inviting you to join with them and you become as one with the stars – your inner glow matches their cores and you see planets revolving around you in the distance.
9. Rest in this awareness and, when ready, rise gently to return to the Earth, awakening on the mountain-top with the star memory in your soul.



## The Market Square: Mystic River Lounge

In last month's issue of **GYLDEN MAGICK**, we met the Bang to Rites Drummers, in the town square on market day. This month, we're meeting Kate and Paula from **Mystic River Lounge**. 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 **Kate May**, to introduce us to **Mystic River Lounge**.

We are two best friends that came together through the mysteries of the universe and created Mystic River Lounge, a spiritual coffee shop with a mystical twist, in Cosham, near Portsmouth in Hampshire.

Both psychic mediums and tutors, we work together and separately. Our backgrounds are similar but different! **Paula** started seeing spirit at the young age of 9 and has had a lot of paranormal activity throughout her life. Her dad was very much into spiritualism and the healing; when he passed, Paula's mentor was able to help him cross over peacefully. Her mum was very different, but this didn't stop Paula from pursuing a life of spiritualism.

After training with the Joseph Carey Psychic Foundation, and other tutors, Paula eventually branched out on her own and started teaching psychic development and healing. She has been involved in ghost hunts and other paranormal investigations. Paula has trained in hypnotherapy, past life regression, Indian head massage and is currently studying acupuncture.

**Kate** had an interest of all things psychic and spiritual from a young age, having her own tarot cards at 13 and working on the local pier at 15 doing astrology print-outs for a couple of mediums. Some 25 years later, this couple turned out to be her current partner's mum and step-dad! Also, after studying with the Joseph Carey Foundation, 10 years after Paula, Kate moved into holding her own psychic development classes and teaching tarot. Along with her partner, Colin, Kate travels across to America

doing readings. Kate works in London regularly with the psychic sisters at the well-known department store, Selfridges.

Both Kate and Paula are involved with their own chat show, *Loose Mystics*, via their Facebook page with the Youtube production, Spiritual Productions, on their own channel – *Kate May Modern Day Mystic*. Both Paula and Kate offer one-to-one readings, parties, Skype and phone readings.

The lounge is a spiritual coffee shop in the day, serving regular lunches, cakes, teas and coffees, including gluten-free cakes & herbal teas from a local herbal apothecary. In the evenings. Some weekends, we host pagan sabbats, moots, psychic development classes, tarot courses, the Lotus Chakra Course, healing shares, free talks, drumming sound healing, monthly mediumship demonstrations and much more!

Throughout the day, in our specially-created private, back room, we offer readings, hypnotherapy, healing, reflexology, Indian head massage and body massage. We have weekly daytime meditation and development classes. We host outside events from people wanting to book the place and use it for their own workshops or talks. Within the coffee shop area, we have a mystical gift shop selling crystals, incense, tarot cards, pagan gifts, birthday cards, books, jewellery – each week we have new goodies coming in!

### **Contact info:**

For a full listing of all our events see our website, [www.mysticriverlounge.co.uk](http://www.mysticriverlounge.co.uk)

Email: [mysticriverlounge@gmail.com](mailto:mysticriverlounge@gmail.com)  
<https://www.instagram.com/mysticriverloungepsychicevents/>

Twitter: <https://twitter.com/mysticriverlounge>

Facebook: <https://www.facebook.com/mysticriverlounge/>

Tel: 07800734911/ 07706013621

Address: Mystic River Lounge, 117 High Street, Cosham, Portsmouth PO6 2PQ

Gylden  
Magick  
May 2019

# Wandering Witches' Fayre: 7 April 2019



# Sparkly Reflections

By Rebecca

Here goes...

I started,

That is what counts,

I do it daily,

A daily decision to surrender my will to something larger and more wonderful than the mind can conceptualise,

As that's the point,

It just IS,

There is no concept,

Just limitless possibilities,

A blank canvas to paint whatever my soul desires,

I feel more alive every step, I step towards loving myself,

Every tear,

Every no,

Every yes,

Every letting go,

Every letting in,

Every fear faced,

All observed with love,

NOW make sense.

HERE in THIS MOMENT,

Beyond needing to know why, what or how.

IS JUST LOVE!

And that just blows my mind.

“When a child starts walking for the first time, tremendous trust exists in him that he will be able to walk. Nobody has taught him. He has just seen other people walk, that's all. But how can he come to a conclusion that *I will be able to walk?* He is so tiny. People are so big, giants compared to him, and he knows that whenever he stands, he falls down - but still he tries. Trust is in-built. It is in your every cell of life. He tries, many times he will fall; he will try again and again and again. AND ONE DAY, TRUST WINS OVER AND HE STARTS WALKING" (attrib. Osho)



# Spi-rituality: Beltaine ritual

Ritual by Paul Oakwolf Coombes & report by Gylden Fellowship

On 28 April, [Basingstoke Pagan Circle](#) held its Beltaine ritual in the War Memorial Park in Basingstoke. In the past, it must be said that I've attended some chilly and/or extremely wet Beltaine ceremonies on hillsides or in yew groves. Not so this time - it was very sunny and pleasantly warm for those of us in robes, cloaks or Viking gear (it's an open ritual).



The open ceremony was written by **Paul Oakwolf Coombes**, leader of this group and Archdruid for Basingstoke. As the name suggests, this rite was designed for all types of pagan – there's a druidic structure, but the format is quite OK for heathens and witches too.

This time, Paul had built a maypole for people to dance around during the ceremony. There was plenty of dancing as people took coloured ribbons and danced to the beat of a folk drum. And, later, the use of a talking stick permitted members to contribute blessings and stories. Here is an extract from the Beltaine ceremony.

“As the sun returns with more strength, spring is upon us. The Beltaine fires are lit; we rejoice in the returning sun, for this is the time to celebrate – the time to create a new union and a time to behold.”

“The seedlings sway gently in the spring breeze. They look for the sun, whilst they drink the spring showers. The grass is in its infant green dress and the violets are in full bloom...the wheel of the year keeps rolling along and the solstice will soon arrive. But for now, we can enjoy the waxing time, the growth and the beauty that's been hidden in mother earth over winter.”

The group then performed the shared offerings and blessings of fresh bread and mead. After the ceremony, we went to a local inn for food and drink and a chance to make mini-maypoles.

## The Storyteller's archive: Black Shuck

**Many folk tales feature black dogs, either as companions for gods (such as Wisht Hounds on Dartmoor) or as ghostly signs (such as the Black Dog of Lyme Regis), but there are very few tales that deal with the specific topic of hell-hounds. Black Shuck is one of these exceptions.**

The legend of Black Shuck is not one of those tales of spectral dogs. The name, Shuck, derives from the Saxon word, **scucca**, meaning demon. He is one of many traditional black dogs in tales, recorded across the British Isles, but Black Shuck was no phantom. His appearances were more demonic, as befits a hell-hound.

His first alleged appearance was during a storm on 4 August 1577 at the Holy Trinity Church in Blythburgh (Suffolk). This is an ancient church, dating back to 1087, if not earlier (many churches were built on the sites of earlier pagan sites). Anyway, on this day in 1577, the storm caused the doors of the church to burst open upon the congregation. Thunder sounded outside and the snarling beast crashed in, running through the worshippers. He killed a man and a boy, by tearing them to pieces, before he fled and the steeple collapsed.

On the same day, at St Mary's Church, Bungay (not far from Blythburgh), the Reverend Abraham Fleming described this incident in *A Straunge and Terrible Wunder*.

**"This black dog, or the devil in such a likeness (God he knoweth all who worketh all,) running all along down the body of the church with great swiftness, and incredible haste, among the people, in a visible form and shape, passed between two persons, as they were kneeling upon their knees, and occupied in prayer as it seemed, wrung the necks of them both at one instant clean backward, in so much that even at a moment where they kneeled, they strangely died."**

And so, we have two stories from the same location and the same date, involving a huge black dog, a storm and sudden deaths. And we don't believe in hell-hounds, do we?

There is just one problem though. On 16 May 2014, it was reported that archaeologists had discovered the skeleton of a massive dog that would have stood 8-9 feet tall on its hind legs, in the ruins of Leiston Abbey in Suffolk (close to Blythburgh). The remains of the massive dog, which is estimated to have weighed 200 pounds, were found just a few miles from the two churches where Black Shuck killed the worshippers. By carbon dating the bones, it appears to have been buried in a shallow grave at precisely the same time as Shuck is said to have been on the loose, primarily around the Suffolk region. Brendon Wilkins, projects director of archaeological group, Dig Ventures, said: "Most of these legends about dogs may have some roots in reality."



# Good witch/ bad witch: morality in witchcraft

By Jonathan Argento

There's a lot of rather sloppy ideas running wild in relation to morality in witchcraft.

The laziest version asserts that there is a polarity between the right-hand path, a good white witchcraft, and the left-hand path, a sinister black witchcraft. This was an idea originally posed by Madame Blavatsky, founder of the Theosophical Society, developed further by the author and magician, Dion Fortune.

Taken at face value, these rather simplistic distinctions seem to be based upon dualism, more common within monotheistic religions like Christianity, Judaism and Islam. So how did it get applied to witchcraft?

In the 1970s, many witches in the media presented an ongoing battle between good white and evil black witchcraft and (of course), they were the good guys. This rather played into the hands of conservative Christianity, which viewed all witchcraft then as inherently evil, irrespective of whether it was black or white.

Combined with Doreen Irvine's so-called autobiography, *From Witchcraft to Christ*, and *Michelle Remembers* (the equally unbelievable recovered memory account of childhood ritualised abuse), these perceptions prompted the satanic panic of the late 1980s.

In the UK, the *Doorways to Danger* project, funded by the Evangelical Alliance, supplied literature and videos to every secondary school - warning of ritual abuse and satanic witchcraft.

The irony here was that, as a direct result, children were abusively removed from families by child protection agencies for fear of potential abuse, based upon the dubious testimony of evangelical Christian past-life regression therapists. No evidence of ritual abuse was sustained in court and neither was anyone convicted for such a crime. It's a sad period of history that the authorities would rather forget.

Perhaps the problem lies within fledgling Wicca, which was keen to promote a moral case for witchcraft and a curious (but pragmatic) instruction – "*an it harm none – do what thou wilt*" (see picture below).

A vague enough statement, that has been variously (or perhaps hilariously) interpreted by some stateside witches last year - as never ever harming and certainly never cursing the Trump administration. I'm assuming these witches have never read Aradia. The very notion of non-harm is an impossible goal, our very existence is harmful to something, whether we eat meat or not.



The second part of the statement, with its Thelemic overtones, encourages a personal responsibility to do what you must – so what would Aleister Crowley do? It's hardly a recommendation to pursue peace and light.

Similarly, the *Law of threefold return* sounds like a good idea, but most people use it as a form of instant karma. If it were true, aggressive capitalism would be as dead as Soviet Bloc communism; sadly, this is not the case! Karma is a Vedic idea whose goal is escape from Samsara, the endless cycle of rebirth, to achieve enlightened Nirvana. It's an engaging idea, but it's not witchcraft.

Is there such a thing as a good witch? Or what makes a witch good? If we pose the same question about a knife, we have to conclude that a good knife cuts as required. A good knife is fit for purpose, irrespective of whether it's used to protect or harm. Clearly, a good witch - is a sharp one!

This leads neatly into a further question. *Is magic good by virtue of its intention or its outcome?* Of course, this wouldn't be an issue if the two were the same. We have all meant well - only to create a bigger problem (or perhaps that's just me). Traditionally, morality has been defined by following one of three differing instructions.

- Always do whatever God says - still sadly a dangerous view.
- Always follow your duty to do the right thing, irrespective of the outcome.
- Always take the action that potentially produces the best outcome for the majority.

It's not hard to find fault with each of these ideas. Perhaps an observation of practice is the best distinction between the left- and right-hand paths. Most descriptions of the right-hand path use a structured model of officers and precepts or rules, not unlike the organisation of a church, temple or lodge.

Regardless of how it is interpreted, there is a sense of convention in this approach. In its more organised format, Wicca would appear to fit here. I'm sure some witches would be horrified at this comparison.

The real problem with rules, is that they prohibit an alternative perspective, inhibit innovation or creativity and (ultimately) lead to division. It certainly accounts for the ever-increasing sects within Protestant Christianity and, maybe, within Paganism too. Perhaps a right-hand path is just too safe?

Does a left-hand approach offer a better alternative? Most witches acknowledge this path favours personal autonomy and breaks with convention - so far so good - but also deliberately breaks taboos in magickal working.

For many conservative witches, sex magick, particularly same-sex workings, are a bridge too far. *Are taboos, like rules, made to be broken?* Is there a specific magickal value in this process? Assuming non-abusive consensual adult agreement - who is to judge? As most magick is results-based, if it works, use it!



If there is a morality in witchcraft, it is better served by taking full responsibility for your actions and *only ever working magick, you are prepared to have worked on you.*

Perhaps *the real value* of left- and right-hand paths is that they are simply two sides of the same person, different approaches to the same goal. I have long given up on taking seriously those who claim to be white witches, only working exclusively for good. There is simply no historical precedent for this view. Witches cure and curse, harm and heal.

*Jonathan Argento is a witch based on the south coast of England, a former teacher of religion and philosophy, founder of Lyceum Witchcraft and co-founder of Pagan Pride South.*

**Disclaimer: the views and opinions expressed in this article are those of the author, rather than Gylden Fellowship as a whole.**

# Preview: More Than Memory 2019

Report by Gylden Fellowship

*"If more of us valued food and cheer and song above hoarded gold, it would be a merrier world."*

One of the events that was left out of the Gylden Fellowship calendar for May 2019 was the More Than Memory conference on 25-26 May. It was omitted intentionally, as it is not specifically pagan, but many pagans do read the works of JRR Tolkien, which is why we've included a preview of the event. More Than Memory is a special commemorative conference that celebrates the spiritual imagination and artistic legacy of JRR Tolkien under the auspices of *Fellowship & Fairy dust Publications*. The conference is held in the historic city of Oxford, where Professor Tolkien spent so much of his life.

The conference presents a varied selection of speeches, recitations, and musical performances, focusing on spirituality within artistry as it is carried on to this day in so many forms and facets. From history to literature and from poetry to music, the event includes round-table discussions, musical performances and storytelling in the manner of JRR Tolkien's legacy.

The venue is Oxford University, featuring a diverse assortment of international speakers. JRR Tolkien was a devout Catholic and the conference emphasises a major focus on the Catholic historical and literary heritage of Britain. Since his writings have been embraced on a universal level, the event branches out into spiritual storytelling traditions from different religions and cultures throughout the world, to cultivate inter-religious and inter-cultural interests and understanding. Among the topics covered during the weekend are the following.

1. What is the traditional Catholic approach to the Realm of Faerie and the Medieval Romances - how did Tolkien use this in his creation of Middle Earth?
2. In regard to Old English, how did Tolkien's background in that language affect the style of his writing?
3. How is the Druidic tradition of spirituality conveyed through storytelling?
4. In what way were some of Tolkien's inspirations taken from Pagan Myth?
5. How does the Lord of the Rings reflect a spiritual journey, in light of the different story variations shared in modern-day British Paganism?

For a full description of the event, visit this website: [www.sacramentalimagination.com](http://www.sacramentalimagination.com)



# Preview: Violet Flame MBS Fayre

By Ruth Wilkinson

Following on from its conception in 2014, Violet Flame Holistic Events (VFHE) has grown within the community. Originally, my heart was heavily burdened for the people in our local community, I wanted to do something to help rejuvenate, inspire and unblock negativity in people's lives. Hence VFHE was born, soon expanding along the South Coast, creating a peaceful space for the local community to meet.

We are all about uplifting others, empowering lives and removing emotional, mental and physical fatigues - giving deeper understanding about their life's true purpose - grasping the attention of weary souls and uplifting the spirit through our events.

We are now into the year 2019 and this year is the time for change! I can feel it in my bones, this is your year: it's time to focus on **you**. In the past, you have prioritised others first, now it's time for you, take the time to strengthen your body and calm your mind, taking you to a place of great peace and healing. This means preparing you for the next part of your journey and whatever life throws at you.



We invite you to come along and push pause for just a few hours and join Violet Flame's journey of healing through our events. Our **next event** is a Mind Body Spirit fayre in Waterlooville in a beautiful Georgian house. Merchistoun

Hall is set in its own beautiful grounds, 106 Portsmouth Rd, Horndean, Waterlooville PO8 9LJ. The date is **Sunday 19 May, from 1-5pm** - £3 admission, which includes FREE talks/ workshops and raffle (those under 11 years have FREE admission) and there is plenty of free parking.

There will be 40-50 stalls with a selection of exhibitors, healers, therapists and beautiful spiritual gifts and natural beauty products. Running alongside, we have a powerful itinerary of inspirational speakers and workshops. We are also supporting a local charity, Southern Domestic Abuse Services. Extra raffle tickets can be bought and all proceeds go to them, including part of the entrance fee. The VFHE team would love to see you there, and are very welcoming and friendly.

We are stepping out next year, I can feel the spirit pulling me to do this, so I must follow, towards a 2-day or 3-day event, that will run alongside the events we already do. I am so excited, as I'm writing this. All I can say, for now, is that it will let you totally immerse yourself, you will let go and relax, allowing healing vibrations to wash over your soul. A detoxification of the mind, body and emotions!

To keep updated on our events coming up and for more information about us, please follow us on Facebook, Violet Flame Holistic Events, or [www.violetflameevents.co.uk](http://www.violetflameevents.co.uk).



# Magickal rings

By Gylden Fellowship



*"Exactly as he spoke, Polly's hand went out to touch one of the rings. And immediately, without a flash or a noise or a warning of any sort, there was no Polly." (Lewis, C.S., The Magician's Nephew.)*

Not all quotes about magickal rings are drawn from JRR Tolkien, although it is interesting that both JRR Tolkien and CS Lewis were great friends during the 1920s and 1930s, while they were working in Oxford. Following on from the earlier piece about the JRR Tolkien conference, it seemed that a guide on rings might be apposite!

I guess we all have our own preferences for types of rings, eg with or without crystals, gold or silver, etc. For those who follow the path of alchemy, a circular ring represented infinity, wholeness and perfection. In pagan terms, a circle is symbolic of Gaia and, also, of a sacred place. We have the Wheel of Life and cast circles for rituals or for magick. One interesting point is that each of our fingers holds correspondences with particular deities, planets and specific virtues.

- Thumb: Aphrodite and the planet, Venus = peace, beauty and love.
- Index finger: Zeus and the planet, Jupiter = education, good luck, growth and improvement.
- Middle finger: Saturnus and the planet, Saturn = wisdom and eternity.
- Ring finger: Apollo and the Sun = happiness, prophecy, good health and material success.
- Little finger: Hermes and the planet, Mercury = travel, finance and communication.

If you are right-handed, the right hand is your dominant hand and is the active hand, whereas the left hand is your receptive hand. And vice versa, if you are left-handed. One way to **boost the intent with a magickal ring** is to vary the metal or stone you wear in your ring. Bearing in mind that the thumb corresponds to Venus, you might want to improve your love for someone by wearing a ring with the appropriate stones or metals. The traditional witch's ring is silver, but gold and other metals (tin or copper) are available too. To be honest, I love silver in the style of the Irish Celtic Revival, but there are loads of Gothic styles out there too. OK then, here's a brief list of correspondence stones against your fingers.

- Thumb: copper, carnelian, rose quartz, emerald and malachite.
- Index finger: tin, sapphire, topaz and amethyst.
- Middle finger: lead, onyx, obsidian and lapis lazuli.
- Ring finger: gold, ruby, garnet and opal.
- Little finger: silver, citrine, peridot, smoky quartz and amber.

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

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