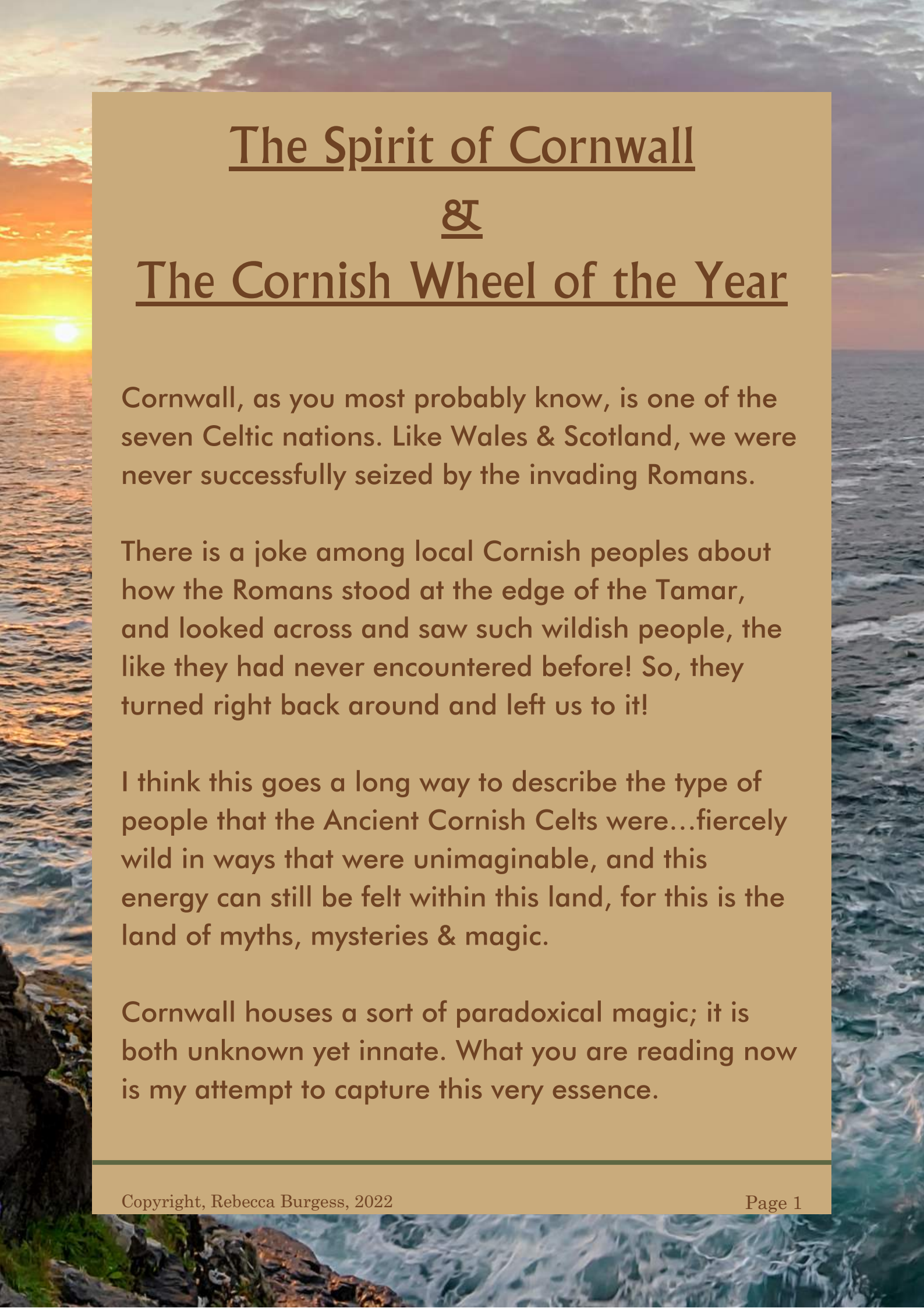




The Cornish Wheel of the Year

Coming into greater understanding of the
Spirit of Cornwall & its wildly healing love
and energies



The Spirit of Cornwall

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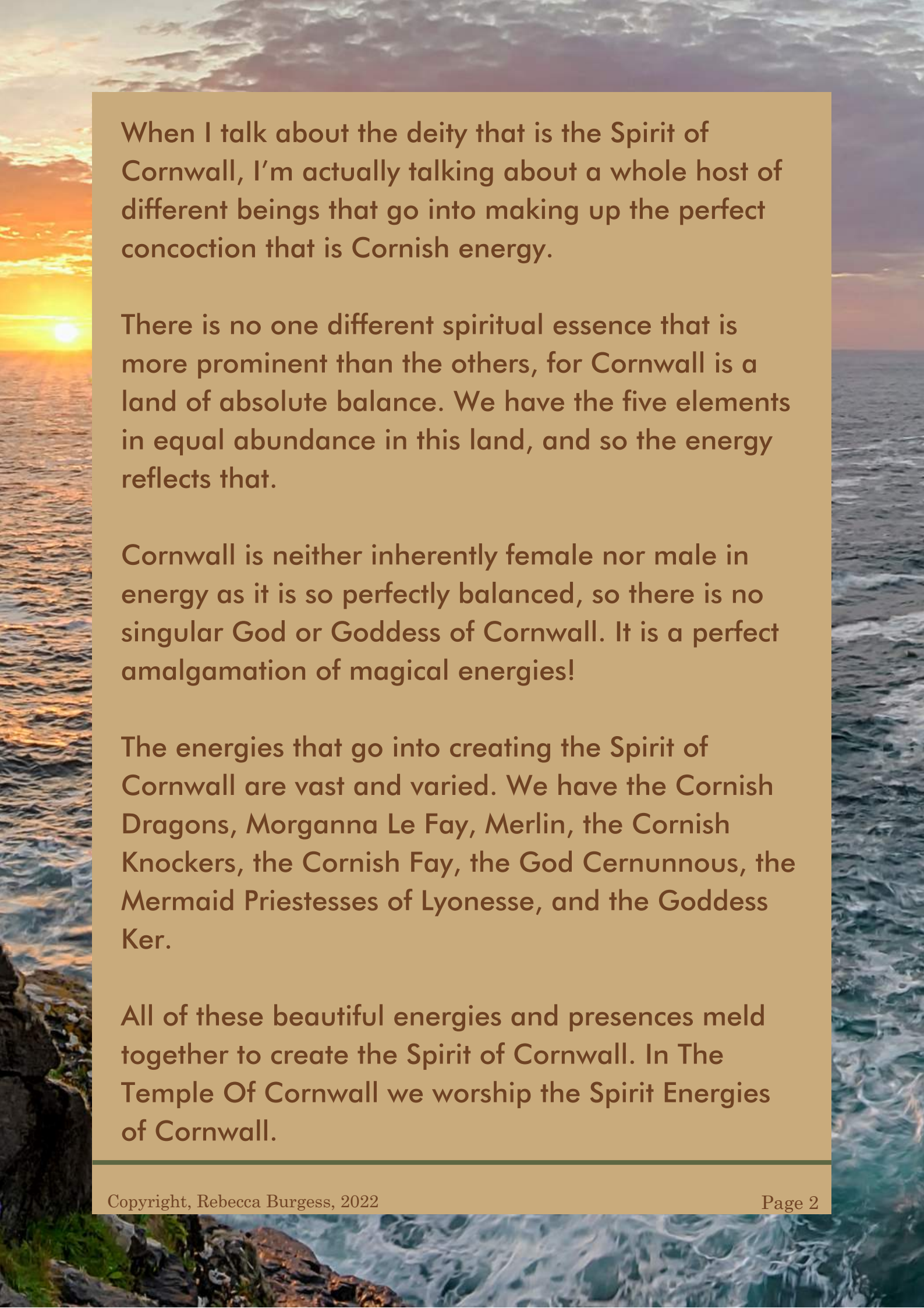
The Cornish Wheel of the Year

Cornwall, as you most probably know, is one of the seven Celtic nations. Like Wales & Scotland, we were never successfully seized by the invading Romans.

There is a joke among local Cornish peoples about how the Romans stood at the edge of the Tamar, and looked across and saw such wildish people, the like they had never encountered before! So, they turned right back around and left us to it!

I think this goes a long way to describe the type of people that the Ancient Cornish Celts were...fiercely wild in ways that were unimaginable, and this energy can still be felt within this land, for this is the land of myths, mysteries & magic.

Cornwall houses a sort of paradoxical magic; it is both unknown yet innate. What you are reading now is my attempt to capture this very essence.



When I talk about the deity that is the Spirit of Cornwall, I'm actually talking about a whole host of different beings that go into making up the perfect concoction that is Cornish energy.

There is no one different spiritual essence that is more prominent than the others, for Cornwall is a land of absolute balance. We have the five elements in equal abundance in this land, and so the energy reflects that.

Cornwall is neither inherently female nor male in energy as it is so perfectly balanced, so there is no singular God or Goddess of Cornwall. It is a perfect amalgamation of magical energies!

The energies that go into creating the Spirit of Cornwall are vast and varied. We have the Cornish Dragons, Morganna Le Fay, Merlin, the Cornish Knockers, the Cornish Fay, the God Cernunnous, the Mermaid Priestesses of Lyonesse, and the Goddess Ker.

All of these beautiful energies and presences meld together to create the Spirit of Cornwall. In The Temple Of Cornwall we worship the Spirit Energies of Cornwall.

This is not to say the Spirit of Cornwall is not a deity in Its own right, for It absolutely is. I spent most of my life working with the Spirit of Cornwall before it introduced me to these different expressions of Itself.

Our worship can either be for all that the Spirit of Cornwall is, or to a particular aspect of it each time we come into communion with it. Whatever feels right to you is right to do.

We obviously do not inhibit your worship of any other deities or spiritual essences along side the Spirit of Cornwall, we acknowledge, and encourage, your own unique path towards divinity, and so we will never expect you to cast your current or future deities asunder!

I am not here to tell you how to worship.

Worshipping is a wholly unique & individual act, and so let the words that follow merely be an inspiration to aid you in your spiritual practise.



The Cornish Wheel of the Year

Introduction

I imagine that many of you are familiar with the traditional wheel of the year, the eight festivals & sabbats that we celebrate to acknowledge the turning of the seasons. As you spiral deeper and deeper into the Cornish energies, you will find yourself becoming even more intimate with these festivals...for you will be able to smell Beltane & Cernunnos approaching in the air, you will hear the bells of the Cornish Fay as they prepare for Ostara and sense the exact moment that Mabon has arrived.

Below I have listed out each Sabbat, along with its associations and relevant Cornish energy, such as Morganna Le Fay at Samhain etc. Each different energy is a part of the bigger Spirit of Cornwall, the deity in its own right.



Mabon, 22nd September

We begin at Mabon, the time of the autumnal equinox when balance is found, both externally upon the Earth, and within ourselves and the collective.

Mabon is traditionally when autumn begins, and with the arrival of autumn we begin to cast our gaze inwards. We begin to prepare for hibernation, and the rest and eventual renewal that it brings us. With this natural introspection we begin to find ourselves reminiscing, feeling generally nostalgic, and perhaps even grieving as well.

As we descend into the darker months our Ancestors are even closer by our side, and so it is only natural to miss their physical presence when we can feel their energy so strongly.

Thanks to the gentleness of this time of year, we can afford to sink into the grief and hold ourselves, and others, within that healing space.

In Cornwall, this the time of the grain or wheat harvest. Many of the farmers still enact their own version of the Crying the Neck ritual.

This ritual is dedicated to John Barleycorn, a folkloric figure that resides within the last fistful of corn to be cut down.

This last fistful is ritualistically cut down with a scythe to symbolise the murder/sacrifice of John Barleycorn. His sacrifice ensures that there will be enough food to feed the locals, and that next years harvest will be a successful one.

Once John Barleycorn has been cut down, the harvest time is officially over, and this is usually accompanied by shouting amongst the farmers and their workers. This will vary from farm to farm, ceremony to ceremony, but a basic version of this shouting ritual would be as follows.

Farmer: 'I 'ave 'un! I 'ave 'un! I 'ave 'un!'

Workers: 'What 'ave 'ee? What 'ave 'ee? What 'ave 'ee?'

Farmer: 'A neck! A neck! A neck!'

The repetition of three times is a very common occurrence within Celtic spiritual practises, for it represents the triple Goddess of Maiden, Mother, & Crone, and at this time of year, the Crone is just starting to awaken, just beginning to stretch her body and her powers, but she is felt more & more as we delve into the dark half of the year.

Mabon & The Cornish Dragons

Within the remits of Cornish energy, Mabon is where our land dragons begin to stretch and yawn themselves awake...

Over many centuries, Britons Dragons had to become reclusive, and bury themselves away within the landscape to hide away from the hunter humans, but as humans begin their hibernation, the Dragons begin to be a bit more adventurous!

The Cornish Dragons represent awakenings, whether they be spiritual, empowered, divine feminine/masculine, etc. for it represents them all! We can also relate the Cornish Dragon energy to that of serpentine energy as well, especially when viewed through the Eastern spirituality lens of Kundalini energy.

Our Dragons can be found in the Cornish landscape as the outcrops of cliffs that jut out into the ocean, and even within our deeper cave systems. These are the places we can venture to, either in the physical or astral, to begin to work with the Dragons. Do be warned though, these creatures of Fire do not much like human strangers in their homes, so be sure to ask their permission before you enter their abode.

Their generalised mistrust of the human race is very much reflected within many spiritual people, for we to can easily come to resent, mistrust, even loathe the human race.

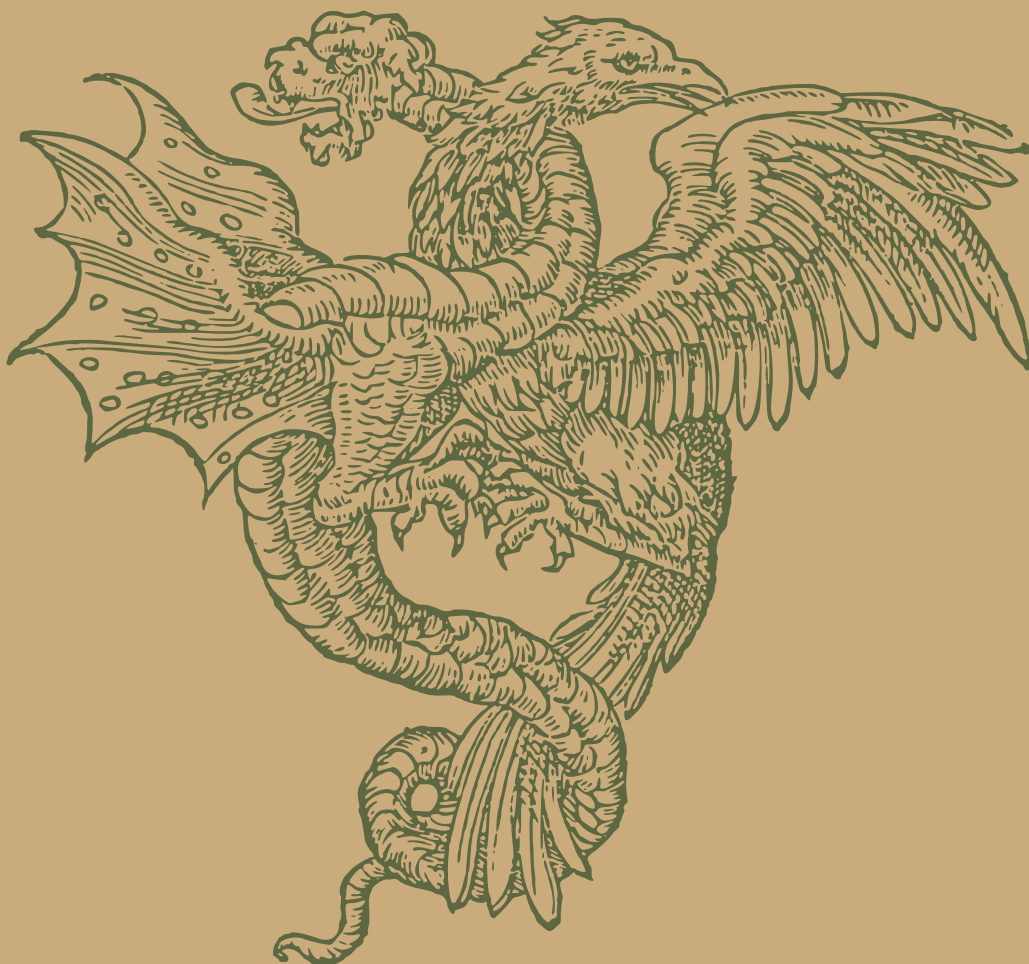
If this is you, then you will soon discover that as you befriend a Cornish Dragon, you will come to trust humanity again, for a dragon cannot emerge without trust.

Here are just a few of the ways that you can work with the Cornish Dragons...

- Travel to their sacred places (physically or astrally). Be sure to ask at the threshold if you may enter, and if you are granted entry, then leave an offering or a gift upon their body of fire-coloured crystals, a handmade gift (made of only natural materials), libations of whiskey or your voice.
- Move your body and dance from you hips, and as you do so call the Cornish Dragons to be around you. As you do this you will find yourself moving and dancing with the Dragons themselves. Move your body like a Dragon and allow their energy to awaken your power.

- Ask them to meet you in your dreams and surrender into their presence when they do arrive. Begin to befriend them and give them the safe space they need to allow their tenderness and magic to blossom.

Try out one or more of these options, and begin to forge a beautiful relationship with one of the Cornish Dragons.



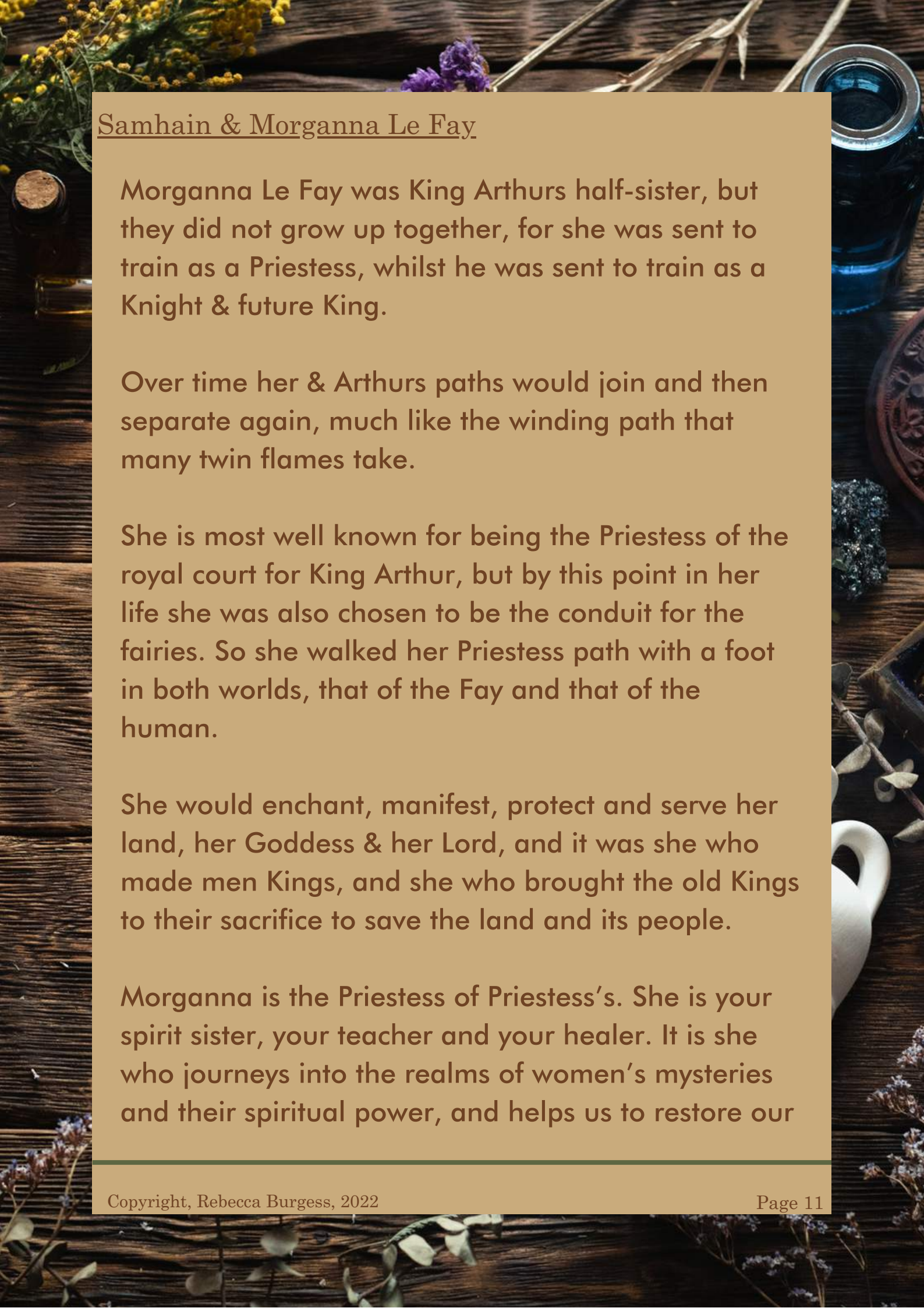
Samhain, 31st October

Samhain is the most well known of the Celtic pagan festivals, and therefore the most distorted and commercialized. It has probably become so distorted over the years because it holds an awful lot of power & magic!

Samhain is the time of the Crone, for Samhain is the death of the year, and because of this, it is the best time of year to hold the ultimate letting go ritual, especially when using the element of air and smoke, as air is the ancestral and astral element.

Speaking of Ancestors, their blessings and their traumas can come to us with such swift ease, as the veil between the living and the dead is at its thinnest point, and for the natural born death Priest/ess/ex's amongst you, perhaps the veil is lifted all together...

This can be a time of great pain, and great power, and neither one is right or wrong. Either we feel to release, or we are empowered by our past releases. Either way, we are furthering our way along our healing path. We can also heed the call to help heal our ancestral lines of their trauma. To help us with the powers of healing comes Morganna Le Fay...



Samhain & Morganna Le Fay

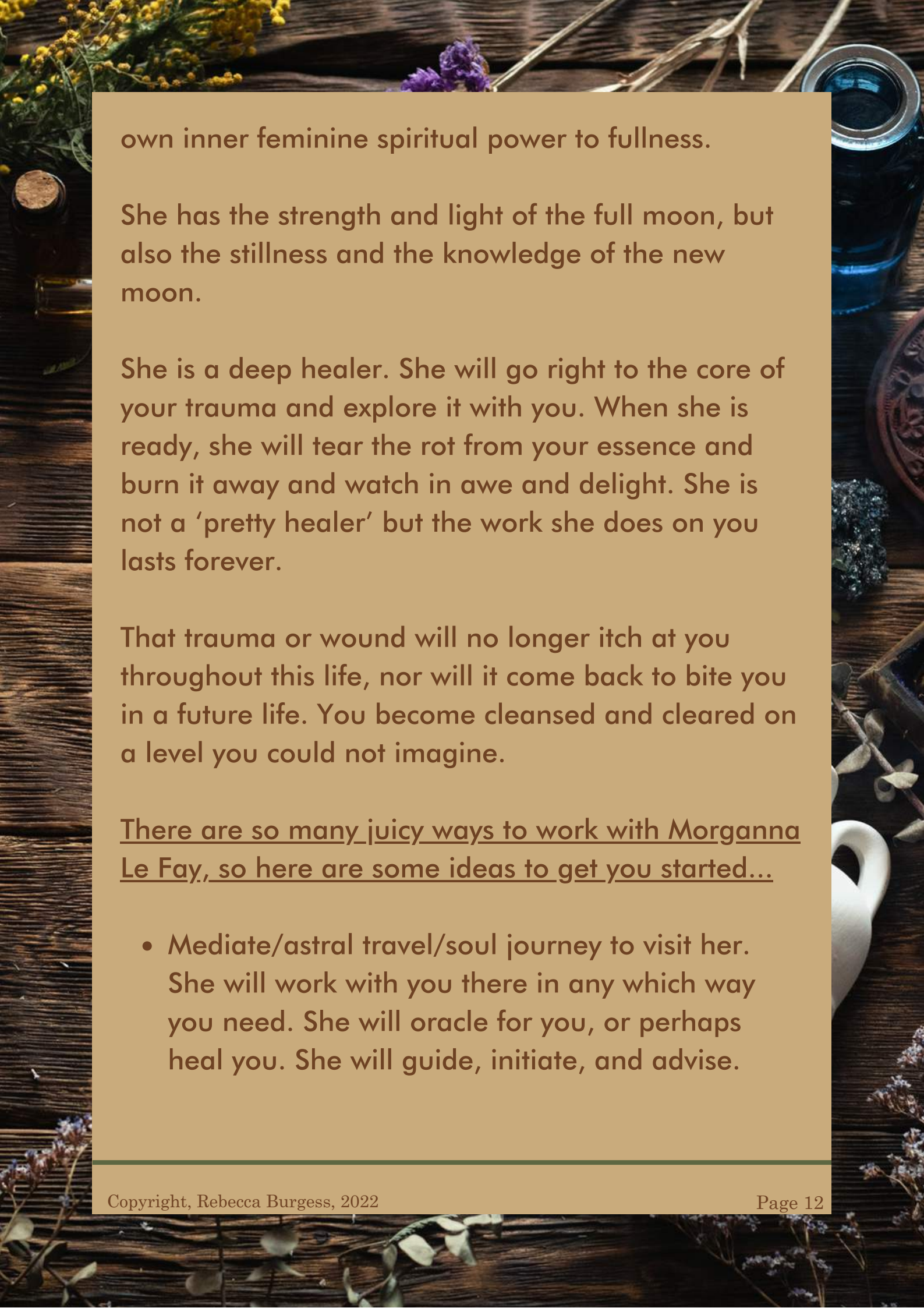
Morganna Le Fay was King Arthurs half-sister, but they did not grow up together, for she was sent to train as a Priestess, whilst he was sent to train as a Knight & future King.

Over time her & Arthurs paths would join and then separate again, much like the winding path that many twin flames take.

She is most well known for being the Priestess of the royal court for King Arthur, but by this point in her life she was also chosen to be the conduit for the fairies. So she walked her Priestess path with a foot in both worlds, that of the Fay and that of the human.

She would enchant, manifest, protect and serve her land, her Goddess & her Lord, and it was she who made men Kings, and she who brought the old Kings to their sacrifice to save the land and its people.

Morganna is the Priestess of Priestess's. She is your spirit sister, your teacher and your healer. It is she who journeys into the realms of women's mysteries and their spiritual power, and helps us to restore our



own inner feminine spiritual power to fullness.

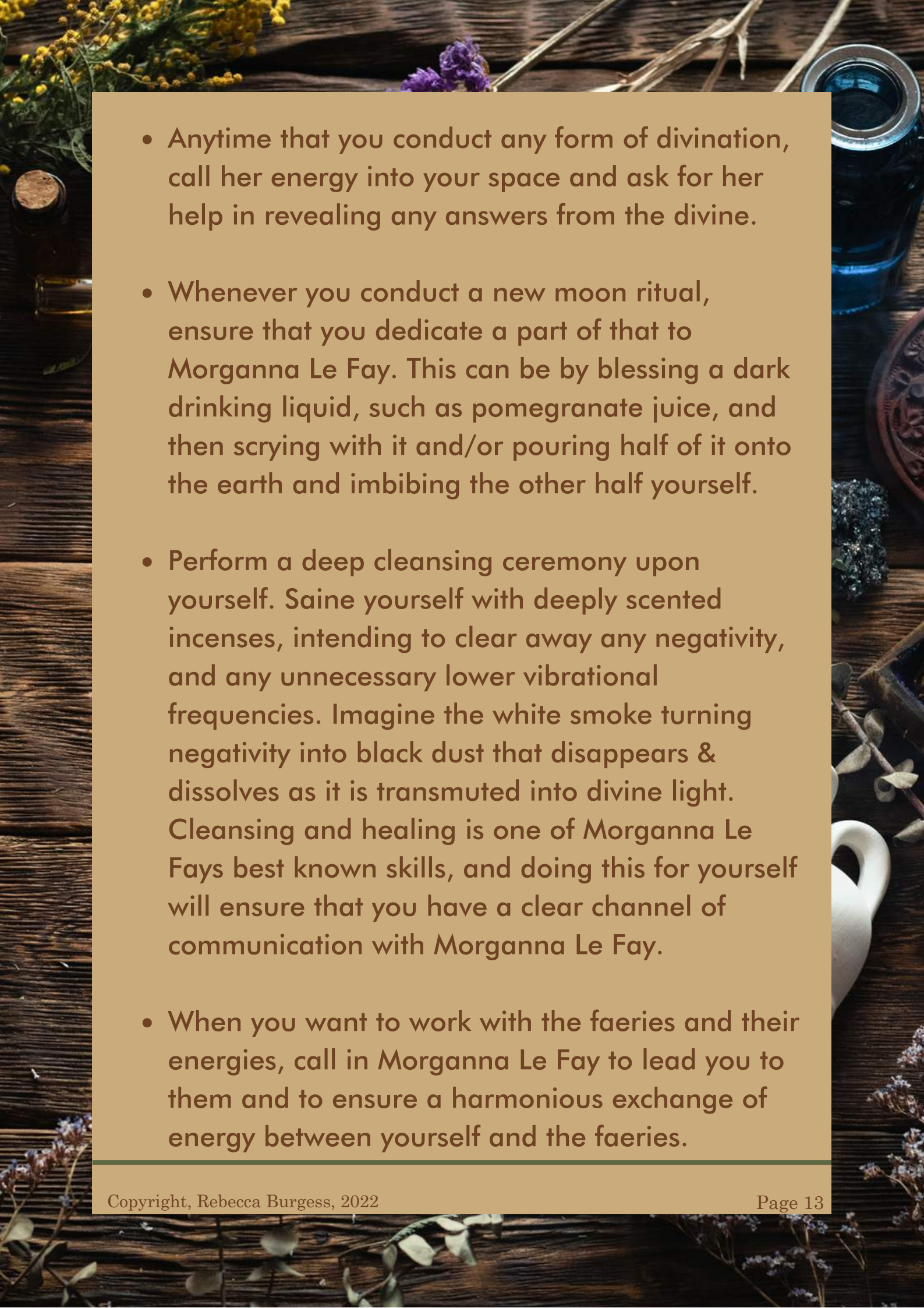
She has the strength and light of the full moon, but also the stillness and the knowledge of the new moon.

She is a deep healer. She will go right to the core of your trauma and explore it with you. When she is ready, she will tear the rot from your essence and burn it away and watch in awe and delight. She is not a 'pretty healer' but the work she does on you lasts forever.

That trauma or wound will no longer itch at you throughout this life, nor will it come back to bite you in a future life. You become cleansed and cleared on a level you could not imagine.

There are so many juicy ways to work with Morganna Le Fay, so here are some ideas to get you started...

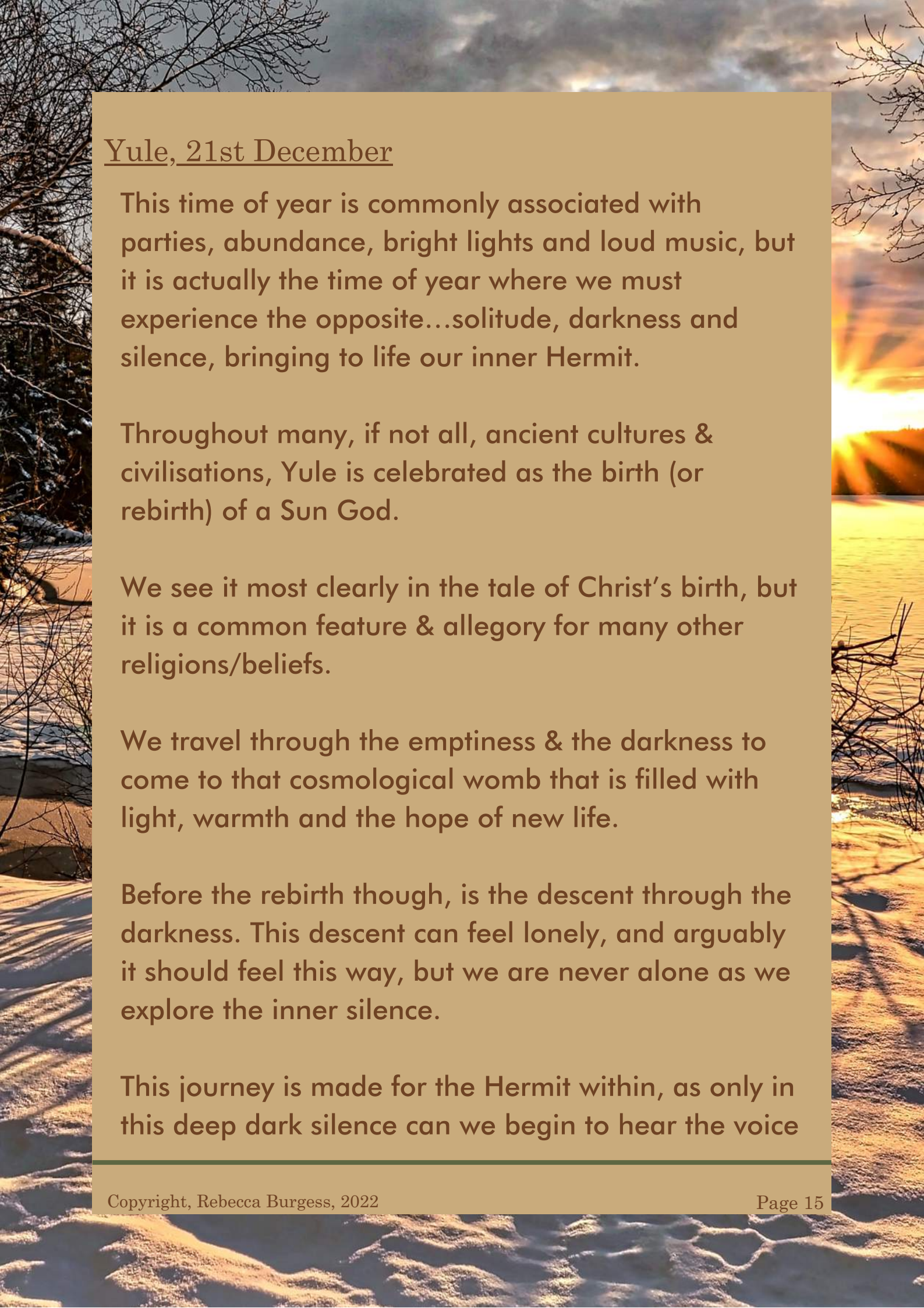
- Mediate/astral travel/soul journey to visit her. She will work with you there in any which way you need. She will oracle for you, or perhaps heal you. She will guide, initiate, and advise.

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- Anytime that you conduct any form of divination, call her energy into your space and ask for her help in revealing any answers from the divine.
 - Whenever you conduct a new moon ritual, ensure that you dedicate a part of that to Morganna Le Fay. This can be by blessing a dark drinking liquid, such as pomegranate juice, and then scrying with it and/or pouring half of it onto the earth and imbibing the other half yourself.
 - Perform a deep cleansing ceremony upon yourself. Saine yourself with deeply scented incenses, intending to clear away any negativity, and any unnecessary lower vibrational frequencies. Imagine the white smoke turning negativity into black dust that disappears & dissolves as it is transmuted into divine light. Cleansing and healing is one of Morganna Le Fays best known skills, and doing this for yourself will ensure that you have a clear channel of communication with Morganna Le Fay.
 - When you want to work with the faeries and their energies, call in Morganna Le Fay to lead you to them and to ensure a harmonious exchange of energy between yourself and the faeries.

Try out as many of these as you want to and do make them your own, for that is the best way to create and enhance your personal connection to Morganna Le Fay.

Don't forget to share your experiences and ideas in [The Temple of Cornwall Community Facebook Group](#)!





Yule, 21st December

This time of year is commonly associated with parties, abundance, bright lights and loud music, but it is actually the time of year where we must experience the opposite...solitude, darkness and silence, bringing to life our inner Hermit.

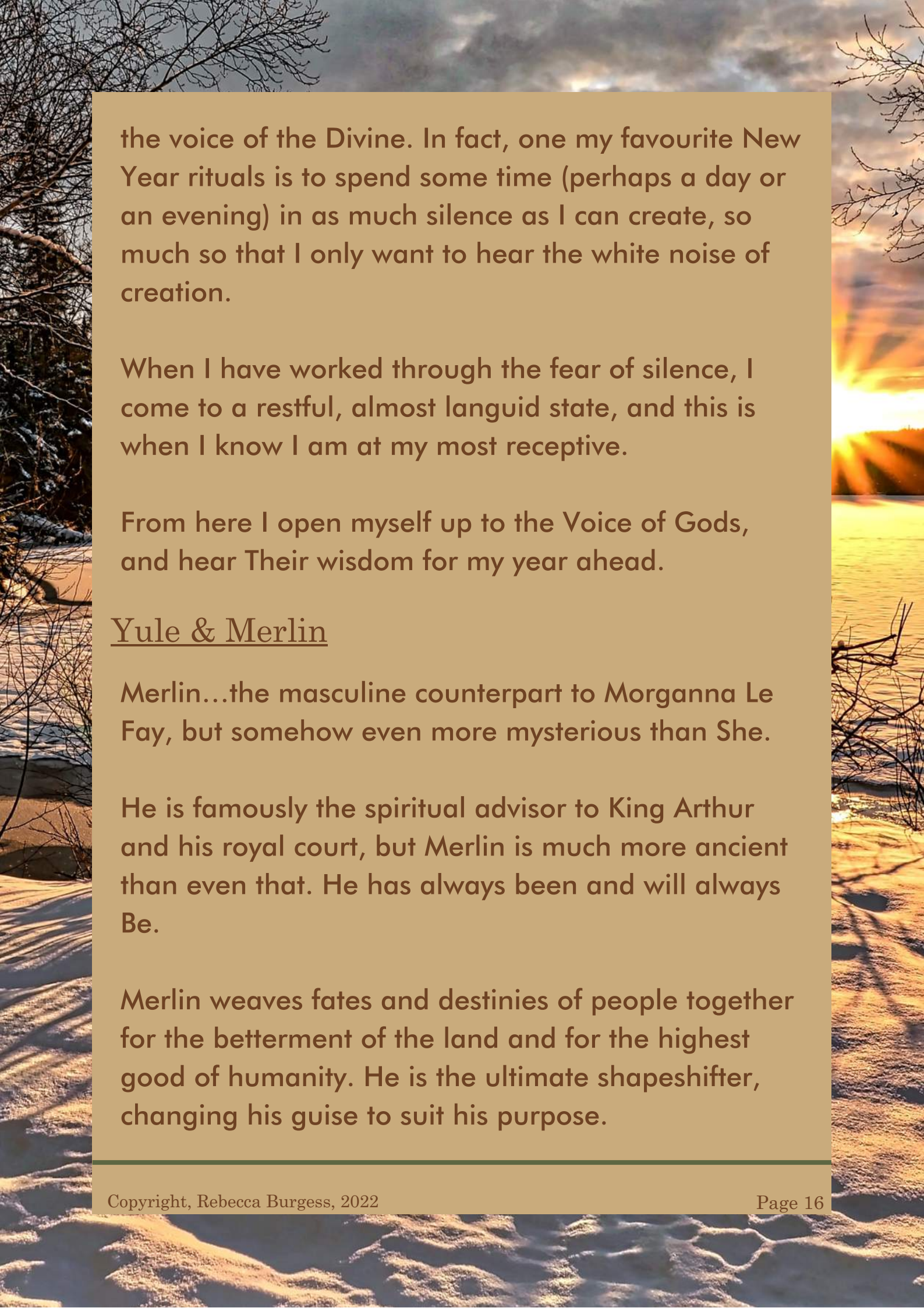
Throughout many, if not all, ancient cultures & civilisations, Yule is celebrated as the birth (or rebirth) of a Sun God.

We see it most clearly in the tale of Christ's birth, but it is a common feature & allegory for many other religions/beliefs.

We travel through the emptiness & the darkness to come to that cosmological womb that is filled with light, warmth and the hope of new life.

Before the rebirth though, is the descent through the darkness. This descent can feel lonely, and arguably it should feel this way, but we are never alone as we explore the inner silence.

This journey is made for the Hermit within, as only in this deep dark silence can we begin to hear the voice



the voice of the Divine. In fact, one my favourite New Year rituals is to spend some time (perhaps a day or an evening) in as much silence as I can create, so much so that I only want to hear the white noise of creation.

When I have worked through the fear of silence, I come to a restful, almost languid state, and this is when I know I am at my most receptive.

From here I open myself up to the Voice of Gods, and hear Their wisdom for my year ahead.

Yule & Merlin

Merlin...the masculine counterpart to Morganna Le Fay, but somehow even more mysterious than She.

He is famously the spiritual advisor to King Arthur and his royal court, but Merlin is much more ancient than even that. He has always been and will always Be.

Merlin weaves fates and destinies of people together for the betterment of the land and for the highest good of humanity. He is the ultimate shapeshifter, changing his guise to suit his purpose.

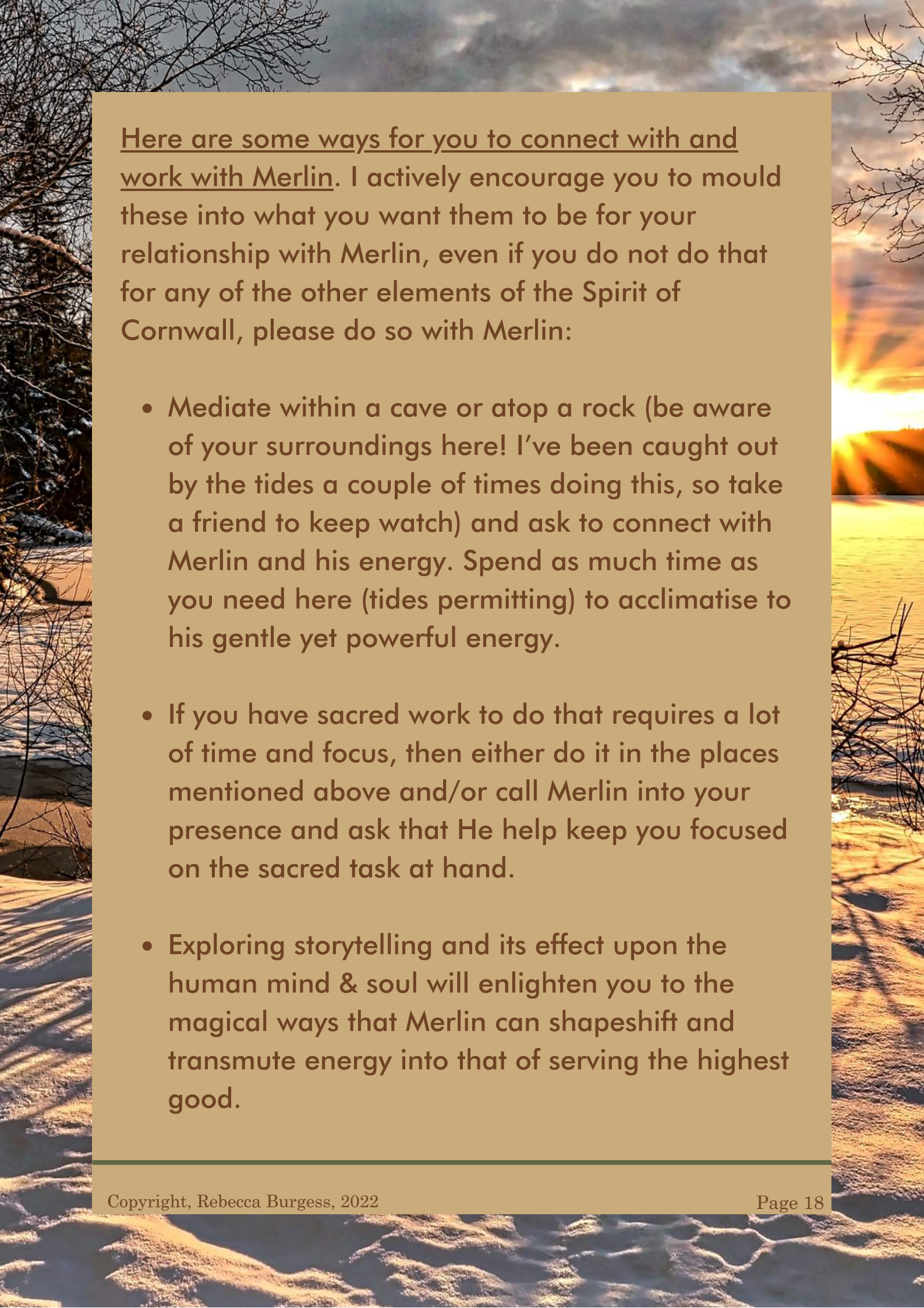
In Cornwall he can be found deep inside caves and out atop craggy clifftop stones. He is stillness and silence personified...that deeply mystical place within us that we journey into as spiritual beings.

Merlin aids us in finding our focus and also the strength to serve others as spiritual advisors/helpers.

It is He that gathers up the stillness of the sacred and it is He that aids us in doing just the same. Sacred stillness is an important thing to feel at least once in your life, for it illuminates the truth of your soul and of those souls who you serve with your wisdom and grace.

Merlin is someone whose connection with you is deeply personal and unique, only you can know what it is like to work with Merlin, other people can only speak of their own utterly unique connection with Him.





Here are some ways for you to connect with and work with Merlin. I actively encourage you to mould these into what you want them to be for your relationship with Merlin, even if you do not do that for any of the other elements of the Spirit of Cornwall, please do so with Merlin:

- Mediate within a cave or atop a rock (be aware of your surroundings here! I've been caught out by the tides a couple of times doing this, so take a friend to keep watch) and ask to connect with Merlin and his energy. Spend as much time as you need here (tides permitting) to acclimatise to his gentle yet powerful energy.
- If you have sacred work to do that requires a lot of time and focus, then either do it in the places mentioned above and/or call Merlin into your presence and ask that He help keep you focused on the sacred task at hand.
- Exploring storytelling and its effect upon the human mind & soul will enlighten you to the magical ways that Merlin can shapeshift and transmute energy into that of serving the highest good.

Imbolc, 2nd February

Mama Gaia begins to awaken, just a touch, and as she stretches the snowdrops begin to rise up from Her earth.

It is actually quite common for snow to fall in Cornwall at this time of year...well, we rarely get snow, but when we do it's now! Whenever it does snow, I always have visions of it being a blanket that the Crone pulls up and around herself, and at Imbolc she emerges from it as the Maiden.

Days have been getting brighter and longer since the midwinter solstice, and so we to begin to edge ourselves out of hibernation, and some years this may require more effort than others! But that's ok, everything at our own pace, for we must learn to surrender to our bodies needs, a gift that I think humanity lost somewhere amidst in the Industrial Revolution.

This can be an enlightening time, as we begin to fully realise our own potential, and that of any opportunities that may come to us.

Sow the seeds of your big goal manifestations now,

and see them grow and come to fruition throughout the year ahead.

We become energised with fresh, bright & new ideas, and this energy is invigorating not only to our inner selves, but also for our spiritual practises. You will find yourself naturally drawn towards new (to you) spiritual ideas, and although you might still not feel like leaving your cosy cave, you'll begin to think of the brighter days ahead, and all the wonderful spiritual things you'll do in the longer days.



Imbolc & The Cornish Knockers

Knockers are the earthy elemental beings that rule the time of year of Imbolc. The Knockers are protective little sprites who commonly dwell in our many mines here in Cornwall, but they can be found deep within the soil of this ancient body of land, and they sometimes travel so deep as to even be found atop the amethyst and quartz crystal core that runs throughout Cornwall.

The Knockers are the youngest of our spiritual Beings, for they made themselves known to humans when we began to extensively mine the land. These little creatures look just like our miners of old, except much smaller, and with rather large facial features!

They would regularly help miners in many different ways, either leading them towards an earth pocket full of potential, or (more commonly) they would warn the miners away from certain areas or even prophesize doom! This is where they get their name from, for they would knock upon the Earth around the miners when danger was about to strike in the form of a cave-in, and they have even been known to even warn of the permanent closure of a mine.

These little creatures are so well loved by the Cornish locals, that we have always left them offerings of our pasty crusts. Whenever we eat a pasty (which, who are we kidding, is a lot of the time!) we may leave about $\frac{1}{4}$ of the crust aside somewhere for the Knockers to eat. The old miners did this, and so, many locals carry on the tradition whether we be down a mine or no!

Call upon the Knockers to help you with any work you do to care for Cornwall and your local land, and I mean that in every sense of the word! As spiritual beings you will tend to care for the land physically & spiritually.

The Knockers will make themselves known to you when it is time to work with them, and they will let you know exactly how, for they don't have much time for anything else as these busy little creatures seem to always be on the move!

Pick one or more of the options below, and begin to get to know the Cornish Knockers...

- You must never go into a disused mine shaft, but you can travel to our old engine houses and general mine sites. Once there, be sure to have a

pasty in hand. Before you begin eating your pasty, set the intention to connect with the local Knockers, and as you eat, begin to listen to the sounds of nature around you. Hone in on the messages and prophecies that await you within these sounds. Before you finish your pasty, be sure to leave some of the crust aside as an offering to the Knockers.

- Look after the physical land. Perhaps you can organise a local beach clean, plant a community tree or tend to your garden and house plants. Whatever it is that you feel drawn to do, dedicate that action to the Knockers and all they do to protect humans and Mother Earth



Ostara, 21st March

Ostara is that wonderfully magic time of year where life has fully returned to the earth, and we can see the evidence of that in the abundance of Cornish daffodils that cover everywhere from the side of our roads to the splendid gardens of St Michaels Mount.

In Cornwall, we have a plethora of different local customs, many of which are designed to cast out the energies of Winter, or to help restore health to either the individual or the community.

One of these customs is called Dolly Dunking. Every year a group of parents, their young children, and their dolls make pilgrimage to the sacred well of Venton Bebibell on the Penwith Moors. Once there the dolls are ceremoniously dunked into the sacred waters.

This is said to act as a cleansing ritual, of sorts, for the child, as their doll comes to represent them, and their health & wellbeing. So by cleansing the doll in the sacred waters, they to become cleansed & healed.

I'm sure the parents also give themselves a cheeky anointing whilst their there to!

To me, this Cornish custom perfectly sums up this time of year...it is when our inner child is naturally at their most gleeful, we can be cleansed of the harsh winter energies, we be can revived & rejuvenated, and we can have a lot of fun in the process.

Ostara & The Cornish Fay

The Cornish Fay are the most famous and 'traditional' of our blessed elemental beings, yet there is nothing traditional about them.

I'm sure you have had you own experiences of faeries in the past, but perhaps you have not experienced the Cornish ones just yet.

Their energy is much more playful and welcoming then perhaps traditional fairy lore would have you believe. There is nothing to fear with these Cornish faeries, so long as you treat them with the respect and dignity that they deserve & rightfully demand.

These joyful creatures are associated with the element of Air and are found all over Cornwall.

We have an abundance of fairy glens in this land, so go out and start exploring!

Cornish faeries can help us to connect to our inner child, ensuring that we are loved unconditionally on all levels, but also so that we can show that same love to others.

Connecting to Cornish faeries comes more naturally to some than others, but some easy ways to do this is to...

- Visit their portals and their magical sites. Ensure that you leave an offering of flowers and/or a small amount of powdered cacao (ethically sourced, of course) at the entrance to these sites and as you turn around to start your walk back. Also leave offerings at any natural site within their space that seems to shimmer with magic (if you haven't seen this before then trust that you will know it when you see it!). The more thanks and offerings that you give them, the more present the Cornish faeries will be in your life.
- Begin to listen to you own inner child more, but more precisely, how your inner child wants to express themselves. What do you they want to create? Do they want to lay down some newspaper and get paint everywhere? Would a

simple colouring book suffice? Or perhaps they want to go out onto the land and dance around! Whatever their little voice is asking of you, follow it, and along the way, I'm sure you'll find some Cornish Faeries joining you.

- Admire the small things in nature, such as a petal being blown around in the breeze, the sound of a calm ocean, or the smell of riverside ferns. When we begin to notice these smaller parts of our world, we are tuning into the source of beauty and wonder, two realms which the Cornish Fay very much reside in!



Beltane, 1st May

Beltane is the time when love is quite literally in the air, thanks to the scent of the Hawthorn blossom.

Lovers unite and rise together in ecstatic bliss & union, ideas (and many a babe) are conceived & gestated, and many handfasting ceremonies are held up & down the Celtic Isles.

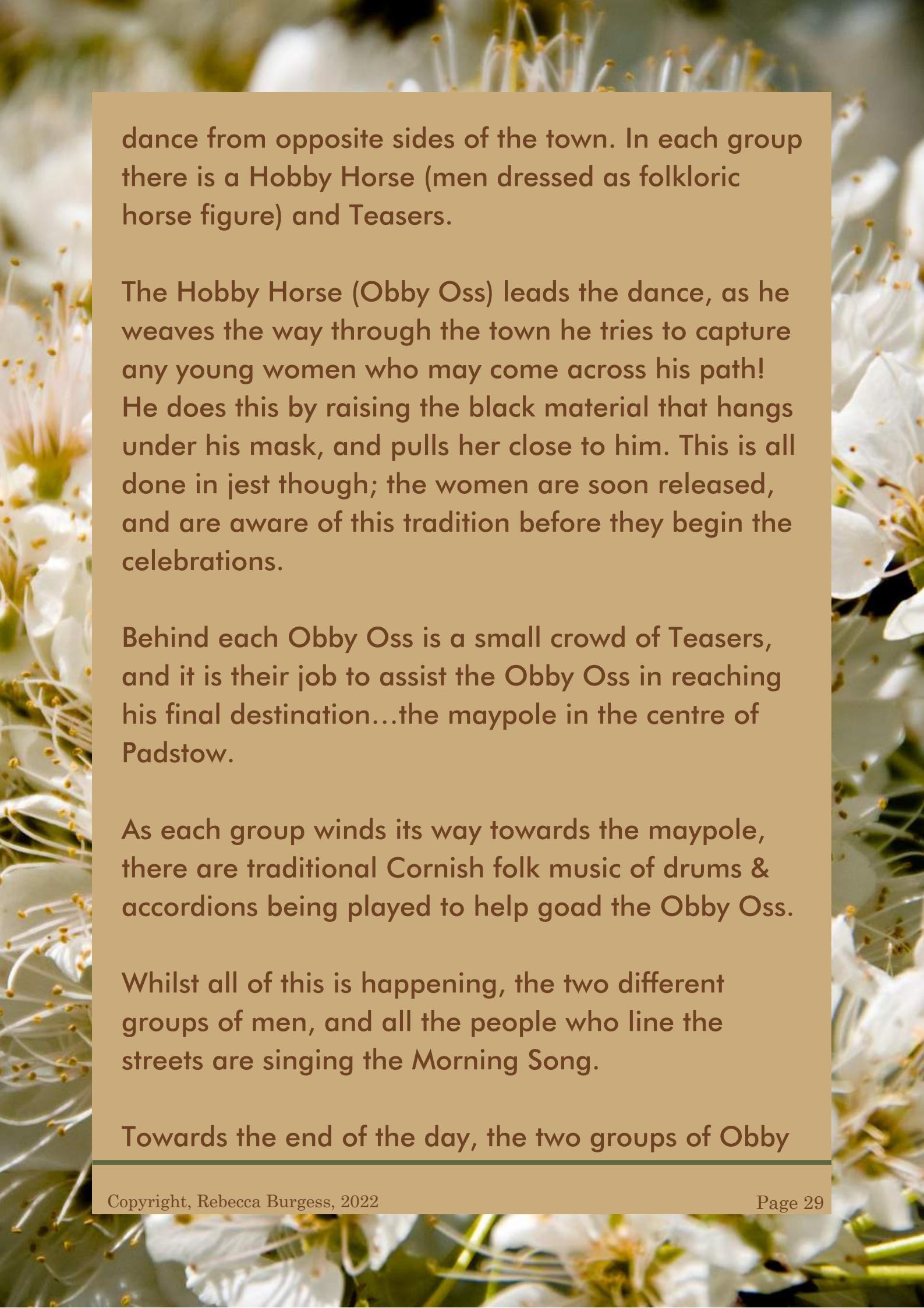
This is the time of romantic love...I always like to think of it as the Pagan St Valentine's Day!

In Cornwall, we love our strange customs, and so with that in mind, I would like to introduce you to the Obby Oss!

Every May Day eve, in Padstow, revellers gather outside one of their many pubs and begin to loudly sing the Night Song, and this signifies the beginning of the Obby Oss.

Once everyone is tucked up in bed, the town gets covered in greenery and blooms, and the maypole is decorated in much the same way.

Once dawn has come, two groups of men start their



dance from opposite sides of the town. In each group there is a Hobby Horse (men dressed as folkloric horse figure) and Teasers.

The Hobby Horse (Obby Oss) leads the dance, as he weaves the way through the town he tries to capture any young women who may come across his path! He does this by raising the black material that hangs under his mask, and pulls her close to him. This is all done in jest though; the women are soon released, and are aware of this tradition before they begin the celebrations.

Behind each Obby Oss is a small crowd of Teasers, and it is their job to assist the Obby Oss in reaching his final destination...the maypole in the centre of Padstow.

As each group winds its way towards the maypole, there are traditional Cornish folk music of drums & accordions being played to help goad the Obby Oss.

Whilst all of this is happening, the two different groups of men, and all the people who line the streets are singing the Morning Song.

Towards the end of the day, the two groups of Obby

Oss finally meet, and the maypole dance begins.

Before the day is done, each Obby Oss returns to their stables (or starting point) as the crowd sings about the death of the Obby Oss, and how it will be resurrected next year. Phew...what a custom to have!



As far as customs go, this is a relatively new one, for there is no evidence of it existing in its current state before the 18th Century, where it started life as a small Christian tradition.

As well know though, there are some very ancient & pagan roots to this ritual.

The winding of the two groups through the town indicates, to me, the awakening of the land as it becomes fertile again, ready for most crops to now be sown.

The taking of many different 'lovers' is quite evocative of the larger Beltane energies, and the death of the Obby Oss at the end of the day could also signify someone who is 'spent' of their fertile energy.

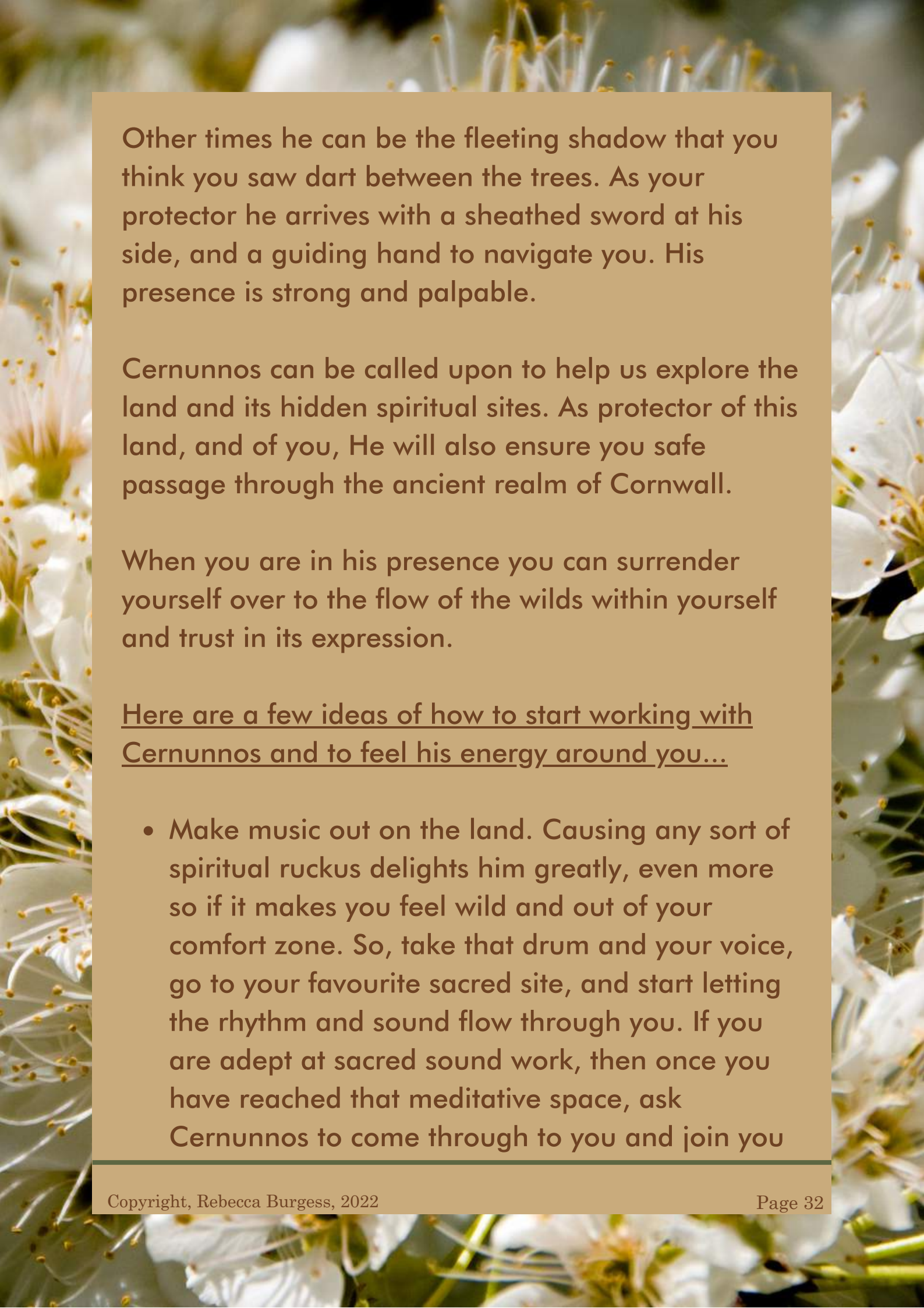
When there were still people alive who remembered the beginnings of the Obby Oss, and even those that remembered the more pagan rituals of the festival, they spoke of it as being a ceremony to ensure and secure the fertility of the town and its people.

Beltane & Cernunnos

He that is the ancient wildness of nature...He that seeks you out, to tempt you into the shadows of the forests to draw out your true essence. He is Cernunnos, ancient God of the wild and of nature.

He presents himself to you in many different ways.

Sometimes he can be Lover of the land, arriving before you with bold large horns atop his head.



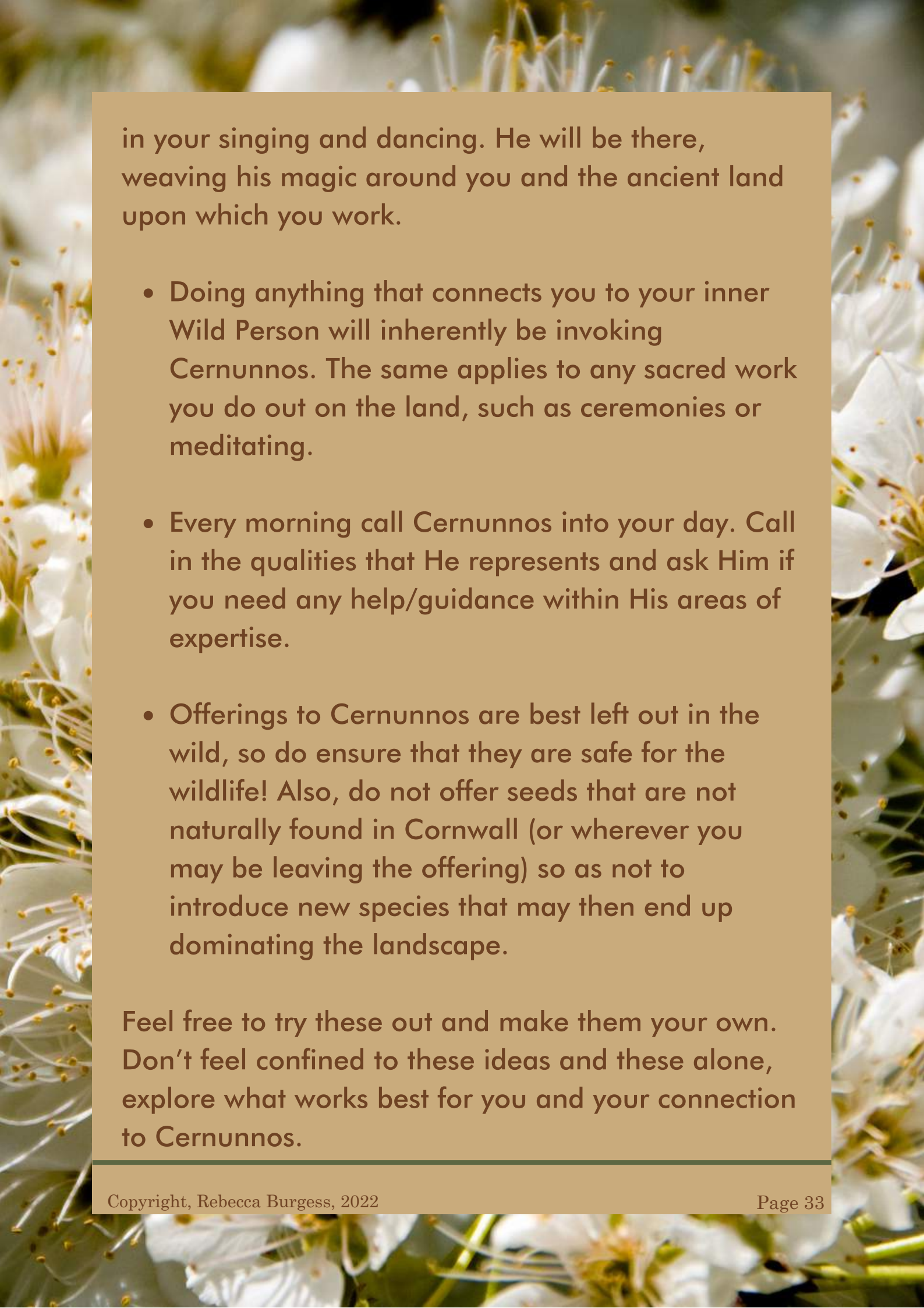
Other times he can be the fleeting shadow that you think you saw dart between the trees. As your protector he arrives with a sheathed sword at his side, and a guiding hand to navigate you. His presence is strong and palpable.

Cernunnos can be called upon to help us explore the land and its hidden spiritual sites. As protector of this land, and of you, He will also ensure you safe passage through the ancient realm of Cornwall.

When you are in his presence you can surrender yourself over to the flow of the wilds within yourself and trust in its expression.

Here are a few ideas of how to start working with Cernunnos and to feel his energy around you...

- Make music out on the land. Causing any sort of spiritual ruckus delights him greatly, even more so if it makes you feel wild and out of your comfort zone. So, take that drum and your voice, go to your favourite sacred site, and start letting the rhythm and sound flow through you. If you are adept at sacred sound work, then once you have reached that meditative space, ask Cernunnos to come through to you and join you



in your singing and dancing. He will be there, weaving his magic around you and the ancient land upon which you work.

- Doing anything that connects you to your inner Wild Person will inherently be invoking Cernunnos. The same applies to any sacred work you do out on the land, such as ceremonies or meditating.
- Every morning call Cernunnos into your day. Call in the qualities that He represents and ask Him if you need any help/guidance within His areas of expertise.
- Offerings to Cernunnos are best left out in the wild, so do ensure that they are safe for the wildlife! Also, do not offer seeds that are not naturally found in Cornwall (or wherever you may be leaving the offering) so as not to introduce new species that may then end up dominating the landscape.

Feel free to try these out and make them your own. Don't feel confined to these ideas and these alone, explore what works best for you and your connection to Cernunnos.

Litha, 21st June

The midsummer solstice...a festival so enchanting that it has inspired many a writer, artist, poet & singer!

This is another time of year, just like Samhain, where the veil between this realm and the others is at its thinnest. If Samhain be the time of ancestors, then Litha is the time of the elementals!

This is a time when Summer reaches its peak, and the days begin to shorten everyday hereafter. The collective enjoys their summer holidays at this time, and usually to Cornwall!

Many are drawn to Cornwall at this time because we become the liminal of liminal places during Litha.

Lorna Graham put it best when she once said to me (and I'm adlibbing here as I can't remember it verbatim, sorry Lorna!) 'Water is a very liminal element, and Cornwall is surrounded by the sea on three sides, and the Tamar River on one, so we are a very liminal place in our geography alone'. So, we are a naturally liminal place, at a liminal time of

year...there is much magical mischief to be had on a Cornish midsummer nights eve.

Litha & The Mermaid Priestesses of Lyonesse

Being a county that is surrounded by water on all four sides, we are quite proud of our mermaid myths. They protect this land from any harmful external influences, and can be quite violent with their duties when called to be so!

They have been known to sink ships that had ill intentions, but also aid smugglers to leave their secret coves unseen by authoritarian eyes.

Our mermaids are great protectors of women & feminine folk especially, so when you seek their help they will listen and assist you on a deep level.

They can be found in our seas, but their home is the sunken land of Lyonesse that lies off the coast of Lands End.

Lyonesse used to be part of Cornwall, for Cornwall at that time was a huge swath of land that reached the far places of the Celtic Sea.

The Great Flood, that devastated many ancient civilisations, impacted Cornwall/Lyonesse as well. With it sank our Temples and our Priest, Priestess and Priestex ancestors...

From that moment, Cornwall had its Mermaid protectors, keeping our shores & people safe from the ravages of both storms and men.

Here are some ideas to help begin your connection to the Mermaid Priestesses of Lyonesse...

- Meditate, astral project, or soul journey to visit them at their sunken Temple. If you choose to do this do not enter their Temple or presence without first asking their permission.
- If you can visit Land Ends (not the attraction, but the landscape) then do so, the walk down to Nanjizal Beach will take you on a fantastic journey of self-discovery and awareness.
- Visit a shipwreck if you can, and it does not matter if the shipwreck be old or relatively modern. In fact, there is a shipwreck in a little cove at Lands End! When visiting these sites, please do be respectful of any lives that were

lost. Use your time there to connect in with the Mermaid Priestesses, and ask them questions about their Priestess journey, and your own spiritual path.

With any of these exercises, you will probably find that you form a strong connection with one particular Mermaid Priestess, and I fully encourage you to cultivate this relationship, seeing them as your mentor of sorts!



Lammas, 1st August

Lammas is our first harvest festival, and some years you will find that the Mabon traditions can easily be implemented at this time as well.

Depending on how good a summer we have had, many farmers will conduct their Crying the Neck over the first weekend in August!

Traditionally, Lammas is when Mother Earth is pregnant with the life force of the harvest and is close to giving birth. It is because of this that we give our thanks to Her, and perhaps to our biological mothers as well.

This is also when our manifestations are being birthed into our physical reality, and we are reaping what we have sown since the last Lammas, metaphorically and physically!



Lammas & Ker

Ker is the Celtic mother Goddess of the grain, a harvest which is most abundant in Cornwall! The Cornish name for Cornwall actually stems from Her name...Kernow, the land of the golden grain.

Ker usually presents herself as ever-pregnant, glowing and radiant like a content woman in her second trimester. She waits for us in the fields of gold. She is the great nurturer, and loves with a fierceness that only a mother can.

She is unconditional with the gift that she shares with us. She is natural equality, for she loves us all as one; she is not bothered about what makes us different from one another, but she admires what makes us unique. It is She who feeds and clothes us spiritually; she nurtures our mind, body and soul for all of time.

She is where we and the land of Cornwall came from, and where we all return to...the Great Womb of the Mother.

She can be seen in all things that are abundant, especially the late summer harvest of grain.

When you feel the love that radiates from this land, it is She that stirs up that energy for you.

We can work with Ker, and her energies of compassion & abundance, in a myriad of ways, below are just a few...

- We can give Her daily offerings. Ker is always grateful for your offerings, for it shows our appreciation for everything that she does for us and this land, which is an awful lot! Your daily offerings do not have to be big grand gestures, they can be as simple as placing a small amount of your homemade meal in a dish that is dedicated to her. Once you have finished your meal you can place her offerings into your compost bin or outside for the wildlife to eat, presuming that the meal in question is safe for wildlife! If it is not safe to do this, then it can be burnt or even give to any guests you may have round. However you present your offering to Ker, and how ever you choose to dispose of it, do it all with intention. Your intention should be to honour Ker and her role as a Goddess and as part of the Spirit of Cornwall.

- Anytime we receive abundance in our lives Ker should be honoured in some way, sometimes even a small internal 'thankyou' does just the trick!
- The full moon closest to Lammas is the ideal time to work with Ker in ceremony or ritual, for this is the ultimate time of ripeness within the land, its energies and ourselves.
- Every morning take a few minutes out of your day to call in Ker to be in your presence. Draw her qualities close to you, like a blanket being placed around your shoulders. When you feel her presence you can request her to help you with any home/family/abundance/fertility matters, or you can simply ask her to impart her wisdom/energy to you throughout the day.
- We can bake for Ker! This is one of my favourite ways to connect to Her. We can call Ker into the kitchen space as we bake, and she will help you to achieve a successful bake that is infused with care and contentment.

There are infinite ways for you to connect with Ker, but these are just some of my personal favourite

everyday ways to do this.

Take some time to explore these ideas, and then expand upon them or even create your own! Our individual connection to Ker is exactly that, individual. There is no set way to do this, so listen to your intuition and Ker, and find a way that brings you the most joy.



About Your Guide, Rebecca Burgess



I am the founder & Mother Priestess of The Temple of Cornwall and I have devoted my life and existence to this work, to serve not only Cornwall and its sacred Spirit, but to also serve you

I have been a part of Cornwall ever since I was born, and more than likely long before even that!

Around 2018 I underwent a series of radical changes, some of which saw me leave my abusive marriage, reunite with my twin flame, and go self employed as a Sacred Celebrant with Willow Ceremonies.

My training to become a Sacred Celebrant saw me spending weekends in Glastonbury every 6 weeks, and one Sunday evening as I was driving back to Cornwall...and I started to channel the Spirit of Cornwall!

It told me that I was to create & build the Temple of Cornwall, along with the help of our community that has truly blossomed over the years.

There were still a few final initiations I had to undergo before I felt the time was right to do all this, so I readied myself and surrendered into the oceanic flow of Cornwall

Come Ostara 2020, I had a major pineal gland reopening, and the Temple fell into my hands, a true gifts from the Gods!

Since then I have helped the Temple to take root and expand, and prosper in new and exciting ways!



To find out more about our courses, healings and other offerings, please go to www.templeofcornwall.com to find out more.