

★ *Season of the*
WITCH



Samhain


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WITCH



Welcome to the
Samhain issue of
Witch!

We have entered the
final quarter of the
calender year, heading in to the depths of
Autumn and embracing the darkness that
welcomes us back like an old friend.

The nights are drawing in now, and you
can smell the turn of the air - the damp
leaves, the earth cooling, the approach
of the Crone. May She guide you well
through the dark seasons.

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WITCH

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HELEN J.R. BRUCE



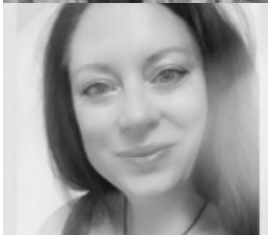
STEPHANIE ULPH



KELLY BUCHAN



THE OLD CRONE



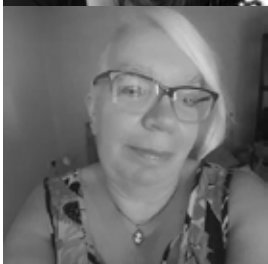
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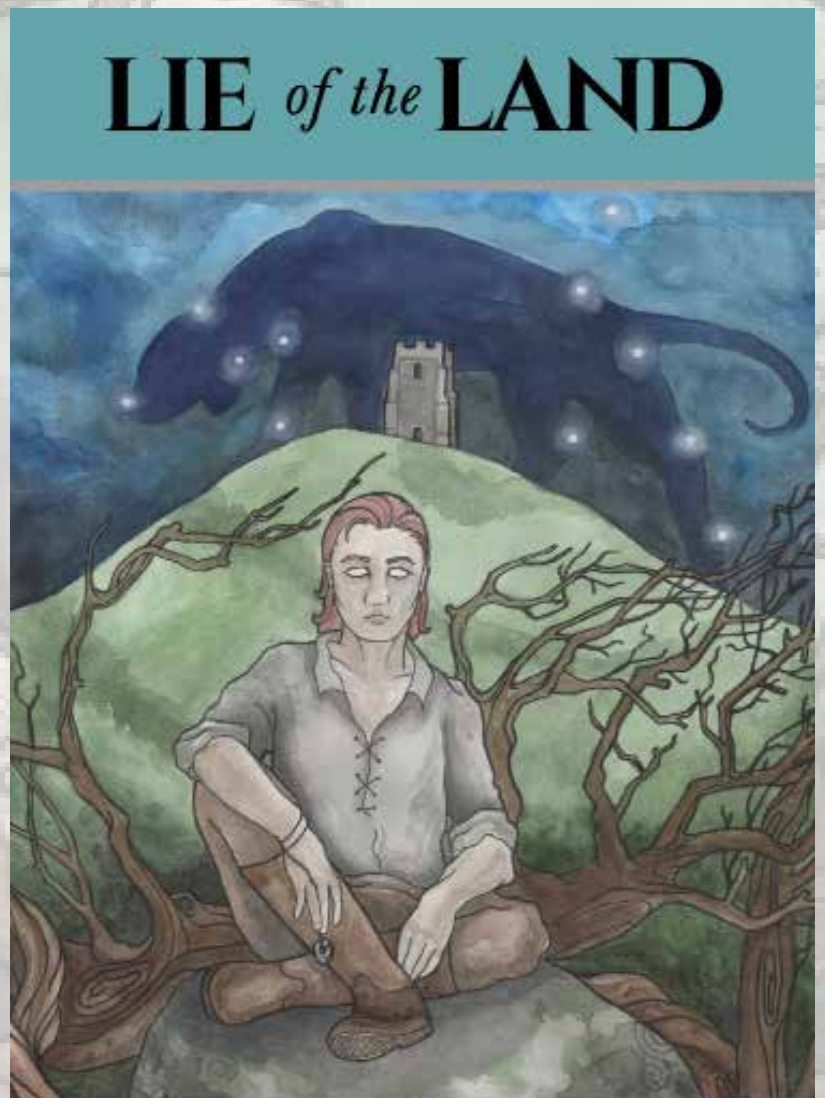
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MEETING THE BLACK DOG

Helen JR Bruce -Witch Writer

With the relationship between dogs and humans having roots in the Upper Paleolithic, or Stone Age, it is not surprising that canines have left their pawprints throughout our folklore and mythology. From Anubis to the Aztec Xolotl, who both function as soul guides to the afterlife, dogs have a strong and ongoing connection with cycles of death and rebirth. With this liminal nature in mind, it is perhaps no surprise that they manifest in a vast myriad of forms, both as guardians, ghosts and monsters.

There is some division among scientists as to the exact timing, but it is likely that early domesticated dogs first appeared in Europe around 15,000 years ago. The practice of Immurement persisted into the sixteenth century, and perhaps even further. This was a ritual activity where a sacrifice, very often a dog, was buried alive in either the foundations or walls of a building. It was believed that the spirit of the animal would then go on to act as a guardian of the area, and what better protector than a faithful hound? Folkloric memory recalls the burying of a dog under the cornerstone of a church to act as a foundation sacrifice, and both the Medieval cemetery at Kirk Ness in North Berwick, and Leiston Abbey in Suffolk, have had dog skeletons excavated in their grounds. Some speculation was roused at the time that the canine skeleton unearthed in Suffolk might be the remains of Black Shuck himself, but it is more likely that the burial relates to another sacrificial practice. In this, acting on similar superstitions as in foundation sacrifices, a black dog would be buried in the Northern side of any new churchyard. This was due to the belief that the first body to be buried would take on the duty of protecting all subsequent souls from the Devil, and a dog was deemed suited to this task rather than a person.

Yorkshire is plagued by the Barghest, a monstrous goblin dog, with huge teeth and claws. This creature appears only at night, and to catch sight of it spells certain death for the unfortunate person who sets eyes upon it. The Barghest is also sometimes reported to lay across the doorway of a house where a person is soon to die, or even lead a yowling funeral procession of local dogs through town in the wake of a notable death.



Barghest

In East Anglia, which includes the counties of Norfolk, Suffolk and Essex, the local dog of folklore is named Black Shuck. Like the Barghest, a glimpse of him is said to foretell death within a year, and this huge black hound frequents both churchyards and dark country lanes. His presence is reported to be accompanied by a sense of foreboding and terror, with his paws making no sound as he pads along behind his victim.

Lancashire is the territory of Skriker, who is to be found haunting gloomy crossroads. There seems to be some overlapping of various folk superstitions to be seen here.

Such places have always been associated with the strange and supernatural, with crossroads especially being seen as a location where not only physical paths cross, but also where the worlds overlap and the veil between the apparent and Otherworld become thin. Some research also suggests that lanes and trackways reported to be frequented by Black Dog apparitions follow ancient ley lines or ceremonial paths. Skriker, or Shrieker, is named for the wailing sound that he makes as he wanders through the night.

Unlike many other Black Dogs, Skriker is said to roam invisibly, although hearing him is still said to be an omen of death. It may be his awful shrieking that you hear, or it may instead be a persistent padding footfall behind you that sounds like old shoes in soft mud.

However, in Somerset, the Gurt Dog is a great black hound who wanders the Mendip hills and guides lost travellers back to safety. In Northern England the Gytrash is a legendary beast who haunts dark country lanes, appearing as either a huge black dog, a horse, or even an evil cow with eyes like burning coals. In its hooved forms the Gytrash is seen as purely malevolent, intent on leading travellers astray and inciting terror in any who encounter it. But in its canine form, the Gytrash is sometimes reported to be benevolent, and will accompany travellers while they negotiate dangerous trackways or even guide those who are lost back onto the right path.

On delving deeper into accounts of the many manifestations of the folkloric Black Dog, the persisting dual nature of this creature becomes clearer and clearer. Even the terrifying Black Shuck is said to occasionally accompany travellers and depart with no ill effects. In the town of Littleport, in Cambridgeshire, the ghostly dog apparition is more kindly and follows people in order to protect them. Certain roads are said to be haunted by black hounds which died protecting their masters or saving previous passers by from unwholesome fates.

But when did the general shift from guardian to ghoul occur? Why do we now, generally, have to dig a little deeper into folklore in order to uncover the more benevolent side to Black Dogs? Some clues may be found if we consider folklore alongside the cultural shifts which occurred around it. By the 1500s, in many villages, notably those of Bungay and Blythburgh, the local Black Dog had undergone the transformation into a Hellhound. While Britain made the shift from having a dominantly Pagan to a dominantly Christian belief system, old superstitions began to be associated with the Devil, although many were also preserved in variant forms.

Given all of this, it doesn't seem unreasonable that various manifestations of the Black Dog are less than friendly towards people. Like much of the reality of death, the dog in his role of psychopomp, or 'soul guide', has been sidelined into the shadows.

But he still lingers, a persistent padding behind us through the lonelier moments of our lives. Perhaps if, instead of running or freezing up in terror, we turned and faced the Black Dog he might transform before our very eyes. If we allowed it, the ghoulish, fiery features and claws might fall away, to reveal the patient guardian, whose bones have been found buried alongside ours for almost all of time.





THE PSYCHOPOMP

The role of the Psychopomp is perhaps one of the least known and/or most mis-understood of spiritual and healing practices. The word Psychopomp is of Greek origin and translates as conductor or guide of souls. And this is essentially what a Psychopomp, also know as, Spirit-walker or Death-walker and more recently soul midwife does. The latter being more defined to assisting people at the very end of their life cycle on the earth plane and as they transition or depart their physicality, whilst the other terms can include this but also includes aiding spirits who have passed less recently but for whatever reason have remained here on the physical plane. (There are several reasons a spirit who has passed may not cross over or make the full journey to what is most commonly called the land of the ancestors, which we will look at in a little detail a little further on).

The role of The Psychopomp is far from new and certainly not restricted to any particular cultures or philosophies. And is a role that transcends form as well. Humans, Ancestral Spirits, Birds, Angels and Deities, among other beings, can be Spirit Walkers. In Greek mythology, Hermes is a deity who guides souls to the underworld to the river Styx, where ferryman Charon carries them across to the Land of the Ancestors, if they are able to pay the fee. Hekate is of course considered a Psychopomp, being the Goddess of crossroads and doorways between realms, and being the Goddess who guides Persephone to the underworld each year.

In Norse mythology, Hel (or Hela) rules over the Realm of the Dead known as Helheim - most likely where the Christian idea of Hell was taken from. Not totally a place of suffering, but seemingly a place where residents' fears and misfortunes are presented to them. Whereas the Valkyries would escort the most noble to Valhalla. In Jewish and Islamic religion, it is the Angel Azrael who guides souls to the afterlife. A role that is undertaken by Archangel Michael in The Christian religion. Gwyn Ap Nudd is a well-known Celtic Psychopomp who rides with his wild hunt gathering those who are to no longer reside on the Earth

STEPHANIE ULPH
WITCH WRITER

Plane. And of course, perhaps the most well-known Psychopomp is The Grim Reaper, who comes to those at the time of death and carries the soul away.

A very recent example, In Ricky Gervais film Ghost Town, he plays a human who had a near death experience and becomes able to see the dead. Each of whom need help from him in order to pass over, which is essentially the what the role of a human Psychopomp entails.

For the practitioner known as Soul Midwife, their role is predominantly around the assisting of ease-ment leading up to and during the time of death. They will help the dying, and their relatives when needed, understand and find some comfort in the transition taking place. They help to mentally and emotionally prepare those close to death for the journey that lay ahead of them. Often this includes some energy healing work, gentle talking therapy and helping them or when needed their relatives let go of anything that could keep them earthbound after their final breath. The soul midwife will sit with the deceased and deliver them to their loved ones at the crossroads where there are no family to sit beside them.

For those souls who haven't managed to journey at the time of death, they remain between worlds - they are here but not fully here. They are departed but not fully arrived. The reasons for this can be vast and sometimes multiple, but usually has something to do with either emotional attachment or unfinished business. It may be a goal they were close to achieving when their lives were cut short.

It can be revenge, or love. Worry of how spouses or children will manage alone. It can even, and often, be the attachment from loved ones that keeps a soul around. As well as sudden and unexpected death and the difficulty of accepting the fact. For these souls, The Spirit Walker or Death Walker is able to communicate with them and help them to find the healing they need in order to pass over into the next realm.

The role of the Psychopomp is greatly important healing work. Not only does it directly assist the soul in need, but also assists with the whole energetic balance of each realm, as well as aiding the overall healing of ancestral patterns. Death has unfortunately become, in modern society, something which is considered very negatively.

We have all sorts of remedies, products and pills to escape or put off the ageing and dying process and we seem to, as a society, have lost our respect for those at, or approaching, their journeys end. As well as having lost our understanding of and respect for the process of life and death as a whole. With this in mind, it feels more important than ever to respect and celebrate those debarking to, as well as the Ancestors already residing within the next planes.

Not that this can only be done on Samhain, but for the many people who light candles and create celebration for the Ancestors on this day, remember to light a few for those who may need a guiding light to help them reach their destination.





THE MANY FACES OF THE OCCULT

THELEMA

AN INTERVIEW

WITH PRACTICING THELEMITE

MÆVIUS LYNN

KELLY BUCHAN
WITCH WRITER

Thank you ever so much for taking the time to talk with Witch Magazine today. As a practitioner of ceremonial magick myself, I've been really looking forward to our discussion!

Maevis, how long have you been practising within occult systems of magick? And how did you find yourself on this particular Thelemic path?

-
Thank you so much for this opportunity to talk about Thelema. I am both excited and grateful.

I have been a practicing occultist of some form for over a decade. I fully embrace the thelemic path from rather usual beginnings. As a teenager I relieved my boredom by reading a lot of philosophy. I'd read anything I could get my hands on from the library: Sartre, Camus, Nietzsche, Heidegger, etc. The works of Nietzsche particularly resonated with me. I eventually started an online blog and connected with like minds. Those like minds increasingly over time were people from the Church of Satan (CoS) who shared similar passions in philosophy, art, politics, science, and the occult. Various members within the CoS still remain my life long friends today. I credit one man in the CoS in particular for sparking my interest in Aleister Crowley. He is an intense, self educated man who is a Crowley scholar. He was previously a member of the O.T.O. before his time in the CoS. He planted the seeds of interest in me that a decade later would bloom into a full blown love of Thelema. For me today Thelema is beating heart and core of my spiritual path.

-
For those unsure of what Thelema actually is, could you provide us with a description of the tradition and what the benefits are to the practitioner?

-
Thelema is a religion, philosophy, and system of mysticism. You are free to use or not use any of those parts. It's whatever best serves you.

The point of Thelema for the practitioner is to discover your True Will and then act upon it. The idea is that all of us have an authentic purpose or "True Will." When you are acting in accordance of your True Will you will be in alignment with Nature and the universe at large. You will be flow-

ing with the universe and not against it. This can bring many beautiful things into your life like personal fulfillment, a deeper sense of purpose, and a greater connection to your own divinity.

-
What is a thelemite trying to achieve through this system of The Great Work?

-
As the saying goes, the law of Thelema is for all, but The Great Work is not. A thelemite can be thought of as any person who is seeking their True Will and acting upon it. If one feels a calling to The Great Work and wants to pursue it, then that is their prerogative. However, it is not a requirement for being a Thelemite.

The Great Work itself is best described by Aleister Crowley in *Magick without Tears*, "The Great Work is the uniting of opposites. It may mean the uniting of the soul with God, of the microcosm with the macrocosm, of the female with the male, of the ego with the non-ego—or what not."

Through The Great Work one is trying to achieve the knowledge and understanding necessary to fully embody their divinity and connection to existence itself.

Aleister Crowley also gives us some crucial insight into The Great Work in *Magick in Theory and Practice* where he states, "the Great Work is the raising of the whole man in perfect balance to the power of Infinity."

-
What would be the main differences between Thelema, and other systems of Ceremonial Magick (i.e The Hermetic Order of the Golden Dawn, rosecrucianism, etc).

-
Thelema's huge watershed moment and deviation from other systems was really The Book of the Law. Of course it's important to recognize things like the rosecrucian order AMORC does not practice magick and considers itself to be firmly against what they label as superstition. However, more generally speaking, I think the biggest difference is the heavy abrahamic parts of The Golden Dawn and rosecrucianism that Thelema does not rely on. This is essentially because

of The Book of the Law.

The Book of the Law is a central sacred text for Thelema. It is a channeled text that proclaimed the arrival of the new Aeon of Horus. Thelema as a system of mysticism exists in alignment with this new Aeon or Horus. Thelemic practices specifically allow you to tap into this current of the new aeon, otherwise known as the 93 current, in ways that other ceremonial practices may not be able to. Of course, one is always welcome to modify ceremonial practices from other systems such as the Golden Dawn to include this connection to the 93 current. Thelema, however, already has it built in as a central feature.

-
Aleister Crowley is a derisive name within many occult communities. What are the biggest misconceptions surrounding the great man that you have come up against?

-
I think people have a lot of valid criticism, but of



course some of it is not so valid. Generally speaking I separate out Crowley as a man versus him as a prophet of the new aeon. Crowley as a man was the product of his time. He was a wealthy Victorian man sheltered by privilege and consumed by many personal issues. Crowley as the prophet was a brilliant magickian, intellectual, inspiration, and force of change. We judge him as a man through a modern lense, which is valid, but it's important to remember that this is indeed a modern lense. Among his other fellow wealthy Victorian men, Crowley was an absolute radical. He lived an openly bisexual, polyamorous lifestyle and pushed for women's rights at a time when you just simply didn't do that.

I think the biggest misconceptions come from people believing the newspaper stories written about him at face value. Crowley delighted in trolling newspapers and would say wild things on purpose. It's him being sensational. The man never actually ate babies.

Crowley is known for his gargantuan amount of writings. For those who feel a resonance towards this specific esoteric system, which books would be most beneficial to a beginner?

I recommend starting with Crowley's Magick without Tears and Magick in Theory and Practice. If those works still pose a challenge to the reader, then don't feel alone. Crowley's writings can be dense. You may wish to instead start with Living Thelema by David Shoemaker or The Magick of Aleister Crowley by Lon Milo DuQuette.

Like many magickal systems, is it an inherent part of Thelema to find an order to practice with?

No. You do not have to join an order to study and practice Thelema. If it is your will, then you may wish to join a fraternal order like the O.T.O. or a more academic order like the A.:A.: along your journey, but it is not necessary.

And lastly Maevius, is there any advice you wish you were given prior to adhering yourself to the Thelemic lifestyle? And are there any pitfalls which could be avoided when commencing the path?

I wish I would have known that you don't have to know everything to start practicing and actually practicing is just as important as reading. Thelema is a deep rabbit hole with dense, difficult texts. It is unreasonable to expect anyone, including yourself, to fully know everything. It's ok to have to look things up. It's ok to not know. It's expected that you will reread certain texts like the Book of the Law a billion times and still not know fully what is happening. Our prophet, Crowley, didn't even fully know what was going on in the Book of the Law.

Along those same lines, I think there is a tremendous emphasis placed on reading and study. That is very important, but we must also place an equal amount of emphasis on actually practicing, doing ritual, and doing your will. It is the DO part of "do what thou wilt." The knowledge you get from first hand ritual experience cannot be replaced by a book. You must live it to have it etched onto your soul.

- YouTube - Maevius Lynn

<https://www.youtube.com/channel/UCDIvIMXJowcvADuSA0D-DeYw>

- Instagram - maxmelancholy

<https://www.instagram.com/maxmelancholy/>

BEGINNER THELEMA BOOK RECOMMENDATIONS:

Living Thelema by David Shoemaker
Magick in Theory and Practice by Aleister Crowley
Magick without Tears by Aleister Crowley
The Law is for All by Aleister Crowley
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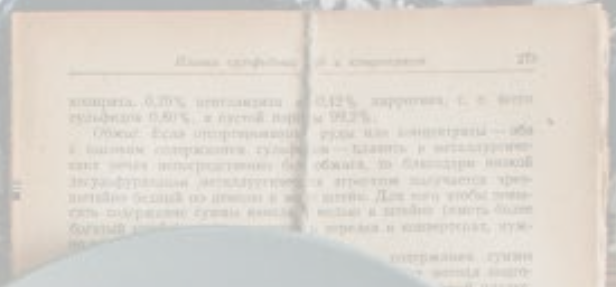
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Welcome to Badgerween

*British artist, teacher and animist
Sam Goodlet shares her black and
white celebration of shadow sea-
son!*



Darkness falls early in the European wild wood each October.

Deep underground, a velvety snout is raised, sniffs the air, then their monochrome form tucks back into the cosy warmth of the communal sett.

The badgers are slumbering.

Not fully hibernating, they spent the abundant early autumn filling their bellies with worms, bugs, nuts, berries, the occasional hedgehog or frog; and piling on the pounds. The whole badger clan spends the winter moving more slowly, sleeping more and staying cosy.

These wise beings, who walk the woods on powerful paws, really know how to hack the transition from Mabon and the equinox into the season of Samhain and Yule. They thrive in this colder time of shedding and dying by slowing down and spending even more time underground.

I see them curled up at the feet of Persephone and Arawn, nestling in the underworld, waiting for the warmer days to return when they will pad up on clawed paws to the surface once more as Demeter's daughter returns in spring.

I'm an animist nature lover who has always adored badgers, even though my encounters with them have only been out-the-corner-of-my-eye glimpses, spotting paw prints and huge setts in the woods. I have studied these beautiful creatures from the wealth of cultural and scientific knowledge we have available but there is still so much we don't know.

The chance, however, of seeing one in the wild is looking less and less likely. For the badgers of the British Isles are under sustained and malicious attack.

After a long history of persecution - 'blood sports' like badger baiting, being captured for dog fights, and their underground homes being dug up - our badgers were given some legal protection in the 1990s. But the baiting continued and then the badgers began to be blamed for spreading bovine tuberculosis between cattle. Despite an initial trial cull in the early 2000s showing that killing badgers really wasn't the best way to protect cows (or farmers) a wider cull was rolled out anyway. And then widened. And widened... 140,000 badgers are due to be culled in the next five years, on top of 140,000 that have already been killed. By 2025 the UK badger population will have been reduced by up to 72% from its pre-cull numbers.*



My heart breaks for our badgers and our countryside, and the farmers and cows, and for the Badger Trust, a wildlife charity working hard to protect an animal that our own government has got in its sights. I used to work in nature conservation. I know first hand that it's a sector that's increasingly underfunded, under-appreciated and under pressure anyway; and now... this.

I have to admit when the culls began, and the legal challenges against them failed I fell into despair, into eco grief and that horrible feeling of being powerless to stop the bad things that are happening to the wild world that we are a part of.

But. In October 2017, as a witchy mum of a sweet small human, I had an idea: to raise awareness and funds for the Badger Trust, and to help my very little boy tune into the energies of the season without it being too scary for him.

Because, like all witches, I love Halloween and Samhain; I love how appreciating the shadows and the thinning veil can help make the shifting seasons more celebratory in grief than simply sad. I so admire how other cultures celebrate the life-death-life cycle in a way my culture has forgotten.

So I wanted to share some of that magic, some of that appreciation of the ever-turning wheel with my son.

Like a lot of small children, he was afraid of the dark, and October



has so much more of it! So we started tuning into and appreciating the nocturnal animals who need and love the dark and sharing love for some of the beasts of the shadows, who we humans sometimes fail to understand and be grateful for.

Bats and owls. Hedgehogs, toads. Dormice and badgers. Snakes and spiders.

And then we invented... Badgerween!

Every October I use Drawlloreen prompts to process my feelings about badgers and to celebrate these strong-shouldered, curious creatures of the night (artist Mab Graves shares a beautiful prompt list each year). Then I and other creatives sell our black and white goodies to raise donations for the Badger Trust, to fund vaccinations and alternatives to losing our wild friends in cull cages in the night. I've created printable bunting, carved badgers into pumpkins, made masks and my friend and I even made a song!

As I dive deeper into learning more about my animist world view I see everything in nature as minded and soul-filled with varying levels of complexity. All of us living beings are precious, temporary tangles of matter and magic and when we die our stardust bodies return slowly to the earth and our souls are set free again.



Consider our soul-particles staying somewhat entangled, forming into another living being and bringing memories from those (many) former lives. Perhaps we are made anew, with a different combination of minded matter with each incarnation.

Maybe I am part badger, or part forest, and have had badgers roaming under, within and around me once... perhaps their dens were amongst my roots, and that's why I feel so interwoven with them and their lives still.

I imagine 140,000 spirits of badgers haunting the countryside, haunting the culling cages. If only they could warn the others.

I imagine a fierce Pictish pixie riding a Badger through the woods, tracking fox hunters and badger cullers.

I dream of badgers in the pumpkin patch, running amok at nightfall, carving shapes with their teeth and claws.

I imagine the badgers wandering through the world of shadows, so much more comfortable there than we are. Seeing, smelling, sensing things that I cannot. Meeting witches, vampires and werewolves. Stopping for a chat with the Will O The Wisps.

Every October, as my small human grows, we tune into the wild animals of the shadows. Remembering that darkness is a necessary part of the day, for when else will the badgers and owls come out to play? We dress up. We light candles and fairy lights. We weave spells and wishes for times to come when we humans are more

in tune with our own wildness and with the rest of the natural world - when we can heal this ancestral tension between ourselves and our badger neighbours.

A time when we come back to remembering that we are not superior beings at the top of the food chains, but interwoven parts of the beautiful webs of life on this earth.

At this time of the thinning veil, the spirits of all the animals we have lost are near.

Can you hear their whispers...?



Sam Goodlet is a slow-living animist, artist and teacher with a deep connection to nature and animal familiars. She runs Wolf and Wing School of Wonder, a hive for creativity, well-being and magic. [WolfAndWing.co.uk](https://www.wolfandwing.co.uk)

Her Badgerween prints and artworks are for sale at <https://shop.samdrawsthings.co.uk> and [https://www.etsy.com/shop/SamDraws Things](https://www.etsy.com/shop/SamDrawsThings)

**references <https://www.badgertrust.org.uk/can-the-cull> The Badger Trust*

Wise Words from the Old Crone

A Protection Spell for House and Home

We are gradually sinking, yes sinking, into the dark half of the year. I say sinking as this is how I feel but it is not in a bad way. In fact to me it is a very comforting way. I know I want to get to bed earlier and get up later. I am happier sitting and reading and taking my leisure. It must be my spiritual recollection of the ancient times before we had power at the flick of a switch and light always available to us. From the days when we hibernated more in the winter months to keep warm and need less fuel in the form of food, which was sparse.

In these cooler days, even though we are able to stay warm, keep our cupboards full of food, and not worry that the wolves and bears might come along take all our food supplies, we still feel that we need a little extra something to help our own personal situation. Chocolate and Prosecco or Gin do help but also hinder the midriff. So, here is a spell you can readily do at home, with simple items easily to hand, to help boost your feeling of safety protection from all that winter can throw at us for you and yours.

As always I would not be true to myself, or especially to you, if I did not issue a Word of Wisdom and a Word of Warning with Spell casting.

Before you begin remember that Magic is very real, Magic is an Art. Always take the greatest care what you do and what you say. Remember to be careful what you wish for. Make sure your work space and your tools are both cleansed and charged. Never intentionally harm anyone or anything. Remember the rule of THREE. What you send out, good or bad, comes back threefold.

A good time to perform this spell is just after a new moon so that the spell will grow under the cycle of the moon.

You will need;

1. A clean, dry, jar with a lid. It does not have to be too large or too small but enough to hold all your contents.
2. Herbs of your choice and some rock salt. My own choice for protection would be rosemary, mint, bay and sage and perhaps a clove of garlic. I suggest the use of dried herbs so that nothing will go mouldy in a sealed jar.
3. A candle or tea light and some incense.
4. A small piece of paper to write on and a pen.
5. You can have a few crystals handy as well. My choice would be amethyst and rose quartz.

Make sure before you begin that you have your contents ready.

Light a candle/tea light and place in front of the open jar. Breathe gently

Light the incense and place to one side.

Breathe in a few deep breaths and calm your inner self. Concentrate on the flame of the candle and the smell of the incense.

Imagine a bubble of light emanating from the candle and surrounding you and growing large enough to envelope your entire home.

When you are ready, hold the jar upside down over the incense. Let the smoke of the incense flow into the jar to cleanse it. Then you are ready to start putting the items in the jar one by one.

Add a teaspoonful of the rock salt and say.....

*Goddess of protection please guard this home and all who step herein.
Reach out and shield all of my house, my friends, my family and kin.*

Add a small amount of each herb and after each addition repeat.....

*Goddess of protection please guard this home and all who step herein.
Reach out and shield all of my house, my friends, my family and kin.*

Take the piece of paper and write the word PROTECTION on it. Fold it neatly and add it to the jar. When you have added all of the items you have chosen, place the lid on the jar and screw it on tightly. You can add a ribbon if you wish or you can decorate the jar before-hand.

When you feel you are ready, snuff out the candle and enjoy the peace that your spell casting has given you. Set the jar on a window ledge in sight of the moon and leave for at least one full cycle.

You can leave the jar there as long as you like or set it in an entrance to your home. You are not restricted to one jar either. While you are spell casting you can make several jars at the same time. (I save those little jars of jam you get at afternoon teas or in hotels.) (Please do ask that you can have them and don't just presume to take them).

I have put a jar in my front porch and at each entrance to my house, but for you the choice, as always, is yours.

Always remember to thank the Powers that be for their Protection.

Blessed Be



Taking inspiration from folklore and fairy tales some of his most popular dolls include Hansel and Gretel, Little Red Riding Hood and Rapunzel.

FOLKLORE DOLLS



Tom Cherry

X P H A I E A



About the Artist

ARTIST
Tom Cherry

LOCATION
Hertfordshire, UK

SHOP
xphaiea.bigcartel.com





Tom Cherry works from his home studio in Hertfordshire, UK making textile art dolls from recycled fabrics, beads and lace found in antique shops and thrift stores. A collection of bones sit on a shelf above his desk - incorporated into many of his works and foraged from nature reserves where he enjoys walking with his partner.

Tom began Xphaica in 2019 making hand embroidered patches and artworks, before branching out into doll making. With a background in costume design, he graduated from the London College of Fashion in 2011, going on to work in public libraries and schools, before deciding to take the plunge and make dolls full time - sharing and selling his art dolls through his Instagram and online shop.

"I work conceptually and am often inspired by nature and walks in nearby woodlands. I also find literature a huge inspiration and many of my characters are drawn from folklore, fantasy, and fairy tales. I'm a constant reader, and this strongly informs my work ~ often I write accompanying narratives for my characters."



Tom's Timeline

1990's-2000's

With a love of art, books and theatrics from an early age, Tom studied art at GCSE and A Level, winning several awards for his drawing and 3D textile work.

2005-2011

After sixth form college, Tom started a Textile Design course at Chelsea College of Art and Design before switching to Costume Design at the London College of Fashion, graduating in 2011.

2012-2017

Worked in local libraries and schools supporting children with special needs.

2018-2019

Started experimenting with embroidery after finding some felt and hoops in a local charity shop, building an Instagram following and selling hand-made patches on Etsy.

2019-now

Moved into dollmaking growing a following of over 18.4k on social media and making folklore inspired art dolls.



*Black Annis,
Blackthorn,
Baba Yaga and
Isobel Gowdie are
witch characters
Tom has created as
textile art dolls.*



“It’s definitely obsessive - I’m constantly thinking of new ideas, themes and exploring new techniques. Working with wire is something I am relatively new to, but it has enabled me to create more lifelike poseable forms.

“My process is organic; I don’t like to measure - maths not being my strong point! - so a great deal is done by eye and experimentation. I’ll always have an idea in my head of how I wish a character to look, but I’ve learnt over time to just let the process lead and not be too particular about the finished outcome.

“Recycling and reusing is a very important part of my work, and a large percentage of materials are finds from charity and antique shops. I also incorporate found objects such as rusted washers, sea glass, driftwood, and animal bones into my work. I’m a bit of magpie when it comes to sourcing materials!”

You can follow Tom on Instagram @xphaiea and check out his Etsy shop or website for more at: www.xphaiea.etsy.com www.xphaiea.bigcartel.com





Toms Tips for Dollmakers

Start simple

Don't try to be over ambitious or complicated if you've not made dolls before, try some simple shapes, and just enjoy experimenting!

Make what you love

I think it's hugely important to make what inspires and excites you.

Watch tutorials

I always look at video tutorials on YouTube to see how people achieve different techniques and methods.

Find your style

Follow other makers you admire and collect images that inspire you. Don't worry about having a strong style or look to your work at first, this will develop naturally as you try different processes.

Ask for help

I find a lot of people are hesitant to ask questions about materials or techniques - don't be! Instagram has a great doll making community and I've made some great friends on there. Creativity is a constant learning process.

Take a break

Just as important is taking time to reflect and rest from making - as relaxing as it is, it can also be exhausting!

Keep making

I've learnt a huge amount about myself and making from just experimenting and keeping creative. The more you do the better you get at things. Do it for you at your own pace.



DOTS & BLOCKS



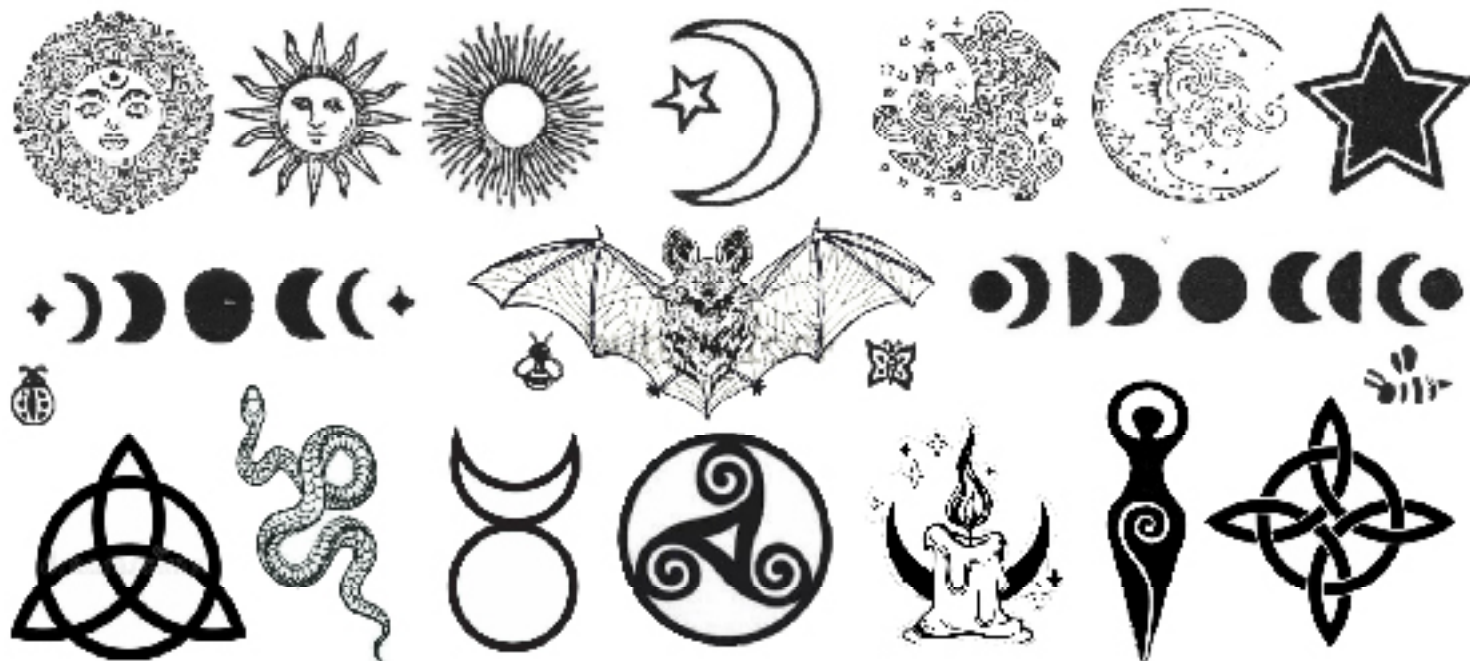
We specialise in hand printing fabrics using wooden printing blocks with fabric paints - everything we print on is natural fibre, washable & comes with a care tag. Created in our rural home, located within Durrington Walls Superhenge - part of the Stonehenge World Heritage Site.

We have hundreds of designs - just a few are shown here for reference. From sacred geometry to pagan & wiccan, from spirit animals to mythical creatures, plus Buddha's and Chakras - you're bound to find something perfect for you ior a loved one.

Our range of artisan fabrics includes shawls, crystal grid cloths, aprons, tea towels, cushion covers, tablecloths, tote bags and throws.

You can view our catalogue online via https://linktr.ee/Dots_Blocks

Contact Karen to discuss the possibilities, call 07856 257623 or email hello@dotsandblocks.co.uk



MONTHLY CRYSTAL GUIDE CHERYL BECKWORTH GROUNDED GODDESS

October, the month of Samhain which signals the beginning of winter. A time where we begin to retreat inwards, rest and make plans for the year ahead. On this day, the Celts believed the veil between the living and the dead was especially thin, so if there is anyone on the other side you'd like to communicate with now is the time to do so!



So with this in mind the stone I have decided to talk about this month is **Black Obsidian**, it is a strong and powerful stone of protection and also used to help connections with the spirit world.

BLACK OBSIDIAN

Black obsidian is a dark black stone that when tumbled, has a shiny surface. It is very smooth and hard when tumbled but can be very sharp in its raw form. Formed when a volcano erupts and the lava cools very quickly because of this black obsidian stone is also known as volcanic glass.

Therefore it is found in many areas of the world where there is volcanic activity such as the United States, Greece, Russia and Japan.

Obsidian can be found in numerous colours including brown, green and blue (as pictured below)

It is mainly used for protection, particularly against psychic attacks. It has such a super strong energy, that lots of people prefer to use a gentler stone in everyday life (such as Smokey Quartz or Mahogany Obsidian) and use this one when doing deep shadow work or when working with spirit. It can bring deep uncovered issues to the surface that need to be addressed and if you aren't ready to do this work it can be uncomfortable. It is also fantastic for helping to shield you from negativity, or as a super cleanser of your aura.

It is also known to be a good crystal to cut or sever ties. This makes it ideal for using in cord cutting rituals when you are wanting to break emotional ties to another person to whom you have been close too, this is why you will often see the sharp raw form made into arrowheads and athanes. It was even used as far back as the prehistoric ages as a divine for cutting things physically.



As obsidian is very shiny it is also frequently used for the practice of scrying, many use a black obsidian mirror. Scrying is a form of divination, like using a crystal ball - In a dim light room, candle light is perfect although ensuring your candle is away from your scrying object so doesn't reflect, relax and simply stare into the shiny surface of the object, then soften your gaze and see what messages and images come up for you.

Another reason that it is an ideal crystal to use during spirit work is that it's strongly connected to the base chakra, the chakra point associated with keeping us grounded, and feeling safe and secure in our physical environment.

Have a blessed Samhain,

Much love as always,
Cheryl xxx



Books



Fire



Crystals



Familiars



Mushrooms



Moon



Herbs



Intuition



Flowers

Witchy Things

@magaziemi



Gardens



Potions



Wands



Oils



Spells



Amulets



Catchers



Witch's Brew



Incense

Witchy Creations

@magaziemi

MANIFESTATION

MANIFESTATION HAS BECOME A BIT OF A BUZZ WORD RECENTLY, BUT WHAT DOES IT MEAN?

FAIRY BEC
WITCH WRITER

WHAT IS MANIFESTATION?

I'll start with what it is not. In my opinion, manifestation is not a wish. A wish is something more akin to a dream and dreams are rarely reality. Manifestation is also not goal setting in the sense that you set short-, medium- and long-term goals based on what is logically achievable within a set amount of time.

Manifestation is more of a hope for something a little bit special to happen with an edge of knowing that you deserve it to happen, wrapped up in trust for the Universe/God/Whatever higher force you believe in to assist you in achieving it.

Manifestations can be small such as willing a parcel to come early so you are freed up for the rest of the day (Something I do regularly) to winning a camper van in order to fulfil a family dream (trust me, this can happen and happened to my family).

Manifestations can be for either something that you want or something that you need.

Always be grateful when your manifestations come to fruition. A simple "Thank you" to the universe is sufficient but if you really want to raise your vibration - pay it forwards. My family are still overwhelmed by the Campervan win as it means so much to us on many levels. I then paid it forwards by gifting my car to a local family who needed a bigger, automatic car but were struggling due to a job loss at the time. That family then gifted their small manual car to a Hairdresser whom had really struggled in lockdown and the love just kept being paid forwards with gratitude.

WHEN SHOULD YOU MANIFEST?

Energetically, I do most of my big project manifestation from Beltane (1st May) to Samhain (Halloween & All Saints Day). This period of time starts when seeds have germinated and are growing and ends with the last harvest of the year. That same process can be applied metaphorically to your manifestations and event from the 'planting of the seed'.

The harvest periods of time in nature can bring a higher 'yield' to your manifestations.

These are as follows:-

- 1) Lammas aka 1st August and the corn harvest.
- 2) Mabon aka The Autumn Equinox around the 21st September and the fruits and nuts harvest.
- 3) Samhain and the final harvest of the year - the blood harvest.

The 'harvest' is when the things you manifest slot into place for you. It is very important at this time that you also practice gratitude.

Manifestation can happen at any time so go with what feels right for you.

HOW LONG DOES IT TAKE TO MANIFEST?

There is no set time with manifestations, just loose time frames that can be a focus point. You can spend as long or as little as feels right and you can look as far into your future for the manifestation as you want.

The key thing here, which is the hardest part, is to whole heartedly believe that it is possible. The more you manifest, the more you believe, the more you are capable of doing. Start small and build up.

Once you set your intention, detach. It is almost the opposite to mindfulness. Once you have set your intention, entrust it to the universe and re-visit it when it pops up in your head. It is like you send a 'letter' to the universe and get on with stuff while you wait for the universe to 'reply'.

I often use the moon - new or full depending on what I am trying to achieve - in my larger manifestations. I check in on the manifestation at the start of the next moon cycle. If it has not come to fruition, I put more energy to it.

TOOLS FOR MANIFESTATION

If you like to use crystals then you need to initially reach for the citrine. Ideally the natural citrine not the heat treated amethyst. Other crystals will depend on the themes within the manifestation so look up "crystals for . . ." (whatever is relevant to your manifestation). Place those crystals in your focus area/on your altar.

Oils for manifestation can also be useful. They hit the senses and help you focus. Orange is a fabulous oil for manifestation as it has such a whole and lifting smell.

Candles are a fantastic focus point for manifestation too. Pick an appropriate colour for your focus. You can make or purchase one anointed with oils, crystals and herbs or if you are happy buying beeswax candles then you can unroll them and roll them back up again with your manifestation hope written on a piece of paper inside it.



You can also use dried plants and herbs and make a pouch or a mini jam jar with your manifestation focus within it.

A clearing of the space relating to the manifestation with incense, sage or palo santo also helps to shift out negative or stagnant energy in order to allow the positive manifestation to come into your life. E.g. you can clear the energy in a room, a whole house or an office space.

Vision boards help - pop them somewhere you see regularly to keep charging them up.

You don't need physical items either. A simple visualisation is extremely powerful. See yourself achieving the thing that you are hoping to manifest and it increases the chance that it will. Whatever your manifestation ritual is, it will feel right for you.

MANIFESTATION CHEQUES

Lots of people are into writing manifestation cheques for themselves right now. You can even buy manifestation cheque books to write out how much money you want to receive each month or for key projects you might have within a business. I have not heard about writing cheques for anything other than money but why not? Why not create manifestation lists like you are writing to Santa Claus? It does not need to be fancy, you can hand write, type, or create your own way such as:-

From: The Universe
Dated: 11th October 2021
To: Me

A successful 'Spiritual Spa' online event helping my friends to build more business:-

- Sell a minimum of ¼ of the pamper boxes.
- Each of us to sell at least half of our showcased products on the night.
- The raffle prizes to be won by the people they will make the most difference to.
- Each of us running the event to gain at least ten new regular clients from the event.

Thank you universe

To 'cash it in' I might then place it somewhere in my home and look at it once a day every day to raise its energy then burn it in my Samhain fire, so it goes up to the ether.

It strengthens your cheque to give it purpose. Ask yourself "Why do I want this?" and "What will the effect of this be?" Be specific about what you want in your cheque. How will you measure your success? What is the final outcome?

I want this because both friends need a financial boost in order to do some essential home improvements. For me, I would like some spending money for Christmas/Yule presents for friends and family.

GRATITUDE

This is key.

You can be humble yet deserving but I highly recommend that you are always grateful for what you receive.

THE BLOCK

Still not working for you? Ask yourself what that block is. What are you doing that is stopping the flow of energy? In order to allow things in comfortably, you must make space. Think about Christmas time - we all often de-clutter so we have space for the gifts that we hope to bring into our homes.

Good luck with your manifestations everyone, I wish you all beautiful futures filled with delight.

Fairy Bec x

JOIN FAIRY BEC FOR ONE OF HER UPCOMING EVENTS!

Altars and Sacred Spaces

Sunday 7th November
Introduction: Different types of altar

Sunday 21st November
Pathworking Meditation

Zoom 3pm
£7 (Recording £5)

Personal Energy & Breathing

Sunday 5th December
Energy Out
Yang

Sunday 19th December
Energy In
Yin

zoom 3pm
£7 (Recording = £5)

Feeling anxious?

Add a little Amethyst to your routine.

JUDE POLACK · BEWATER FOUNDER

Q:

I'm looking forward to going back to the office, but feeling anxious about what the future might hold.

What crystal do you recommend?

A.

Amethyst is great during times of flux and uncertainty. A type of quartz with iron inclusions found in countries all over the world, Amethyst is a smooth, clear and reflective gemstone ranging from lilac to deep purple in colour.

The name Amethyst comes from the Greek word améthystos meaning 'not intoxicated' and it has long been associated with clarity of mind and peaceful thinking.

Use Amethyst during meditation near your third eye chakra (on your forehead) to alleviate mental stress and tap into your inner wisdom. Use it in crystal grids or near your workspace to encourage focus. And use it in your gem water if you want to anchor feelings of peace and clarity throughout your day.

If you are looking for more advanced ways to work with the energy of Amethyst, try this simple exercise by Solancha: place the amethyst crystal on your third eye and let the energy flow out of the left hand into your heart chakra. And then let the energy flow out of the right hand into your solar plexus chakra. This simple practice activates the third eye, and also aligns its energy to the energies of the heart centre and solar plexus.



Jude Polack is the founder and director of bewater.com, a company that works with crystals, bringing their wonderful properties together in crystal water bottles.

She has a long standing interest in natural wellness and also works as a doula and positive birth advocate.

Jude's three children all keep stashes of crystals in their rooms and schoolbags too.

bewater.com
Previously printed on kindredspirit.co.uk



Words from the Witches Journal

I have a large wooden cupboard in the alcove off my living room where I keep my 'witchy' stuff ~ a wooden box with my collection of crystals gathered over the years, my rune stones made from crystals hand painted with runes, herbs in glass jars, flowers drying. The gorgeous scent of essential oils fills the air as I open the doors.

Has it really been a year since I last wrote about Samhain? Looking back, time has passed so quickly, yet on a day-to-day reckoning the year has crawled its way on hands and knees. What have I achieved since last Samhain? Much, and nothing. I can write a list of what I have done, but I still feel that I should have done more. We like to celebrate Samhain in ritual with friends. I may have mentioned before that at this time of year, we incorporate the concept of the quest into our ritual. The feeling that we have a mission to complete, to take something away from the event helps us understand more of ourselves. We have tried variations of this over the years. Notes jotted in books and on scraps of paper remind me of ways we have tried.

Rituals often take place in our garden, which backs directly onto the tree filled country park, giving us the feeling of being in woodland, but with the safety the open woods cannot provide. People gather at our front door, greeted with a tea to clear the mind and help focus.

Samhain ritual guide 2011

Gather round, gather round.

Listen carefully, make not a sound.

*Samhain is upon us, with the thinning of the veil
so we ask that you join us
on a quest you must not fail.*

Each person was assigned an animal whose strengths and skills would guide them on the quest - crow, owl, bat, dragon, raven, squirrel, cat, unicorn, eagle, bull.

In 2011 we added the idea of Loki, the trickster god, to remind us to be on our toes and ready for the unexpected, not to be complacent, though with a reminder that we were in the company of friends, so there would be nothing to fear.

Our first stop was at the altar laid out to the ancestors. People added items that carried memories of those dear to them who had passed. We raised a toast, and took a quiet moment with our memories, sharing those if we so wished.

We cast the circle and welcomed the quarters. Here is our welcome to Spirit.

At the centre of all things, bind us together.

Spider web hold us, light as a feather.

*Give us the balance we crave in our life
to raise us above all our troubles and strife.*

PORTLAND JONES
WITCH WRITER

www.portlandjones.com

<https://www.facebook.com/Portland-jonesauthor>

Our safe space marked, we discussed the meaning of Samhain, and how that translated for us as individuals. We had prepared scrolls, committing our hopes and fears to paper, our wishes for the future, and what we wished to leave behind. We cast these into the ritual fire and watched our intentions spark into the night.

One of our number writes beautiful meditations, also presenting them in a manner that is relaxing and enables you to focus on her words. She had written a sensory meditation, a walk through woodland. People were given dried leaves to crush as she led us under autumn trees, gravel to feel as she walked us down a stony path. An accomplice sprayed gentle water over us as we strode through the rain. Burning incense allowed us to inhale the flowers that we brushed against on our walk.

We were reaching the end of the journey when Loki made his appearance, our hands, in the dark, reaching into another dish to discover cold baked beans. A lesson learned in remaining aware of the world around us, the life we live in.

Of course, we partook of cakes and ale, laughing at Loki, sharing our thoughts of what insight we had gained from the ritual. Had we learned anything from the animal guides we had taken with us? Did their nature give us something we could take away with us? I had been given a crow, representing sacred law and change, said to warn others of danger. I felt, and still feel, that this was appropriate for me. I am not shy, nor nervous, but no matter what I am doing, I carry out a risk assessment - in my head most of the time, though I have been known to commit this to paper. I take the longer term view - if I do this, what are the consequences for me and for others? If in good conscience I can live with these consequences, I will move ahead. However, if the risk is too great, I don't, and will warn people if I see danger.

This is how my children and I, when they were younger, made decisions as to whether they would be allowed to do things. 'If I let you do this, and something goes wrong, the worst happens, what will the newspaper headline be the next day?' We would

look at this, all in agreement that if people would say what a shame, a terrible freak accident, we could live with that, and they could go off and do whatever it was. If people would say that I was an irresponsible mother who should never have had children, then we put more safeguards in place to minimise any risk, or perhaps decide that this was an activity best not undertaken. So yes, the crow is definitely me.

My notes in 2016 were not so comprehensive! Just a few scribbled words and thoughts of the night.

- The beginning of winter
- Festival of the dead
- Magical time when the veil between the worlds of the living and the dead are thin
- We celebrate death as part of life, going into the dark is a fitting end, a part of the cycle, not to be feared
- It's the time of the Crone, the end of the year, the dark times, the cold times, the time of change and new preparations.

I wish you joy in the memories of the season. Brightest blessings for Samhain, however you mark the occasion.

Portland Jones



Samhain Recipes

Spiced Pumpkin Loaf Cake

Helen J.R. Bruce - Witch Writer

This rich, moist loaf cake is perfect for sharing with friend at Samhain, and can be made with intention to use as part of your ritual. To make it even more sumptuous you can add drizzled icing across the top of the loaf and sprinkle with your favourite seeds. Check that the cake is fully cooked by sliding in a sharp knife and checking it comes out clean.

INGREDIENTS

140g softened butter
140g brown sugar
140g self-raising flour
2 free range eggs
diced pumpkin
baking powder
ginger
nutmeg

METHOD

1. Heat the oven to 180c/ gas 4
2. Microwave or boil 2 handfuls of diced pumpkin until soft and then mash
3. Butter a 2lb loaf tin
4. Cream 140g softened butter and 140g brown sugar and then slowly mix in two large free range eggs
5. Fold in 140g self-raising flour and 1/3 tsp baking powder
6. Mix in the mashed pumpkin and add a tsp of ginger and a pinch of nutmeg
7. Cook for approximately 50mins, checking regularly



Pumpkin shaped bread recipe:

@magiaziemi - Witch Writer

INGREDIENTS

- 300 g of white flour
- 100 g of rye flour
- 100 g of whole grain flour
- 8g dry yeast or 25g fresh yeast
- 1 level teaspoon of sugar
- 1 heaped teaspoon of salt
- 250g of water

METHOD

1. Mix the dry ingredients together, add water at the end
2. Leave the dough to rise for 3 hours in a warm place, covered with a cloth
3. Then put the risen dough on the table, sprinkled with flour and knead it into a ball again for 10 minutes.
4. Tie cotton strings in the shape of a pumpkin and cover your pumpkin with the flour gently
5. Leave to rise for another 15 minutes - covered with a cloth.
6. Preheat the oven to 220 ° C together with the baking dish - the dish must warm up well
7. Put the dough into the dish into the hot oven and bake it, covered, for 30 minutes.
8. After 30 minutes, remove the lid of the pot and bake until golden brown for 20-25 minutes.
9. Enjoy the taste of your own homemade bread!



HOW TO KEEP WITCHIN' IN THE WORKPLACE: POST COVID STYLE

Faith Barnes

These have been extremely hard times for everyone, but now things are opening up more in the UK. How do you still witch, when your furlough has finished and you are returning to the office? Especially when you've been spoilt with the extra time at home and being able to freely do your daily witchness? Let me guide you in 10 ways to do just that!

Cuppa Anyone?

- **Tea Magick** - Drink Chamomile to calm. Positivity Tea - Chamomile, honey and lemon. Healing Tea - Vanilla black tea, honey, milk of choice and cinnamon. Cleansing - Green tea with lemon. Nervous before a presentation? Sip some ginger tea before! Protection Power - Fennel tea. You can even infuse moon water into your cup!

- Reading tea leaves morning cuppa, see what signs they reveal to help your day.

- Stirring a spoon in your cup. Set the intention for the day! Clockwise to attract and Antidockwise to let go of and to repel (your boss bothering you, irritating workmate, attract that favourable assignment, extended deadline, payrise etc).

- Boiling the kettle? Use this steam spell! "As you rise, so do I, build it up, take it high, for today my energy is beyond the sky". With the dick, it is done, feel refreshed and as you have begun! Sip that tea and off you go, with your newfound energy.



Condiment Magick

Grabbing chips for lunch? Or how about a sandwich? Add a touch of condiment magick! Squeeze on sigils, words or intentions. Using condiments, helps you to focus your mind, and explore your spiritual side. All whilst eating a tasty meal with your intentions for the day! Win-win there for any office witch!

Washing Up Magick

Having a bad day? Things not going as they should? Use this simple spell while washing up to draw back positivity your

way. Whilst washing up cups, immerse your hand in water or under the tap after soaping up your hands and think:

· Wash, wash, wash away, the negativity of today, make me strong and make me stay, to finish up on a good day.

As you see the bubbles fading away, and feel the water cleansing your hands. Visualise your stress, anger and negativity wash away too. Once that's gone, enter that positivity!

Magickal Outfits and All The Frills!

Colour Magick - Match an outfit that makes you feel good, and shine with that positive confident energy all around the office! Add crystals earrings/necklaces, hidden charms or talismans in your bra, or even a magick pouch in your work bag! Essential oils and perfume - Use to boost your mood or mindset for the day.

Yellow Happiness, productivity,

Orange To dispel writer's block, to refresh and awaken.

Red Confidence, feel sexy, bold, and powerful. Like a boss!

Pink Self-Love, Healing, understanding and empathy.

Purple Creativity, intuition and give you oomph in work.

Blue Clarity, communication, calm, peace and protection.

Green Starting a new business or project, funding, and growth.

Black Protection, ward off negativity and bad vibes.

White Cleansing, purification, starting afresh, and renewal.

Double Journal Trouble

Some like to have a work diary and then a personal diary, if you are like me it's easier to have just one! How about aligning your work goals with your spiritual goals? Having them in the same place is handy for this! Get organised with weekly affirmations every Monday, digital witchery on Tuesday, meditation and grounding on Wednesday, healing energy work on Thursday, and when you are tired relaxing breathing techniques on Friday! However you want to work it, be it in between meetings, before deadlines, or in your lunch breaks. You can fit something in! Make the day work for you.

Why not try these 5-minute quickies during your week:

Want a Quickie?

Have you got 5 minutes? If you can go on a loo break, or go out to have that cigarette you've been craving. You've definitely got 5 minutes to do some witchin! Here are a few quick ideas to reawaken your inner witch while at work:

- Bless and charge your drinking water with a glamour spell e.g. smarter, confidence. Effects last a few hours so you can create a few every day!

- Aircon in the office or a fan? Great! Use this to blow

away a bad mood, focus on seeing it go, go with the breeze, go with the flow!

- **Post Opening** - Use this action to say a wish 'With this opening I attract luck into my life'. With each letter, you open, see it releasing luck all around you.

Cleansing

Include a desktop water fountain, for a calmer space and to cleanse the area. Or have a Himalayan salt block/lamp, to absorb any bad energy and to give out healthy ions. And you can even make your own cleaning lemon spray to take to work. Bless and say your intentions for the spray at home before bringing it to work. Think of these cleansing abilities when you spray it at work! You can even add a small bit of salt in there too or whichever essential oils call to you. But do be aware it cannot smell too strong if you work in an office. The simple lemon, ginger, mint scents are usually found in cleaning products so you can get away with these more. Due to covid, no one will question why you clean your workspace so much too!



Toilet Mirror Message

Every toilet has at least one mirror, if not you can always add one yourself! Breath on the mirror to steam it up, write the word you wish to be today (productive, happy, confident). As it fades away, so too is the intention you cast, let it guide your day.

Doodles and Spells

Divination Doodles! Grab a pen and paper, and doodle symbols while you are on the phone, on hold or in that boring team meeting! See what your subconscious is telling you! This is also a great way to create sigils if you are thinking of the intention as you doodle.

Ever written a spell or incantation whilst at work? Why not?!

It's a great way to switch your mind from one thing to another and to refresh by doing something you enjoy. You'll be amazed how many you can write throughout the week! Your next spellbook could be in the making!

Nature Connector

Offices are often under horrid artificial light, in a tiny small box room or even sharing open space with other people. You can feel disconnected from nature, which can at times get you down. One solution to this is: Plants! Decorate the plant pot with sigils, create sigil stones and hide them in the soil. Or you can even add crystals to decorate the top of the soil. You can feel the energy from the plant when you touch its leaves, reconnect to nature this way and to life. Feel the energy from the plant whenever you feel drained or disconnected.

Hidden Drawer Altar

In your work area, you usually have draws to store your work items in, if you cannot be open about your craft. This is a great way to keep you spiritually in tune during office hours. And nobody will know, especially if you are lucky to have a lock and key draw too!

Digital Witchery

This is perfect for an office job! Most places will have a computer and word document. Want to get rid of bad energy? Or give up that bad habit? E.g eating biscuits at work. Simply type out on a clean word document what you want to get rid of or an affirmation e.g I will not eat biscuits at work. Then focus on the words, think them, visualise you not taking that biscuit off Joe your colleague when he offers, saying no. Then slowly using the delete key, delete that bad habit! Thanks to copy and paste you can do this a few times in a row if your willpower is tested!

Bonus - Many companies are trying to reduce stress at work, and some are open to offering mindfulness or meditation classes at lunchtime. If you think your work would be open to trying this, why not ask!? Time spent in meditation can be used for a wide range of things, working on affirmations, grounding, energy work, and even healing work!

Open Office Witchery Ideas - Witchy mug, Crystals on the desk, Photos of nature, Work spellbook, Desktop screen saver: Witchy style of course! and even Tarot readings at the morning team meetings; Pull a card for the day!

Are you looking forward to going back into the office now? Knowing you can take a bit of your witchness with you and still practice! Combine these tips to ease you back into the office life again, whilst keeping your spiritual side in check! Just mix and match them, to make them work for you. Go on, rock that office and your bad witchy self!

Raven & Luna's Tarotscopes

Forecasts For Your Sun Sign

SCORPIO

The Magician, Page of Wands, Queen of Swords

Something may progress or improve in your life. This could have been a long time coming but doesn't necessarily have to be an outside source. It may be that your reactions to confrontation or criticism are a lot better, you realise that you've healed from something or that you have come a lot further in some way than you give yourself credit for. Use this new found power to embrace any opportunities that come up - you may never feel "ready" and there's rarely perfect time, sometimes you just have to take a leap and make things happen for yourself.



SAGITTARIUS

5 of Wands, 9 of Pentacles

When you're not feeling so good you may spend money. There's nothing wrong with a bit of retail therapy but ensure this isn't going to make things worse for you. Being successful doesn't just lie in the "stuff" that you have - you may be trying too hard to find fulfilment through material things.



AQUARIUS

The Star, Knight of Cups

You've healed from a past hurt, such as a relationship that seemed to be forever but didn't turn out that way. On the other hand deep healing could lead to you being open to a new love who will sweep you off your feet or a deepening of an established relationship. Ask for help if you need it, don't be too proud. Wishes are coming true for you!

CAPRICORN

Ace of Cups, Death

New romantic connections may end before they've even begun whereas other relationships may go through deep transformations, so be prepared for some difficult growth. This could also be within you due to changes happening in your life, so ensure you're giving yourself the self care that you need.



PISCES

King of Pentacles, 4 of Swords

You may feel the need to be on the go all the time and for a while it'll be great but you could hit a brick wall, leading to the need to recover. Listen to your body as you go and this is less likely to happen - go at your own pace. Avoid overspending or committing to too much in order to please everyone.

ARIES

7 of Swords, 2 of Swords

There's a lot going on for you and in that you may be blind sided. Be careful of the people you have around you, who you trust with your information and decisions. It's not like you to take a step back or do things you don't want to so this person or situation may have you a little stumped. Trust your intuition and your ability to do the right thing.



LEO

4 of Swords, 2 of Cups

This suggests that you aren't getting as much you're giving out to a person or situation. This is difficult because it's something you really care about but it's so draining! You will hit burnout, fall ill or feel the need to take a step back - listen to what your needs now before it gets to that stage if possible.

TAURUS

9 of Cups, 5 of Cups

If you've been feeling down or at a loss things are set to improve. You may find something that makes you feel more content or you'll get some closure. Good news could come through regarding something that has been getting to you. Try not to assume the worse, you can choose to be happy.



VIRGO

8 of Wands, 4 of Cups

You're bored of waiting for something, you just want it to happen and your patience is wearing thin. You may feel pressured to be a certain way or commit to too many things - there's a lot of nervous energy that needs to be grounded. Gratitude will lead to good news or things finally moving forward.

GEMINI

The Moon, The Hanged Man

You may have dreams, epiphanies or be in a situation that makes you see things differently. You could have trouble sleeping so need to establish a good bedtime routine. If you feel tired when you wake up use the Crystal Haematite by your bed to keep you anchored. There may be a delay that will take its toll on your emotional health.



LIBRA

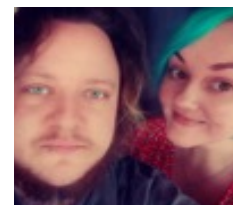
Temperance, 10 of Pentacles

Look at how much you're giving to everyone around you and how many things you've committed to. There's a need to establish boundaries, to decide what really matters and work towards letting other things go. You can't be everything for everyone, something's got to give and it shouldn't always be you.

CANCER

Queen of Swords, 2 of Pentacles

A need to choose battles wisely and be mindful of what you're giving out to others. This could be deciding not to partake in drama or choosing to step away from someone who's draining your energy and resources. Assert your needs when they arise so that it doesn't lead to harsh words..



Raven and Luna are High Priest and Priestess for Black Moon Coven.

Black Moon Cove Intuitive Tarot
Spiritual Healing and Spells

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Pagan Poetry

Photo by Klaire Dawn Ader

9 of Swords Kelly Buchan

Have you ever felt sadness full of hate and abrasion?
It's an ominous place, an internal damnation.
It throbs in me now as I pray for salvation.
Desolation must be the harshest vibration.

My painted on face is a sad hallucination.
Pretty colours and trinkets can't feign real elation.
Loneliness looms and completes the equation.
And I'm locked once again into glum isolation

The girl in my head, she wails with frustration.
She bangs on my walls in stark desperation.
Why can't I halt her atrocious narration?
She tells me bleak solitude is my fated destination.

But a glimmer of sunlight heralds my latest fixation.
Could it be? An end to this intrinsic stagnation?
Weeks skip by with flirtatious titillation.
Love filters in as we bask in exhalation.

I tried to let go of all past violations
It was so hard to swim in that sea of aggravation .
So of course he pulls back, beginning the starvation.
Leaving me drowning in my weak protestations.

Have you ever felt sadness full of hate and abrasion?
It's such an ominous place, an internal damnation.
It stabs in me now as I pray for salvation.
Desolation must be the harshest vibration



The background of the page features a faint, light-colored illustration of a crow and a raven. The crow is positioned on the left side, facing right, with its wings partially spread. The raven is on the right side, facing left, with its wings also partially spread. The illustration is subtle and blends into the white background.

MORRIGAN, WARRIOR QUEEN

Yasmin Turbitt

Oh, great Morrigan,
The Irish battle queen.
Our Goddess and our sovereign
Who walks the realms unseen.

The maiden washing at the river,
The eel who swims below,
The cow lowing in the meadow
And crow who watches as we go.

Wedded to the Dagda,
You gave to him your heart, but
Your sorrow at the death of Meche
Nearly tore your soul apart.

In battlefields you gathered
The bodies of the brave,
Who had died with blood, in honour
And went early to their grave.

As Cu Chulainn stood there dying
Whilst tied to a standing stone,
Your crow sat at his shoulder
So, he would not die alone.

In your mercy, oh great Morrigan
It does on you befall,
To see the future of those heroes
Who will be called to give their all.

While it is terrible to ponder
How to tell a prophecy,
At least you gave them options,
So, their choices may be free.

This Samhain Eve

**Put on your sheerest gown tonight
Come out beneath the full moon glow
Meet me by the hilltop fire's Light
There let your shadowed Beauty show**

**Dance me 'round flames widdershins
In the turning 'tween what's black & white
Take my hands when Time's border thins
There join me mystic in delight**

**Fear not winter's wolves nor frost
Just enjoy our bright burning desire
Let's break from order, getting lost
Circling warm around Love's pyre**

**Romance me 'neath this hunter's moon
For come the morning I'll be gone
I'll return with spring's first calling loon
To remind you how purely we once shone**

**Dawn your thinnest gown this Samhain eve
On this the cusp of winter's snow
With the dimming light I must take leave
But by moonlight tonight we'll let Love grow**

E.J. Reid





The Wild Hunt at Samhain

**We ride on wings ethereal
On zephyr winds through Time
Reconnecting in events surreal
The Knowing scribed in words that rhyme**

**We first take to flight at Solstice
As our summer Sun begins to wane
Upon our strong black magick horse
With faces thrust in her dark mane**

**When they hear chains the hounds of Hell
Howl through thunderous winds and rain
You'll know that all before them fell
For just by death dark does all Live again**

**We have been seen throughout the ages
Preceding history's horrors under rein
Forewarning kings like Persian sages
When to bear arms, when to stock up grain**

**We ride the winds before Fate's storm
To warn those grown powerfully insane**

E.J. Reid

Samhain Reading Recommendations

Bekki Milner - Witch Editor

The Black Book of Isobel Gowdie: And Other Scottish Spells and Charms *Ash William Mills*

In 1662, a Scottish woman by the name of Isobel Gowdie confessed to bring a witch. Her confession is known as one of the most detailed insights to witchcraft of its time. It included spells, charms and incantations, as well as confessions of meeting with the Devil himself.

No one knows why she came forward with such admissions of the dark arts, or what happened to her afterwards, but Isobel's legacy lives on in modern witchcraft and scholarly debate.

Ash William Mills has done the hard work for us - the research that has been put in to **The Black Book** is evident - and can't have been easy. Scottish folk traditions have been rarely written down in a way that can be useful to the modern practitioner - until now.

As well as diving in to the recorded confessions, the author has pulled together the spells and charms divulged by Gowdie - and other Scottish cunningfolk - and compiled them in a way that they are actually useful, including his own experiences in putting them in to practice. As if that's not enough, there's also a 19th century chapbook on fortune telling thrown in for good measure.

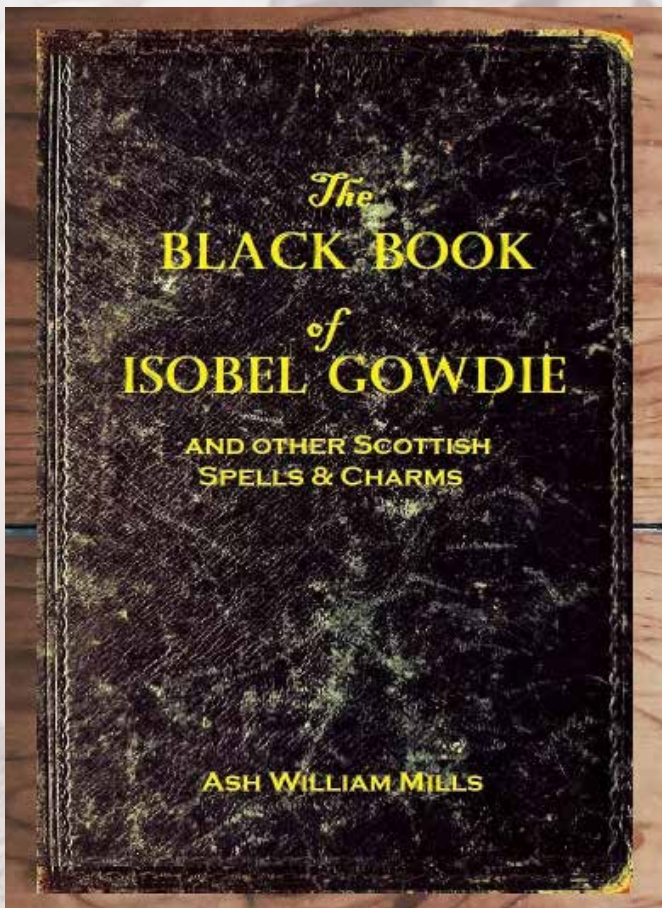
This changes the whole book from just historical account or analysis you might read once, to a book you'll pull out again and again to refer to for your own workings and spell craft. A true Black Book, shall we say.

Find Ash online at

www.facebook.com/scottishcunningwaysshop

[instagram.com/scottishcunningways](https://www.instagram.com/scottishcunningways)

£12.99, *Amazon*



The Wheel: A Witch's Path Back to the Ancient Self

Jennifer Lane

The Wheel is part personal journey and part educational account of embracing the old ways and returning to nature.

Jennifer Lane tells you her story and takes you by the hand away from the modern day stresses of life in to a world of magic and witchcraft.

This is not your standard Witchcraft 101, but a far deeper and meaningful book, taking us through the wilds of the British countryside, and drawing us in to the author's personal journey of self discovery. The stories within it's covers are moving, and at times emotional.

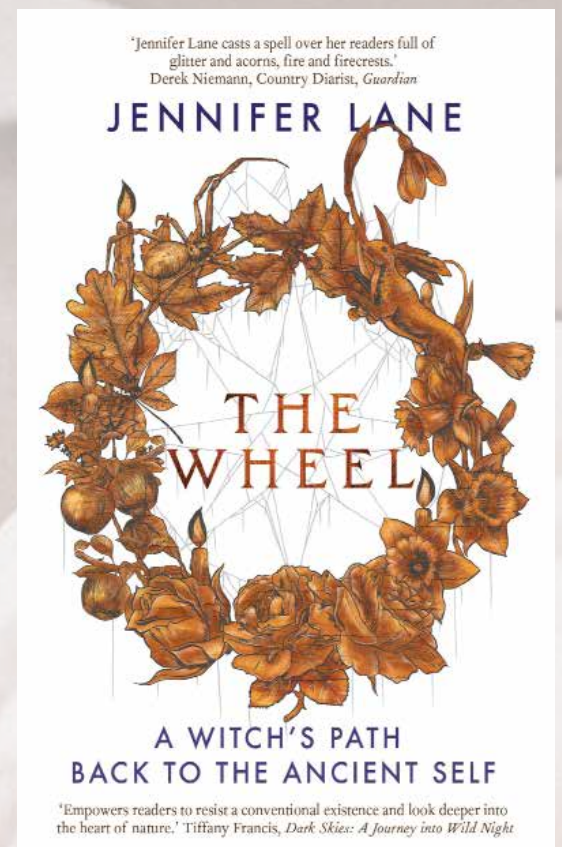
Thought provoking, inspirational, and beautifully written, The Wheel will remind you about what's important, and help guide you on how to bring magic back to your own life.

<https://septemberpublishing.org/product/the-wheel>

Jennifer Lane is an author and nature writer. She has written for Vogue, The Week, Dazed, the BBC, Wildlife Trusts and the RSPB. She discovered Wicca when she was twelve years old and became fascinated by the craft, and since then has woven together her passion for wildlife with a Pagan lifestyle.

IG: @thegreenwitchwriter

£13.19, Amazon



The Shadow of her Wings: The Morrigan

Wyn Abbot



The Shadow of her Wings is practical, informative and useful. It combines everything you need to begin a journey with The Morrignae - history and mythology, advice on working with the three aspects of the Morrignae, guided meditations, plus space for your own thoughts and notes.

Additionally, this book is beautifully produced with full colour images created by the author, Wyn Abbot, specifically for the book.

I found it best to dedicate time to this book out of my week so I could explore the themes properly and take my time to go through the guided journeys - which were incredibly useful, as were the blank pages to write things down!

If you have heard the call of the Morrigan, this book is the perfect introduction to working with the three sisters in an active and practical way.

£11.95, www.wynabbotceramics.com

Samhain Blessings at this turn of the wheel
As we step towards the darkness
May our ancestors guide us through the shadows
While the earth sleeps for winter,
May we plant the seeds for love, for joy,
And for peace in the year to come.





Samhain
★ *Blessings*
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