



Gylden Magick

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Nov. 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.

The **Gylden Community** is one of the most extensive pagan libraries in southern England. Its website, www.gyldenfellowship.co.uk, is growing too and we welcome new members constantly.

First things first though – we've decided to continue with the longer version of our magazine in our 5th year of publication, from September. So, our **Frost Moon** issue comes in at **26** pages, with lots of different topics. There are some longer pieces, to give authors more space. Most of our contributors come from the Gylden area, providing a mix of magick, wisdom and stories. Past editions of **GYLDEN MAGICK** can be

accessed on our website and on Facebook too.

This issue has an **enchanted flavour to it**. Earlier in the year, a dear friend gave me a book about nature spirits. Written by R Ogilvie Crombie, it's well worth a read – I was so entranced by it that I finished it in three sessions over 2 days. If any of you have read the **Wind in the Willows** by Kenneth Grahame, the Crombie book put me in mind of the chapter entitled, **The Piper at the Gates of Dawn**.

Nature spirits notwithstanding, I've just completed a month's intensive **shamanic training with Denise and Meadow Linn** – we'll look at some of the themes in future issues. **This month's edition features** some key festivals, including Lunantshees and the birthday of Guru Nanak, founder of Sikhism. There's also a piece on

Lemurian quartz from Charlie, khemitology, wildlife news, celestial forecasts, seasonal magick and astrobiology from Mark.

Anything else? Oh yes, the title – we never forget that our faith is based upon Nature and that our strength comes from earth magick, regardless of the diversity of pagan pathways.

Many of our annual festivals are based upon the light, e.g. the solstices and the equinoxes, as significant to us today as to our ancestors. Talking of festivals, it's great that several are starting up again.

For more info, why not join the **Gylden Fellowship** community on Facebook today and catch up on our news?

Contents: November 2022

Crystal clear: Lemurian quartz by Charlie Foreverdark	Pages 3-5
Photos: sacred art of the Sikhs collated by Gylden Fellowship	Pages 6-8
Samhain notes by Gylden Fellowship	Page 9
Environment the Wainwright Prize 2022 by Gylden Fellowship	Page 10
Celestial forecasts and khematology by Joanna Bristow-Watkins	Pages 11-14
Folklore: Tales for darker evenings – The Daemon Cat by the Storyteller	Page 15
Winter spells by Nic the Witch	Pages 16-18
Poetry by Rebecca Granshaw	Page 19
MBS – Christmas spiritual market by Paula Restall	Page 20
Forest bathing - update by Joanna Bristow-Watkins	Pages 21-22
Sussex seasons awards by Sussex Wildlife Trust	Pages 23-24
Astrobiology by Mark Sharpen	Page 25
Gylden contact info	Page 26



Crystal clear: Lemurian quartz

By Charlie Foreverdark

As if the impressive natural geological formation of uniform striations in quartz specimens wasn't impressive enough as a stand-alone feature, Lemurian quartz specimens are believed by some to harbour the knowledge and healing powers of a long-lost civilisation.

The original and authentic Lemurian crystals came from Sierra Do Cabral; a Brazilian mountain in the Diamantina region. However, the term has become an overused trade name, which now incorporates a range of striated (and even some non-striated) quartz specimens.

Lemurian quartz crystals have distinctive growth lines across one or more of their facets. These lines are known as striations, and consist of perfectly formed laddered grooves, similar in aesthetic to bar coding. They are perfectly visible to the naked eye and render a distinct texture which can be easily felt with a thumb or finger.

The shape and structure of the crystal are also distinctive and definitive characteristics of Lemurian quartz; traditional Lemurian crystals have a hexagonal base and three of the sides generally taper inward towards a triangular tip. The striations typically occur on alternating facets and it is the non-tapered sides which tend to feature the striations. The interior of the crystal is most commonly translucent, but some examples are beautifully transparent and others are almost entirely opaque. The colouring can be influenced by the presence of trace minerals, as with other types of quartz. They can be red or pink hued from inclusions of hematite, they can also be tourmalated (long, narrow inclusions of tourmaline), they can feature yellow tones or smoky colouration.

The normal properties of quartz apply: they are a 7 on MOHs hardness scale. Traditional Lemurian quartz crystals originate from Brazil, specifically the Columbian and Diamantinian regions, but striated quartz can actually be found all over the world. There are many claims as to the difference in perceptible energy of a "genuine Lemurian quartz crystal" and a standard striated quartz crystal, but actually there is no geological difference. The term, **Lemurian**, is essentially little more than a trade name.

Though there are many theories floating about, which claim to offer up metaphysical explanations for the strange markings on these quartz crystals, geologically speaking, striations are a product of the quartz's crystal habit. **Crystal habit** references the tendency for mineral specimens to repeatedly form characteristic shapes, influenced by the atomic structure of the mineral. These shapes can also be influenced by the environment in which the crystal grows.



The most common cause of striations in quartz is the convergence of two crystal faces, whereby the formation of one face overtakes the formation of another. Quartz crystals are comprised of a combination of two triangular prisms and two rhombic pyramids, which form the triangular faces of the terminations. Perpendicular

striations along the crystal length are caused by the juxtaposition of the prismatic face with the terminal rhombohedral face. The hairline grooves tend to feature only on the prismatic faces, meaning that Lemurian quartz crystals alternate through grooved and then smooth faces. Whilst striations are a marked feature of this particular type of crystal, they are not unique to Lemurian quartz. Quartz crystals from Arkansas and Colorado have also been discovered with similar striped grooves, but these examples tend to feature uniform striation across all sides of the crystal, unlike the traditional Lemurian crystals where the facets alternate between smooth and striated.

The term, **Lemurian lines**, is an extension of a narrative used within the world of crystal healing to describe the naturally occurring striation caused by crystal growth irregularities. As mentioned above, the ladder-like grooves are the physical result of atomic-level dislocations within the crystal lattice. However, there is a metaphysical theory that paints a very different picture - the term, **Lemurian crystal**, was first coined in the early 1990s by lithotherapist, Katrina Raphaell. She connected these unusually marked quartz crystals with a legendary race of spiritually advanced human ancestors known as the Lemurians, who inhabited a now sunken land-bridge between India, Africa and Australia. According to Raphaell, the sensitive and highly developed Lemurian race actually physically encrypted each of the quartz crystals with sacred and secret messages of unity and healing, eventually planting them in the Earth for future generations to uncover and decode. Though the idea of an ancient landmass is geologically plausible, there is no evidence that any such ancient civilisation of human ancestors ever existed.

Lemurian crystals are delicate and fragile in their formation and will often naturally detach from crystal clusters, falling to the floors of Brazilian caves. When ancient communities encountered these caves and discovered the crystals waiting for them on the ground, they believed them to be seeds of knowledge, planted for the taking. This is where the name, *seed crystals*, comes from.

Lemuria was the name of a hypothesised ancient continent, first proposed by British zoologist (Philip Lutley Sclater) in 1864. His theory came at a time when the science of evolution was still in its relative infancy; similarly plausible proposals of sunken land masses fascinated several of his contemporaries and Sclater was not the first to promote the theory of ancient land bridges, nor a sunken continent in the Indian Ocean. Sclater theorised that Lemuria had once stretched across the southern Indian Ocean in a triangular shape, connecting India's southern point with southern Africa and Western Australia. The eventual submersion of the landmass into the Indian Ocean accounted rather neatly for the present distribution of species, offering a plausible explanation for certain discontinuities in biogeography. Specifically, Lemuria was proposed to account for the presence of the fossils of lemur and other related primates in Madagascar and India and the absence of such fossils in Africa and the Middle East.

Theories about a Lemurian land bridge were mostly discounted in the 1960s, when evidence supporting Alfred Wegener's 1912 theory of continental drift was accepted by the wider scientific community. Despite being largely debunked, the myths of Lemuria lived on in the esoteric communities, with some even believing that it was a primeval home to a race of now-extinct Lemurian human ancestors, who flourished alongside dinosaurs and eventually evolved into the lemurs of today!

In 2013, mineralogical assessment and geological studies of plate tectonics verified the plausibility of a connecting landmass, which had subsequently disappeared into the Indian Ocean around 84 million years ago, during the time when this region of Earth was still forming the shape it holds today. Scientists refer to this as *Mauritia*, rather than Lemuria. Although this does correspond with Sclater's claims about a lost continent, biological studies disprove any idea of an ancient race of Lemurian beings, which evolved into lemurs. *Mauritia* disappeared 84 million years ago; however, lemurs didn't evolve on Madagascar until about 54 million years ago when they swam to the island from mainland Africa.

Nevertheless, the idea of a long-lost primordial cradle of mankind's ancient origin was intriguing enough to pseudoscientific and esoteric groups, and many authors incorporated this theory into their theologies and cosmologies. "Lemuria" appears to have first entered the lexicon of the occult through the works of Russian philosopher, **Helena Petrovna Blavatsky**, who centred the mythical Lemuria in her mystical-religious doctrine known as Theosophy. She claimed to have obtained ancient knowledge via astral clairvoyance, confirming the existence of an ancient root race of human ancestors, that she referred to as Lemurians. These beings were described as tall, hermaphroditic, egg-laying creatures with androgynous body types, four eyes and four arms. Blavatsky claimed that they were a highly evolved and spiritual ancestral race.

Her writings had something of an impact on Western esotericism, popularising the myth of Lemuria and its mystical inhabitants. The legend of Lemuria is long and complex: in 1894, Frederick Spencer Oliver published works which claimed that survivors from the ancient civilisation of the sunken continent of Lemuria were living in a complex of underground tunnels beneath the volcano Mount Shasta of Northern California. Other theories put forward suggest that they eventually interbred with the legendary Atlanteans, creating the indigenous aborigines of Australia.

As with the majority of esoteric wisdom, there is still much debate over the accepted narrative. However, several of the theories do support the link between the unusually marked Lemurian quartz crystals, and the recording of an ancient system of higher knowledge. According to the legend, the Lemurians allegedly predicted a catastrophic apocalyptic event, and in order to preserve and transmit their customs and wisdom they used their remaining days to programme and prepare quartz crystals with coding of their advanced cognisance. Several different occult belief systems still incorporate the idea of ancient Lemurian memory being coded into quartz crystals and some even have various theories on how the spiritual inner wisdom of the Lemurian race can be accessed in order to achieve "ascension" today.

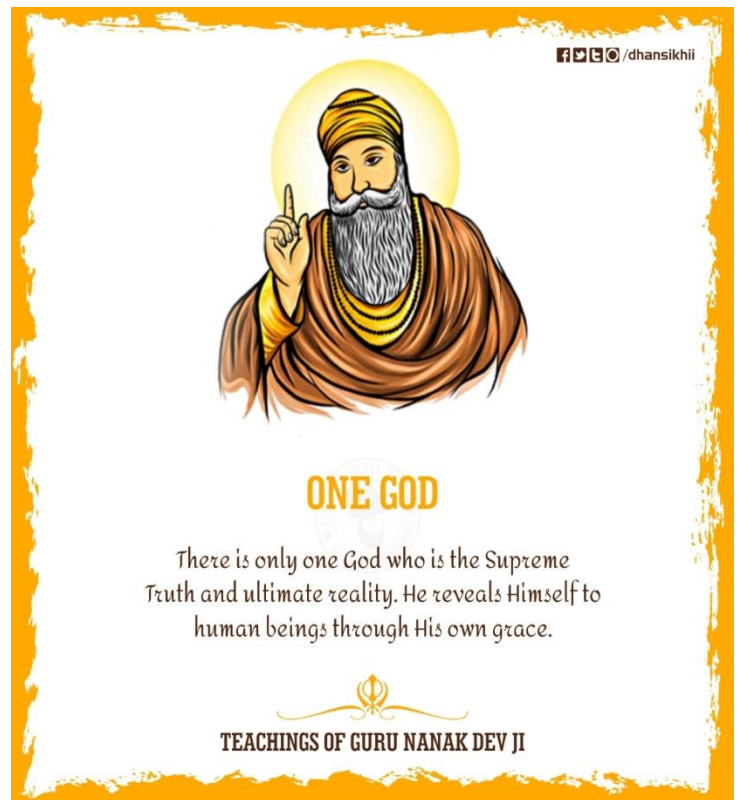
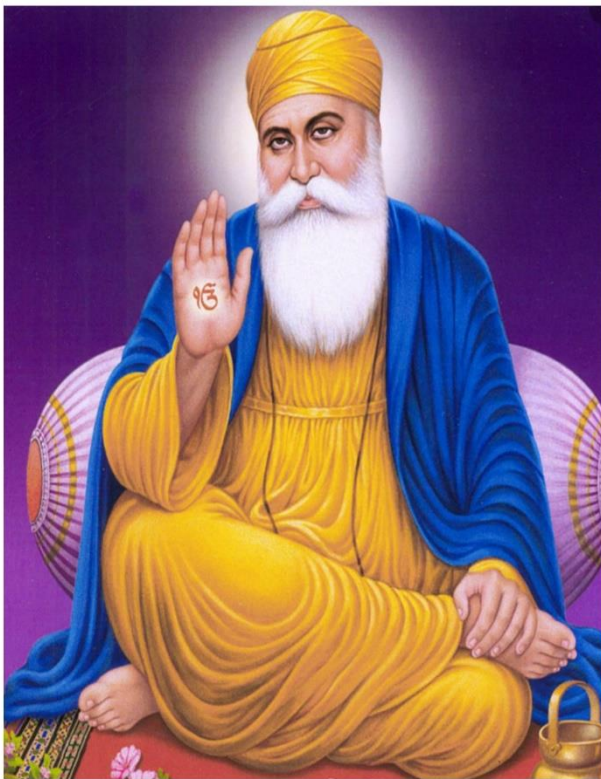
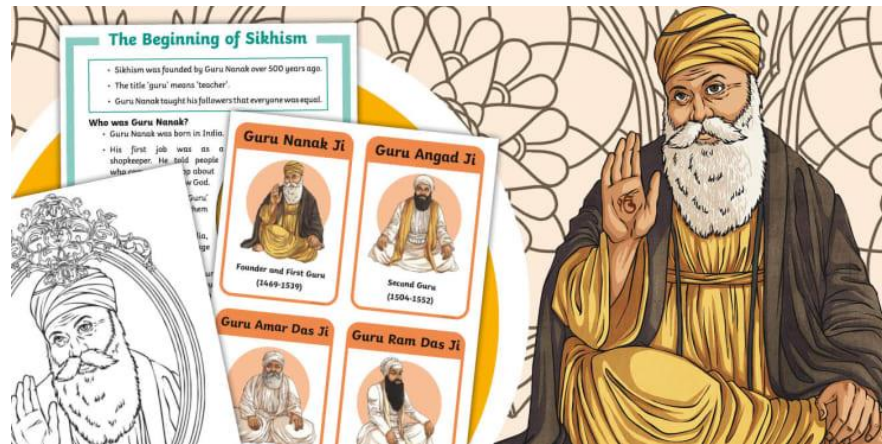


In terms of obtaining a Lemurian quartz specimen for your collection, the fact is that you really don't have to pay thousands of pounds for striated quartz. Though impressive, it isn't necessarily rare. It is the narrative, rather than the material that you will end up paying over the odds for. Many crystals portrayed as being Lemurian do not even feature the characteristic striations, which is completely contradictory to their main point of intrigue! Some polished spheres and points are purported to be made from Lemurian quartz, but it would pay to keep in mind that the majority of dealers in reality wouldn't have a clue whether the quartz spheres on their shelves had actually been cut from so called Lemurian/ striated quartz!

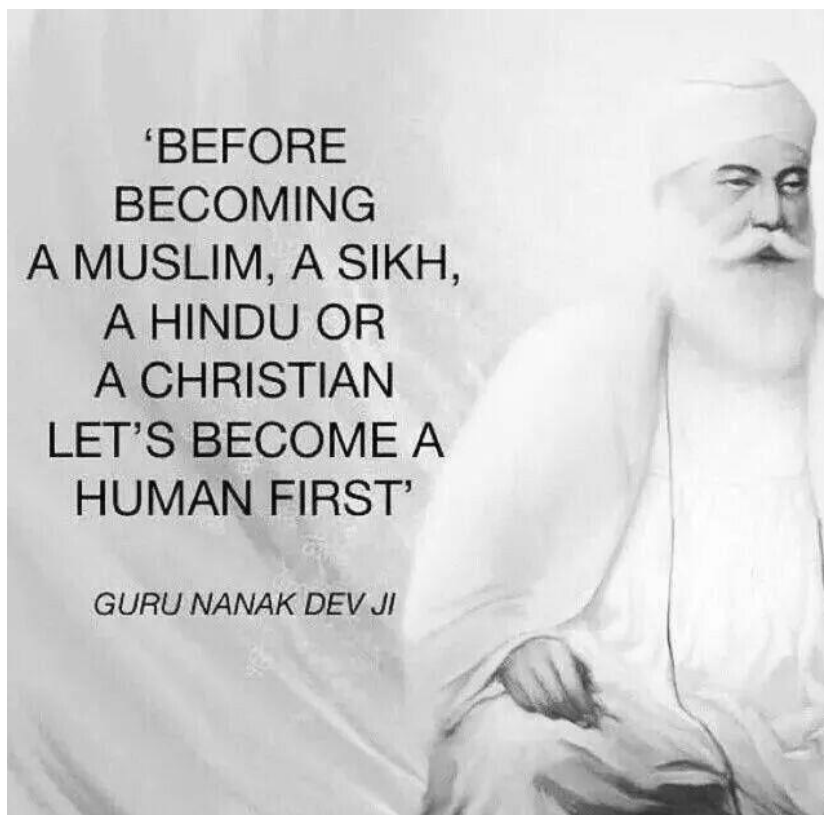
Gylden
Magick
Nov. 2022

Guru Nanak and Sikhism

Collated by Gylden Fellowship







Samhain notes

By Gylden Fellowship

Samhain (pronounced **sow-wen**) is a Celtic fire festival, at the mid-point between the autumn equinox and the winter solstice. It is both the end of one year and the start of the next - this year, it ran from the evening of 31 October to the evening of 1 November, but the Celtic festival lasted 3-6 days and astrological Samhain falls on 7 November. And this is the point really – the druid seasonal cycle had 4 fire festivals and 4 light-related feasts.

Most were community events for all in the Celtic settlements, both farmers and druids with ritual bonfires and feasting. Samhain marked the end of the harvest season (end of summer) and the beginning of winter – in fact, the Saxons described it as the Feast of Winter. However, the names of the festivals are different for those following a druidic path. (**Editor's note: our website, www.gyldenfellowship.co.uk contains regular blogs of sabbat info with lots of detail.**) Here is a list of the druid festivals, with the common names in brackets.

Samhuinne (Samhain) – translates as summer's end.

Alban Arthan (Yule) - translates as the light of winter for the mid-winter solstice.

Oimealc (Imbolc) – translates as ewes' milk, because of the start of the lambing season.

Alban Eilir (Ostara) - translates as the light of the earth for the spring equinox.

Bealtainne (Beltane) - translates as bright or brilliant fire for the start of summer.

Alban Hefin (Litha) - translates as the light of the shore for the mid-summer solstice.

Lunasa (Lughnasadh) - translates as the celebration of Lugh, who was symbolic of the grain harvest.

Alban Elfed (Mabon) - translates as the light of the water for the autumn equinox.

While we're celebrating, please spare a thought for all those who are less fortunate than ourselves – the hungry, those in poverty, the sick or disabled and the homeless. As we remember the ancestors in our own families and those who fell in war, can we (in **Gylden Fellowship**) urge you to light a candle and remember the forgotten dead?



Martinmas falls on 11 November and marks the feast day of Martin of Tours. He was known for conversion of pagans, but many pagan traditions were absorbed into the Martinmas feast - the slaughter of cattle, poultry or pigs, salted to provide meat over the winter. In Ireland, stock on St. Martin's Eve, sprinkling drops of its blood on the threshold and the 4 corners of the house, to drive off any evil spirits and to ensure prosperity for the coming year. This is where the custom of the Martinmas pig came from, cooked for the feast with an apple in its mouth.

Environment: the Wainwright Prize 2022

By Gylden Fellowship

The Wainwright Prize is named after **Alfred Wainwright**, the author of the famous fell walking series, the *Pictorial Guides to the Lakeland Fells*. Created to celebrate nature-writing and encourage exploration of the outdoors, the Wainwright Prize was initiated in 2014 by Frances Lincoln, publishers of the Guides. It has been administered ever since by the independent Literary Marketing Agency; AGILE.

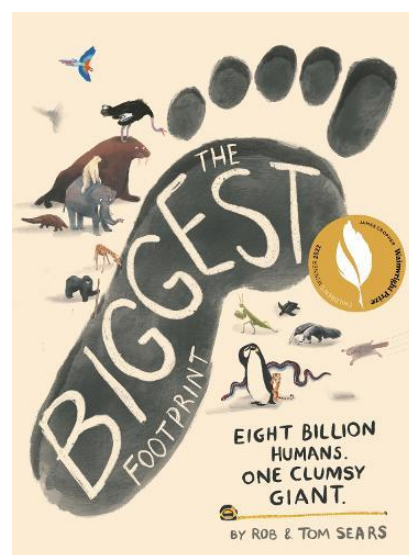
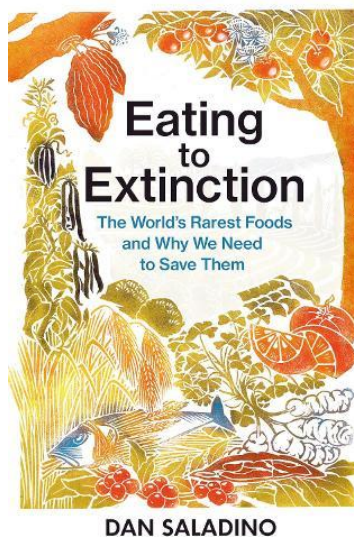
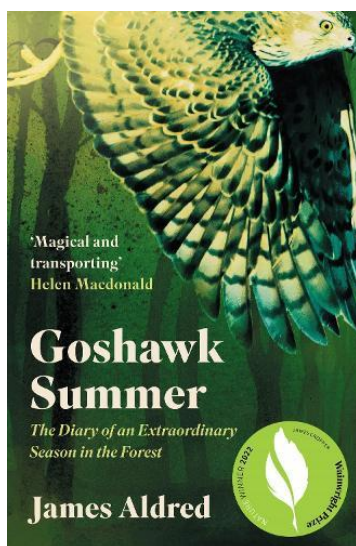
The prizes are awarded to the works which best reflect Wainwright's core values and includes a celebration of nature and our natural environment, or a warning of the dangers to it across the globe. Still recovering from the after-effects of the global COVID-19 pandemic and with our landscapes under threat, nature writing has flourished. Now in its ninth year, the prize is awarded annually to the books which most successfully inspire readers to explore the outdoors and to nurture a respect for the natural world.

The prizes are co-owned by AGILE, The Wainwright Estate and the Quarto Group (that now own Frances Lincoln). There are different sponsors each year and the event is managed by AGILE in association with The National Trust - with promotional support from BBC Countryfile Live, The Outdoor Guide, The Wainwright Society and many others. In 2022, it was the James Cropper Wainwright Prize and there were three categories: nature writing, global conservation and nature writing for children.

The James Cropper Wainwright Prize for Nature Writing winner was *Goshawk Summer* by James Aldred, which describes Aldred's remarkable filming of goshawks in the New Forest as the environment was emptied of humanity during the pandemic.

Eating to Extinction by Dan Saladino was the winner of the James Cropper Wainwright Prize for Writing on Global Conservation. This book examines the past, present and future of food through edibles that are at the risk of vanishing forever, *Eating to Extinction* is an eye-opening book that invites us to reflect on the people, places and stories behind the food we consume.

In its inaugural year, the James Cropper Wainwright Prize for Children's Writing on Nature & Conservation was awarded to *The Biggest Footprint* by Rob and Tom Sears. By amalgamating the eight billion humans on Earth into one enormous giant, *The Biggest Footprint* provides an entertaining and revelatory look at the damage that humanity has inflicted on the planet and how we might be able to begin to rectify it



Celestial forecasts and khemitology 2022

By Joanna Bristow-Watkins

November in Britain, with the clocks having gone back, features more dark colder nights, but peppered with the explosive lights (and smells) of bonfires and fireworks as Guy Fawkes Night (and sometimes Diwali, but in 2022 it was in October) are celebrated.

This year, autumn colours linger with purple, brown, red and golden yellow, with most of the green having gone as the trees continue shed their leaves. Some remaining colours cling on and seed-heads from old man's beard in the hedgerows look magical as they catch the low sunlight. Seasonal in the kitchen this month, we have Jerusalem artichokes, leeks, carrots, beetroots, parsnips, Brussels sprouts, kale, potatoes and winter squash. This is a good time for harvesting chestnuts, hazelnuts and walnuts plus late-fruiting apples and pears, with a plethora of fungi for those who know the edible from ones best avoided.

The month of November was named after **novem meaning 9th in Latin**, as November was the 9th month when the year started in March. To the Anglo-Saxons, November was called **Blotmoneth**, meaning, blood month, as this was traditionally the month of slaughtering and preserving meat to last through the winter. It was also a month of feasting as all the meat cuts which couldn't be preserved were cooked up, making it a bountiful month and helping folks keep warm.

During November, as well as **Guy Fawkes Night**, we have international festivals including **Armistice Day** (11th) and **Thanksgiving** in USA (24th). We can also look forward to St Andrew's Day to commemorate the Patron Saint of Scotland (30th). There are three annual Egyptian Festivals **Hilaria** (3rd), **Khoiak** (23rd) and **Nehebkau** (29th). Aligning with the moon cycle is very therapeutic, and our current Lunar Alignment Programme concludes with the New Moon on 23rd November, the next one will run January/February 2023. Our **Full Moon Meditation** takes place 7.30-9.30pm (UK time) on **Tuesday 8th**, with the Beaver Moon peaking at 11:02. We also have the **Leonid Meteor Shower** peaking 17th/18th.

Thursday 3 November was Hilaria, the culmination of the Egyptian Festival of Isia, when Isis (Aset) resurrected Osiris (Asar) by re-remembering - this replaced the Samhain Fire Festival, which was transferred in Britain to the night after Guy Fawkes's attempt to blow up parliament in 1605. The ritual burning certainly resembles the Pagan sacrifice of the corn king!



Tuesday 8 November is Beaver Full Moon @ 11:02. Click here for **Angela McGerr's Full Moon Meditation with Gabriel**. Between this date and the next New Moon is considered as a good time energetically for detoxing the body. A brilliant time for oil pulling.

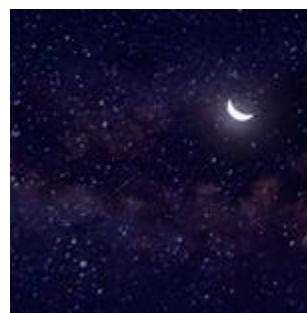
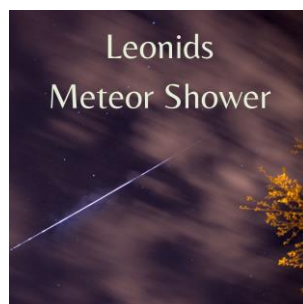
Tuesday 8 November is our Full Moon Unity Consciousness Meditation, 7.30-9.30pm UK time (GMT/UT). The Full Moon peaks earlier in the day at 11:02.

During this session, 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.

Participants all receive a deeply healing experience. Cost to participate is £20 by online BACS payment (small admin fee added for PayPal). This activity serves as a good taster of Joanna's work in general. For more details and to book, see [Harmony Shop](#)

Friday 11 November is Armistice Day to commemorate all those who died in World Wars 1 and 2. Poppies are traditionally used for this occasion.

We also have the **annual 11:11 Energy Portal**. With many people worldwide recognising the 11 November as a powerful date, this, in itself, will create a heightened energy on the day. The effect of a high number of people all having positive expectations on the same date, due to the impact of quantum physics, will make it significant. This year it falls in the abundance part of the lunar cycle, meaning it will be a powerful day for manifestation.



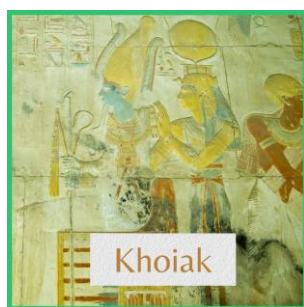
Wednesday 16 & Thursday 17 November is the Leonid meteors; one of the most prolific meteor showers also known as shooting stars. The shower peaks this year the night of 16th/17th November and 17th/18th November, but you may see some meteors from 6th - 30th November. The waning moon leading to the New Moon on 23rd should help viewing this year. See [Time & Date website](#) or [EarthSky Website](#) for more.

The Leonids have had occasional periods when hundreds of meteors can be seen, roughly every 33 years, and were especially stunning in 1799, 1833, 1866, 1966 and 1998. This shower has produced amazing meteor storms in the past, but a Leonid storm is not expected this year. The Leonids are usually modest, with typical peak rates of about 10 to 15 meteors per hour, in the darkness before dawn. Look for the shower radiating from the constellation Leo after midnight.

This meteor stream is associated with Comet Tempel-Tuttle. As the meteors in the stream are thought to be dust particles released from the comet, it is thought likely that there is a dense stream of such particles in the path of the comet and located close to it. The Earth's orbit passes close to the comet's orbit each year in November and the Earth collides with these particles of cometary debris following the comet's orbit. According to the [EarthSky Website](#), it is a myth that we need focus only on the radiant point to see meteors. In fact, it seems they often don't become visible until they are 30 degrees or so from their radiant point, so they are streaking out from the radiant in all directions. Thus, the Leonid meteors – like meteors in all annual showers – will appear in all parts of the sky.

Wednesday 23 November @ 22:57 is the New Moon.

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.



Wednesday 23 November is also the Egyptian celebration Khoiak and Nehebkau on Tuesday 29 November. The Egyptian Year was split into three seasons (divided into 4 months of 30 days), commencing with Akhet in early August, then Peret from late November to early April and Shomu from early April until mid-July. Khoiak was a sombre celebration to complete the first season; later associated with the death of Asar (Osiris). However, it was followed closely by Nehebkau - marking the start of the next season, Peret - and was seen as a kind of rebirth process.

Thursday 24 November is Thanksgiving in the US calendar. Thanksgiving is the fourth Thursday in November (different in Canada, which is the 2nd Monday in October) and is a family day and public holiday to express gratitude for one's material and spiritual possessions.

Tuesday 29 November is the Egyptian celebration of Nehebkau. This name literally meant 'he who unites the Kas'; the Ka being the body double which we might interpret as spirit or soul. Nehebkau was depicted in the form of a snake with arms and legs and occasionally wings! He was yet another deity associated with protection and magic.

Wednesday 30 November is also St Andrew's Day in Scotland. Saint Andrew is the Patron Saint of Scotland, and St. Andrew's Day is celebrated by Scots around the world on the 30th November. The flag of Scotland is the blue Cross of St. Andrew, and this is widely displayed as a symbol of national identity.

Khemitology

Ancient Wisdom for Modern Living (Applying Egyptian Philosophies)

Anyway, one of the unexpected outcomes for me has been a surge of interest in my [Reyad Sekh Em®](#) (RSE) Egyptian Alchemy Healing training, which was modularised and went online in lockdown using Zoom as a virtual training platform. It's available internationally, although the timings for this particular module series is more accessible for UK, Europe and USA/Canada than Australia/New Zealand. To request a series with different timings, get in touch.

On Wednesday 9 November, the Khemitology module starts and is spread over three Wednesday evenings (19.15 - 21.30 on **Weds 9 & 30 November, 14 December**) totalling 6¾ hours of tuition and mentoring. Khem was the original indigenous name for the land before it became known as Egypt, so *Khemitology* reflects those ancient beliefs as disseminated by the tribal elders and oral traditional wisdom keepers.

[Here's a summary of the course contents](#)

Introduction to Khemitology, £88 (+ £4 via PayPal)

6¾ hour course, 7.15pm - 9.30pm (UK time = GMT - UK & USA friendly timings), **Weds 9th & 30th November, 14th December**

The module is worth 1 unit towards the RSE Level 1 (3 units in total)

On paying for this workshop, you will receive an email giving the Zoom link to access your class. Remember to check your spam folder if you don't receive this confirmation email in your main inbox.

Khemitology is for anyone fascinated by Egypt, outlining the lesser-known Ancient Egyptian philosophies and demonstrating how they can be applied in everyday life.

The workshop features:

- Why Ancient Egypt was called Khem
- How Khemitology reflects indigenous tribal philosophies
- Ways in which Khemitology differs from Egyptology
- Why our familiar Egyptian Deity names and words are actually derived from the Greek language
- Discovering the potency of working instead with the authentic Egyptian Deity names
- Hypothesising on how these Khemitian Deities may have morphed into the Essene Angels
- Practical experience of drawing and connecting with Ancient Egyptian symbols
- The five stages in the Khemitian 'cycle of life'
- The additional perceptions (up to 360) available to us beyond sight, hearing, taste, touch & smell
- Energy field mini-readings for all participants
- Optional RSE 1 attunement available to Violet Flame students/graduates (additional £23 by BACS), included at no additional cost for those who have booked the entire RSE Level 1 package

The wider RSE 1 programme is detailed on the [Harmony Healing Website here](#) where you can also book the Khemitology series or the entire RSE 1 programme. The current series started in August with the [Violet Flame of Amenti](#) and continued in September with [Essene Angelology](#), those wanting to complete the RSE 1 programme can catch these on the next series run (or via video).

Harmony Healing utilises the philosophies of the Ancient Egyptians, in the form of Reyad Sekh Em (RSE) Egyptian Alchemy Healing, to bring balance and harmony. [Reyad Sekh Em \(RSE\)](#) has been modularised so that Level One (introduction) is now available to complete online as 3 units. All the units can be taken alone but together make up the RSE 1 syllabus. The below modules commence a new cycle and run on UK evenings for six consecutive Wednesday evenings, also offering US friendly afternoon time slots.



Tales for darker evenings: The Daemon Cat

By the Storyteller

This tale comes from Essex. **Editor's note:** the latest collection from the Storyteller, *Tales of Wonder and Magick*, has been published on the **Gylden Fellowship** website and is free to download. Readers can also find a collection of ghost stories, *Winter Chills*, from the website.

Let's start in the little Essex village of Hatfield Peverel in 1565. The Witchcraft Act of 1563 was still new, but there weren't any trials. You might say that everything started with the cat.

Elizabeth Waterhouse had a black cat and she named it Satan. The cat, reputedly, had the power to grant its owner's wishes. So, Elizabeth loaned the cat to her sister, Agnes.

Agnes did what anyone might do in the circumstances – she opted to test the claim on one of her own pigs: the pig died, as Agnes requested. That seemed like a success, so Agnes went large (you might say) by wishing for the following.

1. The death of three pigs belonging to the local priest.
2. The death of three geese belonging to a neighbour, following an argument.
3. The death of another woman's cow, following an argument.
4. When someone in the village refused to sell yeast to Agnes, she wished for the brewing to fail.
5. When someone in the village refused to give butter to Agnes, she wished for the dairying to fail.

Note: each wish came true and, in each case, Agnes rewarded the cat with lots of milk and treats. The details of the wishes were recorded from a later confession by Agnes.

Things went sour for Agnes in 1566 when her 18-year-old step-daughter (Joan) decided to test out the cat too. Another village girl refused to give some cheese and bread to Joan, so Joan wished for a dæmon to torment the girl. According to the village girl, she was harassed by a dæmon that ruined the butter-making and carried a knife. The Waterhouse women (all three of them) were reported to the shire-reeve and accused of witchcraft, despite Joan saying that she'd only wished for something to come and disturb the other village girl.

In addition to the witchcraft, Agnes Waterhouse also confessed to two murders – her own husband and another local man – plus various acts of petty revenge against her neighbours over the years since she inherited Satan the cat. As you might expect, Agnes was found guilty of both murder and witchcraft; she was hanged on 29 July 1566, as the first person to be executed in England for witchcraft. Joan was acquitted and Elizabeth was sentenced to a year's imprisonment, only to find herself on the gallows in 1579 for further witchcraft-related crimes.

As for the cat, the shire-reeve ordered his men to hunt it down and many villagers joined in too, but Satan the cat was never seen again after the arrest of Agnes Waterhouse.

Winter spells

By Nic the Witch

Here's one that I've always called **a wish for winter**. OK, best done at full moon, but is all right in a waxing moon too. You'll need a small silver charm or token, a white or grey bag and 7 blue or white stones (could be crystals or garden pebbles – cleansed).

1. Take all the items to a moonlit window-sill.
2. Write your wish (e.g. "I wish for my heart and mind to be at peace") on a piece of paper and anchor it with the charm/ token.
3. Surround the wish with the stones.
4. For the next 6 nights, add 1 stone per night to the bag and chant:

*"Samhain has gone and winter's here,
With frost and ice and air so clear,
Bring peaceful nights with shining stars,
Grant my wish as solstice nears.
So mote it be."*

On the final night, put everything remaining into the bag and keep it with you or close by. Hopefully, your wish will be granted during this time.



Next up are **some spells to protect your home for the New Year**, which began at Samhain. I'll start with two very simple spells: a **prosperity bag** and a **success spell**.

What you will need: a new silver coin, a small blue bag, 1 whole fresh or dried sage leaf and a six-inch length of silver ribbon.

1. Place the coin and sage leaf in the blue bag.
2. Tie the neck of the bag with silver ribbon.
3. Chant, "*Silver and Sage, at the start of the year,
Favour me always with wealth and good cheer*".
4. Hang the bag in a prominent place or carry it with you, to attract prosperity and happiness.

What you will need: a yellow beeswax candle and holder, green ribbon and a small piece of parchment.

1. Write your name near the top of the candle.
2. Tie green ribbon around the base of the candle.
3. Write your wish for the year on the parchment.
4. Place candle in the holder on the parchment.
5. Light the candle.
6. Chant seven times: *“Busy as can be,
Bright as a light,
The success I see,
Is mine from this night.”*
7. Burn the candle for 1 hour and then extinguish.
8. Repeat the spell for seven days, allowing the candle to burn for 1 hour each night; on the final day, let the candle burn out.
9. Fold the parchment into a small packet, tie with the green ribbon and carry it with you.

One spell that can be used to protect your home is a **hearth blessing**. In Italy, this ritual is used in honour of the fairy-goddess, *Befana*.

What you will need: a broom, a three-foot length of natural cord and a white candle with three wicks.

1. Place broom, candle and cord on a table by the hearth.
2. The family should gather around the hearth.
3. The eldest person lights each wick, saying these words:
4. “I bring light to this home, I bring love to this home, I bring honour to this home”.
5. Each member of the household ties a knot in the cord.
6. The last person also ties the cord around the handle of the broom.
7. The mother of the household symbolically sweeps all the negative energy away from the hearth, saying *“All that is evil is now swept away, And nothing but good shall now come this way.*
8. Place the broom next to the hearth.
9. Burn the candle for an hour and then extinguish it.
10. Each evening the candle is re-lit for an hour until it is burned out.

One thing is that winter need not be all ice and snow – quite often, there’s a lot of rain.

21 SPIRITUAL & MAGICKAL USES OF RAIN WATER

www.CheriseWilliams.com

1. Anoint yourself & your chakra points
2. Make a facial mist
3. Pour in bath tub for ritual baths
4. Drink it
5. Use as an offering for Spirit, ancestors or deity
6. Mix with essential oils & use as a room spray
7. Anoint your magical tools or crystals
8. Bless your sacred space
9. Use rosemary to sprinkle the water for clearing
10. Rub around doors and windows to bless & protect
11. Make a floor wash with it
12. Clean your altar with it
13. Bless & protect your home by sprinkling in 4 corners of each room
14. Sprinkle in a circle to cast a circle prior to ceremony or ritual
15. Put in a dark bowl and use it for scrying
16. Use it in the kitchen for Kitchen Witchery
17. Use as a hair wash or body wash
18. Water your plants with it
19. Use it in your witch jars
20. Work it into your spells, potions and rituals
21. Make it into ice cubes to serve in magickal beverages

Poetry

By Rebecca Granshaw

Last night.

In the distance, lights sparkle through the darkness.
Driving along a carriageway, lit beautifully in a deep rich blue.

Trees silhouetted against the cold night sky.
The light seemingly far away, yet closer than ever before.

The moon proudly present.

Heart beats steadily.

A calling.

To those who shine, SHINE BRIGHTLY.

Welcome to those who are weary.

Warm embrace.

Remind them who they always were.

Love them just as they are.

We stand tall.

Hearts together.

We are love.



SUNDAY, 4 DECEMBER 2022 FROM 11:00-15:00

Christmas spiritual market

The Sunshine pub, Farlington



Forest bathing update

By **Joanna Bristow-Watkins, Harmony Healing**

Harmony in Nature Forest Bathing Events in Surrey/London

Despite the title, forest 'bathing' only involves water if it rains. In the company of fellow nature lovers, we will be immersing ourselves in the woodland atmosphere, taking our senses for a meander among trees. You will learn how to enhance your perceptions and slow down, through the therapeutic benefits of guided mindful sensory activities, becoming aware of what could easily be missed. We end with a 'treelaxation', and aim to leave you feeling deeply relaxed and rejuvenated.

Forest Bathing is an evidence-based wellbeing activity. Spending time in woodland has been shown to potentially boost our immune system for 2-4 weeks, balance blood pressure, reduce blood sugars, stress and cortisol levels, amongst other benefits. Participants may feel a reduction in anxiety, depression or rumination, and an improvement in concentration, memory and creativity afterwards, as well as improved sleep.

We tend to offer fewer public sessions in the winter, although all our venues are available for private bookings, themed events and/or corporate sessions, so do enquire for details.

We have **Forest Bathing vouchers** available as Christmas gifts.



*When we have the right clothing and footwear, usually plenty of layers, and a spare, we can happily stay outdoors for hours. Even longer if we take a hot drink and a snack! **Harry Edwards Healing Sanctuary, Burrows Lea (near Shere)***

Sun 13 Nov: 11am - 2pm, 3 hours Forest Bathing+ session with Joanna at Harry Edwards Healing Sanctuary (Shere, near Guildford, Surrey), £25. This Winter Forest Bathing+ session will take place in all weathers except 30+mph winds or electrical storm.

Immerse yourself in the healing elements of nature and connect deeply with all your senses. We will take you on a 3 hour journey through this beautiful private semi-ancient woodland, nestled in the heart of the Surrey Hills. 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. 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.

Sunday 4 December: 11am - 2pm, £35.

Book at the **Harmony Shop**

This venue is also available for private bookings, themed events and/or corporate sessions, enquire for details.

Cannon Hill Common (SW20)

We will take you on a 2½-hour journey through this little-known London conservation park area. Cannon Hill is located between the town centres Raynes Park and Morden, in the south western corner of Merton.

Tuesday 29 November, 12 noon - 2.30pm, Forest Bathing+ with Joanna & Katie at our London location in Cannon Hill Park, £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. 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. 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 us to go on our forest bathing mailing list

Our next public session will likely be spring 2023, but this venue is also available for private bookings, themed events and/or corporate sessions, enquire for details.

Kosmon Sanctuary, Walton-on-the-Hill, Tadworth (nr Epsom/Dorking)

We will take you on a 2½-hour journey through the private ancient woodland of the charming Kosmon Sanctuary. Featuring 22 acres of private woodland, the undulating ground and rich variety of trees in the beautiful ancient woodland offers ever changing vistas and surprises. This is a new venue for us. Our next public session will likely be spring 2023, but this venue is also available for private bookings, themed events and/or corporate sessions, enquire for details. More details at the [Harmony Shop](#).

Horsell Common, Horsell, Woking

Horsell Common has a mixed woodland of silver birch, pine and some oak, adjoining heathland, which is one of the most endangered habitats in our country. Spanning 152 hectares this is a biological Site of Special Scientific Interest and part of the Thames Basin Heaths Special Protection Area. Whilst we don't hold regular public sessions at Horsell Common, the venue is available for private bookings, themed events and/or corporate sessions, enquire for details. More details at the [Harmony Shop](#).

Katie has three 1:1 places left this year for [Nurtured by Nature, One-day Reset Retreats](#) (Facebook link). Individually tailored, depending on what is most helpful for you, they may include a selection from nutrition, breathing, mindful movement, sounding or chanting, essential oils, 'de-chemicalising' your lifestyle, natural first aid, as well as reconnecting to ourselves and



Sussex seasons photograph of the year award

By Sussex Wildlife Trust, here are some of the finalists: more details from www.sussexwildlifetrust.org.uk.





Astrobiology

By Mark Sharpen

Astrobiology involves the search for exoplanets outside our solar system that could support life and some 25 such planets have been discovered to date. The criteria for judging whether planets are potentially good for life to flourish include how wet they are, how warm they are and the ages of the planets. Some 4000 discovered exoplanets have been evaluated to date, but many are just not suitable – too hot, too cold or too dark.

To clarify, the main aim here is not to find another Earth, but maybe a planet capable of supporting intelligent life or even the evolution of intelligent life. The key phrase is **super-habitable** and researchers from the University of Washington have devised a **set of system parameters** for the perfect such planet, as listed below.

1. It might have a slightly larger moon, or a moon slightly closer to the planet, which would help stabilise its orbit and prevent life-disrupting wobbles.
2. The planet should be in orbit around a K dwarf star.
3. Such a dwarf star should be a relatively small star that's slightly cooler than our sun (which is considered a yellow dwarf).
4. Such a planet should be about 5 billion to 8 billion years old.
5. A perfect super-habitable planet should be about 10% larger than Earth.
6. It should be about 9° F (5° C) warmer than Earth, on average.
7. It should be moist with an atmosphere that is 25%-30% oxygen, with scattered land and water.

It's not possible to evaluate distant exoplanets on all these criteria. There is no way to calculate an exoplanet's landmass area, for example, much less how it's distributed. However, based on factors that can be measured, such as star type and planet radius, the researchers honed in on objects that seem to meet that criteria and have been spotted by the Kepler telescope. They found 24 *Kepler Objects of Interest*, which are objects that may or may not be planets.

Two of the 24 have been confirmed as exoplanets (Kepler 1126 b and Kepler-69c). Some of the others may be false positives that don't turn out to be planets. Of the 24 objects, nine were orbiting around the proper type of star, 16 fell into the correct age range and five were in the right temperature range.

Only one candidate, KOI 5715.01, fell into the correct range for all three categories, but the planet's true surface temperature depends on the strength of the greenhouse effect in its atmosphere. The 24 possible planets are all more than 100 light-years away and some are probably too far to study immediately, even with the strongest telescopes. Kepler-69c, for example, is more than 2000 light-years away, meaning astronomers probably won't be able to examine it more closely for signs of life any time soon.

However, pinpointing what makes a planet super-habitable is important. The researchers at the University of Washington believe it's possible that one of these planets will be discovered within 100 light-years. If so, that planet should be the first place, we turn to, to find out if there is other life in the universe.



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