

Gylden Magick

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May 2022

PRACTICAL MAGICK & UNIVERSAL ENERGY FOR EVERYDAY LIFE

Editor's notes

by Gylden Fellowship

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

Dear readers of **GYLDEN MAGICK**,

It's **May** (the **Flower Moon**) – I've been reflecting on the beauty of nature with all the flowers and blossom at this time. Beltaine was the beginning of summer for the Saxons – a time when sheep were moved to the upland pastures until the Feast of Winter in October. The hours of daylight have been growing steadily. The power of the sun increases each day as the nights get shorter, until we reach the solstice/ Alban Hefin in June.

Dates for your diaries – not least **Thargelia** (ancient Greece) on 7 May. Held on the island of Delos, this festival celebrated Apollo and

Artemis. Other key dates include the **Festival of St Brendan the Navigator** on 16 May, **The Hammer of Thor** on 19-20 May, **Sacred Well Days** across Europe on 26-28 May and **Oak Apple Day** on 29 May. Oak Apple Day commemorates the return of King Charles II from exile in 1660.

Our website has a new collection of tales from the **Storyteller**, with another in the pipeline and we've added a selection of poetry from **Nicola Ison**.

This edition has a definite emphasis on all things crystalline.

One of the correspondence crystals for May is lapis lazuli, as pictured above. The altar colours for this period around **Beltaine** are green, white and yellow. But no ads – after all, we're like a pagan public library and all the information is free.

We continue with our regular series about celestial forecasts, sacred art, folklore and magick. Our crystal expert, Charlie, turns her attention to kunzite and sapphires, as well as other pieces on foraging for crystals, buying crystals and gem elixirs.

In past years, we would be frantic with preparations for the Wandering Witches' Fayre, but not so in 2022. We will catch-up with friends and look forward to the return of all the festivals, camps, fayres and markets in a post-covid world.

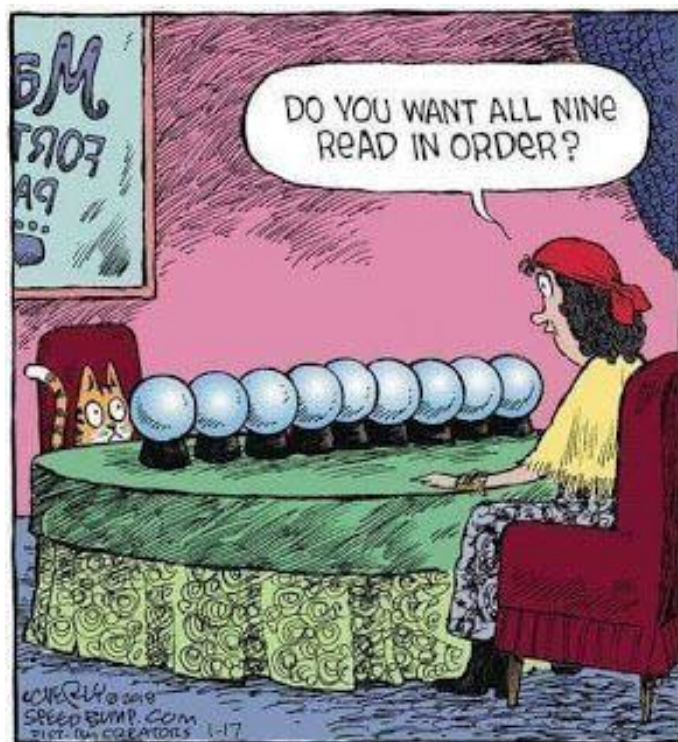
Thank you for all your feedback and many blessings.

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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Crystal clear: sapphires

By Charlie Foreverdark

Time to send greetings to another regular author to **GYLDEN MAGICK** – **Charlie Foreverdark**. Charlie is a noted blog writer and participant in many online crystal and gemstone events.

During their history, sapphires have been amongst the most internationally venerated gemstones and various cultures have attributed an array of different mystical powers to sapphires throughout the ages. Such attributions include innocence, peace, good health/ fortune and the divine/ heavenly connection of the celestial blue crystal. Sapphires have been used historically used as talismans to protect against evil. They have ancient associations with religion and the heavens and have been used by many different cultures to symbolise chastity, purity, faithfulness and repentance. **Sapphires were often worn by religious/ spiritual leaders and prophets.**

1. In the 6th century, it was decreed that dignitaries of the Roman Catholic Church were to wear sapphire rings on their right *blessing* hands, as the stone was believed to promote piety and suppress sexual desires.
2. Buddhists believed that sapphires facilitated devotion to prayer and meditation.
3. The ancient Persians believed that the Earth was balanced upon a giant sapphire, which reflected the colour of the heavens.
4. The Jews also held sapphires in high veneration; the legendary Seal of King Solomon was said to have been inscribed upon sapphire. Ancient biblical lore tells that the tablet upon which Moses' Ten Commandments were written was made from sapphire; however, historians now theorise that the blue gemstone referenced in the bible was most likely lapis lazuli.
5. The Roman historian, Pliny the Elder, described sapphire thus: "*Sapphirus contains spots like gold. It is also rarely blue tinged with purple. It is never transparent.*" His description is not befitting of sapphire at all, but does sound remarkably like lapis lazuli.

The blue colour (and, by extension, blue crystal) was also particularly popular with nobility and various monarchies; hence the term, "royal blue." The word, **sapphire**, is derived from the Latin and Greek words for the colour blue: *sapphirus and sappheiros*. However, it wasn't until the Middle Ages that the word was actually used to describe the sapphire we know today - as opposed to lapis lazuli. It is important to keep in mind that many **historical references to sapphires**, (including the sapphire in the breastplate of Aaron) probably refer to lapis lazuli.

1. There was a widely-held belief that sapphires would only retain the depth of their blue hues when worn by a person who is truly devoted to their love and, if the wearer was unfaithful, the stone would fade.
2. Early sailors believed that sapphires could control the energy of the ocean and could keep them from drowning at sea.
3. Sapphires were also said to put one at ease during social engagements and even possessed the power to assist with legal matters involving fraud.
4. According to Greek mythology, courtesy of Apollodorus of Athens, it was the mystical powers of an enormous star sapphire acting as a conduit of intense desire that ultimately sparked a decade of warfare in the 12th century BCE. The capture of King Menelaus' beautiful bride, Helen Queen of Sparta, by Paris served as a spark igniting the flame of the Trojan War. Legend has it that Helen possessed a sapphire which acted as the vessel of her desirability, causing more than 30 suitors to contend for her affections.

The practice of **lithotherapy** (known today as crystal healing) became popular with members of the Christian clergy during 1100-1300 CE. Scepticism was dismissed as heresy and scholars who did not enthusiastically support the tenets of lithotherapy were even threatened with excommunication!

Sapphires were favoured for the medicinal treatment of visual ailments and impairments. The idea that sapphires were beneficial for ocular therapy persisted through the Middle Ages, but actually originated in ancient Egypt, where holistic practitioners had used ground sapphires for eye-washes. The Dominican monk and famous scholar, Albertus Magnus, wrote that he witnessed a sapphire used to successfully remove a foreign body from the eye of a suffering patient.

It is recorded at St. Paul's Church in London, that there was a famous sapphire, gifted in the year 1391, by wealthy grocer and landowner Richard de Preston (of whom I am a direct descendant!) The sapphire was intended as a cure for *infirmities in the eyes of those thus afflicted who might resort to it*. It was kept in the church and directly applied to the eyes of those who were suffering from ocular afflictions - although, there are no details of the sapphire having been sterilised after each application! Given that many diseases of the eye were and are incredibly contagious, it is entirely likely that the sapphire did more harm than good!

It wasn't just visual impairment that sapphires were believed to aid; in bygone times - the notion that sapphires provided an effective antidote to poison was quite popular. **They were used** to boost the immune system, increase the lifespan, treat blood disorders, provide relief from migraines, dispel nightmares, assist in the lowering of chronic fevers and were believed to lessen the severity of epileptic seizures when placed upon the forehead. Sapphires were believed to alleviate all manner of suffering, caused by anything from quite trivial issues such as hiccoughs, colic, nosebleeds and mild allergies through to serious health complaints like rheumatism and cancer. Their application extended to the field of mental health as well. Sapphires were prescribed to reduce outbreaks of rage and malicious behaviour and had extensive application as an anti-depressant to assist with mood disorders.



Sapphires are found in many places throughout the world, including Australia, Tanzania, Thailand, Cambodia, Malawi, Madagascar, Sri Lanka, and America. Discoveries of sapphire in New South Wales in Australia led to the development of the commercial sapphire mining industry. The first sapphires were discovered here during gold mining endeavours in Australian rivers in 1851. Most of this initial sapphire production in Australia was exported into Europe via Russian miners working the Central Queensland gem fields who sold their finds on to European jewellery agents. A good number of Australian sapphires found their way into the crown jewels of the Russian nobility and the Imperial family. The famed explorer, Marco Polo, told lavish stories of deep blue-hued Ceylon sapphires which originated in the country known today as Sri Lanka. Supposedly, many of the large Ceylon sapphires in royal treasuries today can be accredited to Marco Polo's travels.

Around the year 1800, **sapphire and ruby were both classified as independent varieties of the mineral corundum** (aluminium oxide). Sapphires contain traces of iron, titanium and nickel, varying levels of which produce a diverse range of fancy colours, including green, yellow, purple, orange, black and pink, although they are most typically blue. It is iron pigment within the corundum which makes sapphire, blue. The mineral corundum also occurs in red tones, which are caused by inclusions of chromium; these are called rubies rather than sapphires. Pink-coloured corundum may be classified either as ruby or as sapphire depending upon locale.

Parti sapphires (otherwise known as bi-coloured or polychrome sapphires) boast two or even three colours. These mainly hail from Australia, but have also been found in Nigeria, Tanzania and Madagascar. Astonishing yellow tones appear frequently in typical Australian bi-coloured and tri-coloured parti sapphires. Parti sapphires differ from pleochromic (colour-changing) sapphires in that the colours of a parti sapphire don't merge. They are separated by a distinctly visible partition. This is a phenomenon known as **colour zoning** and the separate colours will all be visible at the same time, regardless of the viewing angle and/or light source. When it comes to the three main colours of parti sapphires, the yellow tones are imparted by iron impurities. green tones suggest higher concentrations of iron than titanium and blue tones suggest higher concentrations of titanium than iron.

Pleochroism is another optical property which is visible in some sapphires. Impurities of vanadium in particular can cause sapphires to appear to change colour under different lighting conditions. Rare and extremely precious orange and pink-hued sapphires are called **Padparadscha Sapphires**. The word, *Padparadscha*, means *aquatic lotus flower* in Sinhalese (the language of Sri Lanka) and refers to the remarkable tropical sunset colours that the sapphires share with lotus flowers, effectively straddling the colour boundary between pink and orange. This variety of sapphire gained a real surge in popularity in 2018, following the engagement of Princess Eugenie, which was marked with a padparadscha sapphire flower ring. Padparadscha sapphires have continued upon an upward trajectory in terms of value and appeal.



Some sapphires display an unusual optical property, caused by acicular impurities of titanium dioxide, which presents as rutile within the crystalline structure. The star-effect, also known as **asterism**, is caused by a difference in refractive index between the host material and that of the dense inclusions of the tiny rutile fibres. Star sapphires tend to be bluish-grey and milky or opalescent in overall clarity. They archetypically feature a six rayed stellate reflection and command high prices in the gemstone market.

Sapphires are among the most **durable naturally occurring elements in the world**. All corundum gems have the second highest Mohs hardness score among natural gemstones with a score of 9. Only diamonds exhibit greater hardness at a score of 10. Sapphires are therefore very resistant to scratching, making them an ideal choice for hardwearing jewellery such as rings. If they are not stored carefully, sapphires can very easily scratch other gemstones and precious metals.

Sapphires benefit from having no internal cleavage planes along which they can be easily split. Practically speaking, this means that sapphires actually have a greater resistance to chipping and shattering than diamonds! Corundum is also known for its high density, which is unusual for a transparent mineral.

As sapphire (whether natural or synthetic) is one of the hardest substances on earth, it has practical applications such as scratch-resistant glass for watch faces. Colourless synthetic sapphire is heated until it forms round masses, which are then sliced with diamond-coated saws. The resulting discs are then polished into watch faces, also known as **watch crystals**. The tools required to cut and polish such a hard material are very costly, but the end product features substantial durability. The Apple Watch Series 3 features lab-created sapphire crystal in its screen, as do several Swiss watch companies. Sapphire is also used for shatter-resistant windows, and electronic circuitry including integrated circuits and LEDs.

In 1981, Prince Charles presented a 12-carat blue sapphire engagement ring to Lady Diana Spencer. Their son, Prince William, later gave this ring to Kate Middleton when he proposed in 2010 - however, the British Royal family weren't the first to propose with sapphires: French Emperor, Napoleon Bonaparte, gave a sapphire engagement ring to his beloved wife, Josephine de Beauharnais in the year 1796. Josephine's ring, (which sold at auction in 2013 for close to a million dollars) features a tear-shaped sapphire next to a similarly cut diamond, on a simple gold band. The style of ring subsequently became a popular choice for lovers and is now known as **a Toi et Moi ring – meaning you and I in French**. Before the 20th, blue sapphires were the favoured gemstones for engagement rings and popular in Victorian times when sapphires surrounded by small diamonds were created to mimic floral designs.

The **Museum of Natural History in New York** is home to a sapphire of 563 carats called The Star of India this and several other famous star sapphires, such as the enormous 1404.49-carat Star of Adam and the 182-carat Star of Bombay, which is now housed by the Smithsonian Institution and happens to be the precise specimen from which the popular gin Bombay Sapphire took its name – were all discovered in Sri Lankan mines.

The 85-carat Tomahawk Tiger, found at Tomahawk creek in Queensland, is an outstanding example of yellow parti sapphire which features distinct blue banding. This sapphire was sold for a million dollars in 2010.

The largest faceted blue sapphire in the world weighs 486 carats and, though a gem of that size might seem as if it would be difficult to lose track of, it has been playing a game of hide and seek with the world since 1907. After the gem was discovered in Sri Lanka it was set into a ring and bought by an American collector. It vanished completely from the public eye at this point and took the best part of a century to resurface. It featured in 2004 at Christie's Magnificent Jewels auction and became the largest faceted sapphire ever to be auctioned. However it was very quickly bought and promptly hidden away once again.

Now on view with the other crown jewels in the Tower of London, another famous sapphire known as the Stuart Sapphire is believed to have been originally owned by English king Charles II. The stone featured in the imperial state crown which was worn by Queen Elizabeth II upon her coronation in 1953.

Far more recently – last month in fact, Sri Lankan authorities displayed what is thought to be the world's largest natural corundum blue sapphire on record, weighing 310kg (683 pounds). This monster sapphire was photographed at the home of one of the owners of the Ratnapuran gem pit in which the specimen was discovered. A group of Buddhist monks chanted blessings prior to the great unveiling of the gemstone to the crowd and cameras. International organisations are yet to certify the precious stone.

Gylden
Magick
May 2022

Sacred art: Teotihuacan Culture, Mexico

Collated by Gylden Fellowship





The Wonderful



World Famous

WANDERING WITCHES
2022

ARTS & CRAFTS
FAYRE

*40+ Stalls of
Spellbinding,
Magickal
Creations*

Live Music

Cafe



COWPLAIN
Activity Centre

Saturday May 7th

FREE ENTRY

10am ~ 3pm



Celestial notes

By Joanna Bristow-Watkins, Harmony Healing

We are very pleased to continue to feature **Joanna Bristow-Watkins** as one of our regular contributors for **GYLDEN MAGICK** 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

*I'll be running my next **Full Moon Guided Healing & Unity Consciousness Meditation** via Zoom on **Monday 16 May at 7.30-9.30pm (UK time = GMT+1)**. Participants all receive a deeply healing experience. Cost to participate is £20 by online BACS payment (small admin fee added for PayPal) or half price to RSE or Moon Course graduates. See **Harmony Shop** to book. All the equipment you need to take part via Zoom is a computer with a webcam and microphone. It's very easy to download and use.*

During these monthly sessions, we connect with other like-minded people and together we work through a mindful chakra balancing process using colours and etheric crystals, with the aim that all participants will experience a degree of unity consciousness. This activity serves as a good taster of my work in general and the virtual format of our Zoom-based programme. And, most importantly, it's a step towards making a difference to the global predicament. If you can't join our virtual healing share, but want to have distant healing sent to you, reply to this email with your name and you will be added to the absentee guest list.

*We have **Surrey Forest Bathing events** with Bluebells at Harry Edwards (Shere) on Sunday 15 May (full day event themed on Nature Angels) & Sunday 22 May, as well as London Forest Bathing in SW20 on Monday 9 May (during Mental Health Awareness week). This latter event is 11am-1.30pm at Cannon Hill, London SW20 and costs £35. Our inaugural 6-week Forest Bathing Series for the local branch of the mental health charity Mind starts 11 May. Book at **Harmony Shop** or email katie@harmonyinnature.uk to go on our Forest Bathing mailing list.*

*And my **Violet Flame of Amenti** virtual study course is starting again on the 12 May. **Reyad Sekh Em (RSE) Level 1** - our next interactive training course series starts with **Violet Flame of Amenti** on Thursday 12 May and will continue one unit at a time over the summer/autumn months. Harmony Healing activities are aimed at bringing harmony and wellbeing into your life. Currently, events are virtual, except for Forest Bathing+, hence distant readings and healings are proving popular and we have low cost **meditations** available as well as **distant 1-2-1 readings & healings**. Remember that **Harmony Healing gift vouchers** are available for use against any of our services.*

Times shown are UK times (GMT/UT+1).

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 featuring elaborate traditions involving May Poles, floral-dressed girls bedecked with flower garlands, Morris Dancers, Green Man imagery, hobby horses etc. We 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, ne'er cast a clout till May be 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.

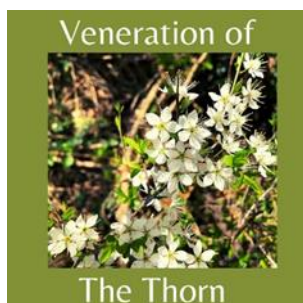


Sunday 1 May is May Day and Beltane - a Celtic word meaning fires of Bel (Bel was a Celtic deity). It is a fire festival that celebrates the coming of summer and the fertility of the coming year. Celtic festivals often tied in with the needs of the community. In springtime, at the beginning of the farming calendar, everybody would be hoping for a fruitful year for their fields and hence also their families. Beltane rituals would often include courting: for example, 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 or in the coming summer or autumn.

Sunday 1 May was also 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 traditionally invoked for freedom from slavery; many of her worshippers were freed slaves and plebeians and several were women seeking aid in sickness or for fertility. This Festival was celebrated by women only!

Monday 2 May, is the early May Bank Holiday in the UK (the first Monday after 1 May), with many towns and villages offering May Day celebrations. **Jack in the Green Festival** is held in Hastings, with four days of festivities around the May Day weekend. Since its revival in the 1980s the festival has become synonymous with the town of Hastings and is now one of its largest events.

Over the long weekend there is Morris dancing around the town, a traditional ceilidh and a sunrise ceremony to welcome in the dawn of summer on Sunday 1 May. Bank Holiday Monday is the highlight as the town turns green. A grand procession leads the giant foliage-covered Jack through the Old Town and up to the West Hill, where he is eventually 'slain' and the spirit of summer is released! (Image by Marti Dean, who also designed Jack's face for this 2022 festival programmes.) Hastings Jack in the Green is a hugely popular event so local roads and the A21 can get congested and car parking around the town is limited.



Wednesday 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 **Lunantisdhe** 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.

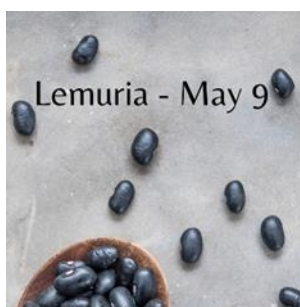
Wednesday 4 May, 3-4.15pm, Joanna's talk entitled 'The Great Escape; the Real Story' at the Guildford Institute, Ward Street, Guildford, Surrey GU1 4LH. Cost £5. Most places are reserved for members. Joanna will tell the personal story of her father who grew up in Guildford before becoming a WWII Mosquito pilot and a prisoner-of-war in Stalag Luft III where the Great Escape took place in March 1944.

Joanna first saw The Great Escape film as a young child and has assembled extensive research, her father's anecdotes and his wartime diary to give a fascinating insight into what it was really like for an RAF officer in the camp. Including: How ambitious were the preparations and plans? What actually took place on 24 March 1944 and what were the after-effects of this bold affront to the Nazi regime? The one-hour talk will cover: details of what actually happened on the night of the Great Escape (made famous by the 1963 Hollywood blockbuster), as well as how he survived the war, his lucky escape, and how he came to run five travel agencies in North West Surrey. You can book online via [Guildford Institute \(event ref T278\)](#) or by phone on 01483 562162.

Thursday 5 May (specifically Wednesday night/ Thursday morning) is peak of the ETA Aquariid Meteor Shower, see [rmg.org](#) or [EarthSky Website](#). Predominantly, this is a pre-dawn shower, that is one where the meteors may occur in the dark hour before dawn. The best display will rain down on the morning of the 5 May (the New Moon 30 April is close enough to help reduce light pollution), but these ETA Aquariids can appear any time between 24 April and 20 May.

Saturday 7 May is Surrey Day here in our locality. The fourth annual Surrey Day takes place on Saturday 7 May 2022, led by Visit Surrey and partners BBC Radio Surrey, Surrey Life Magazine, Surrey Lieutenancy and Local Food Surrey. Details on the [Visit Surrey](#) website.

Monday 9 May is the Roman Festival of Lemuria. This involved 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. I wondered if it was connected to the ancient land of Lemuria, believed to have been situated in the Pacific area near Hawaii, and a possible belief by the Romans that the land may have been destroyed violently (legend says that, like Atlantis, a disaster such as volcanic eruption or flood caused its destruction).



Monday 9-Sunday 15 May is Mental Health Awareness Week here in the UK, and the theme this year is **loneliness** which affects millions of people across the UK. Sadly, the series of lockdowns since 2020, won't have helped mental health at all, with loneliness and isolation a known cause of depression already. On the plus side, this last two years have put health and wellbeing in the public eye more than ever.



Monday 9 May, 11am -1.30pm, we kick off Mental Health Awareness Week with Forest Bathing+ at our London location in Cannon Hill Park, SW20, £35 (+ Paypal fee = £36.75). Immerse yourself in the healing elements of nature and connect deeply with all your senses. We will take you on a 2½ hour journey through the beautiful landscaped park, nestled in this little-known oasis of calm within Greater London. Through a selection of simple sensory activities, you will learn how to enhance your perceptions and slow down to focus on what could easily be missed. We end with a treelaxation. This is a deeply relaxing and rejuvenating experience. Some of the scientifically proven benefits of spending time in woodland include reduced stress levels, stronger immune system response, and a stabilised cortisol cycle. This session will take place in all weathers except 25+mph winds or electrical storms. Book via our the [Harmony Healing shop](#) or our [London Meetup](#). Email katieandjo@harmonyinnature.uk to go on our forest bathing mailing list.

Thursdays 12, 19 & 26 May = Harmony Healing Virtual Workshop: **Violet Flame of Amenti (Level 1)**, 7.15pm - 9.30pm (UK time/GMT+1 = UK & USA friendly evening hours), £88. 3 x 2¼-hour evening course, held remotely on Zoom. 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 Ausar (also known as Wzr or Osiris), brandished by 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 Melchisadec and Ariel. This course features instructions on the ancient alchemical properties of the Violet Flame and how to use it in your daily life. See [Violet Flame of Amenti](#) page for further details and to book. Worth 1 unit towards the [RSE Level 1](#), available at a special package rate of £266, which includes a personal angelic attunement, worth £33, created around your date of birth.

Friday 13 May is the Moon Lodge Healing Women's Circle, 7-8.30pm GMT, £15 + Eventbrite fee = £16.76. 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. Contact Sarah-Jane via crystalhealingbysarahjane.co.uk or email apriestesspath@gmail.com.

Saturday 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 Auset is praised for her gifts. It is a happy time for celebrating quests in life.

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

Sunday 15 May, 9.30am-4.15pm, All day cost = £77. A morning workshop covers guidance and practical experience on working with Nature Angels and integrating them into your life: -

Who were the Essenes and what is Essene Angelology?

The Law of Three and how to invoke an angel?

How might angels be experienced if you can't see them?

Connecting with the Essene elemental angels of earth, air, fire, water and spirit.

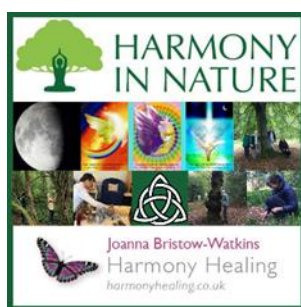
The Essene Angel Guardians of plants & trees, wild animals, wind, rain, mountains, seasons, nature's magic and nature's secrets.

Meditations with various elemental and nature angels throughout the workshop.

Morning session only: £50

Afternoon: Forest Bathing Session featuring channellings from the Nature Angels appropriate to the conditions of the day. Immerse yourself in the healing elements of nature and connect deeply with all your senses, especially in this glorious bluebell season. Spend 3 hours in the woods mindfully connecting to your surroundings and living fully in the present moment, guided by us in simple sensory exercises and a treelaxation. Some of the scientifically proven benefits of spending time in woodland include reduced stress levels, stronger immune system response, and a stabilised cortisol cycle. This is Forest Bathing+ session which will take place in all weathers except 30+mph winds. **Afternoon session only: £40.** Book at

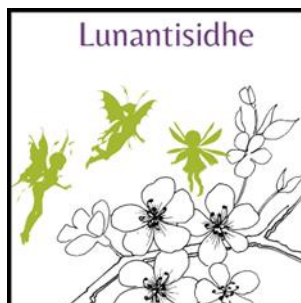
www.harmonyinnature.uk



Monday 16 May is the Flower Moon (and Total Lunar Eclipse) @ 05:15 UK time (Sunday night/Monday morning). Total lunar eclipses are sometimes called a Full Blood Moon Eclipse because of the orange-red glow the moon seems to adopt during the eclipse phase. Although the eclipse won't be visible in UK or much of Europe, it will still affect us energetically. It will be visible in South/West Europe, South/West Asia, Africa, Much of North America, South America, Pacific, Atlantic, Indian Ocean, Antarctica. More at timeanddate.com.

Between Full Moon and the next New Moon is considered as a good time energetically for detoxing the body. See below for our monthly [Full Moon Personal and Global Healing & Unity Consciousness Live Virtual Meditation](#) or, if you prefer instructions to meditate alone, see [Angela McGerr's Full Moon Meditation with Gabriel](#), from Angela McGerr's book A Harmony of Angels; signed copies of which are available from the [Harmony Shop](#). **Monday 16 May**, 7.30-9.30pm UK Time (GMT+1 which is also UT+1) is our [Full Moon Unity Consciousness Meditationn](#).

During this session, we connect with other like-minded people and work through a mindful chakra balancing process using colours and etheric crystals, with the aim that all participants will experience a degree of unity consciousness. Cost to participate is £20 by online BACS payment (£1 admin fee added for PayPal, concessions to RSE/VFoA graduates), book at the [Harmony Shop](#). 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.



Monday 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.

Sunday 20 May, 11am-2pm, Bluebell Forest Bathing+ in the grounds of Harry Edward's Healing Sanctuary, £35 (+ paypal fee = £36.75p).

Tuesday 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.

Sunday 29 May is the English Folk Festival of Oak Apple Day; held in honour of oak trees after Charles II escaped from Cromwell's army by hiding in an oak tree. Oak leaves are worn until midday. In May 1660, Oak Apple Day or Royal Oak Day was declared as a formal public holiday, to be celebrated in England on 29 May to commemorate the restoration of the English Monarchy. Although it was formally abolished in 1869, until national lockdown, the day was still celebrated in some parts of the country and is alternatively known as Shick Shack Day, Oak and Nettle Day, Yak Bob Day or Arbour Tree Day.



Monday 30 May is New Moon @ 12:32.

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](#) and/or [You Tube Page](#). New Moon is a good time to work on your Vision Board for the rest of 2022.

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 2022 Almanac. Whilst considerable effort is made to ensure accuracy, this is not an exact science and sources are sometimes contradictory!

Crystal quintessence

By Gylden Fellowship

Crystal essences, also known as gem elixirs, are classified in law as food, which means that you can ingest a few drops or a teaspoonful each day. The Gylden Fellowship stands at various holistic fayres are normally stocked with such essences and we'll be including such remedies at future MBS fayres.

What is crystal quintessence?

Quintessence refers to a perfect distillation of a substance, both crystalline or botanical. A crystal quintessence contains the healing resonance of particular stones, infused in sun-lit spring water with a preservative. It's a similar process to flower essences, but there is one key difference, i.e. whether one uses direct or indirect methods.

Not everyone understands that crystals can poison you. Some stones are toxic to touch in their rough states. Examples include malachite, sulphur and stones with radioactive properties. Other crystals, like selenite, are not good with water and quite a lot contain harmful minerals (eg copper) that are not good to ingest. So, it is worth asking any gem elixir vendor about the methods used, because a direct method of infusion should not be used with toxic crystals like malachite, serpentine, ruby or amazonite.

The direct method

All the Gylden Fellowship essences have been made, using the direct method - as the base stones have been safe crystals – rose quartz, citrine, blue lace agate, amethyst and snow quartz.



Some of our essences are known as *fusion elixirs*. That means the crystals have been placed in the spring water with flowers or fruits and left in the sunlight under a glass cover. With a fusion essence, one receives all the good energy of the crystal and the energies of the flowers.

The direct method involves choosing a safe crystal, normally a quartz or citrine or agate, based upon your intention – healing or ceremonial magick. The final elixir contains the quintessence of the crystal's energy, such as love from a rose quartz or peace from an amethyst. One of the Gylden Fellowship innovations has been to use sea shells (calcium carbonate) instead of a crystal – we used a set of purified scallop shells that had been in the ocean to produce a relaxing and calming essence, known as *Wave Magick*.

The direct method is simply direct infusion of the crystal in water in sunlight or moonlight. During this process (about 5 hours), the water is infused with the crystal's inner resonance. A note here about the **water** – try to use natural spring water from a glass bottle – tap water or plastic bottled water may be contaminated. One of the Gylden Fellowship flower essences used water from the Chalice Well at Glastonbury, which gave added "oomph" to the healing – it's your choice really.

Here's a summary of the direct process.

1. Purify and bless the selected crystal(s), stating the intent. The Gylden Fellowship essence for sleep issues (*Sweet Dreams*) used a set of different crystal energies in one infusion – amethyst, blue lace agate and snow quartz.
2. Add extra herbs or fruits as required, ensuring that these are fit for ingestion too.
3. Pour the spring water over the crystal in a glass bowl or dish.
4. Put a lid on the bowl or dish to prevent contamination.
5. Leave the mixture in direct sunlight or the light of a full moon for about 5 hours.
6. Remove the crystal from the infusion with non-metallic tongs (not fingers) and sieve off any added materials (eg flower petals) into a glass jug. Remember to give thanks to your deity after decoction.
7. To preserve the quintessence, add vodka (at least 40% proof) or brandy or vinegar or glycerol. This is your quintessence and it is for you to decide how to decant the tincture.
8. What we did (at Gylden Fellowship) was to order a whole consignment of 10ml dark glass bottles beforehand and decant about 20 bottles of each elixir for a show, labelled clearly for users. We recommend that 1tsp per day is fine, but vendors that use dropper bottles for elixirs may suggest 3-4 drops of their essence, three times a day.
9. Reserve jars of the main quintessence should be stored in a cool, dark place.

The indirect method

The indirect method is all about harnessing crystal energies from stones that cannot be placed in water that your users will be drinking – poisonous crystals or stones that dissolve in water. Here's a summary of the indirect process.

1. Purify and bless the selected crystal(s), stating the intent.
2. Place your crystals in a glass bowl or jar and seal it with a lid.
3. Place that jar within another glass bowl, filled with the spring water. Make sure the inner jar is stable and that no water can reach the crystals inside.
4. Leave the mixture in direct sunlight or the light of a full moon for 4-5 hours.
5. Remove the jar of crystals.
6. Remember to give thanks to your deity after decoction.
7. Pour the infusion from the larger bowl into a glass jug.
8. To preserve the quintessence, add vodka (at least 40% proof) or brandy or vinegar or glycerol. This is your quintessence and it is for you to decide how to decant the tincture.
9. Clean everything used and store safely for future use.

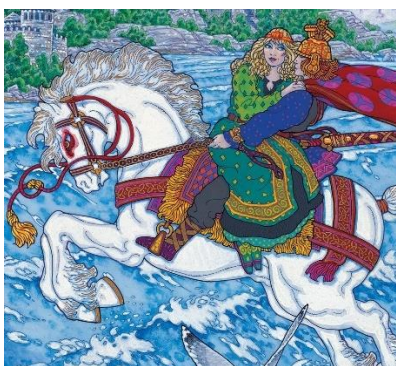


Tales for spring evenings: Oisín

By the Storyteller

This tale comes from Ireland and it falls into the general category of Celtic mythology, featuring the Tir na nOg. **Editor's note:** a collection of the Storyteller's tales, *Winter Chills*, has been published on the **Gylden Fellowship** website and is free to download.

The best-known tale of Tir na nOg is the story of the young Irish warrior, Oisín, son of Finn (if you're reading this to someone, Oisín is pronounced **O Sheen or Ur Sheen**). He fell in love with the flame-haired maiden, Niamh (phonetically, that's **Neeve**), whose father was the king of Tir na nOg. They crossed the sea together on Niamh's white mare to reach the magical land, where they lived happily for three hundred years.



Despite the eternal joy of Tir na nOg, there was a part of Oisín that missed his homeland and he occasionally felt a strange longing to return to Ireland. Finally, Niamh knew she could hold him back no longer, and sent him back to Ireland and his tribe, the Fianna.

Oisín travelled back to his home on the magical white mare, but when he arrived, he found that all of his friends and family were long dead, and his castle overgrown with weeds - after all, he had been gone for three hundred years.

Oisín turned the mare back to the west, sadly preparing to go back to Tir na nOg. On the way, the mare's hoof caught a stone and Oisín thought to himself that if he carried the rock back with him to Tir na nOg, it would be like taking a bit of Ireland back with him.

As he leaned down to pick up the stone, he stumbled and fell - and instantly aged three hundred years! The mare panicked and ran into the sea, heading back to Tir na nOg without him. However, some fishermen had been watching on the shore and they were astonished to see a man age so fast. Naturally, they assumed magic was afoot - so they gathered up Oisín and took him to see Saint Patrick.

When Oisín came before Saint Patrick, he told him the story of his red-headed love, Niamh, of his journey and of the magical land of Tir na nOg. Once he was finished, Oisín crossed out of this lifetime and he was, at last, at peace.

Crystal clear: kunzite

By Charlie Foreverdark

Kunzite is a personal favourite of mine. The seductive and feminine pinks remind me of the wisps of cloud that feature in a really blazing sunset or sunrise - at times when the sunlight must pass through the most urban atmosphere and the smog scatters the sunlight into astonishing bands of pink and purple. Kunzite features these same delicate hues of pink, lavender and lilac.

It is named after jeweller and gemmologist George Frederick Kunz, who identified it in 1902, kunzite is the **best-known variety of the mineral, spodumene**. George Frederick Kunz is well-known in the world of crystals and gemstones; his expertise caused him to become vice-president at jewellers Tiffany & Co, by the age of 23. In 1913, in his book, *The Curious Lore of Precious Stones*, Mr. Kunz proposed a list of alternative American sourced birthstones. He reasoned that it would be more in keeping with the spirit of patriotism for American citizens to accessorise with gemstones which were native to American states. In this list, he marked Californian kunzite for September.

The first kunzite deposit was discovered in the Pala Mountains of San Diego in California, where comparatively recent discoveries of large deposits of lepidolite, tourmaline and amblygonite have also been found. Kunzite has subsequently been discovered in Brazil, Madagascar, Myanmar, Mexico, Sweden, Burma and Afghanistan, with smaller gem-quality deposits in Canada, Russia and Western Australia. Upon its initial discovery, pink kunzite was traded under the name, **California Iris**.



Kunzite tends to be transparent, but can also come in translucent or even opaque varieties. It is a highly lustrous mineral with pink, lavender and violet tones which come from minor inclusions of manganese. Generally speaking, it is the brightest coloured specimens of kunzite which carry the highest price tags. Patroke Kunzite (named after the Afghanistani mine from which it hails) is highly prized for its particularly vivid and highly saturated pinks and lilacs. Most other kunzite tends to favour the softer and more pastel pink tones.

Kunzite is subject to an interesting phenomenon called *phosphorescence*, which means that it is able to absorb and retain ultraviolet light and release it gradually. This gives it the ability to luminesce (glow) in the dark. This luminosity is even more pronounced when subjected to the effects of ionising radiation using radium bromide in a laboratory. It is not recommended to keep kunzite specimens in direct sunlight or extreme heat for prolonged periods of time, as the stone is subject to fading. Indeed, kunzite is often described as **an Evening Stone or Midnight Stone** due to its sensitivity to light. Although the colour-fading is a gradual process, many people still prefer to reserve kunzite jewellery for evening-wear so as to avoid excessive exposure to sunlight. Some types of

kunzite are intensely pleochroic, meaning that the colour display and intensity are subject to change when viewed from different angles. This quality can be enhanced by careful faceting of the stone.

Kunzite is composed of lithium, aluminium and silicate. It exhibits perfect cleavage, a trait it shares with diamond and topaz. The perfect cleavage of kunzite is exhibited in two directions, meaning that although the stone ranks around 7 on Mohs hardness scale, the perfect cleavage renders it with a poor toughness rating. Gemstones with perfect cleavage can be somewhat challenging to cut and polish. For softer stones, a protective bezel setting is typically favoured. Jewellers will often incorporate kunzite into pieces that won't experience excessive wear, such as earrings, necklaces, pendants or brooches.

In terms of **formation**, kunzite is constitutionally complex and fairly liable to alteration. It forms in flattened monoclinic crystals with vertical striations parallel to the principal axis. However, if the temperature conditions of the surrounding environment exceed 900°C, then spodumene will favour crystallisation in the tetragonal system, as opposed to the monoclinic. Individual spodumene crystals of around 47ft in size have been uncovered in the Black Hills of South Dakota USA. Fine quality kunzite crystals are not uncommon in weights exceeding 20 carats. Kunzite ranks 6.5-7 on Mohs hardness scale. In terms of other pink-hued gemstones, it is similar in hardness to rose quartz, but a softer mineral than pink sapphire, morganite and pink spinel. Kunzite tends to be transparent, with only very occasional inclusions and internal imperfections. Occasionally, rutilated specimens are found.

Kunzite (and, indeed, the entire spodumene group) are an important industrial **source of lithium**, used in the manufacture of ceramics, mobile phones, car batteries and also in mood-stabilising medicines used in the treatment of manic disorders.

Going back to mineral spodumene, the name comes from the Greek word, *spodumenos*, which translates to **burnt to ashes**. It is likely a reference to the more typical silvery light grey colours of the mineral. The colour variation of spodumene extends beyond the greys and pinks though; Far rarer and more coveted examples include yellow (which tends to be coloured by trace elements of iron) and also a range of medium to deep greens (which are coloured by chromium inclusions).

The commercial names are Green Kunzite, White Kunzite and Yellow Kunzite; however, these alternative colours are often referred to as **Hiddenite** after the location of their initial discovery and, perhaps, this name is doubly apt, as whilst pink Kunzite is fairly commonplace, these other hues are virtually unobtainable - most certainly, well hidden.

Kunzite cannot be lab-grown, so there is no synthetic kunzite. However, kunzite can be imitated. Be wary of terms such as kunzite quartz or kunzite cubic zirconia (CZ). The use of the word, kunzite, in these stones refers only to the pink colour, and not the mineral. One example of fake kunzite, which tends to surface most frequently on the crystal market is pink lazurine - a synthetic lab-grown quartz variety.

The colour of kunzite can be artificially enhanced by irradiating and then heating the crystal, but all reputable gemstone purveyors will be able to advise you of any treatments or enhancements that their gemstones have undergone.

Crystal clear: photos from Nick the Witch's collection



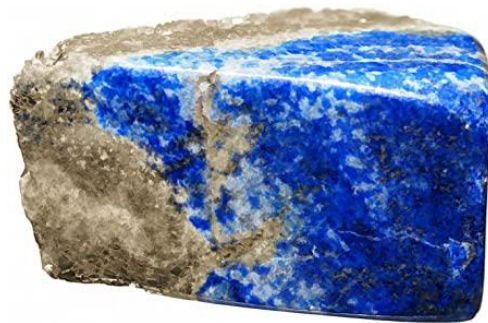
Sunstone tower



Blue labradorite freeform



Namibian amethyst



Lapis lazuli freeform



Citrine rough

Foraging for crystals

By Gylden Fellowship

This article looks at foraging or seeking magickal stones from within the natural environment of the UK. There's nothing wrong with buying rough or tumbled crystals at a fayre or MBS event, but it's worth asking whether such crystals have clean energy, as opposed to using sage smudges, moonlight or running water to cleanse the crystals. It may be easier (and cheaper) to collect your own stones rather than simply buying stuff from crystal traders. At least, you can then be sure about the origin of the stones and it's your energy inside them.

Rough stones OK, you're not going to be finding gemstones or polished semi-precious crystals just lying around, but there's also a lot that can be obtained by foraging in the same way, as some of us forage for herbal materials. Here's a list of **some common crystals that can be found around our country**.

- Sea glass – Durham coast, Brighton, Lyme Regis and Cornwall
- Opal – Northern Ireland
- Agate – beaches along the Yorkshire coast
- Jasper – Scotland (red and yellow jasper)
- Amethyst – Scotland
- Smoky quartz – Scotland
- White quartz – Northern Ireland
- Aquamarine – Northern Ireland
- Hæmatite – Northern Ireland
- Calcite – Northern Ireland
- Jet – used to be very common around Whitby
- Amber – was common in the Isle of Wight and Suffolk coast
- Topaz – Cornwall and Devon
- Tourmaline – Cornwall and Devon
- Fluorite – Cornwall and Devon
- Blue John or Diana Maria fluorite – Derbyshire and Durham area.

A few gemstones, such as diamonds, sapphires and beryls – these are isolated finds from Scottish and Northern Irish sources. UK beach stones (from many sources) tend to include quartz, chalk, slate and fossils.



Apart from stones, both Cornwall and Devon used to be **major centres for mining** tin, silver and copper in pre-Roman times. Before the Saxon Shore, as it was known, was occupied by the Saxons – much of the Sussex and Kent area was mined for flints and one can still find flint arrow heads today.

Gold can still be found in Northern Ireland and Wales. If one visits an area that is known for commercial pearl industry, it's still possible to find a pearl from oysters in the wild, but this is rare.

So, what's a hag stone then? Well, it's a stone with a natural hole in it, caused by water attrition over the years or erosion from an adjacent stone or even from the movement of small animals through the stone. Hag stones are also known as:

- Witch stones
- Adder stones
- Serpent eggs
- Druid's glass (thought to give protection from eye diseases).

Foraging for hag stones can be more rewarding from UK beaches than for semi-precious stones. The most common hag stones are made of softer rock like limestone or chalk, although erosion may result in flint hag stones too. There are many **magickal uses for hag stones**, from healing to divination – the list below gives an idea of the range.

1. Hag stones are like amulets to ward off evil charms or nightmares.
2. A hag stone allows one to see the færy folk.
3. Linked to this, a hag stone protects against færy glamour.
4. Druids used hag stones for divination.
5. Witches used hag stones for focus and concentration.
6. Hag stones were also used as protection against witchcraft or demons, perhaps on boats, on necklaces or around the house.
7. Wearing a hag stone necklace is said to prevent dis-ease.
8. It is claimed that rubbing a bruise or wound with a hag stone will aid in the healing process.
9. Using the hole in the hag stone as the point of focus, is an aid to meditation.



Crystals and Fair Trade

By Nick the Witch

With regard to Fair Trade (FT) stuff, there is both good news and bad news. The good news is that it is possible to buy lots of items that are validated by the FT organisations with the label, for example:

- Coffee, tea, wine and cocoa
- Sugar, chocolate and honey
- Bananas and other fresh fruit
- Cotton.

The bad news is that no gemstones or healing crystals have been certified as FT: the only precious metals that are FT are gold and silver. Any buyer should ask a trader about a product's origin. Platinum is not FT at present, but it is possible to source ethically recycled platinum for jewellery.

Pagans need to be aware that many traders devise their own standards to label ethical crystals or stones. Such standards may be based on international guidelines, but there is no inspection or third-party quality audit of these schemes. The main reason why crystals and gems are not included in the FT standard is due to the fact that every mine operates differently because of:

- Types of stones mined
- Geography of the local area
- Local climate
- Traditional mining methods of the sourcing area, eg on a small scale with only a few people.

If you want to buy crystals or gems for, say, magickal healing or altar decoration, it is worth checking for the following information from the trader.

1. Are the stones sourced from organisations that work with small-scale miners?
2. Do these mines avoid the use of child labour?
3. Do these mines use workers of both sexes?
4. Are the source organisations dedicated to educating the smaller mines on proper health and safety methods?
5. Are the methods of mining safe?
6. Are the mines located in environmentally safe areas, namely not national parks?
7. Are the mines located in areas of recent wars?
8. After mining is completed, will the sourcing agent restore and replant the mine sites. For example, when sapphire mines in Australia were exhausted, the sourcing organisation there (Columbia Gem House), ensured that the site was restored to grassland for farming.

Note: if the trader cannot give you these answers, then it's *caveat emptor*, but I would suggest that crystals of uncertain provenance are less good for healing.

Any FT standard looks at **protection for the environment**, during mining, cutting, and jewellery manufacturing. Unlike mining for most minerals, gems are usually mined by hand. Small hand-held tools minimise the lasting impact on the surrounding environment. A gemstone miner is much more likely to use a shovel or a basket than an earthmover.

Most small-scale mine workers live near the mine workings and it is important that any mine leaves as much vegetation (as possible) untouched to reduce the impact on wildlife habitat. This is another point that should be checked by the sourcing agent. A mining operation moves a lot of earth and rock, but streams and aquifers need protection too, as do marine life.

If possible, the trader should be asked whether the source agent for the stones can guarantee **fair dealing for the miners and workers in the cutting shops, such as:**

- No child labour
- Minimum wages
- Good health and safety, eg dust control in the cutting areas
- Comfortable working conditions
- Training and qualification of skilled workers
- Equal opportunities.

Some sourcing agents go much further than these basic rights. For example, the sourcing company built a school for the children of workers at the Chimwadzulu Mine in Malawi (where a rare ruby is mined). With an attendance roll of 950, it also provides needed educational services for all the village children. Non-agricultural work is rare in this part of Malawi and infrastructure is almost non-existent. Other sourcing agents look toward their workers' health and provide small medical clinics, build freshwater wells and replant forests.

The road from a gem being taken from the earth to display in a shop or trade fair is not straightforward. Most buyers are aware that many crystals are either dyed or grown in a laboratory, but there are other links in the supply chain that can be checked before purchase. A dealer should be able to guarantee **the integrity of each stone.**

- Quality
- Location of the mine - some dealers operate a strict chain of custody, to assure customers of the path of a stone from mine to shop
- How the gem has been cut or faceted
- Whether the stone has been enhanced in any way, eg heating to improve colour – this often occurs with rubies and sapphires
- Whether any synthetic substances have been mixed in the stone – this is particularly true with quartz
- Some stones are mixed with glass or via a process known as fracture filling to add synthetics
- It is possible to ask a dealer for an origin report on a valuable stone and a scientist can look for clues to a gem's origin.

Note: for integrity reasons, crystal healers prefer to either forage for their own crystals or buy rough, untreated stones.

It is important to show the link to the mine for lots of reasons - as a crystal healer, I feel that a link with the environment of the mine adds to the energy of the crystal. Many people know that coffee comes from Colombia, but how many know that some of the best rubies and sapphires come from Malawi?

The actual export chain process can be demonstrated by a crystal dealer via a complete chain of custody documentation for each stone. Thus, all transactions and transfers of goods and monies are handled in a legal and transparent manner, according to local laws.

Any shipments into the UK should include an official invoice that shows real and accurate values. The official invoice is also used to remit payment by online banking or bank order to an official bank account supplied by the supplier. Such papers help to avoid the scam of buying gems as part of money laundering.

The *Earth to Pocket* initiative emphasises the importance of sourcing crystals that already have clean energy rather than using running water, sage or moonlight to cleanse new crystals. Similar to the Seed to Plate organic food movement, *Earth to Pocket* dealers buy tumbled stones directly from mine owners/ gem tumblers who can verify the origin of their products and mining conditions.

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