



Gylden Magick

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May 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**,

Wednesday 5 May is a primary 5:5:5 in numerology as 2021 is a '5' year in numerology ($2+0+2+1 = 5$). May is the 5th month and that day is the 5th day of the month, so this is a primary 5:5:5 as all elements of the month each add up to 5.

Numerology is the study of the symbolism of numbers and the science attributing significance and meaning to seemingly random numbers or events. Numbers with double or triple digits are added together and reduced into a single digit (as above).

In numerology, the number 5 can be said to represent curiosity, change, movement, travel, freedom, adventure, variety, sensuality, being unattached and experience. It is the number of the knowledge-seeker and teacher as well as being an imaginative, playful and child-like person.

By far the most vital representation of the number 5 is **expansion**, particularly regarding personal cellular vibration. It's the number of harmony and balance.

We have 5 elements: earth, fire, water, air & spirit or earth, air, fire, metal and wood (Chinese philosophy). The 5th dimension represents spirit or æther. We have 5 perceptions (taste, touch, smell, hearing and sight) and 5 digits at the end of each limb.

Double numbers (11, 22, 33, etc) and triple numbers (111, 222, 333, etc.) are known as *repdigits* and intensify the meaning. 555 is said to represent a life-changing thought/event has just occurred.

It's May (the **Flower Moon**) – and this issue of **GYLDEN MAGICK** does have a flowery feel to it. Altar colours are green, yellow and white.

Many thanks to [Joanna Bristow-Watkins of Harmony Healing](#) for her notes on numerology. **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: grasshopper

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 kingfisher as a spirit guide – now we think about the grasshopper. 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 grasshopper – **what does it symbolise?**



OK then, a grasshopper guide symbolises an element of good luck with the promise of happiness to come. Another vital message that a grasshopper guide teaches is that you should listen to your visions and dreams, because this spirit animal is big on intuition and psychic senses. So, trust your instincts and this spirit guide can connect you to higher beings like angels or devas. However, grasshoppers live close to the earth element and will help you to ground yourself between the spirit world and this one.

It is interesting that grasshoppers cease to make a noise when there are predators or other problems. This may be why people throughout Europe and Asia wear grasshopper charms or amulets for protection against the evil eye and improved luck. So, it is important to live simply and honestly in line with your conscience, to avoid unnecessary conflicts.

Grasshoppers also symbolise relationships – are you happy with your personal life? Do you put your energies into supporting or appreciating your partner or closest friends? Another symbolic value for the grasshopper is guidance to you in finding your soul song – the music that empowers you to speak your truth with conviction. This guide is often associated with those people who need to communicate more and grasshoppers may provide healing energy to you in the form of music. Grasshopper people are not afraid to sing their unique soul songs. When these powerful insects show up in your visions, the time to speak your truth and sing your own song has arrived.

Crystal of the month: turquoise

Actually, the correspondence stones for May are all greens, eg emerald, jade, etc. We've covered these before and so this month's stone is turquoise, which is a common crystal that can be found easily. It comes from many countries, including the USA, France, Mexico, Egypt, China and Russia.

Turquoise is a phosphate of copper and aluminium. Unwary healers should beware of buying lab-grown substitutes that are similar in colour, but less good for healing, eg turquenite – this is a dyed or artificial type of howlite that looks like turquoise.

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

- It's a good stone for meditation and aligning your throat, solar plexus and third eye chakras. It clears any electromagnetic pollution too.
- While the turquoise is balancing your throat chakra, you'll find that it's clearing out any negativity too by taking away your fears and worries, giving protection and shielding. It's very much a cleansing crystal by balancing any mood swings.
- Turquoise is an easy stone to imbue with your own intentions against any dis-ease. Focus on your turquoise and align it with your own aims or healing goals, whether it's a physical problem or mental health.
- The easiest way to experience the healing properties of turquoise is to wear it as jewellery, eg in a ring, necklace, bracelet, etc or to have it in your personal space, eg in a wallet or purse.
- Turquoise has long been linked with the healing power of water, to ease stress and bring peace – it enhances immune systems and energy fields.
- It's a good stone against viruses, cataracts, rheumatism and stomach pains.



Herb of the month: lovage

Lovage (*Levisticum officinale*) is probably better known for its use in cooking than healing, as the leaves have a taste of celery or parsley. Also, both the stems and the roots can be cooked to make a soup or stew. Still, it's the roots, seeds and leaves of lovage that are best for healing.

OK then, lovage can be used for **the following ailments**.

- It's quite common to use lovage to help those with kidney or bladder problems, kidney stones or urinary tract infections. This remedy is best taken as a tincture of the roots, each day in warm water. The chemicals in lovage increase water loss via urination and decreased spasms.
- The tincture is also good for colic, indigestion or period pains.
- Actually, on that note, if you have wind, heartburn or indigestion, you could try chewing a few lovage seeds.
- The decoction is good for coughs or sore throats.
- If you have cystitis, gout, rheumatism or painful menstruation, a decoction of lovage roots will help = about several cups each day.
- It's not hard to use the tincture of lovage roots as a gargle to combat mouth ulcers or tonsillitis.
- Lovage is often made into soaps or cosmetics.

Note: lovage is likely to be unsafe during pregnancy.

There are some reports that it might cause the uterus to contract or start a menstrual period, causing a miscarriage. On the topic of breast-feeding, there isn't enough reliable information to know if lovage is safe to use when breast-feeding...probably best to stay on the safe side and avoid use.



Recipe: flower salad

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. One of the correspondence foods for this period are edible flowers and here's a Beltaine salad.

Ingredients

- Shredded lettuce
- Fresh berries, sliced
- Fresh tomatoes, peppers and cucumber
- Onion, sliced
- Bread roll
- 2tbsp fresh lemon juice (add at end)
- Mixed garden leaves or flowers, washed:

Borage

Hollyhock

Alkanet

Dandelions

Lavender

Plantains

Chickweed

Lemon verbena

Calendula

Rose petals

Nasturtiums

Daisies

Chervil

Sweet violets

Pansies

Note: try to remember to avoid any plants that have been treated with pesticides.

Environment: Nature Recovery Awards 2021

By Sussex Wildlife Trust (abridged report by Gylden Fellowship)

Wilder Horsham District (Sussex Wildlife Trust) has announced the first successful applicants for the Nature Recovery Awards 2021. Since its launch in November 2020, the Nature Recovery Award has run two application rounds and offered to fund three project proposals. Wilder Horsham District is focused on working closely with local communities and landowners to create, expand and develop a Nature Recovery Network, and the Award is central to this supporting role. For landowners and community groups, funding of up to £5000 is available to support practical schemes that focus on improving networks for wildlife in Horsham District. The three projects that have been awarded funding are listed below.

1. **The Friends of Glebe Field, Thakeham** intends to turn an area of grassland and meadow into a community orchard designed, planted, and maintained by volunteers. The plans extend to a small-scale rewilding of the land, with revenue from the community orchard to be re-invested in further initiatives such as a pond, wild flower meadows, bird and bat boxes, and selective planting of native trees and enhancement of existing hedgerows. They also hope to host events such as star-gazing nights and bird ID sessions, using the space as an opportunity to reach out to the wider community and promote environmental awareness.
2. **The Society of St Columba, Wiston** is changing once-intensively farmed arable land for community and charitable use. Part of the funding goes towards the restoration of an overgrown pond, improving the micro-topography of the land and increasing the habitat quality and variety of the landscape, especially for amphibians, reptiles, and insects. Another pond will be reconnected to existing chalk water ditching, improving a rare chalk water habitat of great ecological interest.
3. **Brooks Field Farm, Woodmancote** has been awarded funding to reclaim low-lying land currently used for year-round equine grazing. Instead, they plan to create a pond and wetland area, with tree planting and a new hedge also being introduced to link the land to nearby wildlife-rich habitat. The introduction of wet habitat will support a whole new ecosystem, as well as offering a greater quality of habitat for insects, mammals, and birds. The native hedgerows and trees will offer a vital source of food, shelter, and habitat for a wide variety of fauna and flora.

All three projects are a celebration of the brilliant ongoing efforts for conservation and wildlife in Horsham District. It is likely that many other such projects over Wilder Horsham District's will be funded over the next five years.

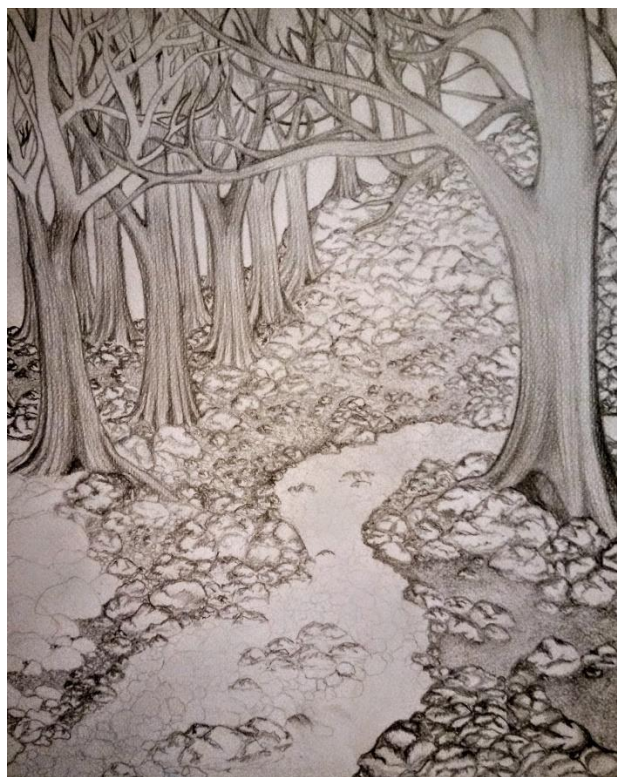
If you are interested in finding out more or submitting an application, all further details can be found on the Nature Recovery Award's webpage at <https://sussexwildlifetrust.org.uk/get-involved/community-projects/wilder-horsham/nature-recovery-award>.

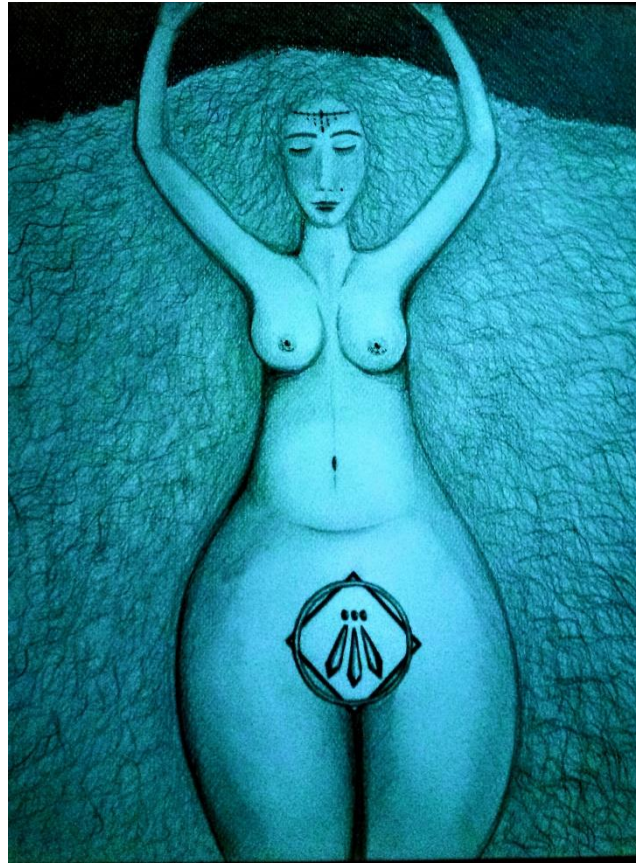


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Customs: May Queens and well-dressings

By Gylden Fellowship

It's interesting to note how many of our traditions were invented during the Victorian age. There's lots of data on our website about maypoles in the [Gylden Briefings](#) section, but here, we're looking briefly at two other customs – the May Queen and well-dressings. A common view is that Beltaine was the time when a village would choose a young woman as the May Queen to represent the Goddess in her transition from maiden to mother. That may be what some in the pagan community believe, but it's not actually true, from history.

According to the *Oxford Dictionary of English Folklore*, the tradition of crowning the May Queen comes from the Victorian era, based on the popularity of Tennyson's poem, *The May Queen*. It seems to have evolved from a practice of selecting a Lord and Lady or King and Queen for a festival, carnival or just for the day. Women and girls were the focus and the May Queen celebration, by the mid-19th and early 20th centuries, involved the coronation of a local girl or young woman who would preside over events with a group of ladies to support her. In villages with strong Roman Catholic histories, the focus honoured the Virgin Mary and she was designated as Queen of the May.

If we look back to the May Day festivities in the town of Bridport in 1918, we find an account of the Crowning the May Queen and the Maypole Dance.

"On Thursday the girls of the National Schools had their annual festival of crowning the May Queen and dancing round the Maypole. There was a very good attendance of the general public, the ceremony taking place in the school-yard. Favoured with fine weather, the scene was a very picturesque one, and the proceedings were watched with the greatest interest and pleasure. The children, as is their custom, were dressed in white, and with their Queen (Vera Meech), who is elected by the votes of her schoolmates, they paraded the Rope Walks, St. Michael's Lane, and Gundry Lane, and returned to the playground. Here the Maypole was set up and the Queen was then enthroned. She recited a verse of Tennyson's May Queen, and then the Rector crowned her with a wreath of flowers. Some very pretty Maypole dances were then gone through, and some nicely rendered songs gave variety to the programme, while at the close a collection, which realized £4, was made to defray the cost of a new set of strings for the Maypole."

Onward to **well-dressings**, which have ancient origins, but which took on new aspects in the Victorian era. The practice of honouring springs and wells originated in pre-Roman times. Some springs were found to have medicinal qualities and were revered for that too, eg Bath, Malvern or Buxton. Many places with pagan associations for water deities were later changed by Christians from the Lady of the Well to Our Lady's Well.

Some of the medicinal wells evolved into fashionable spa towns, but the age-old custom of giving gifts or coins to a well continues to this day. Well-dressing is a variation of this offering, eg tying ribbons around the well or decorating it with flowers and green branches. At present, most of the well-dressings are found in Derbyshire or Staffordshire, eg Endon, Barlow or Tissington.

Tissington is famous for its well-dressing and visitors come to watch the annual ceremony. This takes place on Ascension Day, when people gather to see the wells blessed. For centuries, five wells have been dressed in the village: Yew Tree Well, Hall Well, Hands Well, Coffin Well and Town Well (since 1982, a smaller Children's Well was added). The well-dressing involves erecting boards covered in clay, into which thousands of flower petals are pressed to create an elaborate tableau of some biblical or topographical scene. It is likely that well-dressing took place here in 1348, to give thanks for the village's escape from the Black Death, which the villagers attributed to the purity of its water. Tissington is considered to have been the first place to dress wells in the county and wells have been dressed there for over 650 years.

From the Grimoire: Apple blossom magick

By Nick the Witch

In Roman times, Pliny recognised 22 varieties of apple, but since then over 2000 varieties have made their way across Europe to Britain, in addition to the indigenous crab apple. Apples are really good for you as they are full of sugars, amino acids, vitamins, pectin, mineral salts, malic and tartaric acids. Healing with apples can be great for:

- Coughs and bronchitis.
- Digestive problems.
- Fatigue.
- Rheumatism.
- Hypertension.

Actually, crab apples are very good for cooking – especially for the making of crab apple jelly. There are many apple blossoms around at this time of the year and it's worth taking a moment to reflect on this display, i.e. it attracts insects, it protects against negative energies and it represents the fruition of this plant. What else does apple blossom represent?

1. The blossom itself is a natural pentagram, namely a rounded five-point star.
2. The apple blossom is part of the Rosaceae family with links to the goddess Venus.
3. Apple blossoms in the spring become apples later in the year and apples are linked with Eve, motherhood, eternal life and knowledge.
4. Within the Wheel of the Year, apple blossoms link to the fertility of Beltaine and the last harvest of the apples at Samhain.

Of course, in the USA, the Apple Blossom Festival takes place on 2 May. This event celebrates the blossoming of the apple orchards and is held in Washington state. In fact, the apple tree has been adopted by two American states - Michigan and Arkansas - as their State Flower.



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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. It should be noted that some of the training events are online at present – all details on Joanna's website.

May is a month when our Pagan heritage breaks through into parochial folklore. May Day, also known as Beltane, is a pagan festival, still celebrated in parishes across the country (lockdown rules allowing) featuring elaborate traditions involving maypoles, floral-dressed girls with flower garlands in their hair, Morris Dancers, Green Man imagery, hobby horses, etc. We can't seem to resist the opportunity to usher in the promise of sunshine and summer as we welcome green shoots and abundant blossom everywhere, not least the mayflower (hawthorn) associated with the old adage, *don't cast a clout till may is out* (which I always assumed meant the month itself).

The month could be named after *Maia*, a Greek Goddess linked with the land, fertility and growth. To the Anglo-Saxons, it was called *Thrimilci*, the month when cows could be milked three times a day due to constant grazing on abundant new grass.

During May, as well as our own traditional British Festivals, we can look forward to Roman and Egyptian celebrations, exciting 555 numerology (5 being the number of spiritual expansion) featuring three times this month (5, 14 & 23) which we can expect to bring a tangible shift in our personal spiritual awareness as well as a lunar eclipse towards the end of the month. We have Surrey Forest Bathing events on 15 & 27 plus two virtual study courses starting again on the 14 & 17 May. On 26 May, we have a total lunar eclipse. Visible only in Australia, South/East Asia, South America, Pacific, Atlantic, most of North America, Antarctica & Indian Ocean - so not visible here in the UK or Europe - we will still be affected energetically. Eclipses always bring the unseen into focus



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.

Saturday 1 May is May Day and Beltane - a Celtic word meaning *fires of Bel* (Bel was a Celtic deity). It is a fire festival that celebrates the coming of summer and the fertility of the coming year. Celtic festivals often tied in with the needs of the community. In springtime, at the beginning of the farming calendar, everybody would be hoping for a fruitful year for their fields and hence also their families. Beltane rituals would often include courting for young men and women, collecting blossoms in the woods and lighting fires in the evening. These rituals would often lead to matches and marriages, either immediately in the coming summer or autumn.

Saturday 1 May was the annual Roman Festival of **Bona Dea**. In Roman mythology, Bona Dea (literally "*the good goddess*") was the goddess of fertility, healing, virginity and women. She was the daughter of the god Faunus and was associated with supplying medicinal healing herbs in her temple garden. Bona Dea was also invoked for freedom from slavery; many of her worshippers were freed slaves and plebeians, and many were women seeking aid in sickness or for fertility. This Festival was celebrated by women only!

Saturday 1 May is Surrey Day: Discover Guildford is organising a Surrey Hike from 11am-3pm, meeting outside the March Hare pub, the route will trek along the River Wey, pass historic buildings, meander through ancient woodland and enjoy stunning views from surrounding hills. It's donation-based, but must be booked via [Eventbrite](#).

Monday 3 May in Egypt, is the ancient festival of **Sham El Nassim** (literally meaning "smelling of the breeze"), which dates back to Pharaonic times (about 2700 BC), although it is celebrated on the Coptic Easter Monday. It's not seen as a religious festival, but a national holiday for both Egyptian Christians and Muslims. Traditional activities include painting eggs, picnicking, and eating feseekh (fermented mullet).

Tuesday 4 May, is the festival of the **Veneration of the Thorn** at which the hawthorn is honoured. This is a festival of modern origin that may have been adapted from the night of Lunantisidhe on **16 May**, honouring the fairy spirits of hawthorns. Holy bushes and trees marking sacred places and wells are acknowledged and new scraps of cloth are tied to their branches.

Wednesday 5 May is special in **numerological terms** (as noted at the start of this **GYLDEN MAGICK**). Friday 14 and Sunday 23 May will carry secondary 5:5:5 energy as those dates also add up to 5. Subscribers to the Harmony Healing e-newsletter can have all three 555 activities for the cost of the attunement alone. There will be a full [Harmony Healing Blog](#) entry posted on 5 May featuring finer details on the meaning of numerological triple numbers and more on the interpretation of 5:5:5 specifically, as well as a special 555 meditation available from [Harmony Shop](#) for £15.55 (£9.99 to subscribers). The meditation can be used on any or all of the 555 dates this month.

Wednesday 5 May (/Wednesday night/Thursday morning) is the peak of the **ETA Aquariid Meteor Shower**, see [rmg.org](#). Predominantly, this is a pre-dawn shower, that is one where the meteors may occur in the dark hour before dawn. Image of the radiant point is taken from the [EarthSky Website](#). The best display will be on the morning of 5 May (although the waning moon may slightly hamper viewing. The **new moon on 11 May** is close enough to help reduce light pollution) but these ETA Aquariids can appear any time between 24 April and 20 May.



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.

Sunday 9 May is the **Roman Festival of Lemuria**. This involves a ritual by the master (or mistress) of the house with nine black beans(!) to honour the *Lemures* – spirits of those who died unnatural or violent deaths.

Friday 14 May is the Egyptian Celebration known as the **Panegyric of Isis**, when Aset (Isis) found Asar (Osiris) and duly celebrated. Offerings of wine, bread and milk are made and, traditionally, Aset is praised for her gifts. It is a happy time for celebrating quests in life.

Fridays 14 May, 21 May, 28 May **Harmony Healing Virtual Workshop**: Violet Flame of Ament (Level 1), 7.15-9.30pm, £88 (+ £4 Paypal fgee). See [Violet Flame of Amenti](#) page for details and to book. This is 1 unit (of 3) towards [Reyad Sekh Em \(RSE\) Level 1 Egyptian Alchemy Healing](#). The colour, violet, has an established association with spirituality. Having the highest frequency in the visible spectrum, violet is at the point of transition to the next octave of light. During the pre-Dynastic period of Khem (Ancient Egypt), the Violet Flame of Amenti was ruled by the deities Asar (also known as Osiris), Sekhmet, and made freely available to Akhenaton. Both in Atlantis, and subsequently during the Essene era (which spanned the lifetimes of Mother Mary, Jesus Christ and Mary Magdalene), this powerful tool was retained under the Guardianship of Angels, Melchisedec and Ariel.

Friday 14 May is the **Moon Lodge Healing Women's Circle**, 7-8.30pm GMT, £11 + Eventbrite fee = £11.27. Run by Harmony Healing collaborator Sarah Jane Dennis, this is a sacred circle for women in the community to come together as we once did, to connect in a safe and loving space to the energies of the moon and our own cycles. Talk, support, heal, celebrate, and hold each other. It's a virtual event on Zoom. Book at [Eventbrite](#). Contact Sarah-Jane via crystalhealingbysarahjane.co.uk or email apriestesspath@gmail.com.

Friday 14 May is also a secondary 5:5:5 in numerology. Subscribers to the Harmony Healing e-Newsletters will receive reminders on the day. Special 555 meditation available from [Harmony Shop](#).

Saturday 15 May is the Ancient Roman Ceremony of Argei. At this festival, 27 human-shaped bundles of rushes, known as Argei are carried in an anti-clockwise procession through the city; possibly in a ritual undertaken as a substitute for human sacrifice. Finally, the Vestal Virgins throw the Argei into the River Tiber from the Bridge of Sublicius.

Saturday 15 May, 11am - 2pm, Forest Bathing+ in the grounds of Harry Edward's Healing Sanctuary, £38 (+ Eventbrite fee = £38.32). Immerse yourself in the healing elements of nature and connect deeply with all your senses. Spend 3 hours in the woods mindfully connecting to your surroundings and living fully in the present moment, guided by me in simple sensory exercises and a treelaxation. A deeply relaxing and rejuvenating experience, and which, despite the title forest bathing, does not involve any swimming! Some of the scientifically proven benefits of spending time in woodland include reduced stress levels, stronger immune system response and a stabilised cortisol cycle. We have small groups of maximum 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 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 16 May, honouring the fairy spirits of hawthorns. Lunantisidhe honours the fairy spirits of hawthorns (whitethorns as opposed to the blackthorns venerated at Samhain). Holy bushes and trees marking sacred places and wells are acknowledged and new scraps of cloth are tied to their branches.



Mondays 17 May, 24 May, 31: **May Harmony Healing Virtual Workshop**: [Mindful Alignment of your Chakras & Unity Consciousness](#), 7.15-9.30pm, £66 (+ £3.50 Paypal fee). This is ½ unit (of 3) towards [Reyad Sekh Em \(RSE\) Level 1 Egyptian Alchemy Healing](#).

Sunday 23 May is also a secondary 5:5:5 in numerology.

Monday 24 May is the Romani and Christian **Festival of the Three Marys at Sainte-Maries-de-la-Mar**, on the south coast of France. Here landed Mary Magdalene, Mary Jacob (the sister of Our Lady) and Mary Salome (mother of James and

John). A local chieftain, Sara the Kali, had a vision of their arrival and, by spreading her cloak over the rough sea, ensured their safe arrival.

Wednesday 26 May is Hawthorn Supermoon (and total lunar eclipse) at 12.14 hours. These eclipses are sometimes called *Super Full Blood Moon Eclipses* because of the orange-red glow the moon seems to adopt during the eclipse phase. The Full Moon is closest to the Earth on the day of the eclipse too, making it seem larger in the sky, hence it is a *Blood Super Moon Eclipse*. Between Full Moon and the next New Moon is considered as a good time energetically for detoxing the body. More at timeanddate.com.

Wednesday 26 May, 7.30-9.30pm UK Time (GMT+1 which is also UT+1) - Virtual Healing Share & Healing Circle, £22 to participate. Harmony Healing graduates of Violet Flame of Amenti or RSE at any level, pay half price, see [Healing Healing Circle](#) for payment links. 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 exercise. Please email 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 Virtual Healing Share & Healing Circle, 26th May @ £22 To book via Paypal.

Thursday 27 May, 10.30am-1.30pm Forest Bathing+ at Newlands Corner, an Area of Outstanding Natural Beauty (AONB) in the Surrey Hills, £38 (+ Eventbrite fee = £38.32).

Monday 31 May is the Spring Bank Holiday Monday in the UK this year. It's also known as the late May bank holiday. It falls on the last Monday of May, but it used to be on the Monday after Pentecost.

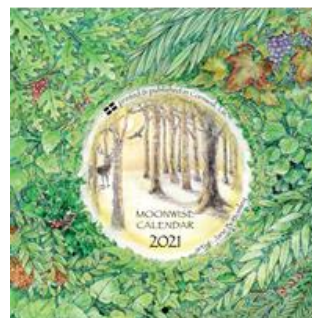
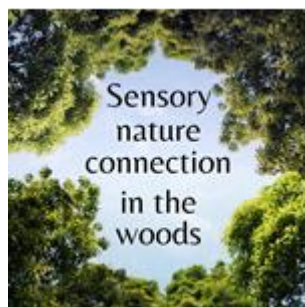
Acknowledgments

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 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. *For a more in-depth analysis of the listed festivals and spiritually significant days, such as April Fool's Day and Veneralia, I publish a [blog post](#) on the day in question. Or to receive the information to your mail inbox, [sign-up for Blog update alerts](#).*

We are also re-running the [New Moon New Vision](#) virtual course for a full lunar cycle, 12 April-11th May. During this programme, we learn together how to take full advantage of energetic support from the moon cycle which assists manifestation when waxing and promotes release when waning.



Tales for spring evenings: A Robber's Tale

By the Storyteller

Stories from Ancient Egypt often have a moral attached, namely The Two Brothers or the Statue of Amun. Here's another one, which I used to illustrate a lesson on pyramids at a local primary school. All the gruesome traps exist in reality in various pyramids and tomb robbers still flourish!

And it all sounded such a good idea at the time. I and some of my friends had watched the burial of a very rich cousin of the pharaoh in the Valley of the Kings. We all heard the stories of how this man had asked for his gold, silver, weapons and precious gems to be buried with him and it wasn't long until Abdul, the leader of our gang, suggested that we break into the man's tomb and take some of his riches for ourselves.

There were 5 of us in the gang and we knew that we had to move fast or else the treasure could be taken by the men that guarded the tombs for the priests. Abdul had robbed tombs before, but had never found lots of gold, so we all agreed to help him and that was when it all started to go wrong...the gods, particularly Osiris, don't like tomb robbers. It was night-time and Abdul had managed to break through the bolts and seals on the outer tomb, but we didn't know exactly where the burial chamber was, with all the treasure inside.

First, my friend Akil was caught by a secret room – a huge stone door opened for him and, as he went inside, the door fell backwards and squashed him underneath. Another old friend, Matsu, fell into a hidden well in the passage. One minute he was there and then we heard his cry as he disappeared into this hole, seemingly without a bottom.

And so, there were three of us left. Abdul was in the lead, holding a flaming torch and I was in the middle. At the rear was labi, also with a torch, but it was Abdul that fell victim to the next trap, which was a sharp wire set at neck height across the passage and which cut his head off.

That left labi and me and I wanted to go back, but labi said that we could have all the treasure to ourselves and I gave in. Now, labi led the way with his flame and we followed the narrow path until we reached the burial chamber. And there was gold, silver and much wealth, but it all seemed a bit easy until labi picked up a large golden cup. I noticed that all the treasure seemed to be covered in a greasy substance and I wanted to shout an alarm about poison, but labi was holding the cup and he said nothing as he fell to the ground - dead.

The flame went out and here I sit – in the dark, no food or drink, not knowing the way out and waiting for the anger of Osiris to take me to the underworld.



Spi-rituality: Pink Full Moon ceremony

By Moon Rituals Portsmouth

On 27 April, members of Moon Rituals Portsmouth held a pink full moon ritual on Eastney Beach in Southsea, preceded by Moonology oracle cards and lunar-related discussions. After all the covid regulations, what a relief to be back with other people, celebrating the Full Moon in Scorpio, in a communal ritual! It should be noted that outdoor events had their constraints eased after 12 April. Following a sunny day, the sunset and moonrise was dry, cold and clear. As ever, the ritual started with a Goddess chant that was performed by the group:

“Isis, Astarte, Diana, Hecate, Demeter, Kali – Inanna” (repeated several times with drumming).

The ceremony was written by Adam Lewis, leader of this group, inclusive for all pathways. This group always includes an extra opportunity for members to contribute poems, stories, songs, etc towards the end of the ceremony. It is worth noting that if you wish to attend a moon ritual, please use the group’s Facebook site in advance, to notify the organisers of your intention. Each attendee was invited to release their feelings or memories within the ceremony. Full details are on the group’s Facebook site.



Adam then recounted the parable of the Taoist Farmer:

There was once a Taoist farmer. One day, the farmer’s only horse broke out of its corral and ran away. The farmer’s neighbours, all hearing of the horse’s escape, came to the farmer’s house to view the empty corral. As they all stood there, they said “what bad luck” – the farmer replied “maybe”.

About a week later, the horse returned, bringing with it a whole herd of wild horses, which the farmer and his son quickly put in the corral. The neighbours came to see for themselves – a corral now full of horses and they said, “what good luck” – the farmer replied “maybe”.

Soon after, the farmer’s only son had a horse-related accident and broke his leg. The farmer’s neighbours, all hearing of the accident came to the farmer’s house and said “what bad luck” – the farmer replied “maybe”.

At the same time in China, there was a conflict between two rival warlords. The warlord of the Taoist farmer’s village was involved in this war and he sent a captain to the village to conscript more troops. The captain came to the Taoist farmer’s home but found the son with fever and a broken leg – he left the son at home and took others from the village. The neighbours said, “what good luck” – the farmer replied “maybe”.

Ghostly Tales Live

By **Spriggan Mist**

The folk and pagan rock band, Spriggan Mist, has announced the release of a live album on 20 May 2021 - produced by Aaron Cilia from Spriggan Productions. It features two new previously unrecorded tracks, *The Princess Alice* and *Ankerwyke Samhain* + a bonus studio-recorded track, *Day of The Dead*, with Fay Brotherhood on lead vocals. The cover art is by Fay Brotherhood Art & Music and the graphics are by Brianna Cilia.



Meanwhile, the band's first Live shows to a live audience will be at Fantasy Forest at Sudeley Castle, Winchcombe, Gloucestershire GL54 5LP on 17 and 18 July 2021.

Here's a little tale that featured in a 2018 Ghostly Tales gig from the Storyteller. This tale comes from the early 1860s, along the Durham coast near Hartlepool – a little place called Crimdon Dene. At that time, many people took part in smuggling to earn money and the excise men (revenooers) had a constant fight to stop illegal contraband being landed on remote beaches. The most notorious smuggler was called **Matthew Horsley** and he ran a gang of smugglers.

On this moonlit night, there was an excise man patrolling the Crimdon Dene coast – let's call him, Murray – when he saw two men on the beach, signalling to a boat off shore and one of those men was Matthew Horsley! Murray was alone and he was scared of confronting a whole gang of smugglers by himself. Then he had an idea – can you guess what he did? Murray called at a nearby farm on his way down to the beach and was able to borrow a large white cloth. He draped it around himself, waded into the sea near to some rocks and found that he was only about 50 yards away from where the smugglers were unloading boxes from a boat. One of them saw a strange white figure among the rocks and called to the gang – Murray knew that he would have to act – so he let out a penetrating wail, crying out "Matthew Horsley, Matthew Horsley" and waving his arms under the cloth.

All the smugglers took to their heels, especially Matthew Horsley, who ran as if all the demons of hell were after him. Murray pushed the cloth back and opened a box, which was full of contraband tobacco and he waited for the next revenooer to come on shift. The relief excise man was much surprised to be greeted by Murray, still partly covered in a white cloth, surrounded by boxes of impounded tobacco and no sign of any smugglers.

Sacred art: Ise Grand Shrine

Pictures collated from mixed sources by Gylden Fellowship

The Ise Grand Shrine, located in Ise, Mie Prefecture of Japan, is a Shinto shrine dedicated to the sun goddess Amaterasu. Actually, it's known simply as Jingū and Ise Jingū is a shrine complex composed of many Shinto shrines around two main shrines, Naikū and Gekū.





A Witch's Herbal - collecting wild flowers

By Nick the Witch

Our recipe this month is an edible flower salad, but what do you do if your garden does not have any alkanet, violets, plantains or daisies? It's always useful to respect nature and the rules before going out and picking loads of wild flowers. So, are you allowed to pick some wild flowers for yourself from a handy hedgerow?

The answer is **yes**, provided that you are keeping them for your own personal use, namely not selling them for profit. Of course, if you destroy or uproot the whole plant, that is classed **as theft**. Also, check that the side of the road does not actually belong to somebody's land or the local council – see also the separate articles on **Foraging** in the *Waverley Healing Wheel Files*.

On the other hand, there's all sorts of reasons that may cause damage to wild flowers.

- i. For cooking or eating.
- ii. Botanical collection.
- iii. Educational purposes.
- iv. For photography.
- v. For model making, eg plants for war games.
- vi. For magickal uses.

A good general rule is that if you are not sure about the plants or flowers you see, do not pick or gather them. Data on rare plants can be found in the county rare plant registers. Pick only those plants that you recognise and which you know are widespread or common to that area. Lists of rare species can be obtained from the Joint Nature Conservation Committee (JNCC) website.

Let's look at some of these categories in a little more detail. Private research that involves collecting a small amount of plant material is usually OK, unless we're talking about rare species. Quite a few people do pick little pieces of lots of plants for their own collections – so that they can become more knowledgeable for the future. The caveat is what was mentioned earlier, i.e. if you're not sure about a plant (whether it's protected or not), then leave it alone.

It's possible to obtain licences for collecting small pieces from rare plants, but the general rule is to go foraging, armed with a handy field guide to the plants. Perhaps these guidelines might help:

- i. A small piece tends to mean a single leaf or flower, some mossy stems or a bit of lichen.
- ii. Take flowers and foliage only from large patches of the plant.
- iii. Only pick in moderation so that plenty is left for others.
- iv. Do not pick flowers that will wilt before you get them home, eg poppies.
- v. Try not damage other surrounding vegetation when picking flowers.
- vi. If you have obtained permission from the landowner, only gather a minimum of mosses, liverworts, lichens or algae.

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