



Gylden Magick

Find us on Facebook:

<https://www.facebook.com/groups/gyldenpaganfellowship/>

October 2020

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 – our Mabon sabbat blog reached over 2000 people and we welcome new members constantly.

On Facebook, the **Gylden River LRC** (Learning Resources Centre) is a social learning hub with optional study units in key areas of magick and there's always a Facebook group just for the followers of **GYLDEN MAGICK**.

Gylden Fellowship continues as a pagan support mechanism, even under the covid-19 restrictions, i.e.

liaising with groups, Interfaith work, helping our moot friends when necessary, etc.

Our **Hunter's Moon** issue is the second in our third year of publication. More people want to write for us and we're putting in new features or series – that's why future issues of **GYLDEN MAGICK** may exceed our usual 20 pages with ever more guidance on spiritual issues and magick. But no ads – after all, we're a library and the information is completely free.

Dates for your diaries – don't forget that this month concludes with both **Samhain** and a **Blue Moon**, **2 October** is **Guardian Angels Day** in Spain and **10 October** is the Brazilian **Festival of Lights**.

What else is there? Well, we have a new spin on herbal healing by looking at cures for specific ailments,

a piece on space-time continuum, a handfasting in lockdown and news on pagan marriage, poetry and notes on the equinox, pictures from Mabon sunrise, an intro to gargoyles, the frog is our featured spirit guide, our crystal of the month is carnelian, the Wainwright award is covered in our environment feature, we have a piece on the cardinal element of fire, a ghostly tale and prayers for the forthcoming Feast of Winter, otherwise known as Samhain.

Anything else? Oh yes, the title – we never forget that our faith is based upon Nature and that our strength comes from earth magick. Many of our sabbats are based upon the light, eg solstices and equinoxes, as vital to us now as to our ancestors.

For more info, why not join **Gylden River LRC** or **Gylden Fellowship** on Facebook today?

Contents: October 2020

Monthly features	Pages 3-4
Animal spirit guides — Frog	
Crystals — Carnelian	
Herbal healing — Wormwood	
Kitchen witchcraft — Samhain soup	
Roots: Gargoyles by Gylden Fellowship	Page 5
Autumn photos: Mabon sunrise at Danebury by Seasons of Albion Moot	Pages 6-7
Cosmic energy: Space-time stuff by Mark Sharpen	Page 8
Handfasting in practice by Angela Howard and Alexander Van Wingerden-Cross	Pages 9-10
Environment: The Wainwright Prize by Gylden Fellowship	Page 11
Samhain prayer: For the Forgotten Dead: by Nicola Ison	Page 12
The Phantom Ship by the Storyteller	Page 13
Magickal lore: Fire correspondences by Nick the Witch	Page 14
A witch's herbal: Insomnia by Nick the Witch	Page 15
Poetry and notes from the autumn equinox by Matthew Levi Stevens and Emma Doeve	Pages 16-17
Pagan marriage by Gylden Fellowship	Page 18
More Samhain prayers: by Nicola Ison	Page 19
Gylden contact info	Page 20



Animal spirit guides: frog

Not all animal spirit guides take the form of birds or primary mammals like wolves or lions. It is common to have a reptile guide or an insect one. Last month, we looked at the whale as a spirit guide – now we think about a more common guide, namely the frog. In the first part of this series, we looked at the *Place of Meeting*. So, you've crossed into the Otherworld and a spirit comes to you in the form of a frog – what does it symbolise?

A frog spirit indicates a deeper connection with our feelings and perspectives in an effort to dispel negative emotions, eg anger, envy, resentment, etc. So, the frog spirit is a very positive one to help you improve your life, perhaps with nutrition, relationships or exercise. The frog guides you to consider new ideas, growth or evolution.

In this world, a frog lives in water and on land – this translates to a shamanic idea of something that walks between realms. A frog spirit is linked to the rain and to the moon. You can listen to the frog spirit as it helps your spirit to be refreshed too.

A frog guide can be seen as a teacher to facilitate your spirit's cleansing – could be a physical or emotional shake-up. Such a transformation is a way of discarding dated outlooks and adopting a new path. It may not be a spiritual change – you may be encouraged to think again about monetary issues.



A frog spirit guide is also a mentor for you to evaluate your lifestyle in terms of what is really important for you and which items may be put aside. Such a mentor or ally gives you the mental strength to deal with problems and to help out with your efforts to communicate your emotions to others.

Crystals: carnelian

I do love working with carnelian for healing, regardless of whether I'm using the orange, red, pink or brown varieties. It's a commonly-found stone, a form of chalcedony and one of those crystals that can be foraged in Britain.

Carnelian corresponds with the element of fire (*see later in this issue of GYLDEN MAGICK*) and is aligned with the planet, Mars. Astrological signs that correspond to carnelian are Taurus, Cancer, Leo and Virgo.

Carnelian is all about motivation and creativity, getting rid of lassitude and replacing it with positive energy. The healing uses include the following.

- It stimulates stability, protecting against anger or negative learning.
- I've used carnelian with people who've developed a lack of self-confidence, who are unhappy or who need a little bit of self-belief.
- It helps those who suffered abuse by boosting love instead of depression.
- Carnelian aids the healing of arthritis, rheumatism, spinal issues and neuralgia.
- It strengthens the kidneys and improves the blood supply to organs.

As a magickal tool, carnelian is good for these purposes.

- In general, carnelian helps with critical thinking, as it improves clarity of thought and perception.
- Carnelian is good for any work involving the base or sacral chakras.
- It also supports spiritual matters of rebirth or reincarnation – it's a very good crystal for past-life memories.
- I'm not sure that this is an established fact, but I've found that carnelian is good when walking in nature.



Herb of the month: wormwood

Wormwood (*Artemisia absinthium*) is a common garden plant and has a variety of digestive benefits. It does have a bitter taste and was once a popular remedy for parasitic worms, hence its name – after the Saxon word, *wyrm*. Healers tend to use the leaves or flowers for medicinal purposes – **please note** that if you're going to use this herb, make sure there's no interaction with other medicines, that you're not pregnant and, preferably, after checking with your or the patient's GP.

It's one of those grey areas, but I feel fortunate to have had a GP for the last three decades who also makes her own herbal remedies. So, if I have a query about any herbal solution, a quick phone call or email will elicit an answer. Wormwood can be used as a tincture, an infusion or a poultice – full details of how to make such medicines can be found on our website in the natural healing section.

Although wormwood is not really a common infusion, here are **some of the benefits**.

- It helps relieve problems in the digestive system.
- As mentioned, wormwood is good against parasitic worms; you swallow a dilute extract of the herb on an empty stomach.
- The infusion is good for poor appetite or liver problems – add ½tsp of dried wormwood to a cup of cold water and leave overnight, before drinking it in the morning.
- If you follow the same routine as for the infusion, but strain the mixture, wormwood is a pretty good poultice for any bruising or insect bites.
- It boosts the immune system and the uterus.
- Wormwood is known as an anti-inflammatory herb.



Recipe: Samhain soup

Well, as we approach the Feast of Winter, root vegetables are correspondence foods for this time and this one is like a creamy pumpkin soup. The recipe is a very traditional one and should serve about **6 people**.

Ingredients

- 2 shallots, minced
- 1 onion, diced
- 980g vegetable stock
- 1 apple, diced
- 490g pureed pumpkin
- 2 bay leaves
- 1/2tsp dried thyme
- 1/2tsp cinnamon
- 1/4tsp white pepper
- Pinch of ground cloves
- 1/2tsp vanilla extract
- 245g water

Method

- Mix all the ingredients, except the water, in a large pot.
- Bring the mixture to the boil, then simmer over low heat for 30 mins.
- Take out the bay leaves and blend the soup.
- Add the water and continue to blend until smooth.
- Pour into the pot, heat and stir until thickened and hot.



Roots: Gargoyles

By Gylden Fellowship

And so, we come to gargoyles or *grotesques* as they are better known. The word, *gargoyle*, comes from the French word *gargouille*, which means throat or gullet. This probably comes from the gurgling sound of the water as it passes through the *gargoyle* and out its mouth. Most commonly, these stone carvings can be seen on the roof-tops of churches or old buildings, but it is worth noting that gargoyles had two main uses: a functional purpose and a spiritual use too.

"So much paperwork to read! So much paperwork to push away! So much paperwork to pretend he hadn't received and that might have been eaten by gargoyles" (Terry Pratchett).

Gargoyles have been used for hundreds of years. Ancient Egyptian gargoyles took various shapes, including lion heads, dogs, wolves, eagles, snakes, goats and monkeys. Many other types of creatures have been used as gargoyles, eg some gargoyles are carved in the shapes of humans, such as monks, while others are combinations of humans and animals. Unusual animal combinations are known as chimeras and may include griffins, centaurs, harpies and mermaids.

On the functional side, gargoyles were made of granite and served an important architectural role. Certainly, they were decorative, but also contain spouts that **direct water away from the sides of buildings**, a bit like modern guttering. Such gargoyles provided a method of drainage which protected the stones and the mortar of churches, cathedrals and castles from erosion. Numerous gargoyles were added to buildings, because dividing the flow of water minimised potential water damage.

Rainwater can erode the mortar that holds a building together and such erosion is most common if the rain is allowed to run down the sides of stone-walled buildings. So, gargoyles were built high on buildings with trenches on their backs and spouts inside their mouths to direct any rainwater away from the buildings. That's why some gargoyles seem to project so far from the edge of a roof. After the eighteenth century, gargoyles became less common, as more modern drainpipes were developed. Occasionally, some buildings would still be built with gargoyles, but they often became more decorative than functional.

The second purpose of gargoyles was as **guardians of the buildings**, namely to ward off evil. Some of the most famous gargoyles in the world sit on top of cathedrals, such as Westminster Abbey. It is believed that gargoyles were popular on churches due to the widespread belief that they protected against evil spirits.

Many medieval Roman Catholic churches had gargoyles for this purpose. It is also possible that the gargoyles were symbolic of evil spirits, monstrous entities, and damned souls. The general principle was that the church offered spiritual safety for those who accepted its authority, but outside the church was spiritual danger. Thus, the gargoyles were a warning to the local people that it was better to be inside the church than outside.

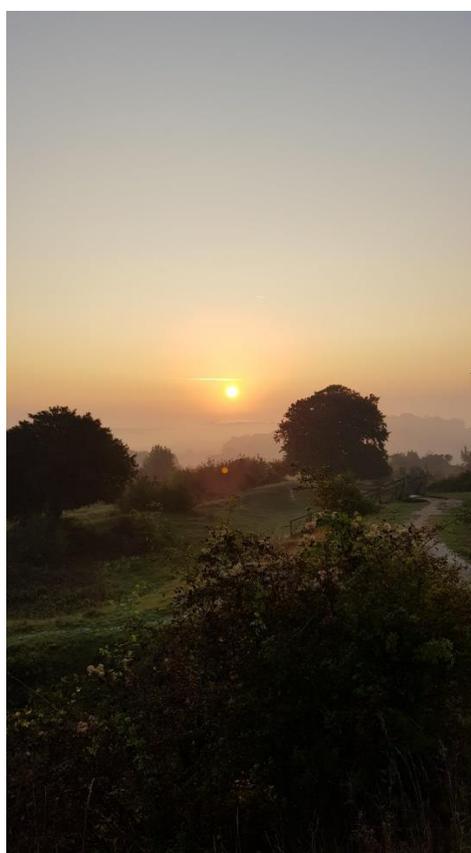
One of the earliest examples of gargoyles is a set of lion-shaped water spouts built into the side of the temple of Zeus in Olympia, Greece. Ancient Egyptian architecture also boasts gargoyles, most of these also shaped as lions. Gargoyles can be found in ancient Egyptian, ancient Roman and ancient Greek architecture, although they are most commonly associated with medieval Gothic architecture. Just one problem though – churches could not have images of Satan on their buildings, but the psychological effect of terrifying or grotesque images was similar. The stone masons could choose how to sculpt or portray their creations – it is interesting to note that there very few gargoyles that are exactly the same.

The materials used for the earliest gargoyles were wood or terracotta, but (as mentioned above), many early medieval Gothic gargoyles were made of harder materials to withstand the elements and to divert the rainwater. Granite was a popular choice. Later gargoyles, especially in churches, were made of limestone and marble, although metals such as lead were also used in fashioning some gargoyles..

Gylden
Magick
Oct. 2020

Mabon sunrise at Danebury Hill Fort

Photos by the Seasons of Albion Moot





Cosmic energies: Space-time stuff

By Mark Sharpen

Right then, this month we're looking at time, as we approach the point at which we alter clocks for daylight changes. But time itself changes in quantum terms and over distance. Our earliest measurements of time were based upon the movements of the stars and planets over the course of artificial constructs, like an agricultural year.

But those people who studied the stars were able to devise such concepts as hours, days, months and so on. That was as true for the Sumerian people as it is for us now, but what the ancient astronomers did not know was the vast distances that light travels, namely it moves at a rate of about 300,000km per second. So, light travels about 10 trillion km in one of our years. That is why we describe this measurement in light years. It's not a time measurement, but a distance one – the total distance that a beam of light, moving in a straight line, travels in one year.



For example, if you look at the night sky and see the stars, you're actually seeing the light emitted by that star hundreds or, even, thousands of years ago. The sun is our closest star and it takes about 8 minutes for sunlight to reach the earth – if the sun went out, we wouldn't know about it for 8 minutes.

OK, enough of that and back to time itself – here's another fun fact, that time itself moves slower according to gravity. If you have a clock in your home showing one time and were able to take another such clock on the moon, you would find that the one in your home would be running late. It's interesting to note that clocks tick slower when they are in a stronger gravitational field. One physicist (Carlo Rovelli) described this fact as, "your head is older than your feet".

Quite often, we see time as a linear scale. If you're a devotee of *Doctor Who*, you'll know that this isn't true and that time is confused or "timey-wimey". In a quantum sense, the linear concept isn't true at all, because of the concept of parallel universes. One can theorise that not only is there time past, present and future, but also time sideways. It's like taking a major decision in your life and then wondering what would have happened if you'd decided differently – and there's another reality on your timeline with the alternative path.

Time is not the same for everyone. It is a human construct, but can be seen or experienced differently by people. Here's a weird example, but true. If you share some of your personal life history with me, that is your past and I can listen to your memories. However, this is my present day and I'm experiencing all the feelings and emotions now. That is why it is possible to, well almost, experience someone's past in your present. And the word for this concept is **entropy** – how we each interact with the idea of time. I could go into vast detail on quantum mechanics and time, but this journal introduces new ideas for people and I simply provide an overview. I'll have more to say on the topic of quantum concepts next month and, perhaps, we'll return to time and space again.

Handfasting in practice: 13 June 2020

By Angela Howard and Alexander Van Wingerden-Cross

Editor's note: Gylden Magick would like to thank the contributors of this piece for sharing their memories and, also, to wish them every happiness in the future.

Strange thing happened today. We woke up early and just looked at each other with sadness in our eyes, sharing the grief that today we should have been in Glastonbury to get married in front of our friends and family.

We weren't sure we wanted to mark the day at all and have a sad reminder every year. But we were sat in bed and Alex suggested going to Burley to sit in our sacred grove by the dead fallen tree, that we have spent so much time together before. I thought it was a splendid idea and said "let's dress up and wear our horns too". So, we did. With not much discussion after that, we found ourselves loading the car with incense sticks, violin, drum, recorder and water we had collected just before lockdown from the White Spring in Glastonbury.

Silence on the way there.

Shortly before parking up, I said "shall we say a few words too?" And Alex beamed at me.

We walked in silence to our sacred grove, just occasionally looking at each other and smiling.



I started beating my drum slowly, Alex played his violin. Then he stopped and found a piece of music and we played along to it. Then another.

We called out to our ancestors to join us, speaking without any preparation, in turn.

We called out to Avalon, Herne and to his son, Robin, to join us too. We used the water from the spring to create a sacred circle and we joined hands, spoke our love for one another and decided to be handfasted to one another.

We then danced to another piece of music that was special to us, and that's when we both cried with happiness because in our hearts, we had made the pledge, with ancestors and gods and our goddess bearing witness.

Then we drove to the chip shop and had a massive bag of chips!!!! 😄

We will still marry in Glastonbury next year to make it all legal. But in our hearts, it happened today too. Just like our ancestors would have done, handfasted for a year while they wait for the travelling priest to make it "official". We marry in 13 months' time.

I have never been so happy. I love you Alex...



Environment: The Wainwright Prize 2020

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. On **8 September**, the prize-winners for 2020 were announced at a virtual ceremony.

The prize is 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 2019, the Wainwright Prize was won by *Underland* by *Robert Macfarlane*.

The winner for the Wainwright Prize for **UK Nature Writing** was *Diary of a Young Naturalist* by Dara McAnulty. It chronicles the turning of the then 15-year-old's world and breaks the mould of modern nature writing. As the youngest ever winner of a major literary prize, Dara's book is a portrayal of his intense connection to the natural world alongside his perspective as an autistic teenager, juggling exams, friendships and a life of campaigning.

In 2020, the Wainwright Prize was extended to include a second category for books about **global conservation and climate change** and the inaugural winner was *Rebirding* by Benedict Macdonald. This book has been described as visionary by conservationists and landowners alike. It sets out a manifesto for restoring Britain's wildlife, rewilding its species and restoring rural jobs – to the benefit of all.



Alfred Wainwright's definitive walking guides to the Lake District fells have been treasured by generations of walkers. After a holiday at the age of 23 kindled a life-long affair with the Lake District, Wainwright devoted every spare moment he had to researching and compiling his Pictorial Guides. He described these books as his love letters to the Lakeland Fells.

Samhain prayer - for candles lit on the sabbat

By Nicola Ison

FOR THE FORGOTTEN DEAD

This candle is for the people out there, some in our community and others around the country who are buried with no headstones or markers, eg:

- Old people in care homes or hospitals with no families.
- Homeless people who greeted us to or from work, from whom we bought the Big Issue.
- Lost children who ran from home and died who knows where.
- Those who wandered our streets with mental health issues and who died unknown and ignored.
- All those who died from violence or neglect and now lie in unremembered or untended graves.
- And all those too numerous to mention.

These are the **Forgotten Dead**, whose spirits we pay tribute to, even though we do not know your names. Accept my candle tonight for you – the unknown, the unwanted, the unloved of our community and be at peace for a while.



Magickal lore: fire correspondences

By Nick the Witch

Not long now until Samhain – the end of one year and the start of the next. As befits one of the greater sabbats and a Celtic fire festival, I thought it would be interesting to look at some of the correspondences that are associated with fire.

Direction	South
Archangel	Michael
Qualities	Activity, force and willpower
Colour	Red or orange
Altar tool	Athame or wand
Animal	Lion
Symbols	Fire, sun, passion or candles
Elemental spirit	Salamanders
Elemental ruler	Djyn
+ve features	Energy, enthusiasm, will or strength
-ve features	Greed, vengeance, ego or jealousy.

Note: in many magickal traditions, fire is associated with various spirits and elemental beings. Entities known as salamanders are winged creatures and are related to powers of wisdom and intuition, as are angels or archangels.

To understand the concepts of elemental spirits and rulers, it is vital to be aware of a Renaissance philosopher, alchemist and physician called **Paracelsus**. This is not the place to include a detailed analysis of his beliefs, but a brief summary here may suffice and other texts on the cardinal elements will help to expand his world view. Paracelsus was responsible for the naming of the elementals. He believed in supernatural beings and felt that continuous exploration of the invisible side of nature was vital. He defined elemental beings as existing in the gap between humans and the spirit world and able to travel between realms. Such beings had supernatural powers and were formed of different substances, but able to change thoughts into physical forms. Typical elementals named by Paracelsus in his work, *Liber de Nymphis (1566)*, included:

- a) færies
- b) gnomes
- c) elves
- d) sprites
- e) sylphs
- f) salamanders.

Salamanders (or *vulcani*) were named by Paracelsus as the class of elemental spirit that corresponded with the fire element. Described as “long, narrow and lean”, salamanders are defined as fire spirits of will, power, intensity, and ardour (spiritual and erotic). Their fiery nature can make them volatile and dangerous for any persons who interact with them.

Salamanders could only live in incendiary environments, such as forest fires, volcanoes and balls of fire in storms. Fires could not exist without salamanders and Paracelsus considered them to be the strongest and most powerful of all the elementals. From the human perspective, salamanders were responsible for health and well-being via heat and light, working through the heart and bloodstream. Any person with a fiery temper was seen influenced by a salamander.

The ruler of the salamanders was a magnificent flaming being called King Djyn (or Djinn). This figure could be seen both in the blazing sun or the heart of a forest fire, because Djyn is the Lord of the fire element. As such, he helps to control the movement of fire and the life energy around our world. For those who are attuned to the fire energy, King Djyn appears as an explosion of white light and heat — a living flame with a cloak of yellow and red, like molten lava. On the other hand, he can appear in the warm firelight of a hearth or the flame of a candle. It is his power that attracts salamanders to his command.

A Witch's Herbal: insomnia

By Nick the Witch

We did promise some new features and series in *GYLDEN MAGICK*, as we enter our third year of publication and here's one – we continue with our regular herb of the month, but this feature will look at common ailments and suggest some easy herbal remedies, both for internal and external applications. Last month, we looked musculo-skeletal issues – this month, it's insomnia. Here's a short list of key herbs – a lot of these are best used as herbal infusions in the evening.

- **Chamomile:** actually, let's start with that calming cup of chamomile tea to forget the stress of the day and get some restful sleep. If it's been a difficult day, I use a mix of valerian root and chamomile in an infusion, as Roman chamomile is a relief for depression and anxiety. A close friend gave me a shed-load of dried red rose petals for my herb locker. What I make for stress or an over-active mind are teabags of Roman chamomile and rose petals - I've named such teabags as *Rebecca's soothers*..
- **Lemon balm:** well, the leaves have a sedative property against insomnia or stress issues. I tend to make teabags of lemon balm mixed with dried orange peel to help with sleeplessness. Another way to use lemon balm is as an essential oil in a diffuser, it helps with good sleep – lemon balm can be blended with valerian. The oil can also be dabbed onto the neck to combat stress. Put some lemon balm leaves in a small muslin bag and add it to a hot bath – the aroma helps with anxiety.
- **Vervain:** this has pain-relieving properties against depression, anxiety and insomnia. Usually, vervain is taken as an infusion or as a tincture, but it should be avoided by those who are lactating or pregnant.
- **Skullcap:** skullcap is a traditional medicine for insomnia or anxiety due to its sedative properties. It is usual to find skullcap as a supplement.
- **Lavender:** this is a wonderful herb that calms a person, helps him or her to sleep and can flavour food too. So, which is the **best way** to use lavender? Lavender water is still available to carry with you and a spray can be used for pillows or sheets. Lavender can be added to a bath or as an infusion. Other uses are massage oils, salves, compresses or steam inhalations. It is possible to make a lavender tincture too.
- **Valerian root:** this is ultimate plant to use against insomnia, but it may have side-effects if you already take anti-depressants. Similarly, it should be avoided by those who are lactating or pregnant.
- **Other plants:** these alternatives are still under scientific research, but help against insomnia for some people – passion flower, kava and ginkgo biloba.

Note: if you are taking other medication, please check that there are no adverse reactions between the herbs and your medicines.

As an extension to herbal healing for insomnia, the Gylden Fellowship natural healing stand has stocked **quintessence** too – this is a crystal essence (gem elixir) and one of our products here is *Sweet Dreams*. The elixir has been made from water of the White Spring in Glastonbury, sunshine and a whole array of serenity crystals, eg blue lace agate, snow quartz and amethyst. You just take 1tsp or so per day.

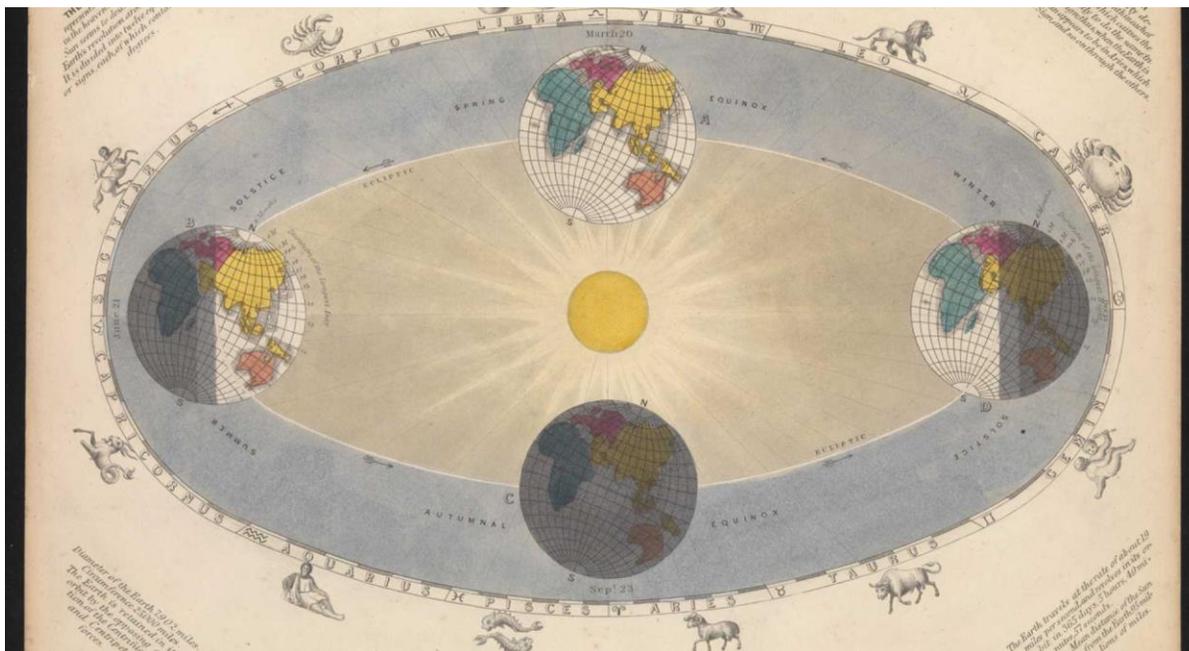
There's all sorts of **essential oils** that will also help with insomnia in general via a diluted drop on your forehead before bed, a massage or aromatherapy via a bed-time bath or shower or foot soak. The aromatherapy route can be very effective against persistent insomnia and the best oils are shown below.

- Citronella.
- Neroli.
- Clary sage.
- Frankincense.
- Lavender
- Sandalwood.

Reflections on the autumn equinox

By Matthew Levi Stevens and Emma Doeve

When Autumn comes, the Sun begins to move south on the ecliptic. The equinoctial point marks the moment when day and night are of (more or less) equal length, before night gains precedence over day until that time - *the Winter Solstice* - when we reach the deepest, darkest day and the light will start growing again.



Has anyone seen that diamond star, sparkling in the south-east? You have to be an early bird, because she rises heliacally before the dawn and disappears when the Sun clears the horizon and pours its light over the Earth. Her original name was **Sopdet**; we are more familiar with another name: **Sirius**. The ancients called the divinity they related to this celestial presence in the heavens, **Isis**, the only Goddess to know the Secret Name of the Creative Fire. This was the high-flown language of the storytellers. They would interpret the earth growing bare and cold, as the Sun having grown weak and feeble. Where had the life force gone?

Isis was the only one who could bring it back, the only one to know the secret and, in this aspect, she became known as Black Isis, guardian of Mysteries. In many European cultures, you find statues of the Black Madonna, the name being a thin veneer under which the other goddess hides. The child she holds at her breast or that sits on her lap, is the promise of the renewed life that will come in Spring, but also the potential of the fruit gestating in Her womb during the darkness of the Autumn and Winter months.

And while the seed lies dormant in the cold Earth, the swallows and geese fly south and the soul is invited to go on a spiritual journey, She performs Her silent magick, preparing the soil and nature for rebirth in Spring. If you call upon Her name and appeal to Her earnestly, She will answer and She can restore lost vitality and protect against negative influences.

The journey out of darkness may take us through several transformations as we learn about our spiritual heritage under the ever-watchful eye of the night in privacy and seclusion.

*Go down, into the depths of the Earth,
Like a tree, sinking its roots into the moist, black, soil
Back into the body of the Mother.
Look up into the Night Sky
(the space between sparkling stars)
The rise and swell of the Moon
Points Her way,
And Right Here, where you are
In the still, silence of the Night,
Listen to the rhythm of your own heartbeat,
Carried away on the tide of your breath
As you stand before the mirror,
Face-to-face with your Self,
A mask in the depths of the glass
In the black of your reflected gaze,
The pupils a window on the Space
Behind
Inside
Within . . .
This is where the Dark Lady hides:
This is where our Mother resides.*



Pagan marriages

By Gylden Fellowship

Earlier in this issue of *GYLDEN MAGICK*, we read about a real handfasting from earlier in the year. On 3 September 2020, a consultation paper was issued by The Law Commission on wedding law reforms. This is a consultation paper and everyone is urged to have a read and answer the survey. The Commission's recommendations will go forward to the government, but the public consultation period expires on 3 December 2020. Here's the link if you wish to comment: <https://consult.justice.gov.uk/law-commission/weddings/>

The consultation paper confirms that the current laws on weddings are very dated and don't factor in the needs of a diverse society. What is allowed legally at present is, as summarised below.

1. The ceremony is only recognised if it occurs in a place of worship or a building that is registered for weddings.
2. Notice of the wedding must be given at the church or a registrar's office.
3. Notice must be included in the wedding service too.
4. There can't be any inclusion of other religious beliefs.
5. The wedding cannot take place outdoors.
6. Handfastings are not recognised legally – a couple has to have a separate handfasting and a civil marriage at a registrar's office to obtain legal recognition.

The consultation paper proposes changes to these restrictions with a set of recommendations that will permit people to choose the way in which they are married. Examples of these recommendations are shown below.

1. Notice of the wedding would be given in different areas to the one where couples live.
2. There should be a facility for online registration, followed by a separate visit to the registrar.
3. Legal recognition should depend on the celebrant rather than the location.
4. It should be legal to be married outdoors.
5. There should be more clarity regarding the validity of a marriage.
6. Some of the complicated rules from the ecclesiastical bodies should be clarified, eg signing of registers, number of witnesses, deputy celebrants, etc.



More Samhain prayers

By Nicola Ison

Here is a [Samhain blessing](#) that you could use or adapt for purpose: you'll need to cast a circle first to contain the summoned spirits and light a black pillar candle beforehand.

*Let this flame blaze through the night,
Bringing both wisdom and great insight,
At this special time and in my sacred space,
I request my ancestors come to share my place.*

Here's an Irish blessing for Samhain

*This is the night when the gateway between
our world and the spirit world is thinnest.
Tonight is a night to call out those who came before.
Tonight, I honour my ancestors.
Spirits of my fathers and mothers, I call to you,
and welcome you to join me for this night.
You watch over me always,
protecting and guiding me,
and tonight, I thank you.
Your blood runs in my veins,
your spirit is in my heart,
your memories are in my soul.
With the gift of remembrance.
I remember all of you.
You are dead but never forgotten,
and you live on within me,
and within those who are yet to come.*



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

Our email: @GyldenFellowship

Our website: www.gyldenfellowship.co.uk

On Facebook: <https://www.facebook.com/groups/gyldenpaganfellowship/>

