



Gylden Magick

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Oct. 2021

PRACTICAL MAGICK & UNIVERSAL ENERGY FOR EVERYDAY LIFE

Editor's notes

by Gylden Fellowship

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

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 expand the magazine a little in our 4th year of publication, from September. So, this issue comes in at 25 pages, with some new authors and 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 a distinctly **natural or environmental flavour** to it, as befits the end of summer and Samhain. The Saxons referred to this time as the Feast of Winter, with the crops gathered in, the animals down from the upland pastures and darker nights.

Anything else? Oh yes, the title – we never forget that our faith is based upon Nature and that our strength

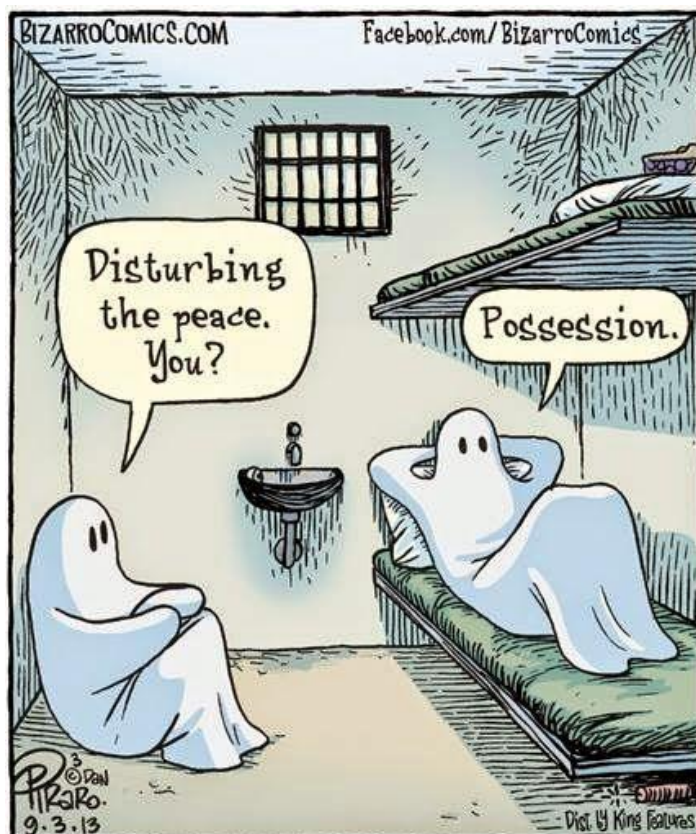
comes from earth magick, regardless of the diversity of pagan pathways.

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 – we have pictures from Arcana. And we start a new series, describing Egyptian alchemy.

For more info, why not join **Gylden River LRC or Gylden Fellowship** groups on Facebook today and catch up on our news for Samhain?

Contents: October 2021

Crystal clear: alexandrite by Charlie Foreverdark	Pages 3-4
Witterings: Samhain by Gylden Fellowship	Page 5
Photos: sacred art of the Aborigines collated by Gylden Fellowship	Pages 6-8
Ghost planets by Mark Sharpen	Page 9
Celestial forecasts by Joanna Bristow-Watkins	Pages 10-15
Folklore: Tales for darker evenings – Bomere Pool by the Storyteller	Page 16
Ghostly tales by Maxine and Baz Cilia	Page 17
Environment: round-up by Matt Richards and Anneke Kooijmans	Pages 18-19
MBS Corner: Arcana 2021 by Andrew Merritt	Pages 20-21
Community witchcraft: unwanted pregnancy by Nick the Witch	Page 22
Egyptian alchemy healing by Joanna Bristow-Watkins	Pages 23-24
Gylden contact info	Page 25



Crystal clear: alexandrite

By Charlie Foreverdark

Time to welcome another new author to **GYLDEN MAGICK** – **Charlie Foreverdark**. From this issue, Charlie has kindly offered to write occasional pieces for us on crystals, just as she does for other organisations, such as the crystal company, **Salt Shack**.

Green in sunlight, but red in incandescent light; colour-changing alexandrite is one of Mother Nature's own magic-trick phenomena. Often described by gem aficionados as "**emerald by day, ruby by night**", alexandrite is a rare variety of the mineral, chrysoberyl. The chrysoberyl family, which are separate to beryls, are beryllium aluminium oxides - as opposed to silicates. Whilst the first supplies of alexandrite, discovered in the emerald mines of Russia's Ural Mountains, were fairly abundant, alexandrite is so rare that it has never truly been the main aim of commercial mining. The likelihood of finding it in any significant quantity is very slim - alexandrite was a happy by-product with just one crystal of alexandrite being uncovered for every hundred-or-so emeralds.

According to historic account, in October 1830 a Russian peasant was making his way through the forest along the banks of the Tokovaya River on the Asiatic slope of the Ural Mountains, when he came upon a large tree felled by a storm. In the exposed roots he found a number of green stones which he took to the gem cutting works in Ekaterinburg. The stones were identified as emeralds, and in 1831, the mica-schist deposit was developed as mines. This little group of seldom-visited mines are considered now amongst the best gem mines on Earth. Nearly all gem varieties and types found there occur in fine crystal examples, with many being exceptional. Over the years these Russian pegmatites and metamorphosed zones have been abundant in amethyst, aquamarine, blue topaz, quartz, phenakite, emerald, and chrysoberyl...or more specifically, the particularly stunning variety of chrysoberyl known as alexandrite.



Those first alexandrite specimens were of very fine quality, displaying vivid hues and dramatic colour change. Noted mineralogist, Nils Gustaf Nordenskiöld, was the first to realise this unusual green, colour-changing gemstone was something completely different to the abundant emerald. It was later named by Count Lev Alekseevich von Perovskii to honour the Russian Tzar Alexander II. Legend claims that alexandrite was actually discovered on the very day in April 1834 that Tzar Alexander II came of age, and red and green also happened to be Russia's national military colours, so the stone has long been associated with Russian royalty.

Whilst Russian sources of alexandrite have been depleted for the last 100 years, alexandrite deposits have subsequently been found in India, Sri Lanka, Tanzania and Madagascar; places and spaces that were formerly joined together as part of the supercontinent Pangea which existed during the late Palaeozoic and early Mesozoic eras. Pangea began to break apart about 175 million years ago due to continental drift, and the shifting tectonic plates took their alexandrite deposits with them. There are a few other worldwide locations that have produced alexandrite.

Since its discovery two centuries ago, alexandrite has long been coveted as one of the rarest and most cherished gemstones of all. It changes colour according to changes in the light. In natural daylight, the colour appears as a greenish-blue through to yellow-green. Under incandescent or candle light, it changes to a colour of raspberry pink through to red. The changing colour of this gemstone is caused by the presence of varying levels of chromium, vanadium and iron impurities within the mineral's structure.

The colour-change effect is actually due to alexandrite transmitting green and red light equally. Incandescent and daylight light sources are richer in different wavelengths (red or blue and green respectively) and this has a direct effect on what colour the gemstone appears to the human eye. In addition to this colour-changing phenomenon, alexandrite is also noted for its **strong pleochroism**. This is an independent optical effect from colour change, in which the gem will appear different colours from different directions. In alexandrite, the pleochroic colours are green, orange and purple-red. It really is a double whammy when it comes to the chromatic spectrum!

For alexandrite, the quality of the colour change is paramount. Gems whose colours change like a traffic light from green to red are extremely rare. In fine alexandrite examples, the change is typically one from a slightly bluish green to a purplish red. The quality of colour-change is often referred to by dealers in a percentage basis, with 100% change being the ideal. This phenomenon is sometimes referred to as the **alexandrite effect**.

As alexandrite is a very durable crystal at 8.5 on Mohs scale of hardness, it is a good choice for jewellery, including rings. Due to its rarity, it isn't seen as often in modern jewellery as in examples of antique Russian jewellery. Jewellers, Tiffany & Co, did manage to manufacture some impressive pieces of alexandrite jewellery at the turn of the 20th century.

Unfortunately for lapidaries, larger alexandrite crystals are usually highly fractured and end up yielding fairly little in the way of facet-grade material. Large clean alexandrite gems of over 3 carats are among the rarest and most costly of all gemstones. Whilst alexandrite has been synthesised in laboratories, the vast majority of synthetic alexandrite stones are actually synthetic sapphires coloured by vanadium.

One of the most impressive of all alexandrite specimens found in the Russian mines is now housed in Moscow's Fersman Mineralogical Museum. Known as **Kochubei's Druse**, (as it was temporarily in the custody of Prince Petr Arkadievich Kochubei) the 22x13cm matrix contains at least 22 large and impressive alexandrite crystals, with the central crystal measuring more than 6.5 centimetres across.

The largest raw specimen is the **Sauer Alexandrite**, which was found in Brazil in 1967. It was named after its discoverer, Jules Roger Sauer. The Sauer is the largest uncut specimen of alexandrite, weighing an astonishing 122,400 carats - just shy of 54lbs! Rather than cutting or selling the stone, Sauer decided to keep it as part of his private collection. The largest cut/faceted alexandrite, weighing 65.7 carats, belongs to the Smithsonian Institute, and originated from a mine in Sri Lanka, and two more large Sri Lankan specimens reside at our Natural History Museum here in the UK, one weighing 43 carats, the other weighing 27.5 carats.

Alexandrite is classed as a new gemstone; it's been around for less than 200 years, which in terms of gem history is but the blink of an eye compared to the likes of diamonds, sapphires, emeralds and rubies. During the relatively short time since its discovery, it has certainly made an impressive impact, and is already associated with some legendary properties. From the way that this gemstone was formed through the mysterious connection of contrasting rocks, along with how its colours seem to change from opposite ends of the spectrum has led to alexandrite being linked to duality and conflict.

Witterings: Samhain

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 runs from the evening of 31 October to the evening of 1 November, but the Celtic festival lasted 3-6 days.

It was a community event for all in the Celtic settlements, both farmers and druids with ritual bonfires. 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.

It is the time of year when the gates between this world and the next are open. It is a time both of communicating with the spirits (honouring the ancestors) and a time of divination or scrying, when the forebears could be asked for advice. For some pagans, Samhain is known as the Festival of the Returning Dead and it is common to find dumb suppers featured during personal ceremonies, a custom that originated in medieval times.

Remembering what Samhain is all about, your altar should be one that honours the ancestors and it could include photos or mementoes of relatives or friends that have passed on. The list below gives an idea of the diversity of altar adornments.

1. Good incense for Samhain could be sandalwood, wormwood, sage, myrrh or patchouli.
2. Typical crystals might include onyx, jasper, obsidian, bloodstone or jet.
3. The altar cloth colour should be one of black, orange, red brown or gold.
4. Seasonal decorations might include apples, coloured leaves, nuts, oak leaves plus acorns, pumpkins or squashes. The jack-o-lantern is not necessary for an altar, but could be placed on a step outside the home.
5. Herbs or plants might include cinnamon, bay leaf, cloves, ginger, rue, sage, pumpkin seeds, nettle or pine needles.

Our acceptance of this change is vital so that we can plan new ideas or seeds for the spring planting: winter is a time for all to rest, reflect and renew our energy for the future. This is a time for dreams, to remember the past and to build longer term visions. So, as the winter starts and the old year ends, we honour our ancestors and embrace our roots – seeking their wisdom and experience to guide us on our journeys. One activity that could be done at Samhain is to make some seed cards for Yule.

A practical activity for Samhain could be to visit the place where your ancestor(s) is/ are buried or scattered. Afterwards, you could build a small ancestor altar in your home, decorated with photos of the person/ people that you wish to remember and any small keepsakes that remind you of them. And then, you can perform this little spell for remembrance.

In magickal terms, Samhain is the start of a new year and a time for releasing negative thoughts or closing matters or beginning new projects. It is the wisdom of the Crone that prevails at Samhain: asking for guidance, paying respects to departed ancestors and celebrating reincarnation.

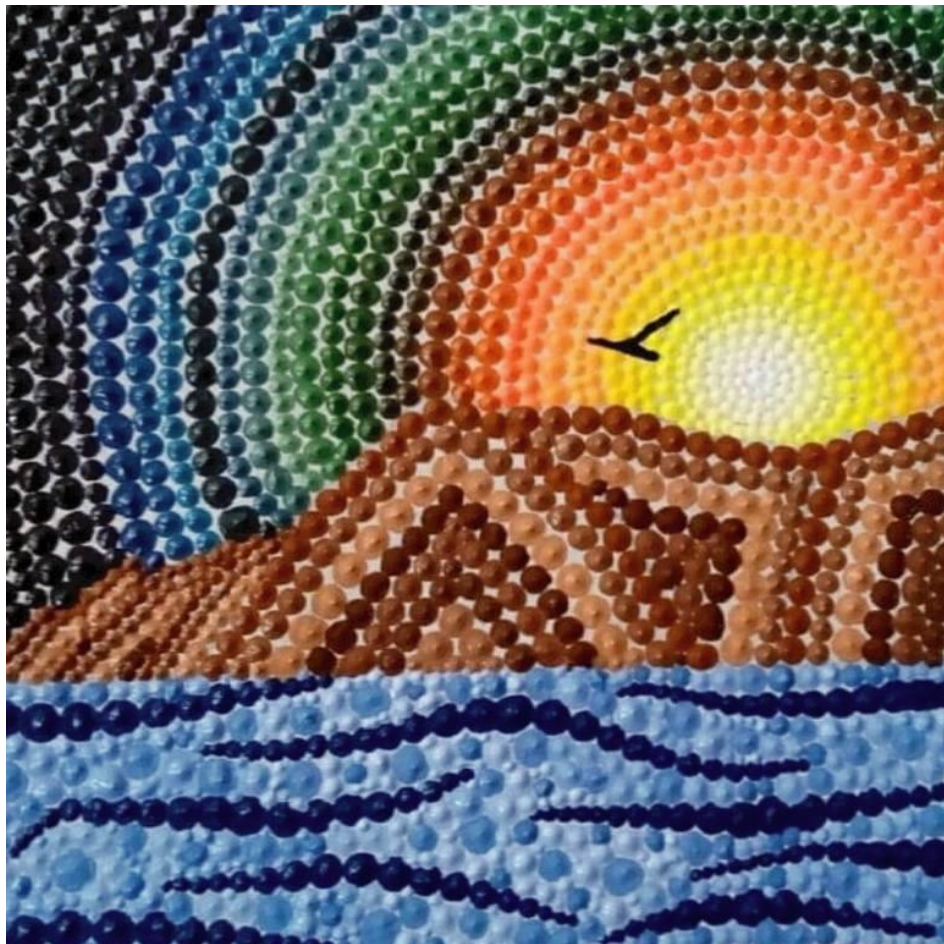
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Magick
Oct. 2021

Sacred art of the Aborigines

Collated by Gylden Fellowship







Ghost planets

By Mark Sharpen

Ghost planets are those planets that hide in our solar system, beyond Neptune, hidden by other bright stars, but unseen by our telescopes. So, how do we know that such planets exist? Most commonly, they are detected by gravity. If there's a large planet, hiding in the cosmic shadows, it will exert a gravitational influence on other small icy objects nearby. This was the case with Neptune, which was discovered in 1846 by observing its gravitational effect on Uranus.

Up to now, there's been no evidence of another planet in our solar system, but all that may be about to change, according to studies from the astronomy department at the California Institute of Technology. The latest research on gravitational patterns suggests that there is something out there beyond Neptune – and it's big! The researchers suspect that this new world is more than 10 times the size of our planet, but they cannot tell if it is a gaseous or rock-based planet. What is known is that there's a collection of small icy objects beyond Neptune, known as the **Kuiper Belt Objects**. Observations of these distant bodies have shown that either they've clustered together or have developed their own orbits, but the cause of such behaviour is unknown at present.

The possible existence of the ghost planet was announced first in 2016 and the research has developed from there. It is worth noting that the search for such ghost planets is not new. In 1916, an astronomer left a fund of \$1m to finance such research – in 1930, this legacy helped to establish the existence of the dwarf-planet, Pluto.



Building on the 2016 studies, the California Institute of Technology astronomers examined several of the Kuiper Belt Objects in detail, with their strange orbital paths. The team's conclusion was that there was a large ghost planet out there and it orbits the sun every 7400 years. The new study finds that there's a 99.6% chance that the peculiar orbital alignments of these Kuiper Belt Objects are due to the presence of such a ghost planet.

In 2018, scientists from the University of Michigan announced they'd identified a small, rocky object well past Neptune whose movement and orbital patterns suggest it could be pulled by a large planet. This rock, named 2015 BP519, orbits the sun at an angle that's distinct from all the planets in the solar system — so the scientists suggest that a giant hidden planet with 10 times the mass of Earth could be responsible for that strange orbit. These scientists describe the new object as the "**most extreme Trans-Neptunian Object**" discovered to date. That means it has the strangest orbit of anything so far found beyond Neptune. The new object was discovered using data from **The Dark Energy Survey**, an ongoing project investigating the expansion of our universe by looking deep into space. All the known planets orbit the sun at the same angle, called the **orbital plane**, because of the sun's gravitational pull. As the Dark Energy Survey is examining a different plane, scientists did not expect to find any orbiting objects in the data. The orbit of 2015 BP519 is tilted 54° from our orbital plane - a giant ghost planet is tilting the object's orbit!

Celestial notes

By Joanna Bristow-Watkins, Harmony Healing

We are very pleased to feature **Joanna Bristow-Watkins** as one of our regular contributors for **GYLDEN MAGICK** in 2021 and, here, we're including a few details about her expertise – many thanks to Rebecca Granshaw for suggesting Joanna. Joanna runs **Harmony Healing**, which may be accessed at www.harmonyhealing.co.uk. It should be noted that some of the training events are online at present – all details on Joanna's website.

Forest Bathing+ Sessions with Joanna & Katie

We have *Harmony in Nature* forest bathing sessions at Cannon Hill Common, London SW20 (Thursday 14), Harry Edwards Healing Sanctuary, Shere (Sunday 17) and Horsell Common, Woking (Tuesday 12 October). **Important News about Newlands Corner:** Newlands Corner, our beautiful site in Guildford Surrey, have put up our site rental price so much that we don't know if we will be able to continue working there. So, if you want to join us at **Newlands Corner**, please book in ASAP for one of our pre-Christmas dates (2 and 30 October) as it is unlikely to feature as a 2022 destination. We will be forced to cancel Newlands events one week before if numbers are low, so please don't leave it to a last-minute booking or you stand to be disappointed.

Monthly Virtual Full Moon & Unity Consciousness Meditations

All you need to take part via Zoom is a computer with a webcam and microphone. It's very easy to download and use. If you do not have Zoom, visit <https://zoom.us/> and sign up for free. RSE 1 interactive virtual training module **Violet Flame of Amenti** (£88 including an attunement into the Violet Flame) starting Tuesday 21st September. Anyone who has studied RSE with me in the past can have a special price to re-attend please contact me for details.

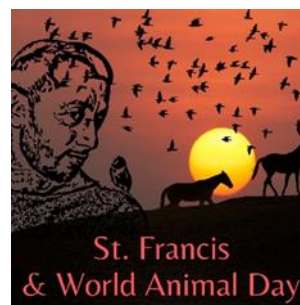
I'll be running my next Full Moon Guided Healing & Unity Consciousness Meditation via Zoom on Monday 20 September at 7.30-9.30pm (UK time = GMT). Participants all receive a deeply healing experience. Cost to participate is £20 by online BACS payment (small admin fee added for PayPal) or half price to RSE or Moon Course graduates. See **Harmony Shop** to book.

Sarah Jane's **Women's Circle Moon Lodge** is meeting on Friday 15th. Aligning with the moon cycle is very therapeutic, and our New Moon New Vision: Moon Alignment Course runs for a full lunar cycle from New Moon on 6 October to New Moon on 4 November. Our **Full Moon Meditation takes place 7.30-9.30pm (UK time) on Wednesday 20 November**, with the Hunter Moon peaking earlier in the day at 15:57.

Other Harmony Healing Services

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 healings**. Joanna is a Reyad Sekh Em® Egyptian Alchemy Healer and Teaching Mentor. We also have **meditations** available and a number of virtual courses including **Reyad Sekh Em (RSE) Egyptian Alchemy Healing Level 1** (which is now fully available as interactive training modules) and a **monthly virtual healing circle** - details on **Harmony Healing Virtual Events**. Joanna also offers **distant intuitive readings (past life and/or aura readings) and distant 1-2-1 healings** and runs various **Meet-up groups in London and Surrey** and the **London & Surrey Alchemists Facebook Group** and posts regularly on **Instagram** and **Linked-In**. **Harmony Healing Gift Vouchers** are available.

Timings given are UK time



October in Britain features the full splendour of autumn colours with an array of brown, red and golden yellow mixed with the remaining green as trees shed their leaves. Nature is truly remarkable; this process eliminates environmental toxins which have collected and trees do it to protect themselves. In winter sunshine, water would continue to evaporate from the leaves and, should the ground water freeze, the tree's water supply would no longer be guaranteed. Hence the plant produces phytohormones and directs them to its leaf stalks. These hormones cause a corky layer to form, then the leaves fall off. This cork prevents pathogens such as fungi or bacteria from penetrating. Further, should it snow, the tree will not have to bear the additional weight of snow on the leaf surfaces.

This month is the ideal time to harvest chestnuts, conkers and apples and, on the allotment, we have many seasonal vegetables including broccoli, leeks, turnips, potatoes, kale plus squashes, including pumpkins. It's easy to see why apple bobbing and pumpkin carving became associated with Halloween, celebrated on the 31st. We also have two separate sets of **Meteor Showers**, the Draconids (peaks 8th/9th) and the Orionids (peaks 20th/21st).

The month of October was named after **octo** meaning 8th in Latin, as October was the 8th month when the year started in March. To the Anglo-Saxons, October was called **Winterfylleth**, or the winter full moon, because winter was said to begin on the first full moon in October.

During October, we have a plethora of international festivals such as **World Vegetarian Day** (1st), **World Mental Health Day** (10th), **World Food Day** (16th), **International Day for the Eradication of Poverty** (17th) as well as Thanksgiving in Canada (11th). We can also look forward to the London Traditions **Pearly King Harvest Festival** (3rd) and **October Plenty** (usually a Sunday at the end of the month, but looks to be going online again this year), Christian Festival of **St Francis of Assisi Day** (4th), two annual Egyptian Festivals **Going Forth of Isis** (6th) & **Isia** (28th) and Roman **October Horse** (15th) annual commemorations, plus the Pagan Festival of **Samhain** on 31 October.

Friday 1 October is World Vegetarian Day. Established by the North American Vegetarian Society in 1977 and endorsed by the International Vegetarian Union in 1978, it is a day of celebration "to promote the joy, compassion and life-enhancing possibilities of vegetarianism." It brings awareness to the ethical, environmental, health and humanitarian benefits of a vegetarian lifestyle and is a time set aside to raise awareness of the positive effects of a vegetarian lifestyle on "humans, other animals and our shared earth." See more details on the Awareness.com website.

World Vegetarian Day marks the start of **Vegetarian Awareness Month** throughout October, which ends with **World Vegan Day** on **1st November**, marking the end of that month of celebration.

Sunday 3 October is the first Sunday in this month - the traditional *Pearly King Harvest Festival* at St Martin-in-the-Fields, London, offering a spectacular display of historical London. The Pearly Kings & Queens are a popular Cockney tradition dating from the 19th century. It started when a young boy covered a suit with pearly buttons to raise money for the poor at fairs and charity events. Other boroughs followed suit and got their own Pearly King or Queen. The Pearly King image (see above) is the author's property. The model is unknown, but willingly posed for the photograph; there is no commercial gain from the author's use of this photograph. More at [ProjectBritain Website](#).

Monday 4 October is the Feast of Francis of Assisi in the Christian calendar, so it is appropriate that it is also World Animal Day since St Francis is the Patron Saint of Animals and the Environment. It is a popular date for animals to be blessed. St Francis, who founded the Catholic Church's Franciscan order, lived in Italy between approximately 1181-1226. He is remembered for his love for animals and nature and his generosity to the poor, as well as his willingness to minister to the lepers. St Francis was canonised (pronounced a saint), shortly after his death (in 1228) by Pope Gregory IX. The Pope also laid the foundation stone for the Basilica of St Francis d'Assisi, Italy, which is a UNESCO world heritage site.



Tuesday 5 October is the final part of *Harmony Healing Virtual Workshop: Violet Flame of Ament (Level 1)*, 7.15pm - 9.30pm (UK time/GMT+1 = UK & USA friendly evening hours), £88. See [Violet Flame of Amenti](#) page for details and to book. Missed sessions are recorded so late applicants can be accommodated. 3 x 2.25hour evening course, worth 1 unit towards the RSE Level 1. Held remotely on Zoom.

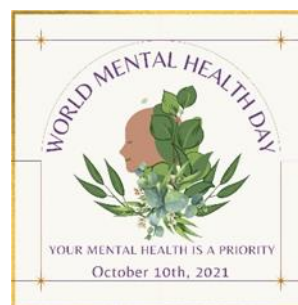
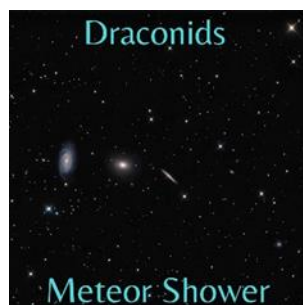
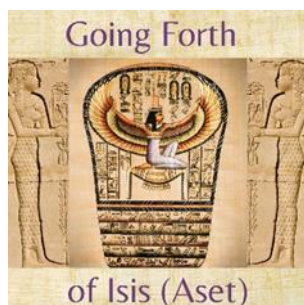
Wednesday 6 October @ 12:06 is the New Moon.

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. There are video instructions on my [You Tube Page](#).

Wednesday 6 October is the start of New Moon New Vision; Lunar Cycle Alignment Programme.

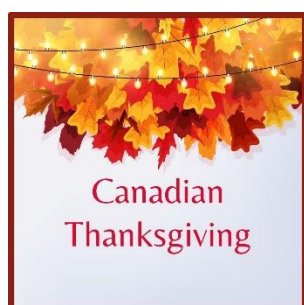
This lunar cycle applies the transformational properties of spiritual alchemy to help you feel rejuvenated and purposeful about the rest of the year, via the creation of a Vision Board. It's a special one lunar month empowerment and attunement programme combining the solar & lunar balancing with various ceremonies throughout the month. The next Moon Alignment Programme begins with the New Moon on the 6 October and culminates with the New Moon on 4 November. This takes in the Festival of Samhain (31 October).

Thursday 7 October, though some sources say Sunday 10th October, is Going Forth of Isis (Aset) in Egyptian tradition. Apparently, her heart is pleased on this day because the heritage is granted to her son Horus (Heru). On this special day, a specially selected team of priests and/or priestesses would commence a procession to take their most treasured image or statue of Aset (Isis) to another temple, with many planned stops en route. At each stop, they would perform a sacred rite and, often, offer divinations. When the final temple destination was reached, the image or statue would be placed in an honoured location and a joyful festival celebration would ensue. Informative posters of Isis, as per the sample shown here, are by Jacqui Taliesin El Masry from Alkhemi.co.uk.



On Friday 8 and Saturday 9 October, the Draconids Meteor Shower can be seen. The radiant point for the Draconid meteor shower almost coincides with the head of the constellation, Draco the Dragon in the northern sky. That's why the Draconids are best viewed from the Northern Hemisphere, and, surprisingly, in the early evening soon after dusk. Draco has been known to spew forth many hundreds of meteors in a single hour. In 2021, the recent New Moon (on the 6th) should provide relatively moon-free viewing for a few hours after nightfall, which is the best viewing time this year. See [Earthsky Website](#) or [timeanddate.com](#) for more.

Sunday 10 October is World Mental Health Day. Initially it was as an annual activity held by the World Federation for Mental Health (WFMH), but World Mental Health Day has been observed since 10th October 1992. It's now officially commemorated every year on 10 October and this year's theme is **mental health in an unequal world**. This year, in collaboration with ITN Productions, they have created a film entitled **Forward Together for Mental Health** - there's a trailer on the [mentalhealth-uk.org website](#), where you can also register to be notified when the film is released.



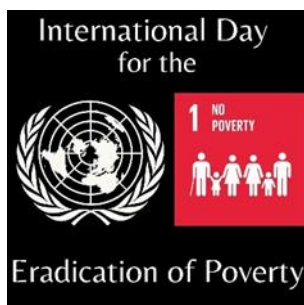
Monday 11 October is Thanksgiving Day in Canada, sometimes called Canadian Thanksgiving to distinguish it from the American holiday which is the 4th Thursday in November (this year it's Thursday 25 November). Canadian Thanksgiving occurs on the second Monday in October and is an annual Canadian holiday, celebrating the harvest and other blessings of the past year.

Tuesday 12 October 11am - 1.30m, Forest Bathing+ with Joanna & Katie at our new Woking (GU21) location in Horsell Common, £35 (+ Paypal fee = £36.75). Immerse yourself in the healing elements of nature and connect deeply with all your senses. Spend 2½ hours in the woods mindfully connecting to nature through simple sensory exercises and a treelaxation. Join us at this mixed woodland and heath location, featuring many Scott's pines and silver birches. This historic common land was featured in HG Wells' best-selling novel, *War of the Worlds*. 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 which will take place in all weathers except 30+mph winds or electrical storms. Book via [harmonyinnature.uk](#) or our [Surrey Meetup](#). Email to go on our forest bathing mailing list.

Thursday 14 October, 11am-1.30pm, Forest Bathing+ with Joanna & Katie at our new London location (woohoo) in Cannon Hill Park, £35 (+ Paypal fee = £36.75).

Friday 15 October is the Roman celebration of October Horse – it's the Ides of October. The October Ides featured a two-horse chariot race on the Campus Martius.

Friday 15 October 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. It is being held in person by Sarah in the TW13 postcode area, full address will be given on receipt of payment. Talk, support, heal, celebrate, and hold each other. Book at [Eventbrite](https://www.eventbrite.co.uk). Contact Sarah-Jane via crystalhealingbysarahjane.co.uk or email.



Saturday 16 October is World Food Day; a worldwide event designed to increase awareness, understanding and informed, year-around action to alleviate hunger. This day, declared by the UN General Assembly, aims to heighten public awareness of world food problems and strengthen solidarity in the struggle against hunger, malnutrition and poverty. The theme for **World Food Day 2021** is *Our Actions are our Future*. The theme is to highlight the fact that the food we choose and the way we consume it, affects our health and that of our planet. Our actions have impact on the way agri-food systems work. So, we all need to be part of the change. Each year, on **16 October, Concern Worldwide** joins organisations around the world in commemorating World Food Day, marking the day the Food and Agriculture Organisation of the United Nations (FAO) was founded in 1945. Concern Worldwide, whose motto is tackling hunger, transforming lives highlight some incredibly worthy causes on their website.

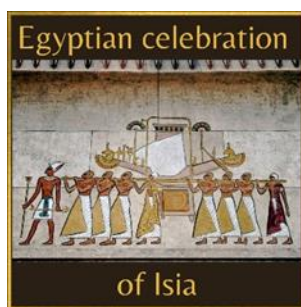
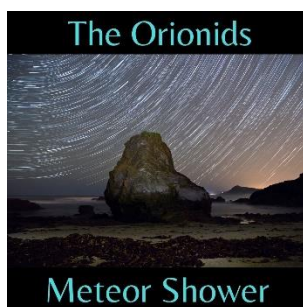
Sunday 17 October, 11am - 2pm, Forest Bathing+ in the grounds of Harry Edward's Healing Sanctuary, £35 (+ Eventbrite fee = £38.32). We have small groups of maximum 12* including guide(s) to allow us to adopt COVID precautions and social distancing.

Sunday 17 October is the International Day for the Eradication of Poverty. The observance of the **International Day for the Eradication of Poverty** can be traced back to 17 October 1987, when 100,000 people or more gathered at the Trocadéro in Paris. This was the location where the Universal Declaration of Human Rights was signed in 1948, to honour the victims of extreme poverty, violence and hunger. They proclaimed that poverty is a violation of human rights and affirmed the need to come together to ensure that these rights are respected. These convictions are inscribed in a commemorative stone unveiled on this day. Since then, every year on **17 October**, people of all backgrounds, beliefs and social origins have gathered to renew their commitment and show their solidarity with the poor.

Wednesday 20 October is the Hunter Full Moon @ 15:57. Between this date and the next New Moon is considered as a good time energetically for detoxing the body.

Wednesday 20 October is our Full Moon Unity Consciousness Meditation, 7.30-9.30pm UK time. 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](#).



Wednesday 20-Thursday 21 October is the peak of the Orionids, which is the most prolific meteor shower associated with [Halley's Comet](#) and lasts from 15-29 October. The Orionids are so-called, because they appear to come from, the constellation Orion. In some years, meteors may occur at rates of 50-70 per hour. This year, on the night of the Full Moon, it's not likely to be good viewing. In 2021, the annual Orionid meteor shower is expected to rain down the greatest number of meteors before dawn on 21 October, perhaps as many as 20 meteors per hour. Sadly, the light pollution from the Hunter's Full Moon will obscure viewing. But the hours between midnight and dawn on the mornings of 20 and 22 October may offer a decent sprinkling of meteors as well, and you might see some anytime in October if you have a dark sky for viewing. See also [EarthSky website](#) where you will also find more details about the event.

Thursday 28 October is the Egyptian celebration of Isia, marking the 7 days that Aset (Isis) spent searching for the body parts of Asar (Osiris) following his death and dismemberment by his brother Set. This culminates on **Wednesday 3 November** with Hilaria when she resurrected him by remembering him; no doubt contributing to the definition of our word, remember, meaning to recall someone from memory.

Saturday 30 October, 10.30am - 12.30pm, Forest Bathing+ at Newlands Corner, an Area of Outstanding Natural Beauty (AONB) in the Surrey Hills, £25 (+ Eventbrite fee = £27.54). This is a 2-hour Forest Bathing+ session which will take place in all weathers except 30+mph winds.

Sunday 31 October is the end of the Summer Daylight Saving Time in 2021, so the UK clocks go back an hour at 01.00 hrs (Saturday night).

Sunday 31 October traditionally marks the end of the harvest and the beginning of the Celtic and Pagan New Year. Samhain is Irish-Gaelic for the summer's end and is pronounced "sow-in". This festival celebrates Nature's cycle of death and renewal. Sometimes, it is named Halloween. In the Northern Hemisphere, Samhain heralds the beginning of winter, when the nights are dark and the days are getting shorter and the demise of the sun's uplifting influence. The crone, personified as Cailleach - the Queen of the Winter - was reborn on every All Hallows Eve, returning to bring the Winter and protect animals through the coldest months. She turned to stone on Beltane Eve, Beltane being 1 May. This year, 31st is the final Sunday in October so it could be the chosen date for the annual [October Plenty Festival](#), traditionally held in Southwark. This year, it's an online event. In the past, this autumn harvest celebration would begin on the Bankside, by Shakespeare's Globe and would feature a mix of ancient seasonal customs and theatre with contemporary festivity, joining with historic Borough Market, Southwark. The procession would normally feature a *Berry Man* - an autumn version of the *Green Man* but covered in fruits and foliage, plus a *Corne Queene* effigy comprised of wheat, barley and grain with apples and root vegetables supplied from the Borough Market.

Tales for autumn evenings: Bomere Pool

By the Storyteller

Bomere Pool, near Shrewsbury/ Telford, was created through glacial action about 18,000 years ago – it is an example of a kettle-hole mere, but there is a tale that offers a different version.

Many years ago, a village stood in the hollow, but the villagers were wicked people, who mocked the Christian God, Jesus and his priests. They turned back to the ancient heathen practices of their fathers and worshipped Thor and Woden.

The old priest earnestly warned them that God would punish their wickedness by some sudden judgment, but they laughed at him. They fastened fish-bones to the skirt of his cassock and set the children to pelt him with mud and stones. The priest was not dismayed at this, but he renewed his entreaties and warnings, so that some few turned from their evil ways and worshipped with him in the little chapel; this chapel stood on the bank of a rivulet that flowed down from the mere on the hillside.



The rains fell that December in immense quantities. The mere was swollen beyond its usual limits, and all the hollows in the hills were filled to overflowing. On Christmas Eve, when the old priest was on the hillside gathering fuel, he noticed that the barrier of peat, earth, and stones, which prevented the mere from flowing into the valley, was apparently giving way before the mass of water above. He hurried down to the village and urged the men to come up and cut a channel to relieve the pressure of water from the mere. They only greeted his proposal with shouts of derision, telling him to go and mind his prayers and not spoil their feast with his croaking and his killjoy presence.

The heathen folk were celebrating their winter solstice festival with great revelry. That same night, the aged priest summoned his few faithful ones to attend midnight mass. The night was stormy and the rain fell in torrents, but this did not prevent the small Christian flock from coming to the chapel.

The old priest had just begun the service, when a roar was heard in the upper part of the valley. The server rang the Sanctus bell, which hung in the bell tower, when a flood of water dashed into the church and rose rapidly until it put out the altar lights. A few moments later, the whole building was washed away and the mere, which had burst its mountain barrier, occupied the hollow in which the village had stood. Now, it is said that if you sail over the mere on Christmas Eve, just after midnight, you may hear the sound of the Sanctus bell.

Ghostly Tales 2021

By Maxine and Baz Cilia



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Environment: round-up

By Matt Richards and Anneke Kooijmans

To bee or not to bee, that is the question. It should be noted that the insect apocalypse continues to unfold - **billions of bees, butterflies, and other extraordinary tiny creatures are dying off**, and the consequences may soon be catastrophic for our crops and fragile ecosystems worldwide. **Agricultural pesticides are among the key culprits**, but now the European Union is considering a **proposal to cut pesticide use by 2030** that could pave the way for a total phase-out across Europe in 15 years. Momentum is building to address the issue not only in Europe -- the UN just published a plan to drastically reduce pesticide use ahead of international negotiations later in the year.

One group of pesticides, called neonicotinoids, was increasingly linked to the massive decline of bees worldwide. So, there was a movement started urging the EU to ban these toxic pesticides. Many companies objected to this move, as these chemicals were highly lucrative for them. But the anti-pesticide movement were successful in:

- Flooding European ministers with thousands of messages.
- Launching a massive petition with over 2.6 million signatures.
- Intervening at the shareholder meeting of pesticide giant Bayer.
- Funding opinion polls.
- Running campaigns, targeting key blockers like Germany and Spain - both of whom flipped from opposing to supporting a ban!!

After two years of relentless campaigning, the EU decided to ban the most dangerous neonicotinoid pesticides, pending a full independent scientific review - this has been a massive lifeline of hope for the world's bees and the rest of us.

The **EU** estimated that pollination services offered by insects, particularly bees, were worth €153 billion or £131 billion – a tenth of the value of world agriculture – a decade ago. Meanwhile the **US Food and Drink Administration** has suggested the value of crops relying on pollinators, including bees, could be as much as US\$577 billion, or £410 billion, a year. Bees are so essential to our existence that four years ago the United Nations decided that every year 20 May would become **World Bee Day**.



A **UN report** brings together findings highlighting that 90% of the world's wild flowering plant species depend on animal pollination, along with more than 75% of the world's food crops and 35% of global agricultural land. Sadly, the UN report also shows that almost 35% of invertebrate pollinators, particularly bees and butterflies, face extinction globally because of human activities. Likewise, 17% of vertebrate pollinators, including bats and hummingbirds, are under threat. If this trend continues, nutritious crops, including fruits, nuts and many vegetables, most of which require pollination, will need to be substituted by crops like rice, corn and potatoes, which are either self-pollinated or pollinated by the wind. The consequence will be imbalanced diets.

Recent studies by [Imperial College, London](#) (among others) suggest that **more than 40% of insect species are declining, a third are endangered** -- and overall have an extinction rate eight times faster than that of mammals, birds and reptiles! These include the bumblebees, butterflies, beetles and other beautiful pollinators that sustain much of our food supply and delicate ecosystems.

Protecting wildlife habitats remains a crucial part of the fight to stop the collapse of our insect populations, but it is equally important to **tackle the flood of pesticides going into our fields, parks, and playgrounds -- 2.5 million tons every year!** There is mounting evidence that agricultural chemicals not only cause water and soil pollution, they're also deadly to bees and other pollinators.

From bees to another key topic – **green energy**. Many energy suppliers offer green tariffs, which can either mean they'll match your usage with renewable energy generation or they will contribute towards environmental schemes on your behalf. These tariffs offer a positive way to tell the energy industry that you want to support renewable energy. However, they're not always the cheapest. And the green aspect of the tariffs isn't entirely straightforward either.



Some green tariffs will directly supply renewable energy. Others involve energy companies purchasing renewable energy guarantee of origin (REGO) **certificates on the open market**. These certificates are issued to renewable energy generators for each megawatt hour of renewable energy generated. They can sell any excess certificates created at times of surplus to non-renewable energy generators, who then use them to create a green tariff. Such business practices are often termed **greenwashing**. You need to read the small print to work out which sort of green tariff you are being offered.

With electricity from low carbon sources making up a larger percentage of our national grid, we are all likely to be using some sustainably generated electricity, whatever tariff we're on. So, what is the benefit of a green tariff in particular?

Choosing a green tariff shows the demand is there. It sends a message to your supplier and the wider industry that you wish to avoid electricity generated from fossil fuels and support renewable energy generation. The increasing numbers of green tariffs available shows the industry is listening. This is a valuable contribution, whichever green tariff you choose.

A green tariff means that some or all of the electricity you buy is 'matched' by purchases of renewable energy that your energy supplier makes on your behalf. These could come from a variety of renewable energy sources such as wind farms and hydroelectric power stations. Some green supply tariffs are also nuclear-free. Your supplier should let you know what sources are included in the mix and also what proportion of your supply is renewable. Some tariffs will be 100% renewable, others will offer a percentage of the total.

MBS Corner: Arcana 2021

Photos by Andrew Merritt Photography Ltd

Contact: <http://andrewmerritt.zenfolio.com>



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Community witchcraft: unwanted pregnancy

By Nick the Witch

Now, here's a bit of a controversial subject. For the last few weeks, I've been reflecting on the spate of anti-abortion laws that have been introduced in the USA, particularly in Texas where the detection of a foetal heartbeat at 6 weeks is the new threshold for illegal abortions. People will have their own opinions on this topic, but what should a community witch do for those with unwanted pregnancies?

In the Celtic or Saxon settlements, infant mortality was high, due to natural causes and the witch was closely involved with the midwifery. In general, babies who survived their births were celebrated as new members of the community. The witch would have foraged for herbs that aided pregnancies, such as the ones below.

- **Calendula:** is great at sorting out skin that's been torn or stitched or stretched, perhaps as a macerated oil, cream or salve.
- **Dill:** these seeds are best used during breast-feeding. The dill helps a baby to cope with colic or wind and strengthens your breast milk - the seeds are drunk as part of an infusion.
- **Ginger:** in respect of pregnancy, ginger is good against morning-sickness – all you need to do is add some fresh ginger root to a mug of hot water.
- **Chamomile** tincture or infusion is well-known for its calming effect, particularly for those who have insomnia, nausea, nervous issues or tension.
- **Raspberry leaf** infusion relaxes the uterus in the last 2-3 weeks of pregnancy, to prepare for the birth

On the other hand, fast forward a few centuries and the issue of abortion for unwanted pregnancies raises a lot of hackles. Abortion clinics and their staff have been targets of extreme violence in the USA. Similarly, even pregnancies caused by rape or incest cannot be terminated in some states, for fear of prosecution. I do think that there's a much easier solution for someone with an unwanted pregnancy than risking legal penalties or violence.

Any witch, in the true tradition of the kasaph (the biblical witch of Exodus 22), can give a few herbs to an enquirer and advise them **not** to take them if pregnant. Then it is the choice of that person whether to terminate their own pregnancy without going anywhere near a clinic. Examples of such herbs include the following.

- Hyssop
- Crampbark
- Black cohosh
- Vervain
- Yarrow
- Feverfew
- Juniper
- Red clover
- Aloe vera.

Reyad Sekh Em© (RSE) Egyptian Alchemy Healing

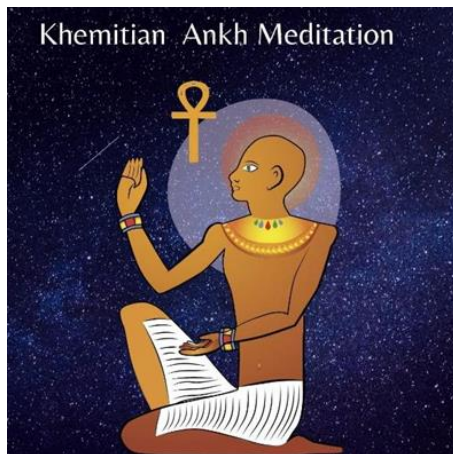
By Joanna Bristow-Watkins

Whilst contemporary paganism could be described as the restoration of indigenous religion; the growth certainly coincides with a decline in Christianity in Europe and the increase in knowledge of ancient cultures. When Helena Blavatsky founded the Theosophical Society in 1875, she based her teachings on Hinduism, Tibetan Buddhism, Neo-Platonic thought and ancient Egyptian religion. Pagan philosophies, which venerated Nature, followed environmental patterns such as the lunar cycle and were polytheistic - these emerged as sophisticated pathways to contemporary spirituality.

Ancient Egyptian philosophies involved seeing the Divine in nature, indeed their word, **Ntr** (pronounced Neter, plural Neteru) is generally translated as god or deity, which seems wholly aligned with a number of modern pagan beliefs. Not all pagans might see themselves as believers in angels, but my interpretation sees angels as high frequency beings, representing qualities of nature; aspects of a polytheistic hierarchy, where individual deities (with their own attributes and influences on us) may be described as angels.

Early Egyptians called their land Khem or Khemit (pronounced khempt), and this era precedes subsequent political and religious influences by multiple occupying forces. Khem was a matriarchal society, venerating the divine feminine, hence the final 't', which denotes a feminine ending. The Egyptian deities, Osiris and Isis – whose names are familiar to our scholars – had different names in Khemitian, which carried a different frequency and, hence, a different energy entirely. I will address this in a later article.

Khem has likely lent its name to our words, chemistry and alchemy. In my view, this denotes their early understanding of man's influence on the environment. Khem meant the Black Lands, taken to refer to the dark fertile soil lining the banks of the River Nile. The Nile, being one of the few global rivers running South to North, floods in the summer months making Khem an abundant haven for agriculture and hence a prime location for conquering armies.



My fascination with Khem goes back to early childhood. In my years as a travel agent, I took the opportunity to undertake numerous trips to Egypt to gather knowledge, often staying at the Sphinx Guest Hotel in Giza, right by the Pyramids. Extensive immersive studies led to a curriculum for Egyptian Alchemy healing which can be applied to modern living. I've been asked to write a series of articles for **GYLDEN MAGICK**, outlining what this involves, how it came about and some snippets from the syllabus.

What is Reyad Sekh Em?

Reyad Sekh Em® Egyptian Alchemy Healing is an ultra-high frequency healing system combining Khemitian philosophies, angelic elemental healing rays, sound vibration, sacred breathing and etheric crystalline energies. The system evolved through intuition, personal research and anecdotal discoveries and there have been some miraculous wellbeing outcomes for recipients of this healing, and expansive journeys for those studying it. To be clear, at this point there are no scientific studies of this modality, so this may not appeal to those who look for that.

Reyad Sekh Em® is as much about expansion of spiritual consciousness as it is about healing. It was created to open additional perceptions over and above the five we recognise in western society, i.e. sight, hearing, taste, touch and smell. The Ancient Egyptians acknowledged a potential for having 360 perceptions available to us. The latter discovery, shared with me by a local teacher and spiritual master called Hakim Awayan, in 2003, was the inspiration that led me to develop the programme.

Hakim, who died in 2008, was the latest in a long line of oral tradition wisdom-keepers. He was an International Peace Ambassador. Born and raised at the foot of the Sphinx and the Giza Plateau, Abd El Hakim, whose name literally meant, **Slave to Wisdom**, was an indigenous tribal elder of the Awyani, or **Eye** clan of Egypt. Besides being a revered master of the ancient Al Khemitian wisdom tradition, Hakim, as he preferred to be called, had degrees in Egyptology and archaeology, plus over fifty years of professional field experience.

I was led to him by three different paths and still I missed the cue until they all came together. When I first met him, he said he knew I would be coming and, indeed every time I travelled to Egypt to see him, we had no way of being in touch, but he would be on his balcony waiting for me. Maybe he spent a lot of his life on the balcony waiting for just such opportunities. He was a mine of information about the ancient ways, much of which contradicted our understanding and official teachings of the way Archaic Egypt operated and created their infrastructure and iconic buildings. I tried my hardest to validate them from external independent sources, but what little I found, frankly came back to the same source. So, I let go of the familiar academic approach and allowed myself to hypothesise through intuition. The X-files tagline 'The Truth is Out There' became my motivation instead.

These other perceptions, making up the 360 possibilities, are re-awakened by self-empowerment activities including positive intent, meditation, healing energies, attunements and pilgrimages, which raise our vibratory rate and act as triggers for clairvoyance, clairsentience, clairaudience, claircognisance and much more that cannot be readily understood. These senses are said to be empowered by the elements, earth, fire, water, air and ether (spirit). We are said to be over 85% water. An old Khemitian expression said, "she has life, she has water, she is water".

Ankh was a Khemitian words for water. The Ankh is one of the best-known Egyptian symbols, a composite shape of a cross, topped with a loop. The Ankh represents abundance and protection. Further, it was revered as the key to everlasting life.

The Egyptian five-pointed star, used frequently in their art, represented the five elements of Earth, Water, Fire, Air and Ether. It also represented the five stages of the sun during the day, as well as the five stages of life.

By combining the traditional ancient wisdom, I learned from Hakim with my own experience of healing, and research into the energies of crystals and angelic beings, I brought it together as Reyad Sekh Em© (RSE), or Egyptian Alchemy Healing. It has served me and others well, and I look forward to developing this in further articles.

About Joanna

Joanna has a BSc Honours degree in Psychology and a PGCE (Post Graduate Certificate in Education), then many years as a skills trainer and senior manager within the travel industry. Joanna left her travel career in 1995 and settled into motherhood. However, having personally discovered the benefits of Reiki and subsequently Sekh Em, a new vocation was born as a modern mystic, leading her in 1999 to develop a fresh and innovative way of understanding people and environments by means of lateral thinking implementation.

Joanna mentors how to apply ancient wisdom for modern living. In 2019, Joanna trained as a Forest Bathing+ Guide with TFBI (The Forest Bathing Institute), which fits perfectly with her personal ethos that the way to enlightenment is through a strong connection with nature.

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