



Gylden Magick

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Sept. 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 Lughnasadh 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 **Barley Moon** issue is the first 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 **6-7 September** for the **Festival of Durga (also known as the Goddess Kali)** and **15 September** for the Japanese **Birthday of the Moon**.

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

a piece on the Lidar project, new craft photos from Clare Coombes, an overview of the Antonine Wall, the whale is our featured spirit guide, we have the second piece from the Pleiadian Starseed Channel, another piece in our Wiccan roots series, an intro to the Claddagh Ring, folklore and pictures of local ancient stones.

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** groups on Facebook today and see our updates or briefings for the autumnal equinox/ Alban Elfed/ Mabon?

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Animal spirit guides: whale

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 time, we looked at the rabbit as a spirit guide – now we think about a different sort of guide, namely the whale. In the first part of this series, we looked at the *Place of Meeting*. So, you've crossed into the Otherworld and your meeting place is the ocean - a spirit comes to you in the form of a whale – what does it symbolise?



OK then, it is often the case that a whale spirit guide arrives for those under physical or emotional strain and is saying, in effect, to take time and breathe. All whales can stay under the surface for varying times, but they have to come up to breathe. So, in periods of high pressure, your whale spirit suggests that you function for as long as possible, but remember to take time out for you, namely taking another breath.

A whale spirit guide is also a symbol of linking to your inner awareness, with enhanced perception opening your heart to other dimensions – a little like the whale's song and sonar. Whales represent our creativity. They can teach us how to store energy and how to put our creative abilities to best use. And the whale spirit guide can show you how to sing your own song.

The ability of whales to live both under and above the ocean has an important lesson for us, i.e. do not keep your creative energies hidden within you – use such energies for everyday life in order to inspire others.

A swimming whale is often seen as a divine blessing and a sign of good fortune among the Inuit people. Whales are also regarded as symbols of protection, because they are aware of people in distress and can offer help.

Crystals: larimar

Earlier in the year, I bought a pendant for a friend, which had a piece of larimar in it and my eye was caught by its distinctive colour. It's almost an oceanic blue and green hue with areas of white or dark red. So, at the next opportunity, I ordered a slightly larger piece of this crystal for me.

Due to its translucence, larimar is often described as a gemstone and, to be honest, polished pieces do have the lustre of some gems. Larimar stones are easily obtainable – they come mainly from Central America, where they may be known as blue pectolite and are volcanic stones.

And what of its **healing or magickal** properties?

- Larimar is really good for any light-work that involves the realms of the sea and the sky. It is aligned with energies of the Goddess.
- As such, it is a stone for calming anger and relieving stress.
- In fact, it is a brilliant stone for maximizing inner joy and happiness.
- Larimar is great against fears, guilty feelings, negative thoughts or self-doubt.
- Further, it's good for opening access to other realms and for angel communications.
- It could be described a crystal that allows you to keep calm against emotional over-reactions.
- Larimar is best with the throat chakra – that's everything to do with inner wisdom. However, it can also be used with the third eye, crown and heart chakras.
- It is particularly good for dis-eases that affect the throat or chest, eg blocked arteries.



Herb of the month: lemon verbena

Lemon verbena (*Aloysia citriodora*) is one of the safest herbs to grow – for healing, for aromatherapy, for cooking or simply for adding to pot pourris. To look at, it's a deciduous plant that grows to about 7-8 feet in height with narrow leaves that smell of lemon and small, pale flowers. The leaves are the parts that are safe to use, although you can obtain lemon verbena essential oil too.

On the **healing side**, lemon verbena is good as a remedy for various ailments, including the following.

- As an infusion, lemon verbena helps with stress and has a calming effect. Sometimes, I use it in either teabags or loose tea as an alternative to lemon balm (see *GYLDEN MAGICK*, June 2019).
- Another use is as a massage oil for joint pain, using either the essential oil or a macerated oil.
- Further to that, lemon verbena is good for varicose veins or skin issues, perhaps as a salve, cream or infused oil.
- Lemon verbena is good for insomnia, as a scent in the bedroom or a pillow mist.
- It acts as an anti-inflammatory to help fight asthma, colds, fevers or chills – a steam inhalation helps to clear the lungs and bronchial tract.
- It's good for stomach upsets and digestive issues, eg indigestion, colic, diarrhoea or constipation.
- In a small muslin bag, lemon verbena can be added to a bath to alleviate tension.
- It is safe to add lemon verbena to puddings, jams or fruit drinks.
- Lemon verbena contains a substance that is a deterrent against mites and bacteria, if you wish to make a household cleaner with it.



Recipe of the month: apple tart

An apple is a correspondence food for September, as Alban Elfed was often celebrated as the Feast of the Second Harvest, eg orchard or forest fruits – more about this topic in our Alban Elfed briefing later in the month.

So, this recipe follows on from all the bread-making activities that characterised Lughnasadh. And yet, it's a real recipe from **a chapel social event**, held in the early Edwardian period (about 1904). The recipe is estimated to make about 4-6 servings and I've tried it myself several times – and it all went well for my family's events.

Ingredients

1. 225g digestive biscuits
2. 125ml milk
3. 1kg cooking apples
4. 100g brown sugar
5. 1 egg
6. 25g butter.

Method

1. Pre-heat the oven to 180°C.
2. Peel, core and slice the apples – put to one side.
3. Put 1 biscuit aside – place the others into a mixing bowl, add the milk and egg and allow to soak in before beating everything together.
4. Grease a 1.1 litre ovenproof dish and add in a layer of the biscuit mixture.
5. Add a layer of sliced apples and then sugar.
6. Keep adding layers until there's no more mixture – the last layer should be the biscuit mixture.
7. Crush the last biscuit and sprinkle on top with small pieces of the butter.
8. Bake in the oven for about 40 minutes until it's cooked.
9. Serve hot with cream or ice cream.



The Claddagh Ring

By Nicola Ison

"May the sun always shine on your window pane;

May a rainbow be certain to follow each rain;

May the hand of a friend always be near you;

May God fill your heart with gladness to cheer you."

(traditional)

Friendship rings are not a modern invention, although they are easily available in many cultures. One of the pictures below shows an antique Victorian buckle ring that was also used as a type of claddagh. But what is a Claddagh Ring?

A **Claddagh ring** (Irish Gaelic: *fáinne Chladaigh*) is a traditional Irish ring that symbolises love, loyalty, and friendship. In the picture below, the hands represent friendship, the heart represents love and the crown represents loyalty.

It was sometimes given to people who joined one clan but came from another family, eg in marriage. Today, one could give a Claddagh Ring as a token of love, loyalty and friendship to another person without it being confused with an engagement, handfasting or wedding ring. It's more a symbol or promise of a loving friendship.

The historical provenance says that this custom dates from the 1600s and originated in the village of Claddagh in County Galway. However, there is a traditional tale that recounts the origin of the Claddagh Ring with reference to the Joyce family.

It is said that Richard Joyce was a silversmith working in the 17th century and his initials (his maker's mark) are on the earliest known surviving Claddagh Ring. The story goes that Joyce had been captured by Algerians and sold to a Moorish goldsmith.

The goldsmith needed an apprentice and, noticing Joyce's talent, he taught him the trade. In 1689, Richard Joyce was released from slavery when William III sent an ambassador to Algeria demanding the release of all British subjects.

Upon hearing this, Joyce's captor offered him half of his wealth and his only daughter in marriage if he would remain in Algeria. Joyce declined the offer, eager to return to his native Galway. When he returned to Galway, he

established his own jewellery business and set about creating his most famous design - the Claddagh Ring.

The other traditional story of the history of the Claddagh Ring is also linked to the Joyce family. Margaret Joyce, a Galway native, inherited her wealth from her husband, Domingo de Rona. He was a wealthy Spanish merchant who traded with the city of Galway.

When he died, she returned to Galway and used her fortune to build bridges in Galway and Sligo. She also went on to marry the Mayor of Galway, Oliver Og French, in 1596. It is said the first Irish Claddagh Ring was dropped into her lap by an eagle in reward for all her good work and charity.



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Art showcase by Clare Coombes (Coombes Crafts)





Memories of The Abbots Bromley Horn Dance

By Gylden Fellowship, with photos from Paul Pearson

Due to take place on Monday 7th September in 2020, this year the Horn Dance has been cancelled due to Covid-19 but it is hoped that it can return in 2021. Usually, this annual event attracts visitors from around the world to view this spectacular and unusual display. In memory of this ancient custom, we've decided to reprint our exclusive feature from last year's *GYLDEN MAGICK*.

What's a horn dance then? The pictures give a clue, but this is not just a variation on Morris dancing. Abbots Bromley is in Staffordshire and its horn dance is the oldest surviving custom in Britain. Every year, the dance starts at 08.30 hours on Wakes Monday (the Monday between 6-12 September – this year, it was to be 7 September 2020).



Written records of the horn dance go back to 1642; it was banned by Oliver Cromwell, but revived during the Restoration, somewhere before 1686). The wooden deer heads were made during the 16th century, but the antlers are far older. Some of the antlers have been carbon dated to Saxon times, between 950-1050 CE. The antlers are reindeer antlers: 30 inches in width and 25lbs per pair – later horn dances elsewhere in Britain use fallow deer antlers. Not only that, but there is evidence that some of the reindeer antlers used are replacement antlers – so it is possible that the dance is older than the Saxons.

Certainly, the Abbots Bromley horn dance pre-dates 1066 and it is known that reindeer still lived in parts of Britain until 1000 CE at least. In 1125, a royal charter granted forest hunting rights to the village of Abbots Bromley (in the nearby Needwood Forest), including the right to chase and hunt deer. And, there are records of the Horn Dance performed at Barthelmy Fair in 1226.



Again, it should be noted that this is neither a Morris dance nor a mumming display, but it is likely that some of the characters were added over the centuries, perhaps as late as the 19th century. So, the main characters are the 6 horn dancers, each dressed in Tudor costume and holding a pair of antlers. Each set of antlers is attached to a wooden deer's head on a short pole (see above) and they are carried on the shoulders of the dancers. There are 3 sets of white antlers with brown tips and 3 sets of brown antlers with gold tips. Other characters include:

- a) Maid Marian, holding a wooden ladle
- b) The Hobby Hoss – a simple construction
- c) The Fool or Jester
- d) The Archer or Bowman
- e) 2 musicians: accordion and triangle.

At 08.00 or so, the dancers collect their costumes from the local church and make the first dance on the vicarage lawn. The 10 performers and 2 musicians go to a dance area in a single file procession and start with a simple country dance. The proper horn dance follows and I'll try to simplify the steps with the list below.

1. The dancers with white antlers face those with brown antlers.
2. The Fool faces Maid Marian.
3. The Hobby Hoss faces the Archer.
4. The dancers form alternate circles and lines.
5. The lines step forward and back several times, as the dancers swing their antlers and the music plays.
6. The dancers then cross over several times.
7. Then, they move to the next dance area.

The horn dance carries on for most of the day – in the streets, market-place and farmyards within several miles of Abbots Bromley –all around the parish. It was considered to be bad luck if the dancers missed a farm on their route. There is a dance area at Blithfield Hall, where the dancers can stop for lunch, before continuing in the afternoon, until they return their costumes to the church in the evening.



Ancient peoples: the Antonine Wall

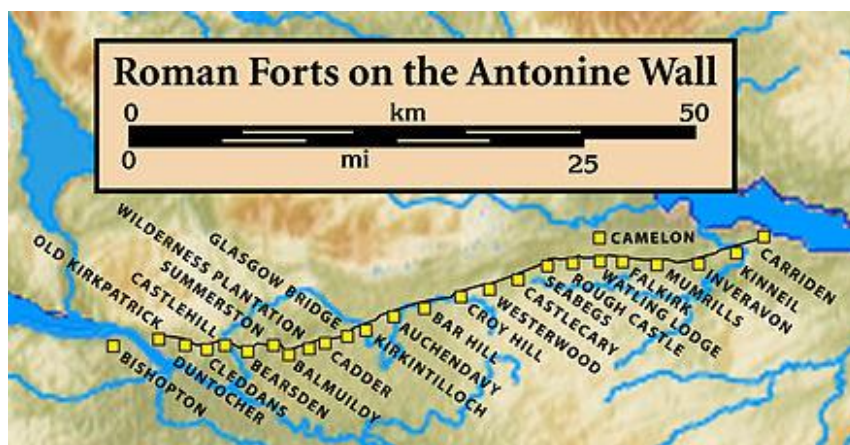
By Gylden Fellowship

OK then, we're examining Roman Britain this time. Many people have heard of, or visited, Hadrian's Wall, which was built around 122CE on the orders of the Emperor Hadrian, but fewer people have heard of the Antonine Wall. This was built in 142CE on the orders of the Emperor Antoninus Pius, who has succeeded Hadrian. Whereas Hadrian's Wall ran between the River Tyne and the Solway Firth, the Antonine Wall was much further north, linking the Rivers Clyde and Forth.

The original plan was to build a series of small forts along each wall, to contain the military threat of the barbarians. The Antonine Wall was made of turf, as opposed to the stone of Hadrian's Wall. Emperor Antoninus Pius was not a soldier, but had a lot of experience as a provincial governor in other parts of the Roman Empire...he was an administrator at heart and built his empire's borders with supply forts, roads and walls. However, in some places, natural borders were used, eg seas or rivers. It goes without saying that these borders superseded any former boundaries that divided existing tribes.

As mentioned, the rampart of the Antonine Wall consisted of layers of turf and reached a height of 3m. Apart from the actual wall, the defences included a huge ditch, nearly 5m deep, to the north and an outer mound, built from the earth thrown out of the ditch. A total of 17 forts plus additional smaller forts housed some 7000 troops stationed along the Wall. A military road, built to the south, allowed troops to move swiftly with supplies, commands and news. The Antonine Wall was built by members of three Roman legions stationed in Scotland - a labour force of 7000 men. During construction, the soldiers lived in leather tents or wooden huts situated inside temporary camps, which were enclosed by light defences.

Emperor Antoninus Pius died on 7 March 161CE and, about four years later, the Antonine Wall was abandoned – the troops retreated and re-occupied Hadrian's Wall. The rampart was not demolished and neither was the ditch filled in, but fort buildings were burnt or dismantled. The Romans took valuable and portable items away with them, but heavy or worthless objects were discarded into the well of the fort. Many items were recovered in the early 1900s by archaeologists from the well at Bar Hill, eg coins, pottery, iron objects, bucket hoops, parts of stone columns and numerous shoes.



Over time, interest was growing in the history and remains of Roman Britain. Roman objects discovered during the construction of the Forth-Clyde canal in the 1760s generated interest (just as the work destroyed the evidence). At the same time, antiquaries Alexander Gordon and the Rev. John Horsley helped to identify many previously unknown sites and mapmaker, William Roy, surveyed the Antonine Wall in 1755. Last century, archaeological works by Glasgow Archaeological Society recorded many of the remains, while the publication of Sir George Macdonald's account of the Antonine Wall's history and archaeology drew together all known sites into one comprehensive volume. The first section of the Antonine Wall was scheduled in 1926 and, by 2008, the site was nominated and inscribed as a World Heritage Site.

Wiccan roots: a warning to the curious

By Gylden Fellowship

Actually, the title is also the name of a story by the writer, M.R. James, but this piece is another of a few articles on Wiccan luminaries. We started with Charles Leland (see *GYLDEN MAGICK*, February 2020) and now it's the turn of **Robert Cochrane**. I have been contacted in the past by people who want to work with the Gylden Community, who have represented themselves as "members of the Cochrane Faithful and represent prominent Wiccan groups in London". Our response has been consistent, namely that the Gylden Community is open to all pagan paths, including pre-Wiccan witchcraft and heathen kindreds and shamans - not just Cochrane or Wicca, but I was always happy to talk. For some reason, the Cochrane enquiries just seemed to melt away at this point.

Robert who?

OK, let's have a bit of background. It's hard, because Robert Cochrane wrote no books during his lifetime, but there are letters that he wrote to friends in the USA. After Cochrane's death/ suicide in 1966, there was a gap of about 10 years and then some of his American friends started to publish the letters and their own commentaries.

Cochrane was born into a Methodist family on 26 January 1931. They lived in London, but much of his early life is foggy, as he reinvented the story about his origins several times over – to different people. In one story, he claimed to be a hereditary witch and with a great-grandfather who had been a witch in Warwickshire. One of his aunts was supposed to be a witch too. Yet another tale was that his ancestors had been executed for witchcraft. He told one person that a great uncle had taught him how to do magick, but told another person that his mother had been his magickal teacher. I think you can probably get an impression of him just from early accounts.



He did do some book research and formed his own coven in the 1950s, the **Clan of Tubal Cain**. This group was all about bardic-style poetry, songs and ceremonial rituals. For context here, Gerald Gardner had just started his first coven and the Witchcraft Act was repealed in Britain. And so, we come to another major discrepancy, because Robert Cochrane was always very dismissive of Gardnerian Wicca on the grounds that it was Cochrane who had started "traditional witchcraft". Who would make such a claim? The clue is in the label – traditional magick is not something that was invented in the 1950s, but Cochrane's spin was just that – spin.

The discrepancy is that Cochrane's coven and magick appears very derivative from that of Gardner. Exactly how we define Wicca has never really been established, but Gardner is usually credited as the pioneer. Christian theology turns up in both Cochranian and Gardnerian Wicca and both sets of beliefs rely strongly on ceremonies. Doreen Valiente worked closely with Gardner, but joined Cochrane's coven in 1964.

And then the ground slopes away from us...Doreen became disillusioned with Cochrane when she realised that he was making up the magick as he went along (her words). Also, he controlled his group very strictly and opted for *droit de seigneur* with other female coven members. His wife left him and the other members of his coven started to drift away too. His verbal attacks on Gardnerian Wicca increased, which upset Doreen and she noted that Cochrane had become obsessed with psychedelic drugs derived from herbs. So, Doreen Valiente left Tubal Cain too. Robert Cochrane died in 1966, on the eve of Litha (Summer Solstice) in what seemed to be a ritual suicide, namely he ate belladonna (deadly nightshade).

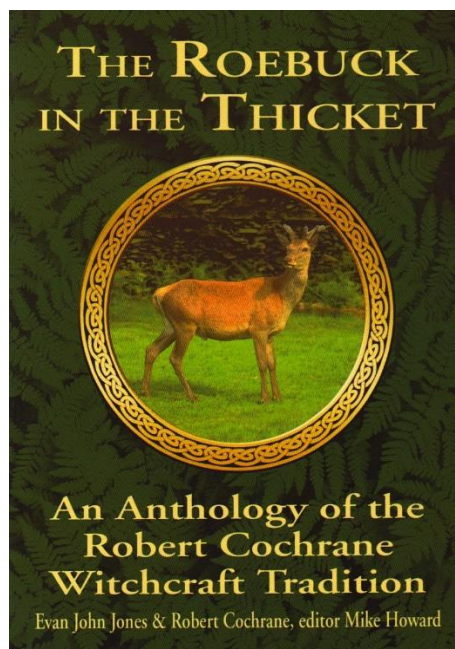
The 1734 Tradition

You could say it started with a plate. Or, to be more precise, a gift of a copper plate from Doreen Valiente to Robert Cochrane for his altar. She said, in one of her books, that "it was a nice copper platter, bought from a second-hand store, so that Cochrane could put ritual cakes on it". The plate had some pagan symbols on it and a date on the back – 1724.

A later author (Justine Glass) wrote about Robert Cochrane. In her book, *Witchcraft: the sixth sense and us*, there's a picture of Cochrane showing off the plate and a quotation from him insisting that the plate had been passed down for generations within a witchcraft family in his coven! It gets worse, unfortunately.

In the early 1960s, Cochrane started to write letters to an American witch – Joe Wilson. Robert Cochrane never wrote a book about his beliefs, but there are any number of letters and a few articles written for *Pentagram* and *Psychic News*. After Cochrane's death, some of his American friends collated the letters and started their own covens, which explains the diversity amongst Cochranian covens today.

This interpretative faith was dubbed the **1734 Tradition** and was based on Cochrane's letters alone. The date was a misreading (by Cochrane) of that on the plate, but he had lots to say on this subject. In a letter to Joe Wilson, Cochrane says, "*The order of 1734 is not a date of an event, but a grouping of numerals that mean something to a witch. One that becomes seven states of wisdom is the Goddess of the Cauldron. Three that are the Queens of the Elements, fire belonging to Man alone, and the Blacksmith God. Four are Queens of the Wind Gods.*"



So, now you know – revelation to me, I must say. I just thought that he'd mistaken the plate's origins by 10 years. Never mind, I guess it gives a flavour of his thoughts. This is no more than an intro to Robert Cochrane as a person, but if you do want to know more – I'd suggest either the Justine Glass book or Doreen Valiente's work, *The Rebirth of Witchcraft* (Robert Hale, 1989) or the book pictured above.

Ancient peoples: Lidar scans

By Mark Sharpen

OK then, here's an article that's not about cosmic energy, but it's an interesting advance in the science part of archaeology. Traditional methods of uncovering ancient sites tended to include scraping or gentle digging of the soil. Here we're talking about using lasers to detect ancient remains in landscapes. The technology is **Lidar**, which is an acronym for **Light Detection and Ranging**.

It's hardly a new technology, because it's been used to map the moon surface since the 1970s, but the historical application is fairly recent in the UK. How does it work? Well, to put it simply, Lidar provides high-resolution scans of a landscape from the air by firing a rapid succession of laser pulses at the ground from an aeroplane, helicopter or drone. These pulses are then measured, depending upon how they reflect back. Differences in return times and wavelengths are then be used to make precise, digital three-dimensional maps of the terrain. It is then possible to identify buried structures, such as burial mounds or lost Roman roads or forts.

Such lasers are used also in spectroscopic applications (eg measurements via tuned lasers), in manufacturing and in forensic medicine, chemistry and environmental sciences, i.e. narrow beams of laser light can be used to test for environmental pollutants on a remote basis.

Holography is a more recent application of lasers, namely the formation of holograms and three-dimensional photographs with lasers instead of a lens. Apart from archaeology, in a manufacturing environment, a good example of such a process is holographic interferometry. This is an engineering measurement tool used for strain or vibration analysis and also for defect analysis in products. Holography with laser light is used for high-magnification microscopy, for data storage, for anti-counterfeiting tests and for flow analysis of fluids too.

So, what sort of results has the Lidar scanning produced – here are some examples.

- Remains of buried farms and settlements on Bodmin Moor, dating back to the Middle Ages.
- At Stonehenge, Lidar scans show the remains of a large 6000-year-old timber building believed to be linked to burials and rituals, plus signs of up to 60 previously unknown huge stone pillars spread across a 1.5km range.
- In 2019, Lidar scans by Historic Environment Scotland (HES) of just one island – Arran in the Firth of Clyde – revealed around 1000 unsuspected ancient sites, from Neolithic settlements to medieval farmsteads.
- One advantage of laser scans is the ability to disregard tree cover. In the South Downs National Park in 2014, Lidar scanned 305km² to the north of Chichester (once a key Roman town). A major discovery was the clear straight-line traces of a Roman road running east along England's south coastal plain.
- Lidar has also made discoveries pertaining to the post-Roman period in the UK, eg a laser scan near Aberdeen revealed the remains of a 4th century Pictish hill-fort called Tap O'Noth. The remains indicated that the site was one of the largest Pictish settlements – previously, historians had classified it as a small settlement, but the Lidar scan revealed that it had been the home of some 4000 people, living in 80 huts.
- Many more discoveries are likely to come once the Environment Agency completes its National Lidar Programme, which aims to scan the whole of England by mid-2021.
- Other in-depth Lidar scans are taking place at present in Kent and in the Chilterns.

The Tale of the Mosquitoes

By the Storyteller

Here's another tale from my First Nation stories. This one comes from the Iroquois tribe, but still has a relevance to us today.

Many winters ago, two giant mosquitoes appeared on either side of a river. These giant creatures were as tall as good-sized pine trees. As the Iroquois people paddled down the river in their canoes, these giant creatures would bend their heads and attack them with their beaks. The mosquitoes killed many people from all tribes, but the Iroquois were great canoe travellers and they never knew when the giant mosquitoes would attack and eat them.

Knowing that these giant mosquitoes were waiting to attack any canoe that floated down the river, the people began to shun this particular stream, but this was no good, because the giant creatures moved to other streams to seek their prey. Finally, one day, a war party was organised to seek out these creatures and to destroy them. Twenty warriors, in two great canoes, floated down the Seneca River where they expected the mosquitoes to be. In their hands, they held their bows and arrows and, fastened to their belts, were their war clubs and hunting knives.

Suddenly, two shadows loomed over them and a giant beak pierced one of the canoes. Giving their war cry, the warriors filled the air with many arrows. The battle was terrific! The giant mosquitoes seemed to be everywhere at the same time and, in only a little while, half the warriors had been killed.

The remaining warriors determined to die courageously. They hid behind trees and bushes and surrounded the mosquitoes, which were unable to get them because of the thick branches. The Iroquois braves buried many of their arrows in the bodies of the two mosquitoes. Finally, after most of the arrows had been shot and the supply had become low, the two mosquitoes fell to the earth. They were covered with many wounds. Immediately, the warriors fell upon them with their war clubs and, with powerful blows, they tore the bodies of the mosquitoes apart.

But this was not the end. From the blood of the two giant mosquitoes, there sprang many little mosquitoes and the air was soon filled with them. These little mosquitoes, like their grandfathers, are fond of the taste of human blood. They hate man for killing their grandfathers and are always trying to get revenge for this reason. So, this is how mosquitoes came to be.



A Witch's Herbal: muscles and joints

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. My eldest son came back from the local skatepark a day or so ago, complaining of sore muscles – here's some thoughts on the best home treatments for musculo-skeletal aches and pains, from a sprained ankle to joint stiffness. Here's a short list of key herbs.

- **Comfrey:** this is a wonderful herb for all sprains, for stiff joints and for broken bones too. It's been used for centuries by monks and witches alike for healing people. I used to make a lot of comfrey salves for people, but I tend to make a comfrey infused oil now, simply for ease of external application. You can make it neat or add in plantain leaves for extra effect.
- **Arnica:** well, this one's well-known for bruises, but it's also good for sprains or rheumatism. Again, I'd suggest making a macerated oil or cream for application.
- **Meadowsweet:** this has both pain-relieving and anti-inflammatory properties against arthritis. There are two options really – either make a meadowsweet infusion or use it as a tincture.
- **Rosemary:** rosemary brings warmth to sore or sprained muscles. The best way is to use it as a massage oil, but it's your choice whether to dilute rosemary essential oil into a carrier oil before application or to make a rosemary macerated oil of your own. Personally, I'd do the latter way as it's an easier process and you can make as much of the remedy as you wish – and I've rosemary growing in the garden!
- **Ginger:** I suppose you should use the ginger fermentation approach for tight muscles, backaches or sore joints, as ginger is such a good source of natural warmth. What you need to do is make up a ginger poultice. Get a bowl of warm water (not boiling) and grate a shedload of ginger root into it (that's not a technical term!). Take an old towel and soak it in the mixture. Then you apply the towel to the aching muscles or ask someone else to help you if it's backache. Actually, I'd add a dry towel on top of the other if it's backache. After a while, you'll feel the warmth of the ginger easing your pain.
- **Juniper:** in general, juniper essential oil can be used to help against gout or rheumatism via massage. Or one can make an infused oil to rub in or a poultice, as described above.
- **White willow bark:** this is ultimate pain-reliever – I make teabags of white willow bark, as the salicylic acid is able to nuke (not a technical term either!) a headache. Salicylic acid is a key ingredient of aspirin. However, it's more common to relieve sciatica or neuralgia in joints via white willow bark in a decoction or tincture.

There's all sorts of herbs that will also help with muscle strains in a hot bath or shower or foot soak. Let's start with stuff you can add to a steaming hot bath - you can fill a little muslin bag with either lemon verbena or lemon balm and hold it under the hot tap while running the bath – it's lemon scent to the maximum. Other bits and pieces that you can safely add to a hot bath, which will ease sore muscles or joints include the following.

- Dried rose petals or buds.
- Calendula flowers.
- Lemongrass
- Rosemary
- Lavender
- Aloe vera
- Raspberry leaves
- Wild violet leaves.

Local ancient sarsens

By Gylden Fellowship

Quite often, one associates the term, *sarsen stone*, with Stonehenge (apart that is, from a song by Spriggan Mist and a pub in Farnborough). And it is true that two main types of stones have been used in the construction of Stonehenge: large sarsens and smaller bluestones. The sarsens were arranged in an inner horseshoe and an outer circle, while the bluestones were set up between them in a double arc. As the stones were set up in the centre, the sarsens close to the entrance were raised, together with the four Station Stones on the periphery. It is estimated that this phase of construction occurred during the period 2000-1600 BCE.

But what is a sarsen stone? Well, it's a large block of mainly sandstone-type material. Sometimes, they're referred to as druid stones and there are a lot all over Salisbury Plain. However, there's no need to go that far to see sarsen stones, because there's quite a lot in Farnborough – the pub, the Sarsen Stones, was (supposedly) sited on a place where there had been 500 sarsens, some of which were moved to Stonehenge. So, let's have a look at some of the sarsens to be found around Farnborough.





A Sign of the Times (2)

By Soma ARah

The following article is the second part of an opinion piece from Soma ARah (Carol Noonan) Channelling The Pleiadians, www.ThePleiadianChild.com.

Subscribe to YouTube channel "Carol Noonan"

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Part one of this article may be found in *GYLDEN MAGICK*, July 2020.

Remember, we were sent here, we chose to come here and we have been prophesied about for millennia called Star Seeds & Rainbow Warriors and many other names in many other religions.

One of the biggest lies that you have been told and believe is that you are separate from each other. **But you Are Not!** Race, religion, greed, young, old, black, white, man, woman, rich and poor all have become separated from source - from each other. But you are all part of each other, you are all part of God, God is within all of you. There is no separation - only the lie of separation and only the belief of separation.

This lie creates wars and borders. It goes against God, against humanity, against the love and the light and it goes against you. For you are love and light, you are all humanity. There is no separation - you are us and you are part of us. You are not alone in the universe as we are your brothers and sisters. In some cases, we are your mothers and fathers. You do not come from Earth. You are Star Seeds or Rainbow Warriors, sent forth, chosen by yourselves, to be here on earth at this beautiful time, to assist in the great shift that has been talked about, prophesied about, since the beginning of time.

The ending of slavery is painful for the en-slavers, who cling on for dear life to the same old, same old. They do not hold Love in their frequency and cannot hold Love in their frequency at this time. They Do Not understand it, but fear it instead. They operate on Fear and even thrive from your fear. So, they keep you in Fear, in order to survive.



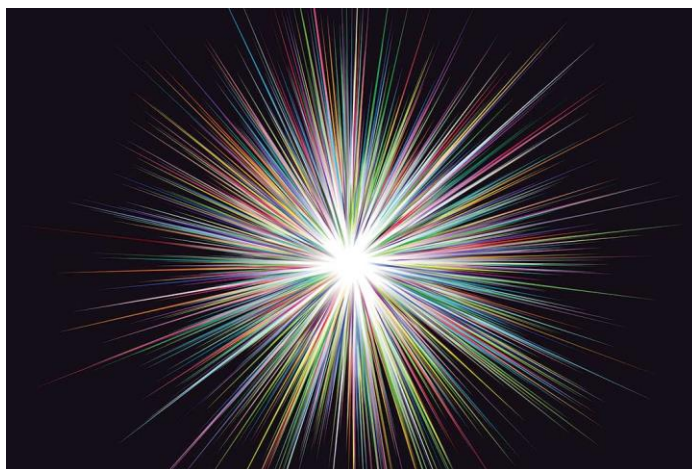
This is the time of Change, the Great Awakening, i.e. the Mass Awakening of Humanity. There will NEVER be another such time on Earth. And YOU were born to be here, you were born to do this, you are Warriors of the Light, Warriors of the Dawn, you are the Rainbow Warriors, the children of the Dawn - you have many names and many colours. We are thrilled, delighted, excited at what's about to unfold, as what happens on earth, affects not only Earth and all those on earth, but the Whole Universe.

This is indeed a great time for a celebration to be had, to be felt and we are feeling it. We are here to assist you and we are - we are even assisting you with the upgrading, to your DNA, or, to say, the original state of your DNA. Your bodies are changing, your minds are changing, your frequencies are changing, your thoughts are changing, everything is changing, including the EARTH itself. And this will bring about physical changes and sensations that many of you will feel.

Do not worry. Do not live in fear...we are here and we are helping you. You are our brothers, sisters, daughters and sons and we love you. Fear is an illusion that has been created by those to keep you in fear so that you do not operate in love. It's that simple. They do not understand love, because it is outside their band of frequency. They will never understand it, until they raise their own frequency and that may take some time indeed. They have shown me (Carol) how the earth will divide into two from one. Let me try to explain it again here for the readers.

There are two beams or streams of light energy hitting the earth at the moment. One is positive and one is negative - both are a distance apart. This will continue, it is a good thing, it is designed and intentional: this is part of the ascension. And this is how the ascension will occur. These beams of light will raise in the intensity and frequency until the Earth cannot take any more of the frequency band being aimed at it. And it will simply twist (in energy terms) and pull apart, thus becoming two Earths. One Earth will raise onto a higher frequency dimension and evolve. The other lower Earth will remain on a negative frequency dimension, the same negative energy that it's been operating at or it will go down into an even lower frequency, dimension, energy or state of awareness.

DO not be concerned about this at all as we do not want you to be fearful. We simply want to inform you of what's to come. That is all - to inform you. We love you, you are our children, we would never wish to hurt you, for "WE" are "YOU", we are love and light and we created you in our own likeness. They have shown me (Carol) that they are the gods and that the word, God, in the Bible should be replaced with the word, gods, and then things would start to make much more sense. This is a new dawn for humanity. It has taken a millennium for you to get here, but it is time now. That is why you are here. And what's more, you know this - you can feel it in your Hearts, when you quieten the mind. You know that you fit in on Earth. The Universe is teeming with life. And we are rejoicing at what is occurring on Earth at these teams. We love you...we have never gone anywhere. There will be an increased influx of Mass Sightings over the next few years on Earth of different UFOs, some of these are us and some are not (Pleiadians) some are positive and some are negative.



There is much talk within different ET Races of what's occurring on Earth at the moment. This is not just ascension for Earth, but also ascension for Humanity. It is ascension for the Whole Universe, as the universe is also evolving. You are evolving and we are evolving. We love you so much more than you know. Those of you who channel us know the great feeling of love we carry because you can FEEL IT and that feeling of love cannot be disguised. We love you, we call upon those of you who are just waking up and those who are already awake, to whatever degree, to go Forth, to Stand Up and Unite, LIKE NEVER BEFORE. Stand Strong together and Unite for United you Stand, divided they will conquer and we will NOT ALLOW that to happen. There is too much at stake here, too much at stake for Earth, for Humanity, for Us and, what's more, for the universe....to be continued. **Remember this, know this, We Love You.**

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