

witches

ISSUE EIGHTEEN
AUTUMN 2023



SPELLS // CRYSTALS // TAROT // HOROSCOPES

Patricia L. Campbell

Witches Magazine, All Rights Reserved
Published by LOR Media
www.witchesmagazine.com
@witchesmagazine
Editor in chief: Laura O'Rourke
Editor: Vanessa Tait, @themeditative_mermaid
Sub Editor: Alice Musgrove, @witchscribbles
Art Editor: Chris Perrett, chrisperrett.com
Printed by: Mixam UK Limited

Photography:
Front Cover: Ethel Larcombe
Back Cover: Timothy Eberly

Within:
Aaron Burden
Andrew Ridley
Andrew Rose
Anna Saveleva
Artem Sapegin
Bruno Souza
Chris Perrett
Dani Costelo
David Whalley
Emma Ghost
Ingemar Johnsson
Lana Svet
Luca Volpe
Nik Wilson
Nicolas Bartos
Paul Conrad
Peter Brown
Ryan Watkins
Soaad Aboudi
Sorina Vladyslava
Vitaliy Shevchenko

Artwork:
Alice Bird
Angela Ferreira
Baljinder Bharaj
Beth Wildwood
Elaine Bayley
Isabella Ragazzi
Joseph Ghost
Kassandra Kelsey
Lisa Lochhead
Maeve Lillian Moonbird
Naomi Cornock





W E L C O M E E D I T O R ' S L E T T E R

Dear witches, wanderers and wild ones,

There is the familiar nip in the air and the crunching of leaves underfoot. This reminds us of another turn in the wheel— autumn is upon us. As witches, we are aware of the thinning of the veil, amplifying our connection to spirit and encompassing traditions which are rooted in respect for the honoured dead.

From ancient to modern times, the belief in ancestral spirits has long provided us with links between the past, present and future. Through our ancestors, we come to understand who we are. We honour their life, their legacy, their triumphs and failings, their hardships and good fortune. Everything that was and will always be, everything they were and will continue to be. This is my invitation to nourish your connection with them this season, to take time out to send them heartfelt greetings of recognition, love and gratitude.

This is particularly poignant for me this autumn, as my mother died on Mothering Sunday this March. She was a one in a million mum, wife, grandmother, and dedicated friend. She was kind, caring, and always there to listen and provide support to anyone in need. Equally, keen to feed you a plateful of delicious food before sending you on your way! She was *Witches Magazine's* number one fan, eagerly waiting for her preview copy, and so proud of her two girls for creating and continuing *Witches*.

Shortly before she died, she reminded me of an art print hung in my old bedroom of our family home. "I have found the perfect cover for this autumn, and it's been under your nose for decades," she said. It was created by Ethel Larcombe, a British children's book illustrator who lived from 1876-1940, and died before my mum was even born.

My mum and Ellen's grandmother loved us girls fiercely. Although she is not physically here with us on Mother Earth now, a mother's love transcends time and space, eternally residing within our thoughts, memories, and very being. Her essence is intertwined with the fabric of existence, her soul forever inseparable from me and all that is. This edition is an ode to her, and the bond that will tie us together for eternity.

We've brought you an array of autumnal goodness for this edition. We are blessed with new writers, artists and photographers, and delighted to welcome back our regular favourites. Checkout all things witchy and wonderful in our *Witches Noticeboard* this autumn, too.

So, it's time to hunker down with a cuppa and snuggle up with this edition of witches. Enjoy.

Laura X

witchesmag@outlook.com | www.witchesmagazine.com | [@witchesmagazine](https://www.instagram.com/witchesmagazine)

| WITCHES MAGAZINE | COPYRIGHT OF LOR MEDIA 2023 |

1

SPELLS OF THE SEASON

It's harvest time. Use the autumn bounty of apples in our seasonal prosperity spell.

For those of you wanting to start a family, we have a fertility ritual for you to try. But... be careful what you wish for!

9

CRYSTALS

Utilising scientific evidence, ward off the skeptics in our world who do not believe in the healing and manifesting powers of crystals.

15

SELF

We have our regular channelled seasonal message this autumn.

A personal journey of connection to spirit during hard times, and one deep spiritual awakening to find her patron saint, her confidant and her guide: Santa Muerte.

Learn to relax through the use of the savasana yoga technique, and Mabon self-care rituals for letting go and balance.

Finally, a touching reflection that reveals how changes in life soar higher than heaven.

31

BACK TO BASICS

So, witches, whether you are new to witchcraft or have practiced the craft for decades, one thing remains certain: there is always more to learn, as the depths of our craft are vast and boundless.

This season we cover creative ways to celebrate Mabon.

Equinox tree wisdom: Muin.

The magic of archery and reading the runes.

49

CULTURE

We continue our journey around the world.

The Pomegranate; fruit of the dead and sacred mysteries.

Learn the story behind the Rollwright stones and Mother Shipton in the UK.

Revel in the magickal Rhiannon, Ancient Goddess and Celts Fairy Queen.

61

TAROT

Take time to digest this season's tarot readings from Genette. Inspiration and insights for us all.

65

POETRY & ARTS

Check out this season's selection of witchy poems, illustrations and creative writing.

Keep them coming, as we love them just as much as you!

73

HOROSCOPES

Introducing our new horoscope reader Lucy.

Welcome her on board and read her approach to the moon, sun and stars.

79

FOOD FOR THE SOUL

Take advantage of abundance of seasonal delights available. Apples are on the menu this season from Ryan, plus a heart-warming vegetarian stew.

Rituals can be such a huge part of our practice. Autumn is harvest time, we offer you a ritual including an alternative use for the humble apple, other than in a baked pie. Remember to keep your intentions strong and trust your intuition this season, as it's what we are good at!

SPELLS OF THE SEASON



APPLE PROSPERITY SPELL

BY LUCA VOLPE
@lucavolpeofficial

Autumn is coming, which means it's time to bake apple cakes! But did you know you can also use apples to do a very simple prosperity ritual.

Take an apple and place it in the middle of your altar. Around the apple place 9 crystals: pyrite which helps to attract the things you desire, green jade for good luck and fortune and tigers eye for finances and decision-making. Close your eyes and visualise wealth coming to you. Feel how it would be to enjoy wealth and imagine it happening in that exact moment. Now, open your eyes and gaze at the crystals around the apple, imagining beams of light coming from each crystal energising the apple.

Take the apple and cut it into two parts, making sure the core is visible. Take a toothpick and draw the rune symbol of "FEHU" on one side of the apple. This Rune is related to abundance, wealth and material gain. On the other half of the apple, draw the rune symbol "URUZ", which is related to strength, potential, health and energy.

Balancing wealth and health will allow you to fully enjoy being wealthy; both outside and inside means.

Then, eat the half of the apple where you drew the "URUZ" rune symbol. While you eat, imagine feeling great energy slowly entering your body. Feel strength and power to achieve anything you want. Also, express gratitude for your life and everything you have.

Next, take the other half of the apple and give it to nature. If you are lucky enough to have a nearby wooded area, that's the perfect place. Simply leave it on the side of a tree as an offering to nature.

This offering lies as a gift for the animals to consume, or as nourishment for the soil. This gift exchange with Mother Nature will bring about a flow of wealth and new opportunities into your life.

But, remember that while magic helps create opportunities, you always need to put the work in to make things happen!

FERTILITY RITUALS

BY CHELSEA DEVONA
@motownmultiples

When my wife and I decided we wanted to start our family with a known sperm donor, we knew there would be lots of boring and important practical things to sort through: legal paperwork with our donor, fertility and genetic testing, getting our finances in order.

Staying in alignment with our intentional, magical, nature-loving selves during such a significant transition in our lives was our main priority. I didn't want to lose touch with the magic of this moment amidst all the mundane practicalities.

When several of my fertility results fell below my expectations, I realised the importance in directing my focus towards manifesting my dream life, of creating a family with my wife, rather than allowing anxiety and worry wriggle their way in.

Rituals are a vital part of my life and my craft—they help me see the magic in the mundane, externalise the sacred and open myself to transformation.

It was as natural as breathing to develop rituals specifically aimed at increasing my fertility and chances of conception, while decreasing my anxiety over all the gnawing “what-if’s” of what could go wrong.

With our doctors' support, my wife and I decided to first pursue intracervical insemination (ICI) at home (more affordable for us than a clinic, with the added relaxation of a known space. As well as having the ability to personalise our experience with things that would be important to us like lighting candles). We agreed that if we had no success after several months of trying, to pursue intrauterine insemination (IUI) at the clinic.

I developed four rituals for my wife and I, for our journey of trying to conceive.

Visualisation for cycle length

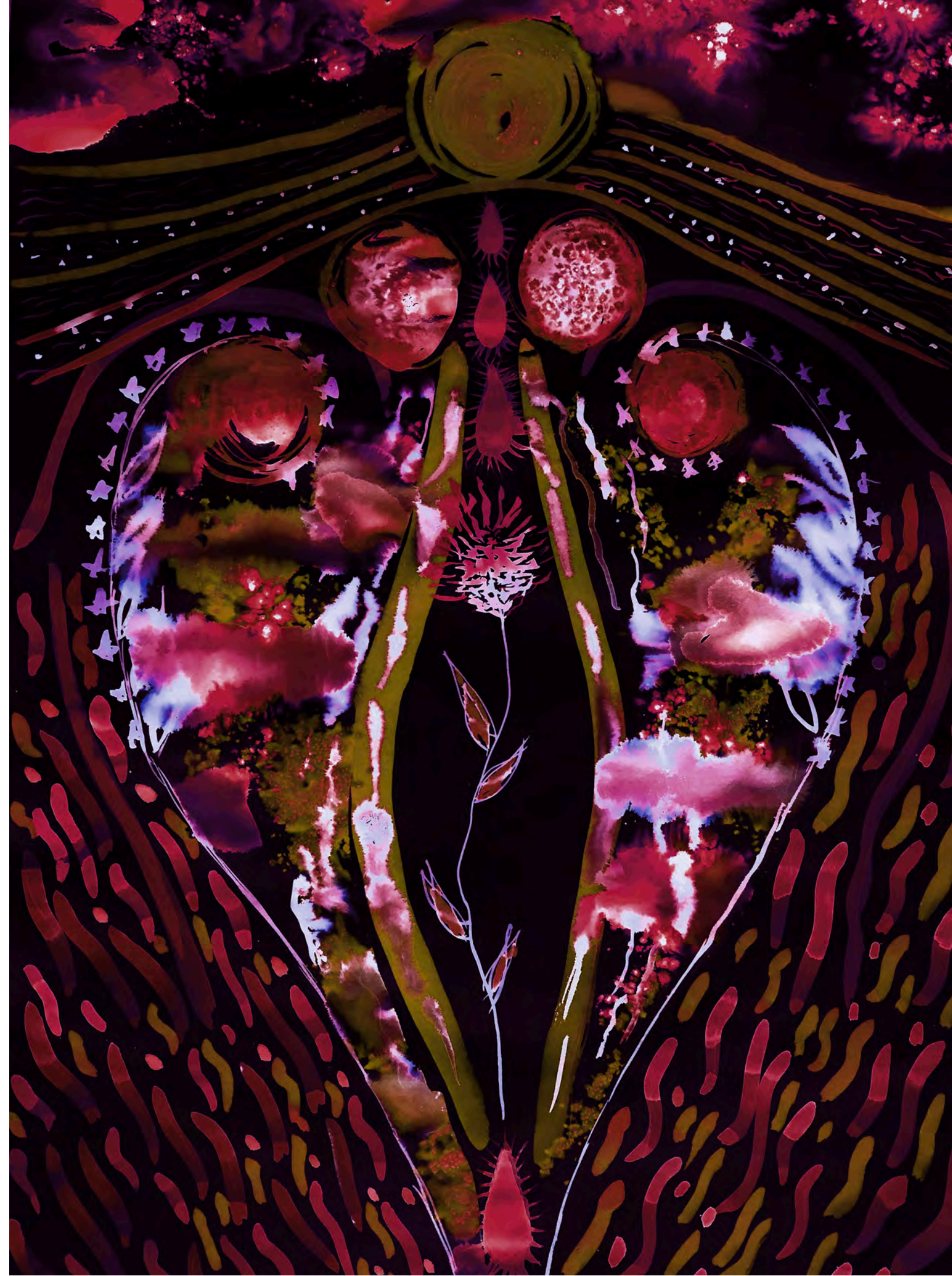
The first one was both the simplest and the vaguest: a meditation to increase my cycle length. Previous to my 'trying to conceive journey', my cycle had been around 25 days, which actually can increase chances of infertility, because the egg doesn't have as long to mature before being released for ovulation. Medical recommendations were to look at and treat underlying medical problems that may be contributing to the failure, none of which seemed relevant to me except for stress (I have generalised anxiety disorder).

I began a daily visualisation where I relaxed my mind, stilled my body, and honed in to my reproductive system— envisioning how my reproductive cycle worked, and which phase (luteal, follicular, etc) I was currently in. During this visualisation, I gently took my mental image and elongated it, stretching it out on a linear calendar line, like taffy— imagining that my cycle would increase along that same calendar.

To conclude, I let my visualisation sink down into my pelvis in a gentle wash of warm light, fixing the belief that my reproductive system was responding to the message.

Crystals

I've yet to meet a witch who doesn't appreciate crystals; I'm certainly no exception. I carry rocks with me constantly, so it was a no-brainer that rocks would be an important ally, and part of all my goals I was setting my intentions on.





The crystals I choose were rose quartz: for healing, decreased stress, and expanding familial love, chrysocolla: healing, peace, a healthy harmonious pregnancy, supporting the feminine, apatite: expansion, manifesting things of the mind on the earth, enhancing creative energy, and agate: grounding, stability during change, alignment, wholeness.

It's no secret that many of these crystals are blue, green, or a combination. Blue resonates with me because of its meanings of hope, intuition, abundance, calm, patience, and acceptance of reality. I love green because of its connections to healing, joy, balance, exploration, perseverance, and anti-stress strength.

These crystals all have an intimate meaning to me, but I believe whole-heartedly that any crystal a person feels a connection with would prove helpful and supportive. During the ovulatory phase of my cycle, I gathered and grouped the crystals around the candles in the room.

Candles

Another classic act of magick— candles and spells! Three spots of the room with three candles each. Three has always held a magical significance for me, as well as its symbolism with the life cycle— birth, life, death, and also creation, harmony, and the biblical strength of a “threefold cord” felt so fitting to the beginning creation of a family. It also matches the three people involved in the creation of this family— my wife, our donor, and me, as well as the addition of a child to my partner's and my marriage.

When I was ready to start intracervical insemination, I took my time lighting the candles, imbuing each one with my intention for a child as to spark them into being, just like the flames on these candles.

Final manifestation

With each possible moment of conception during my ovulatory cycle, I used another manifestation spell.

Closing my eyes and sinking deep into my body, I again envisioned my reproductive system— but this time I envisioned the process of the sperm travelling up my vaginal canal, through my cervix, into the fallopian tubes for fertilisation.

I was incredibly worried about miscarriages, so I also mentally expanded this envisionment to see the fertilised egg traveling to the uterus, safely implanting, and growing strong and healthy.

Once I felt peace and resolve from this meditation, I again imagined a warm protective light spreading from my uterus to every part of my body and settling into my bones.

Did these rituals work?

TOO WELL, my friend, too well! Not only did I conceive on the first cycle and experience no issues with miscarriage (which are far too common), but I conceived twins! No family history or biological predispositions, but two little embryos made their way into my uterus.

Wrapping my head around twins was a process, as twin pregnancies are considered a much higher risk, and I had been wanting to give birth at a birth centre and not a hospital (birth centres don't typically conceive twin births where I live).

But even while I was processing, I was amazed at how effectiveness the setting of my intentions had been— far more effective than I had intended!

Was it because I focused so much energy on fertility in general— and what's more fertile than twins? (Don't say triplets.) Was it because I lit three candles, which could also represent me and the twins? Did I fix my cycle too well?

Whatever it was— clearly it worked! This article could very well also be entitled, “Don't use magic like this if you don't want twins!”

The universe took a very “be careful what you wish for, or you might be more successful than anticipated” approach on this situation, which always feels somewhat ironic.

THE SKEPTICS GUIDE TO CRYSTALS

BY HANNAH JONES
@crystal.wicca

Us witches love our crystals. They are powerful tools that enhance our craft. Anything from protection and healing, to rituals and divination. Once you start working with these little beauties, they soon become your friends. However, on your crystal journey you are bound to come across the odd soul who will describe your crystal passion as 'weird' and 'woo woo'. I have written this guide to provide you with the scientific answers in response to some skeptic's most challenging questions.

So, sit back, grab a brew and let's show the skeptics a thing or two, I've got you!

When asked: *"Crystals aren't energy, surely they are just rocks?"*

You can reply: Firstly, as Einstein said 'everything is energy' and on contrary to online opinions, crystals are actually classed as living organisms. This is due to their similar blueprint to our own DNA. When a crystal is formed, constant pressure and stress from its external environment causes something called a 'Piezo electrical charge' which causes a reconfiguration of their internal structure. This reconfiguration results in the separation and movement of positive and negative charges, leading the generation of an electric charge. We connect and work with this energy with crystal work... Take that!

When asked: *"So how best can I connect with a crystal to benefit from its energy and which crystal would be a good one to start with?"*

You can reply: Have you ever been for an ECG? Also known as an Electrocardiogram. During this test, wires are stuck onto your chest to measure the electrical impulses that are constantly being emitted from your heart. To the human eye, we cannot see these impulses, yet they are there. This is similar to the Piezo electrons being emitted from a crystal. To connect to the energy of a crystal, simply place it close to the area of your heart. From here, a process called 'entrainment' happens. This is where two energies meet, mix, flow, and exchange information. The energy of the crystal will begin to be received into your neurological system and you will also simultaneously be leaving your own unique energetic mark within the crystal. Ta da!

In terms of a good crystal to start with, I would 100% say clear Quartz. It is known as the 'master healer' due to it containing the full colour spectrum. Therefore, it is a fantastic multi-dimensional healer. When you connect with its energy, it will work with every single aspect of your body. Try it! You can thank me later.

When asked: *"I have heard there is a crystal that can help protect me from EMF (Electromagnetic field), surely this isn't true?"*

You can reply: That would be Shungite! Most certainly it is true. Any mechanisms that run on electricity emit electromagnetic waves. These can cause short and long-term aversive effects to our health if over exposed to them. Shungite is known as an EMF protector.





Getting technical here... the structure inside is a quartz matrix, whereby carbon flakes are scattered. This is a special carbon containing fullerenes and other nanoparticles. Additionally, the quartz matrix is filled with micro-sized metals, therefore, scientifically, shungite can block EMF radiation ... Boom! ... next question?

When asked: "So where do these 'magical' rocks come from?"

You can reply: Let's take a crystal called Black obsidian for example. Black obsidian is an igneous rock which is formed by the rapid cooling of lava from a volcano. It is almost like a piece of black glass once cooled. Black Obsidian has been used for centuries and there is even an Acheulean hand axe made up of Flint and Black Obsidian that was discovered in Kent UK, that is now housed in a museum in Liverpool. It's said to be around 500,000 years old (road trip anyone?!) It's crazy to think that crystals have been around and were in use all those years back!

In the ancient era, due to its sharpness, it was mainly used for cutting and also as a reflective surface, such as a mirror. When you look into a Black Obsidian mirror, it shows our shadow self, the parts of us that are not perfect, and slightly flawed; helping us to look deeper than surface level and accept all that is within us.



IMAGE: PETER BROWN, @petersphotographygallery

The beauty known as Black Obsidian also teaches us to cut out all of the rubbish in the world around us (materialism) and to be more decisive with our minds.

When asked: "I have heard people using sage, isn't that something you cook with? Why are you waving it around your crystals?!"

You can reply: Not that kind of sage! The sage used to cleanse a crystal or a space in your home is completely different to that which you cook with.

As to why ... due to the defects within the crystal structure that is formed from external stresses, small pockets then begin to form also known as 'storage spaces' (inside these storage spaces are also where the Piezo electrical charge is). These 'storage spaces' absorb our energy as well as transmit energy. So, say one day you are feeling low on energy and you use your crystals for a ritual, that negative energy will be stored within the crystal and then transmitted back to you the next time you use them.

This is where sage comes into play! When we burn sage it emits negative ions. You cannot see positive and negative ions, but they are found everywhere, from crystals to within your living room. These negative ions that are emitted from the sage, help us to counteract the positive ions (which are the nasty energies) within the crystal.

Think of using sage as cleaning out those storage spaces. If the person that asked the question has a bit of a negative energy, tell them to go and sage themselves too!

The list could honestly go on and on with questions and answers. But, hopefully reading this will keep those skeptics at bay long enough, and if this doesn't help... remember to not let ANYONE dull your sparkle. We witches have gotta stay together!





A CHANNELLED MESSAGE: AUTUMN

BY ANDREA RAMIREZ
@fortunallivingspirit

Autumn, in a strange way, almost feels like spring.

Somehow, the breeze is lighter, fresher.

It feels like the heavy warmth of summer is wafting away, and on the horizon you can sense a change coming in.

Your life is the same. You are not quite in one mood or the other. You are not quite here or there. It's a transition time. It's a time to weigh-up the options you have and make decisions about how to take better care of yourself.

What habits did you pick up that are not serving you anymore? What can you do to improve your health, not just in the short-run, but in the long-term?

What changes can you make to become more authentic, true to yourself, to have more peace, more fulfilment, so that everything that you do contains more purpose, presence and is charged with positivity?

The way you prepare your things: the energy that you put into preparing your foods, the type of energy that you execute when you are taking a shower, preparing your clothes to dress up for the day or the kind of animosity that you have towards yourself and others.

Are these actions genuine, from the heart, from your soul, or felt as something imposed on you? We are not necessarily talking about your job. We're referring to everyday aspects of life. If you experience frustration, where is it stemming from?

Now is the time to look at all these areas of your life as if they were laid out on top of a table for you to see with greater vision.

What are the things that are cluttering your life? What are the things that are helping you flow more? Why not consider more of those instead.

However, clutter and hardships contain lessons within. So don't just dismiss them.

Instead, observe and think. What is this trying to teach you? What does all the clutter represent? Is it material, mental, or emotional?

Bring this light of wisdom and understanding into these areas, into those blocks, and discern their nature.

Are they remnants of past experiences or are they situations that have passed?

What is the lesson that you needed to learn in order to further declutter, and let go of those unfulfilling bits and pieces that you have been collecting throughout your life?

Now is the time.

It's transition time.

Do you want to take the clutter with you?

Or would you like to make a lighter transition, making space for new, greater, and happier things to come into your life?

Thank you.

WHEN THINGS GO WRONG

BY LISA SAYLOR GENTRY

@lisa.s.sg

It's bound to happen, something in your life will go wrong. Maybe it will be something small, like problems with your vehicle. Maybe it will be something major like facing mortality for yourself or someone you love. There's a reason the first words out of your mouth during times of distress might be something along the lines of, "Oh, god". In times of trial and tribulation it's natural to turn to something you feel is bigger than oneself. Yet, while miracles large and small occur everyday, sometimes no one comes to save you.

It makes perfect sense as a magical practitioner to seek a way out of a negative situation with the help of the gods, the universe, your ancestors, or who or whatever you turn to in times of need. All witches have seen the power of magic and manifestation at play; it's what spurs us along the difficult path of seeking magic in a mundane world. Yet, sometimes despite our best intentions and most ardent workings, the answers just don't come.

How do you handle your connection to your spiritual path when that happens to you?

Counsellor April Nunn, a Licensed Clinical Social Worker, gave the following advice. "It's okay to be hurt or upset or just really angry. Even if it's angry at a particular spiritual deity." As is true for every person, I've experienced a few terrible events in my life. My faith has been tested when I least expected it. During a routine sinus surgery, a doctor poked a hole in my brain that wasn't found for over two weeks. A cerebro-spinal fluid leak was the result. All of my brain fluid leaked out, which led to devastating complications of meningitis, dry brain, and brain droop. Two years of terrible mental and brain health followed.

While I sought mundane solutions through the help of medical professionals, a solution wasn't found. I spent those two years beseeching the gods, working magic, and trying my best to meditate my way out of horrible psychological health. It seemed nothing worked. This led me to the darkest spiritual place I have ever experienced.

For the first time in my life, I didn't believe miracles could happen.

It felt like I passed through the seven stages of grief as I came to terms with the fact that no one was coming to save me. No one would erase this experience and make me whole once more. I was shocked that the gods would let this happen to me when I spent so much time working for protection and relief. Denial filled me as I spoke with doctors about permanent brain damage.

Offerings filled their shrines in my home as I tried to beg and bargain my way out of the nightmare my life had become. Then, the anger set in. The gods had used and tricked me. Here I stood, a priestess on their path, and they struck a bad luck curse upon me, whereby everything I did, even the most mundane tasks became devastating.

I fell into a spiritual darkness that I felt I would never climb out of. My beliefs, and connection to universal power was shattered. I no longer believed.

Counsellor Nunn explains the advice she gives to clients when they face spiritual disappointment. "Regardless of what your spiritual beliefs are, it's perfectly okay to take a break from whatever you practice. Church, prayer, meditation, reading spiritual texts, whatever.

It's okay to take a break while you process what is going on, and then when you feel comfortable with where you are on your journey, maybe you will feel like coming back to it."

Every night must end, either in the sweet relief of a new day of healing or in the dawning of the next world, as you cross through the veil. I'm so blessed that surgery and medication have made my situation bearable, but there was no miraculous healing. I still deal with symptoms to this very day. After taking a break to recover and come to terms with my experience, acceptance and hope began to fill me instead of anger, fear, and blame. The grief of the loss of my previous relationship with spirit has faded as I built a new relationship with the divine.

Now, just a short time later, yet again I face anomalous circumstances as I find myself afflicted with breast cancer at a very young age for such a serious illness. Yet, my reaction to another path of trial and tribulation opening before me is completely different this time around. Instead of the horrible grief of my previous experience, I found peace during my cancer journey, with the understanding that sometimes the answer to our prayers is no. Sometimes no one and nothing will help us escape our fate. We will all see our last day.

Years before she became a therapist, Counsellor Nunn received this advice. "Don't listen to other people's judgements and don't listen too closely to your own, because you aren't in your best state during a crisis of faith. You just take it one day or one hour at a time until you feel okay." Counsellor Nunn explains, "You do what you need to do to get through it. Your God or Gods will be there waiting when you feel like yourself again."

I don't know how my cancer journey will conclude, but I know I can rely on my connection to spirit. Even when I didn't believe, spirit never left me. The seed waited in the darkness of my heart until I was ready to sprout our connection anew. It blooms now within me. I no longer look to the divine to swaddle me like a baby, protecting me from all harm. Instead, spirit walks beside me and holds me close even when the darkness is consuming, and no succor will be given. Shine our sacred light for all to see, remembering we are never alone in our experience or spiritually.

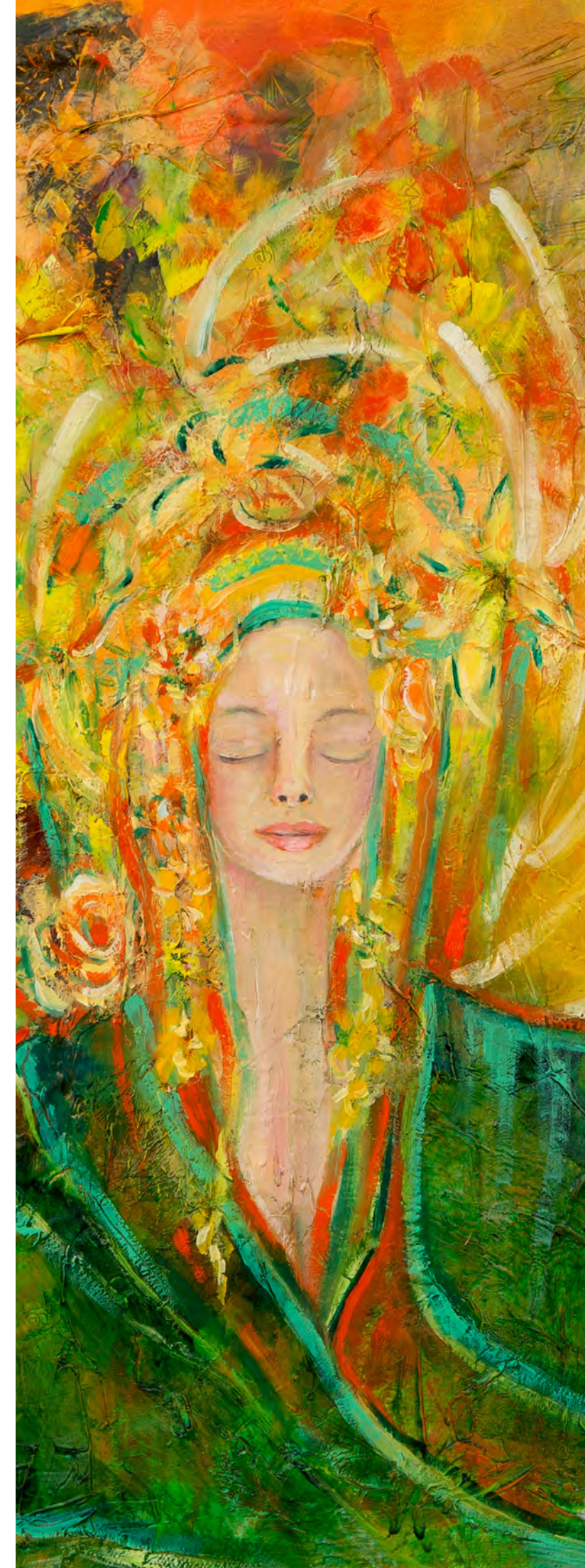


ILLUSTRATION: BELONGING, LISA LOCHHEAD, @lisa Lochheadart



MY LIFE WITH SANTA MUERTE

BY JENNY C. BELL
jennycbell.com

As we approach autumn, we are naturally drawn to those goddesses and deities associated with death and letting go. Ever since I can remember, I have had a love for skeletons, skulls and what many others would describe as creepy art. From a young age, I preferred Morticia and Gomez to Lucy and Ricky, Halloween to Christmas and night to day.

As a teenager I liked to spend my time in cemeteries because I felt safe there, and when I lost people to death, I never felt sadness for them. Don't get me wrong I would be sad and would miss them, but I knew they were better off. I have always instinctively known that our souls are eternal and that death is just a change.

I have had a few ancestors and loved ones who have crossed over contact me, and this always felt very natural to me. When I was about thirteen, I began a study on the goddess path. Goddesses such as the Valkyries, Kali Ma and Hecate fascinated me! I was not afraid of them or their association with death. On my path in studying angels, I felt an instant and deep connection to Archangel Azrael— the angel of death.

In 2019, I went through a deep spiritual awakening, and this set me on a path to find my patron saint, my confidant and my guide: Santa Muerte. In all of my studying of spirituality and witchcraft I somehow never came across Santa Muerte until Spring 2022. I went into a book store not looking for anything in particular— there I found a slim book on Santa Muerte.

At this point in my life, I had done so much studying and trying different spiritual practices that I felt pretty happy and set in my ways. I picked up the book mostly because I wasn't familiar with her, and this surprised me after all my studies on various deities alike. I was also drawn to the sugar skull on the cover. That night I started the book and read it quickly. The next morning, I noticed that my bracelet meant to protect me from the Evil Eye had broken. I learned later that this was a sign from Santa Muerte that she was here now to protect me.

As I read the book, I became more and more interested in Santa Muerte, but also apprehensive. The book was rigid in its approach, and made Santa Muerte sound scary and territorial. But something motivated me to order a statue of her anyway. As I waited for my statue, I was still unsure whether or not I would work with Santa Muerte. After having a meditation with Mother Mary, she told me that she herself is the Mother— Mary Magdalene the maiden, and Santa Muerte— the crone. Mother Mary is birth and Santa Muerte is death, and neither can exist without the other. She told me that this is the way of a Magdalene.

I know that in a past life I was a Magdalene, and I always felt there was information to this sisterhood that was missing, and Santa Muerte felt like this missing piece.

As a new moon approached, I decided I would connect with Santa Muerte, but my statue was not due to arrive until a week later.

But in true Santa Muerte fashion, the statue arrived the day before the new moon. I went to my local Botanica where I wanted to buy a Santa Muerte novena candle, the owner had always been friendly, but up until this point, we never delved into any spiritual discussion. I looked around the shop and didn't see the novena I wanted, but settled on a red candle, as I felt since Santa Muerte is a Magdalene that I will honour her with red. I asked the owner about the Santa Muerte novena, and explained how I have recently started working with her.

She looked at me and said, "I can feel her energy with you". I was surprised but also not, and explained how I felt excited to work with her. She then said, "Yes you have worked with her in another lifetime, I can feel it. She is going to be good for you. She works fast and will help you with anything you need". She then began to tell me more about Santa Muerte.

"Santa Muerte likes carnations and things from nature. If you go out for a walk or a hike, bring things back for her. She likes water on the altar and she has different colours for different aspects of her." I was so blown away by this information because it lined up with the book I read and just confirmed that I was on the right path to work with Santa Muerte.

For the new moon, I cleansed her statute and a new altar space I created for her. I added a few carnations, an owl necklace, a pretty glass of water and a red candle. I prayed to her, inviting her into my heart and wishing to connect with her. She came to me in a gentle, loving and motherly way. She laid down her scythe and embraced me. She told me first to make her altar prettier and showed me in my mind's eye a flora cloth. I laughed because I had heard she likes to be pretty and have pretty things. That day at my local grocery store, I found the most beautiful cloth, I also added an owl feather and owl card to her altar.

Santa Muerte has taught me how to face the darkest parts of myself, unafraid. She has shown me how to remove ancestral curses in myself and others. She has allowed me to channel her. Some of the messages I have received may give you guidance if you choose to work with her; it is true that she doesn't like to share altar space, but will allow crystal skulls and owl carvings to be next to her. She works with Archangel Azrael as well as Mother Mary. Her sacred number is 8 because it's a blend of opposing forces and is the key to transformation. She likes pretty flowers, peacock feathers, bones, shells, fruits and candies as offerings. Her origin is murky and she has said, "I am not limited to one time or space or one place in the world. I am older than countries. I am timeless and universal. I belong to no one group, yet, I blend with them all. Death is universal as am I". In this way she can fit into anyone's practice.

Turn to Santa Muerte when you are seeking change, luck or going through a deep transformation. Pray to Santa Muerte for protection as she is nicknamed 'curse breaker'. She comes in different colours, and each colour represents an aspect of the magick associated with her. Red brings fire, passion and transmutation. White is for purification and clearing past and present trauma, and old soul contracts. Green Santa Muerte is for growing your gratitude, abundance and for manifesting. Orange is all about reclaiming and stepping into your personal power. Yellow helps you return to joy, and she will guide you to live your life fully finding beauty and happiness. Gold is for luck, money and changing your fortune. Purple is for furthering your psychic and clair-sense abilities. Blue is for protection and emotional healing. Black is for the ultimate protection and curse breaking.

Walking hand in hand with Lady Death is a constant reminder to live my life fully. Remember that, death is alchemy, transmutation, change, rebirth. Allow parts of your old self and life to die. It is the only way forward.



THE SAVASANA

BY MOONHARE

hareintheheather@googlemail.com

Savasana, or corpse pose, is not just about yoga practice but about integrating awareness and bringing “in-the-now” into your everyday magic.

While this yoga pose appears to be the easiest asana to do, it is actually one of the hardest to master. It is important to take at least 15 minutes in savasana after a short yoga session. If you are practising for 30 minutes or more, you may want to extend the duration.

You can also practice this pose as a relaxation technique or whenever you need to unwind.

Yoga is about raising your consciousness and level of awareness whilst simultaneously surrendering.

How does savasana help with everyday magic you ask? How can you spend 10 minutes in this seemingly still asana, but still consciously focusing your attention on the present moment?

During this moment you let go, observe and refine, seeking the still point, the epicentre of stillness.

Over time, this “one minute” focus can extend into your daily life and your magical thinking, because yoga really is all about “being in the now”.

Whether you are making a magical potion, saying a blessing for a friend, working a ritual or setting up an altar, demands a witch’s dedicated mental concentration to detail and focusing your attention immediately at the present moment.

Pay attention to the breath, which will bring you back to the present, worries about the future dissipate. Stress floats away when you can release the past.

This practice is a metaphor for life. Delight in it.

So are you ready to begin?

- In a warm space, lie on a blanket or a yoga mat placed on the floor. Lie on your back with your legs, hip width apart out to the sides.
- Take your hands a little away from your body, palms facing upwards, and let your fingers curl softly.
- Starting at the feet, soften each part of your body in turn. Don’t skip anywhere. Where there is tension, allow it to melt.
- Finally, become aware of your face and scalp. Relax your mouth, separate your lips and place your tongue on the floor of the mouth. Release jaw muscles and relax your forehead.
- Soften your muscles and let everything go.
- Once you feel each part of your body is relaxed, mentally commit yourself to staying perfectly still until your relaxation is complete. Breathe normally, and with each exhalation, allow your body to feel heavier. Each inhalation distributes life force to all the cells in the body. Should your mind wander, always bring your attention back to the breath. The more you focus mentally on this process the deeper the relaxation becomes. You should begin to feel a deep surrender as if sinking into the floor.
- When it’s time to come out of savasana, deepen your breath. With each inhalation, let it fill your body with energy until your eyes, energised from the inside, want to blink and open. Take both your arms overhead, then back down. Roll onto your right side, so as not to squash your heart. When you are ready, slowly come up and sit quietly. Your savasana is complete.



UNFORTUNATE: CHANGES ARE HIGHER THAN HEAVEN

BY RICARDO AGRASO
@goldencard29

A year ago, when I was writing my submission for the fall issue I realised I needed to tell my truth. After struggling with toxic people and environments, tough situations filled me with a huge tension, I finally felt a sense of relief when I decided to cut the chords with it all. By the beginning of summer, I thought I was finally embracing freedom and peace, but, little did I know I was actually just transitioning to another chapter in my life.

Months later I had to witness an unpleasant event. My mother passed away the day after my graduation, and 28 days before my birthday. I lost someone important in my life, I also lost the meaning of getting things done, dreaming big and establishing goals for myself. I started feeling like the world didn't make sense anymore. Living in it felt void, as all I could see around me was the emptiness that was there. I had received the call that would make my life a "before and after" episode.

Grief was something I actually never experienced this close in my youth. Recovering from a broken heart, that I knew. So, there was a conscious part of me that was sure of the amount of power I could draw from that pain, and then turn it into art, into something new. Create something beautiful out of a difficult situation that marked me, or so I thought I could do. But, this got easier with time.

During Autumn, I was still pouring tears as the leaves fell from the trees. The first week was a nightmare, and so was the first month living with her absence.

I pushed myself day by day to learn to live with that emptiness in my chest. But for some reason, it felt like it was impossible for me, until I decided to surrender to the pain.

A few months ago, my dad had an accident and he spent a whole weekend some place far away from my sister and me, and the only person that was allowed to visit him was my uncle. I was scared, since I thought I could lose him too. I tried harder to occupy my mind with human and boring stuff, but my emotions were tearing me apart piece by piece. Thankfully, he came back healthy and grateful, but we never felt the same as before.

It took me a couple of months to realise that I had started developing an anxious type of co-dependency. I changed from being a person that felt secure, stable and confident to someone who now feels fear of abandonment, of losing control and never being able to get it back. But I especially felt like someone who doesn't trust oneself enough to carry on.

This week I embraced the fact that, just like nature, the sun will come up and the seasons will change.

I am embracing the fact that my mother is like a star, helping me from above, maybe even leading the way, all the while I am grabbing my heart and pulling myself far from yesterday to not repeat the same mistakes. Yet, only hoping and wishing that from now on, my beloved ones can always pick me up without fear of feeling like they are leaving me, or I am being left behind.

I am feeling peaceful, breathing the thin air while we all are blinded by the sun.

We all are destined to keep repeating the same situations in our life until we face the issue to power ourselves through it. For me, I have been afraid of changes. I have been afraid of accepting that my relationship with my partner has changed since we are not at the same place in life. I'm looking at the same priorities we used to share, and I have been afraid of accepting that I have been relying so much on the people close to me, so I don't have to feel alone. I have been afraid of tapping into my own power and spiritual awareness, because it would mean I still have some work to do in order to finally be well.

I have been neglecting my own light, because I felt I was unworthy of feeling good whenever I was not in control of things happening in my life. I was burning myself out and driving myself insane.

How could I expect to be well and do good if I was not actually in the right place? I didn't want to face the facts. I needed to surrender, and now I know that this is what I plan to do for the rest of my life, with all my strength.

Truth is, changes are higher than heaven. There is nothing we can do to stop them, and there is no way we can ever force ourselves too much not to face them completely. They will happen, they will bring something, they may even take something away from us too. However, they will be there for us, so we can evolve and continue to go and grow through our likely journey.



IMAGE: VITALIY SHEVCHENKO

THE WHEEL OF THE YEAR: SELF-CARE DURING MABON

BY RIEKA MOONSONG
@justamountainwitch

Mabon and Self-Care

Mabon, also known as the autumnal equinox, is a time to find balance, within and without. It is a time of gratitude, abundance, and prosperity. It is also a time for letting go. There is a wonderful anonymous quote that is extremely fitting for Mabon energy. "The trees are about to show us how lovely it is to let things go." How can we relate these Mabon energies to our self-care practice?

Let's start with balance. A couple of years ago, I was blessed with the words of a powerful spell for balance that I will share with you in a moment. Balance can be one of those precarious things. How do we find it and how do we maintain it? How does it apply to our self-care?

When we can create balance within our being, it is truly transformational. This can be a balance of our divine feminine and divine masculine energies, our shadows and our light, and our emotional and logical self.

We can also use our astrological make-up to find balance within. For example, if you have a lot of fire in your chart? Try working with water or earth to balance the fire.

Balance outside of ourselves can manifest as our home/work-life balance, time for ourselves and the time we give to others, or time for play and time for chores.

Self-Care Ritual for Letting Go

You will need:

- A couple pieces of paper. If possible, use fall colours and cut them into leaf shapes.
- Pen
- Lighter
- Fire-safe dish

Write down things you need to let go of: bad habits, things that get in the way of your self-care or areas that you tend to self-sabotage. Write them out individually so that you can burn each one individually.

When ready, hold them one at a time and visualise the release of it.

Light it and say "For my self-care, I let this go." Do this with each one until done.

Make sure everything burns completely and then discard cooled ashes off of your property.

Remember that self-care isn't selfish and that when you align it with the energy of the Sabbats, true magick and transformation happens.



Spell for Balance:

- Small white candle
- Small black candle

On your altar or in a sacred space, light the white candle first and then the black and intone the following:

"Light of the Sun and Dark of the Moon,
Let there be balance in all that we do.
As Mabon brings equal parts day and night,
Bring harmony now and set it right.
Even out the high and low,
Gently soothe the ebb and flow.
As above, so below,
Balance to our lives bestow.

As I will, So Mote it Be!" Lady Rieka Moonson, Mabon 2020

Let the candles burn out completely. If you feel that you will need help with keeping this balance, keep the candle wax there in the sacred space. Otherwise, it can be discarded.

How can gratitude help with our self-care? According to an article on Positive Psychology.com,

"In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. With these benefits, how can gratitude not be seen as a gift to yourself? When one begins their day with gratitude, they begin their day with a little bit of self-care too."

Letting go is the other aspect of the Mabon Sabbat. The act of letting go can be both physical and metaphysical, and both are an act of self-care. When we declutter our space and our homes, we feel better, less stressed out because there is just too much stuff everywhere. It helps us save time on cleaning and organising and gives us more time for relaxing or for play.

When we declutter on a metaphysical level, we are letting go of the things that no longer serve us. We might let go of fear, anger, resentment and bitterness. We might need to let go of trauma so that we may fully heal. We might even need to let go of relationships that have become toxic. While difficult, letting go helps us to not only heal but to transform and journey to a happier, healthier self.





IMAGE: ANDREW RIDLEY



CREATIVE WAYS TO CELEBRATE MABON

BY MAEVE LILLIAN MOONBIRD
@creativepriestess

The pagan sabbat, Mabon, the celebration of the Autumn Equinox in the Northern Hemisphere falls on September 23, 2023. On Mabon, the day and night are balanced. Now the days will become shorter and colder. The leaves start to change colour, and we celebrate the second harvest of autumn's abundance, with the new crops that begin to come to fruition. This is a time to feel gratitude for all the food being provided to us before winter approaches.

Some creative ways to celebrate Mabon are:

- Cook and bake a delicious celebratory Mabon feast. Apples, butternut and acorn squash, pumpkin, berries, grapes, tomatoes, peppers, eggplant, onion, corn, wheat and hazelnuts. These are some crops growing now. Apple cider and wine make great seasonal festive drinks.
- If Mabon falls on a nice day, why not have an outdoor picnic? Enjoy autumn's natural beauty while you enjoy your harvest meal.
- Take a nature walk, enjoying the changing light and colours of the early autumn season. Pick some fallen leaves to place on your Mabon altar or decorate your Mabon table. You can also feed local squirrels and birds nuts and seeds.
- Decorate your home and hearth with autumn leaves, a cornucopia, pumpkins, gourds, candles, and sunflowers, along with colours of the season red, orange, brown, yellow, purple and gold.
- Write what you are grateful for this autumn season. You can also write letters of gratitude to send to loved ones.
- Create a painting, drawing, or poem in honour of Mabon. Explore the beauty of the autumn season creatively.
- Work with the energy of balance. How can you create more balance in your life? Ritualise this by lighting a black and white candle symbolising the light and dark of the equinox.
- Mabon is a great time to work with abundance magic. Why not make a donation of food, money, or volunteer time to a local food pantry (bank), as a way to share the abundant harvest.
- Visit a local apple orchard and enjoy picking your own apples. Sip some hot apple cider. Make this a fun way to connect to what apple crops are growing locally.
- Work with any hearth and harvest deities in your Mabon ritual and creative work. This is also a good sabbat work with any dark goddesses, as we head into the dark time of year.
- Autumn Equinox is also a time to do any releasing and letting go ritual, just as the leaves fall from the trees.

Have a blessed, abundant, beautiful Mabon.

EQUINOX TREE WISDOM: MUIN

BY HELEN FORESTER
@prompted.by.nature

Contextual note on the Celtic Tree Ogham: There are signs throughout history that point towards a more intimate and respectful relationship between humans and the more-than-human world. Like smatterings of paint on a canvas, these signs add depth to our collective memory, a depth which give us small glimpses of what might happen if we were to breathe life into these teachings once again, to pick up the paintbrush once again and not just revive these practices, but bring them back into our modern realm.

For me, this is what the Celtic Tree Ogham represents. Broadly— (and briefly, for there are a wealth of writings and viewpoints of what the ogham was and where/how it originated)—speaking, the Celtic word, 'ogham' (pronounced 'ohm' or 'o-am') points to the word 'language', and is a set of symbols each with a corresponding letter known as 'fews'.

As time has passed and for various reasons, (which I won't go into here) these symbols and sounds have been closely connected with a corresponding tree— the 'soulmates' of the fews, and serve to aid our connection with that tree. Though Robert Graves, in his book *The White Goddess*, speculated to this alphabet as being used in the form of a 'calendar'.

For me, the ogham points to a set of guidelines, or ways to deepen one's relationship to these trees as well as the other-than-human world as a whole.

For this reason, I pay more attention to the seasons that the listed trees correspond to and the times at which they bloom, rather than any particular dates.

Muin: Bramble

Genus: *Rubus fruticosus*

Letter: M; Number: 11

Element: Water

Gender Energy: Feminine

Animals: Swans, Lizards and Blue Tits

Planets: Moon, Venus

Meaning: Uniting, linking, connections, determination, loss of inhibitions

Twice per year the world sits in balance with itself. Darkness knocks on light's door and gently whispers, 'my turn'. They are friends, the light and the dark and they know about give and take, understanding how each will have its season, and then its rest. As the darkness grows, light retreats to its margins, becoming once again its own liminality.

The pendulum swings slowly, guiding us back to the centre of it all, a fleeting moment in which time hangs in balance; a suspended breath into which we can sink for a moment.





Within this breath, a concertina of time unfolds itself to reveal an eternity of being. Muin, our Bramble, weaves itself into and out of this eternity. Its never-ending vines deftly and skilfully stitching each moment together to form an exquisite patchwork cloak, a gentle tug to draw together each seam, unifying the whole once again. This moment of balance invites us to see Bramble, a common and often overlooked character in the theatre of the more-than-human world once again and to connect with her thorns and her fruits as to celebrate this season.

Abundant in my neighbourhood, Bramble attaches her ropes to fences, walls and other bramble buddies as she rises out of seeming emptiness to form knotted masses of soft, pink flowers and burgundy thorns. She is the vine in fairy tales, enveloping palaces in which sleeping princesses are hidden away, protecting home and property, her spikes warning off those who would get too close. Her beauty is in her contradictions though and she is both inviting and threatening. Much like the Fae, with whom she is associated, she is also unpredictable. She hides juicy fruit through her thorns; a cautionary reminder to approach with care and not take too much, for she has a darker feminine nature. Perhaps this is why she is so commonly associated with this time, for she teaches us balance and how to tread lightly, taking some berries, but not too many, and be sure to share them with the birds.

The Ogham speaks of Bramble as a unifier. It teaches us the value of connection and determination, for she is shameless in her growth, she perseveres where others might fail. As I walk the path in my local green space, plucking each cluster of tiny black bubbles from their stem, savouring the sweetness of their juice, there she is, gently tapping me on the shoulder to remind me that the fruits of our labour can flourish even in the most unlikely of places.

That I have permission to celebrate not just her fruit, but my own too; the fruits of my hard work.

These autumn fruits are her pinnacle and though the Equinox speaks of balance, I feel it just as important to celebrate our own harvest at this time. Perhaps this balance I briefly teeter on becomes more solid for me, the more I acknowledge how far I have come and where I'd like to go. I do not have to impose on others, just as Brambles do, starving them of light that would see them flourish, but I can share space, offering what I can, asking when I need.

As I share her fruits with my children and friends in the jams that I will make, so too does she share her wisdom with me, should I choose to listen. She does not speak in words but in whispers of sensation, and I must quieten myself to feel her. 'Protect your energy', she says, 'guard your time and revel in your creativity, allow it to spiral and snake around you. See it reach up and out above you, its flowers of potential budding to form fruits that will embellish the fabric of experience in more ways than you will know'.

Bramble is more than just a vine; it is her threads which bind together all of existence for us. She invites us to adorn ourselves in this cloak, to close our eyes and connect in with the eternity that she has fashioned for us, and those with whom we share this journey. As we acknowledge and honour them, so do we acknowledge and honour ourselves.

Blackberry Chia Jam

I love making jam with chia seeds! It means I can use less sugar and it feels much easier and faster to make than most traditional types.

When foraging for blackberries, remember to follow foraging etiquette by only gathering berries from areas of abundance, and remembering to leave some for the birds!

Blackberry Chia Jam Recipe

Ingredients

450g	blackberries
1 tbsp	lemon juice
1 pinch	salt
2-3 tbsp	sugar or sweetener of your choice (use more or less as needed)
1 ½ tbsp	chia seeds

Instructions

1. Over a medium heat add the blackberries, sugar and the lemon juice to a saucepan. Stir continuously so the berries start to break down.
2. Once the berries turn to a gorgeous burgundy mush, allow them to simmer for 15-20 minutes, stirring regularly as the liquid reduces.
3. While the jam is simmering, sterilise your jars by washing them in soapy water and rinsing well. Place the washed jars upright on a baking tray and place them in an oven at 120C/245F for about 15 minutes (or until jars are completely dry).
4. Once the berries have reduced down, take the saucepan off the heat. Stir in the chia seeds, ensuring they are all well-combined.
5. Taking care, pour the hot jam into the hot jars, clean the jar rims and seal the jars. Allow them cool to room temperature.
6. Store in the fridge for up to a week or the freezer for up to three months.

THE MAGIC OF ARCHERY

BY ASHLEY T. BENEM
f:ashleybenemwrites

I take a deep breath, drawing the warm air into my lungs, allowing it to slip like whispers through my abdomen, fanning the flames of my Kundalini fire. I draw the fertile Earth energy up through my feet and my legs until it ignites the fire in my belly, throwing a tidal wave of forceful power up and out through my arms. My hands respond in quick precision. My breath, released in a surrender, as my fingertips let the bow string roll and send the arrow sailing. It's tracking the silver line between my eyes and the target. Magical energy driving it through the air and punching it deep within my chosen target. The glimpse of a smile dashes across my face as I smoothly knock and draw an arrow. Ready to repeat the cycle again.

A key to any manifestation practice, includes visualisation and holding that vision, even in the presence of an external chaotic environment and internal chaos too. Archery gives you the opportunity to refine those very skills. The more ways in which we can practice life skills that fine tune our capacity to control our emotional responses, focus our intention and our vision, the better we can manifest our desires.

Ritual work and spell work, no matter how simple or elaborate they may be, all have a few basic steps or ingredients in common. In hindsight, it's similar to all actions in life. You set up a goal, then you figure out a plan to reach this goal, followed by doing the steps and finally reaching your goal. Lastly, not forgetting the celebratory part. We should (need-to) celebrate our successes.

I'm going to show you how archery is a spell, and why it is a spell that you should consider doing.

Just as you would prepare to perform any spell, you begin with grounding. It's the same with archery.

1. Grounding: Get your shit together.

Standing in the Archer's 'A' position is perfect to get you grounded and resourced. Your feet are spread in a wide stance to create stability, which allows you to draw solid, vital, fertile earth energy up through your feet and if you identify as a woman, also up through your Yoni. Your spine is straight and your head held high.

Imagine this energy surging from the core of our dear planet and filling you with the fluid rigidity of a great oak. Once you have this part down, you can then continue to draw this powerful earth energy even while shooting from horseback or leaping between barrels like Legolas, Hawkeye or Katniss.

2. Intention: Figure out what the hell you're going to do.

Set your goal. Envision a successful outcome. In this case, hitting the bullseye of the target. Shooting repeatedly at a target will help you practice setting goals. It builds muscle in your conviction to shoot for them.

3. All the Steps: The next part is making a plan.

Outlining the steps is setting up the recipe for the spell or dish. The ingredients, in our case, are the Sacred Elements of Earth, Air, Fire and Water, as well as how and when to shoot the bow and arrow.

4. Get over your shit.

This is the 'unspoken phase' in any ritual, spell or goal setting. This is the part where your mind shows you all the reasons why you are going to fail miserably. It is essential for you to face your fears and your emotional and physical hurdles. This ultimately is where you acknowledge your 'shadow self' and not let them stand in your way.

5. Actioning: Do the freaking steps.

The drawing the bow, the breathing, the focus, the aim, and taking the shot.

6. Call in the Sacred Elements.

7. Earth first. It's the grounding, which you already did.

8. Air – breath

As we draw in our breath we focus on the target. That breath awakens our senses and activates our energy field. We lock eyes on the image of where we want that arrow to go. Our intention set; our breath becomes fuel to propel that arrow forwards, as we exhale toward the target.

9. Fire – shoot

You get to learn how to attack something in a healthy way. Archery is a safe place for you to learn not to be afraid of your own power. All the while, witnessing how destructive that power can be. You give yourself permission to be fierce and get the opportunity to give yourself credit for it.

This is also the best way to expel anger and frustration in a truly healthy way. In archery, you learn to control your emotions. Because trying to aim and shoot while yelling, screaming, and crying is almost impossible. You learn to focus on a specific target, and then, with breath and control, release that energy with the surrender of breath. It's gone, done. You get the chance to feel all that intensity, yet, mould it into a usable force you expel from within your body.





Our human, animal body desperately needs that kind of muscle use and release. Our eyes too need the satisfaction of seeing something “happen”, some action taking place in response to whatever angered or hurt us in the first place. We get satisfaction from our somatic-emotional state. Ahhhh!

10. *Water – malleability*

The water element brings malleability to the whole process. It allows for flowing in and out of emotion, it brings focus and a healthy balance to fire so you don't over Alpha yourself.

11. *Archetypes*

When we call on our gods and goddesses to be present with us, we are commonly calling on specific archetypes we feel will help us most in the situation we are trying to address. When thinking about archer archetypes, we are drawn to Artemis. We are also drawn to Katniss from the Hunger Games, Legolas from the Lord of the Rings series, Hawkeye from the Marvel movie Universe and even the Amazon's in Wonder Woman's Universe.

When talking about Divine Feminine and Divine Masculine, I don't mean body parts. Just divine essences, like Yin and Yang.

By drawing in the feminine, we are connecting to our intuition, our trust and faith. We don't need to see the path between Point A and Point B in order to know we can get there. With the feminine we are calling on mystic vision. We are connecting to the energy of fluidity, Kundalini energy, fire in our uterus, Hara, belly, Yoni. The feminine is the in-breath, the receiving.

The masculine is the exhale. The force, the directness, the action, and pinpoint precision focus.

It is the outward expression and the staccato fire that can mean death.

12. *Integration – all elements, and the male-female self*

As modern people of the world, we know we need to build a framework that includes several archetypes working in conjunction with each other; all sex, race and cultures. The solitary archetype models and roles do not fit our world culture any longer, as we well know. Being a mom, wife, artist and business owner is normal; many hats for all of us, if we choose. I need Artemis, with her independent dead-eye aim and I need it attached to my Venus hips and breasts. I want to slink onto the archery field and claim my golden prize. That balance between our Divine Masculine and Divine Feminine selves, facilitates true embodiment of the statement, “Thou art God and Goddess.”

13. *Calling in the Ancestors*

When we aim and let loose our arrow, we are repeating an act our ancestors did thousands of times. The physical act of archery is so imprinted in our bones and DNA that every time we shoot, we are calling those resilient, courageous, skilled ancestors into our presence. Connecting to them is a gift and a cherished resource. Bask in this heart warming glow next time you take a bow in hand.

14. *Finally, we get to the last bit, Celebrate your success. You did it. You shot the arrow. Smile.*

What's the manifestation in archery? Besides integration of body, mind, and spirit. It's the practice of manifestation. It's empowerment. Creating a feeling of being more capable in this world. A sense of independence that stems from being able to defend oneself. Being able to provide food, if need be, for self and family. Archery instills a kind of fierceness that is grounded in grace and grit. That potency comes through in spell work, and goal setting. This skill building practice helps with visualisation and logs precious hours of success into your brain. The rest of your psyche is watching and learning, “goals are possible. I can hit the target!”

READING THE RUNES

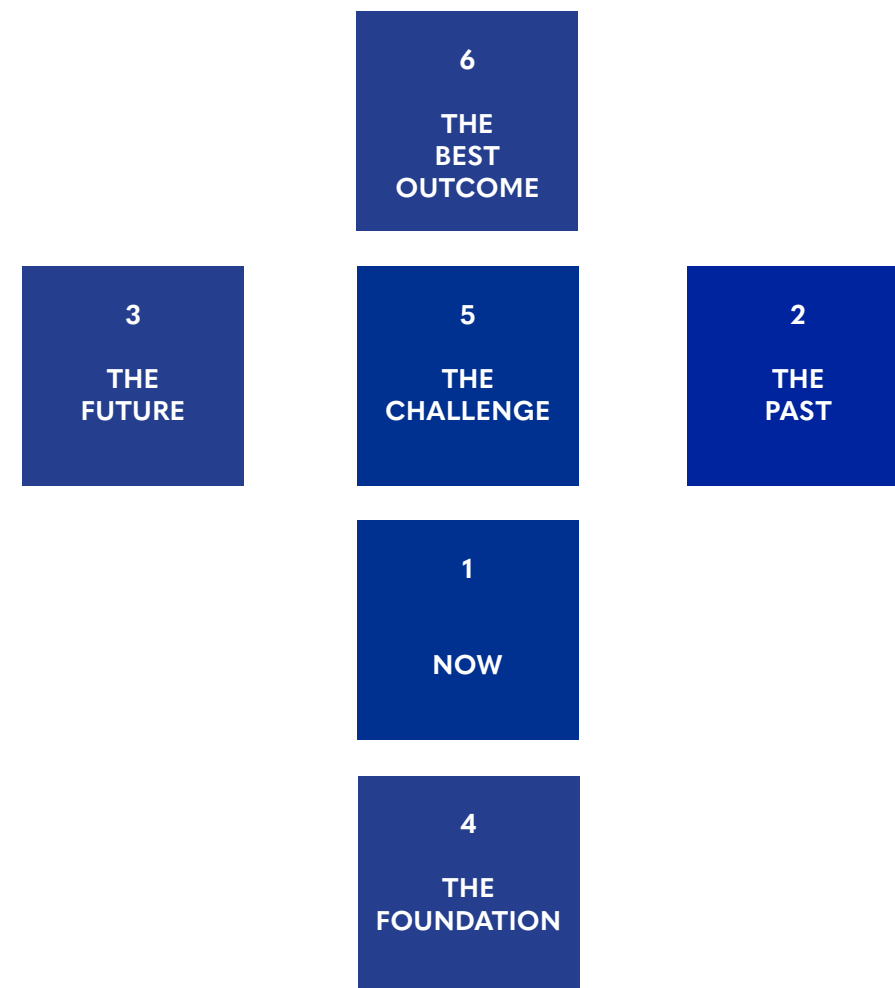
BY ELISA M GRAY
@elisagrays2020

The Elder Futhark, is the oldest form of the runic alphabet and was the main writing system used by Germanic people long ago. Runic inscriptions are found on artifacts, including: jewellery, amulets, plateware, tools, weapons, and most famously, rune-stones from the 2nd to 8th centuries.

By the 17th Century, the Runes began to be used as a method of divination and as part of a tarot card reading.

The runes are a fascinating tool for divination. Get to know the runes, spend time touching and connecting with them as they will help you to see more, the more that they see you. Why not try a runic cross spread to reveal your fate? Enjoy this fascinating experience!

THE RUNIC CROSS SPREAD





Name: Fehu - cattle.

Wealth, money, food, sustenance, initial conditions, luck, personal power, circulation of power, financial strength, prosperity.

If you draw Fehu, you are coming up to a new beginning. You are entering a period of social success, foresight and will experience more intense energy. Travel is on the horizon too, as well as an increase in finances.

Inverted – beware of greed, failure, atrophy, poverty, and endings.



Name: Thurisaz - Giant.

Danger, enthusiasm, self-empowerment, chaos, active defensive force, breaker of resistance, destructive storms.

Thurisaz is about reactive and directive force. It has elements of regeneration, constructive conflict, or danger.

Inverted - beware defencelessness, compulsion, betrayal, dullness, disease, explosive violence, annoyance or strife.



Name: Kaunan / Kenaz – ulcer.

Controlled energy, transformation (phoenix fire), teaching/learning dynamic, illumination.

If you draw Kenaz you are being told to use your artistic or technical ability and craft. Kenaz is a rune of transformation, offspring and new information.

Inverted – beware of disease, decay, breakup, inability, lack of creativity, ignorance, arrogance, elitism or over conceptualisation.



Name: Hagalaz – hail.

Power beyond human ability to harness, perfect pattern, seed formation, objective confrontation, destructive natural forces, chaos.

Hagalaz brings changes for the long-term good, or a controlled crisis. Hagalaz encourages corrections, completion and inner harmony;

Inverted - beware catastrophe, crisis, stagnation, loss of power, loss of property, short-term disappointment, victim-consciousness, obsession with the past, blame.



Name: Mannaz – man.

Psychic order of the Gods reflected in humankind, projection of Self into time.

Divine structure, sustainability, intelligence, awareness, social order, divine influence in life.

Inverted – beware of depression, mortality, blindness, self-delusion, bigotry, elitism, intellectual arrogance.



Name: Ansuz - an Aesir God.

Sovereign, ancestral god, animating spirit, breath, communication, exploration, order, answers.

Ansuz is a rune of Divine inspiration. With Ansuz you have word-power, synthesis, transformation, intellect and can open paths of communication.

Inverted - Beware of misunderstanding, delusion, manipulation by others, boredom, or bad advice.



Name: Wunjo – joy.

Harmony of life forces, effortless ease, fellowship, fulfilment, wishing, genuine friendship.

Wunjo is the rune of joy, harmony, fellowship, accomplishment and prosperity. Drawing Wunjo is the promise of harmony to come.

Inverted – beware of stagnation, sorrow, strife, alienation, warnings of caution, blindness to danger, deception, betrayal.



Name: Gebo – gift.

Exchanged powers, sacrifice, dissolution of barriers through gifting.

Gebo is the rune of generosity and gift giving in the form of a magical exchange. Gebo brings honour, sacrifice, divine vision, or influence.

Inverted - beware greed, loneliness, dependence, over-sacrifice, unbalanced behaviour and dishonesty.



Name: Raidho - journey on horseback.

Cosmic cyclical law, rhythm, presence.

Raidho is the rune of rationality and sound advice. A rune of action, justice, ordered growth and journey.

Inverted - beware of crisis, rigidity, stasis, injustice, irrationality, control freaks, hypocrisy and restlessness.



Name: Isaz / Isa – ice.

Stillness, contraction, stasis.

Is a is the rune of the concentrated self, ego-consciousness, self-control and unity of being.

Inverted - beware egomania, dullness, blindness, dissipation, immobility, self-centeredness and lack of change.



Name: Tiwaz – the god Tiwaz – The spiritual warrior.

Tiwaz brings faith, loyalty, justice, rationality, self-sacrifice, analysis, victory, honesty and even-handedness.

Inverted - beware mental paralysis, over-analysis, over-sacrifice, injustice, imbalance, defeat, tyranny.



Name: Jera – year.

A good harvest, cycles, progress, biorhythms, right effort.

Jera brings reward for positive action. A rune of plenty, peace, proper timing and fertility.

Inverted - beware repetition, bad timing, poverty, conflict and regression.



Name: Sowilo – sun.

Strengthening, cosmic energies, motivation, life-giving force, action.

Sowilo brings guidance, hope, success, goals, honour, life purpose and faith.

Inverted - beware false goals, bad advice, false success, gullibility, loss of goals.



Name: Ehwaz – horse.

Trust, cooperation, harmony.

Drawing Ehwaz brings teamwork and trust. This rune symbolises marriage, loyalty and friendship.

Inverted - beware duplication, disharmony, mistrust, betrayal, nightmares, indecision, enemies.



Name: Ingwaz / Inguz – seed.

Earth-god, stored energy, gestation process, male mysteries, subtlety.

Inguz is the rune of resting and gestation. This rune symbolises internal growth, expectation and time for oneself.

Inverted - beware impotence, scattering, movement without change, frivolity, immaturity.



Name: Eihwaz – yew.

Axis of heaven and earth. Eihwaz brings secrecy, encoding, immortality and the chakra system.

Eihwaz brings movement towards enlightenment, endurance, initiation and protection.

Inverted - beware confusion, destruction, dissatisfaction, weakness, death (but like the yew, death is a transformational re-birth.)



Name: Naudhiz / Nauthiz - need.

Necessity, coming forth into being, urgency.

Nauthiz is the rune of resistance that leads to strength. Nauthiz brings recognition of the ultimate law and primal truth. This is a rune of innovation, self reliance, personal development, life lessons and achievement through hard effort.

Inverted – beware of constraint of freedom, distress, toil, drudgery, laxity, warnings, worry, guilt, moral cowardice, unfulfilled or unrecognised needs.



Name: Uruz - strength of will.

Life force, physical health, courage, organic structure, manifestation, formation, healing vigour and endurance.

Drawing Uruz reminds you that you have strength and that a period of constancy is coming into your life. You will experience more vitality, tenacity, luck, good health and will be in control to deal with any setbacks in a sensible way.

Inverted – beware of weakness, obsession, misdirected force, inconstancy, sickness, ignorance, uncontrolled rage, insensitivity and brutality.



Name: Laguz – lake.

Life energy, ocean spirit, origins of life, collective unconscious, the astral plane, love as unity, evolution.

Life, passing a test, sea of vitality and of the unconscious growth, memory, dreams; or fear, circular motion, avoidance.

Inverted - beware withering, depression, manipulation, emotional blackmail, lack of moral fibre, fantasy, poison, toxicity.



Name: Perthro – unknown.

Evolutionarily force, luck, nothingness, the unborn, the un-manifest.

Drawing Perthro is a good omen. Perthro brings knowledge, fellowship, joy and evolutionary change.

Inverted - beware psychological or emotional addictions, stagnation, loneliness, delusion, fantasy and unknowability.



Name: Berkanan - birch.

Container/releaser, female fertility, trees and plant life.

Birth and becoming is the meaning of Berkanan. It heralds life changes, gives shelter, liberation, sanctuary, and secrets revealed.

Inverted - beware deceit, sterility, conspiracy, insecurity.



Name: Othalan / Othala – homeland.

Ancestral spiritual power, inheritance, heaven on earth, paradise, utopia.

Othala is symbolic of a home or estate. It brings group prosperity, group order, freedom and productive interaction.

Inverted - beware lack of customary order, totalitarianism, a form of slavery, poverty, homelessness.



Name: Dagaz – day.

Twilight/dawn polarity, non-dual reality, unity, synthesis, transmutation.

Dagaz is the rune of awakening and awareness, hope-happiness, the ideal, paradigm shift.

Inverted - beware a lack of vision, sleep, blindness, hopelessness, cataclysmic change.



THE POMEGRANATE:

FRUIT OF THE DEAD AND SACRED MYSTERIES

BY EMILIANO RUSSO
@almanaccodellestreghe

In the farthest and darkest regions of the Underworld, there grows a tree full of beautiful, red fruits. They are royal-looking fruits, with a small crown at the top that earns them the name "crowned fruit." They contain no pulp inside, but juicy grains that guard and symbolise death, blood, sacrifice, descent to the Underworld, but also the mysteries of birth, life and regeneration. I am talking about the liminal fruit par excellence: the pomegranate, the fruit of the dead.

Mythology presents numerous stories in which this fruit takes centre stage. They are metamorphic stories of revenge, of deception and of sacrifice. They are stories in the middle space between the realms of the living and the dead. Let us set out together now to discover these myths, shelling them out one by one to uncover their profound symbolism and meaning. We shall squeeze them out, extracting the juicy red grains of knowledge from this sacred fruit from the tree that grows beyond the Veil.

GRAINS OF LOVE

The most widespread and famous myth features the goddess Aphrodite, who is thought to have planted the first pomegranate tree on the island of Cyprus, thus becoming sacred to the people. In Greece, the tradition associated with the goddess of love and beauty has preserved the importance of this fruit for centuries.

We know that brides back then braided their hair with the branches of the pomegranate, they were considered a precious gift as well as an aphrodisiac fruit. Even today, in some parts of Greece there is a custom of breaking a pomegranate during the celebration of weddings or given as a gift on New Year's Eve as a symbol of prosperity and good luck. Finally, it is customary to plant a pomegranate tree in the garden of two newlyweds as a wish for a lasting and peaceful marriage.

GRAINS OF VENGEANCE AND DIVINE PUNISHMENT

We can find in the pomegranate and its tree the plant of vengeance. This is told to us in the myth of Side, the wife of Orion. Side is a beautiful woman, but very proud and vain and she went so far as to declare herself more beautiful than Hera, the queen of the gods. Upon learning this, Hera was outraged and cast the beautiful Side into the dark depths of Tartarus, where her punishment was to be transformed into a lush pomegranate tree.

Niobe, a beautiful and fertile young woman, the queen of Libya also met her tragic end because of her vanity and pride. Happily married to Antioch, to whom she bore twelve children, dared to define herself better than Leto, who had given Zeus only two children— Apollo and Artemis.





Her punishment was terrible: the six sons were killed by Apollo with his lightning bolts, the six daughters by Artemis with her arrows. As for Niobe, she was turned into a rock, and it is said that even in this form, she never ceased to weep, so much so that from the rock sprang an entire spring. Her tears mingled with the earth, and from that spot, a pomegranate tree grew. This tree was said to have been created from Niobe's transformed form or her shadow. The pomegranate tree symbolised both the fertility and the transience of life, as well as serving as a reminder of Niobe's tragic fate and perpetual sorrow.

GRAINS OF BLOOD SACRIFICE

Another myth, on the other hand tells of Dionysus, who while still a child was kidnapped by the Titans at the behest of Hera, who was tired of her husband Zeus' constant betrayals. Dionysus was in fact born of the extramarital union between Zeus and Semele, one of Cadmus' beautiful daughters and princess of Thebes. The baby Dionysus, was torn to pieces by the Titans and boiled in a large cauldron, but the moment Dionysus was battered, a few drops of his blood fell to the ground, giving birth to a majestic pomegranate tree. This story takes on the meaning of a plant associated with life after death. We find in this myth, the symbol of the pomegranate as the fruit of the sacrifice that is paid in blood, of the sacred mystery of life that ends in death, but is reborn beginning a new cycle.

GRAINS OF QUEERNESS

The myth of Agdistis tells us about the pomegranate as a fruit beyond gender. Agdistis was a being between the divine and the human, intersex, born of Zeus' sperm that fell on top of a stone on Mount Agados, while he wanted to mate with the Great Mother Goddess of nature. Because of this liminal, ambivalent and intersex nature, Agdistis, was rejected by all the gods because they/them was wild and extremely strong, endowed with appetites that were difficult to satiate and a fiery and violent temperament. The other gods saw they/them as a threat and consequently as an enemy to be eliminated. Unlike the other gods, Dionysus did not condone Agdistis' complete elimination, but he still decided to mutilate this androgynous being. The god turned water from a spring into wine by getting Agdistis drunk, who fell into a deep intoxicated sleep. While they/them slept, Dionysus tied Agdistis' phallus to a rope, which he then knotted to a tree. Waking up and trying to get free, Agdistis ended up emasculating himself. From the blood of this sacred wound was born the pomegranate tree. The tree with its juicy red fruit then attracted the attention of the beautiful Nana daughter of the river god Sangarios, who plucked a fruit from it and placed it in her lap. From the simple contact with its seed was then born the god Attis. Here, too, we find the whole meaning of sacrifice, death and rebirth related to the pomegranate.

IMAGE: SORINA VLADYSLAVA

GRAINS OF THE DEAL WITH THE DEVIL

Surely one of the most famous Greek myths related to the pomegranate fruit is that of Kore/Persephone. The young Kore was playing with the nymphs and, while pausing to pluck a daffodil, was kidnapped by Hades who took her with him to the realm of the Underworld.

Her mother Demeter, in despair, managed after long searches to find out what her daughter's fate had been and, overcome with grief, decided to take revenge on the gods by causing nothing to grow on Earth. In this way, men would die of famine, while the gods would no longer be able to count on their sacrifices. So Zeus sent Hermes to intercede with Hades to send Persephone back. Before doing so, however, the god tricked his beloved into eating six pomegranate grains, so that, as in a deal with the devil, by eating the food of the Kingdom of the Dead, the young girl would be forced to return there every year for a few months. So it was that Demeter decided to let the beautiful season return to Earth for six months of the year, the period when her daughter was entitled to stay with her on Earth.

TRICKERY OR CONSCIOUS CHOICE?

In the classical myth, Persephone is tricked into eating the grains of the infernal pomegranate. Hades knows well that to eat food from the Underworld means to be bound to that place eternally. Could it be that Persephone, or rather, Kore, who is of divine lineage, did not know this rule? Is she really that naive and inexperienced, or is she smarter than she wants to show? Was she really tricked or did she choose to eat the pomegranate grains voluntarily? The story lends itself to multiple interpretations. What is certain is that until she eats the food of Hades, Persephone is not yet Persephone, but Kore, which is not even a name but a role, that of the Maiden who still belongs to the upper world, who spends her time in the Underworld weeping and refusing food because she is grief-stricken by the pain and loss of her Mother. However, lo and behold, when the news of her liberation arrives, the Maiden, until then stoic in her hunger strike, suddenly eats something. But why does Kore eat the pomegranate now? Now that she has finally gained her freedom?

GRAINS OF PERSONAL SOVEREIGNTY

I personally believe that this is Persephone's very calculated and precise attempt to maintain the powers, status and role she acquired in the Underworld, as well as her dominion of the Underworld without having to give up her place in the World Above. Persephone is now aware of her personal power; she knows full well that over there she is the Queen of the Underworld, while on earth she is only the daughter of Demeter. By feeding on the pomegranate seeds Persephone becomes Queen thus coming to embody and take possession of her personal power and sovereignty. By feeding on the crowned fruit, Persephone claims her crown.

Moreover, the grain of the pomegranate, is also, metaphorically, the seed of the god Hades, his seed of man, of the one who is now her husband and whom Persephone chooses to welcome into her body. When she returns to Demeter, her mother immediately recognises that there is something different in her daughter's eyes, that something has changed forever. Demeter realises that the one before her is no longer Kore, the Maiden, but that she has now become Persephone, a Woman, a Mother like herself, the Queen of the Dead.

A SACRED HUNGER

The pomegranate grains on which Persephone feeds are not to satisfy a common sense of hunger, but a hunger for the Divine, a hunger for the Sacred. A hunger for the mysteries of the Underworld; to supplement and possess them. It is the same hunger that we also seek to satiate, over the course of a lifetime, as we continually search for our soul's purpose, along the road of our spiritual path of continual descents and ascents. It is when we feel this deep sense of hunger for the sacred that Persephone appears to us and offers us those same pomegranate grains on which she fed. Persephone invites us to eat of the mysteries, to be initiated, and we, like her, must eat the fruit consciously, aware that we will be inextricably bound to the Underworld, and that we will return again and again to the darkness. This is our commitment to the mystery.

THE ROLLWRIGHT STONES

BY NIK WILSON
@hart_heart

Stone circles and ancient structures have captured our attention over the centuries. They inspire our folk tales, thrill us through haunting stories and offer a glimpse into the world of those who have gone before us. Curious structures can be found all over the world, in a wide variety of forms and in many cases, unusually similar forms— from pyramids and temples, to stone circles and megaliths. They all commonly share a likeness in design and have us questioning their origins and their purpose.

The British Isles are home to a number of ancient stone structures, the most iconic arguably being Stonehenge. Across the world many still remain intact. We see the centuries pass them, and all the while subjecting those that look upon them to an everlasting sense of wonder.

On the border of the English counties of Warwickshire and Oxfordshire stand a group of stone monuments known as The Rollrights. They consist of three separate monuments: a megalith known as 'The King Stone' (approx. 1500 BC), an ancient tomb known as 'The Whispering Knights' (approx. 3800 BC) and the stone circle itself being known as 'The King's Men' (approx. 2500 BC). The unusual names given to these monuments already trigger within us a desire to know more.

The incredible and vast timescale between these separate constructions, along with the fact that 'The King's Men' circle itself is considered early in the eyes of stone circles, helps us to appreciate the clear significance of the site to our ancient relatives.

The Tale

The story of the 'Rollrights' begins with a King who leads his army across England with a desire to conquer the whole land. On their journey through the Cotswolds, they are confronted by a witch. The witch, cunning in her ways, struck the King with a challenge:

"Seven long strides shalt thou take and if Long Compton thou canst see, King of England thou shalt be."

The King rose to the challenge, taking each stride with keen confidence, knowing that the village of Long Compton would be visible upon the seventh stride. However, as he drew nearer, a mound of earth rose from the ground and stole away their view of the village.

"Rise up stick and stand still stone, For a King of England thou shalt be none; As Long Compton thou never didst see, thou and thy men stones thou shall be."

With that, the witch turned the King and his men to stone— 'The King Stone', 'The King's Men' and 'The Whispering Knights' named as such after they supposedly conspired against their king. The witch then transformed into an Elder tree, as is said to still remain on the site. Legend has it that if the tree is cut down, the spell will be broken and the King and his men will return to life.

The Witch

Folk tales aside, excavation of the area in recent years has revealed the burial of a woman in her mid-to-late twenties with grave goods that suggest the practice of rituals, thus giving her the title of 'The Rollright Witch'. The land where she was found has been regarded as a Bronze Age cemetery, as it follows the discovery of further burials and cremations.

Her grave was also found only metres away from the King Stone, however the most unusual thing about her burial is that unlike the other graves in the area, she was Anglo-Saxon and would have been buried in the mid-600s AD— more than a thousand years after all the others!



MOTHER SHIPTON

BY EMMA AND JOSEPH
@theghostfamilyhaunts

Mother Shipton, born Ursula Shipton, lived a magical yet lonely life full of prophecies and fortune telling in a creaky, stonewalled cave in the heart of Knaresborough, North Yorkshire. After being born and raised in that very cave, Mother Shipton grew older and began selling her homemade homeopathic remedies and tinctures to the ailing residents of her own village. Mother Shipton would also offer those who were willing to take her advice, prophecies and fortunes for the future. She also foretold national and international events that would later come true, turning Mother Shipton into a witch of wonder. Mother Shipton also became somewhat of a magical icon once it came to light that it was possible, through the bewitching of a local well, that she could turn everyday objects into stone, using the mystical well waters.

In modern day, items are placed into this well by the groundskeeper and left for a minimum of 3-5 months. The astounding quantity of minerals in the mystical water petrifies what has been left as an offering for Mother Shipton, turning objects to beautifully intricate stonework.

In the Autumn of 2021, Emma and Joseph of The Haunts Curiosity Shoppe placed a tribute to Mother Shipton into her petrifying well and left it for one full year, following a visit to Yorkshire that left them entranced by her.

The results were absolutely astounding! The magical bewitched waters shaped and moulded mineral like stonework to every inch of the fabric.

They have crafted an original spirit doll of Mother Shipton from this fabric, an ode to her spirit and a fitting tribute looking and feeling like a carved historical statue. The artefact is now situated in the archives of The Haunts Curiosity Shoppe and can be found exhibited during their Sabbat exhibitions.



Mother Shipton.

From an Original Picture in the Possession of Ralph Ouseley Esq.

Pub. April 30. 1804. by R. S. Kirby, London New-York & J. Scott 47. Strand.

<https://wellcomeimages.org/indexplus/image/L0000659.html>, CC BY 4.0, <https://commons.wikimedia.org/w/index.php?curid=35857156>

WALKING WITH RHIANNON

ANCIENT GODDESS AND FAERY QUEEN OF THE CELTS BRITONS

BY KATIE NESS, @ katie_wild_yogi

In Welsh mythology, Rhiannon is a horse goddess depicted in the Mabinogion. She is similar in many aspects to the Gaulish Epona, and later evolved into a goddess of sovereignty who protected the king from treachery. She also has similarities to Aphrodite because she is known as a goddess of love and fertility.

She also relates to Hekate, as she too is depicted as a “psychopomp”, which refers to a deity or spiritual entity that guides and escorts souls to the afterlife, with abilities to walk and ride between worlds— a goddess of liminal spaces.

The goddess’ name, Rhiannon, derives from a Proto-Celtic root which means “great queen,” and by taking a man as her spouse, she grants him sovereignty as king of the land. She is known to ride a white mare into the fae world and carry a magical bag of abundance.

Rhiannon also possesses a set of magical birds who can soothe the living into a deep slumber, or wake the dead from their eternal sleep.

Rhiannon is a paradoxical goddess, who represents both life and death. The attributes associated with her include reclaiming personal sovereignty, overcoming adversity, truth, justice, overcoming enemies, honouring oneself as a sacred sexual being, tapping into all forms of fertility, horse spirit wisdom, bringer of dreams and change, gentle guide who helps souls cross over, queen of abundance, wealth, politics and strategy.

The Celtic Goddess Rhiannon resonates with queen energy, she embodies strength and wildness; resilience and overcoming suffering, especially at the hands of those who want to lessen you.

In the Mabinogion, Rhiannon fell in love with Pwyll the Lord of Dyfed. She appeared to him as a Golden Goddess on a White Horse and had him chase her for three days. When she finally allowed him to catch her, she declared that he would be her husband. As queen, Pwyll sought her counsel, and through her strategic thinking she guided and advised Pwyll to become a successful, prosperous and well loved king of the people. This is no air headed beauty she attained, Rhiannon exudes grace, diplomacy, tact, discipline and integrity as well as wit and strong intellect akin to Athena, yet she is wild and elusive like Artemis.

Rhiannon takes charge of her own love life, marriage, and fate. She stands in her sovereignty and uses her divine power to inspire those around her. She chooses who she wants to marry and he has to in turn prove his worthiness to her— an act of complete rebellion considering womens' position in these matters throughout history.

Even today the pressure to conform to be loved is heavy, and Rhiannon can teach us to love ourselves first. She also teaches us to honour our sacred sexuality, and to bestow it to only those who we feel are truly worthy of our love.



Later in the story Rhiannon is betrayed by her maids, as after her son is spirited away and kidnapped by unseen forces after his birth. Rather than take the blame, the maids cover the chamber in dog blood and blame Rhiannon for his death. She is punished for the heinous crime of eating her son and forced outside the castle walls where she must tell everyone of her misdeeds and then carry them into the castle like a horse.

Pwyll is said to have stood by her though, and years later Rhiannon was vindicated— her son was returned to her, and her innocence proven. Whilst this tale is awful, Rhiannon shoulders the burden of grief, accusation and hatred, which opposes her typical defiant yet gentle nature.

Determined to eventually prove her truth, Rhiannon never falters— she endures, and in the end her truth shines through and surprisingly she never sought revenge. Where most deities seek to smite mortals who've wronged them, Rhiannon shows mercy and forgiveness.

With this energy embodied, Rhiannon can assist us through hardships when we are wronged, or surrounded by those who wish to harm us or spread lies about us.

She brings out the energy of truth and justice, and bolsters us against the negativity in the world, but yet, teaches us to let go and forgive. Rhiannon is a multi-faceted goddess of grit and grace and you can find remnants of her energy at a few sacred sites across Britain today.



Sacred Sites

St Milburga's Well:

Flowing out from under a stone basin are the gushing waters of St Milburga. It is said that this spring was formed from the hoof of her white horse striking the ground to provide herself with healing waters so she may bathe her wounds when she fled her enemies. St Milburga later became the protectress of the river Corve.

These stories hint at memories of an ancient fertility goddess who could make crops grow and water flow. The original name of St Milburga was 'Godestoch' (Goddess Stoke) who was a fairy queen who married Wild Eric of Clun and she also rode a white horse. This is potentially a nod to the ancient Celtic goddess Rhiannon who was known as a fairy queen, who rode a white horse and is associated with fertility, water and groves.

The white horse of Uffington:

This is a prehistoric hill figure, 110 m (360 ft) long, formed from deep trenches that are filled with crushed white chalk. It was made between 1200 and 800 BC, and is now three thousand years old. Every year, in the midst of late August, the White Horse Festival takes place in Uffington. This lively celebration commemorates the awe-inspiring sight of the chalk horse galloping across the hill and embraces the vibrant spirit of Rhiannon.

Bidston hill:

On its surface lie rock carvings of a horse, a sun goddess and a moon goddess. The sun goddess is a humanoid figure with arms outstretched and the sun at her feet that aligns with the midsummer sunrise. The moon goddess with the moon at her feet has become overgrown over the years to project it from damage.

Another carving of a horse's head and the sun sit on its neck and had also been discovered near a 19th century observatory. Potentially Norse-Irish in origin, which may have connections to the Celtic goddess Rhiannon who rode a white horse and is known as a faery queen and moon goddess of birth, life and death.

Rhiannon urges us to explore and own our shadow parts as well as our shining parts. Through attaining self-knowledge, creating healthy boundaries, and knowing the truth of our hearts, she can help evolve the sacred sexual goddess within.

Connect with Rhiannon by lighting a red candle and asking her to illuminate your path, to bless your heart's truth and desires, and to help you remember that you, too, are a sovereign queen. Create an altar dedicated to Rhiannon that may include feathers, sweetgrass, honey, coins, water, horse symbolism and features alike.

Rhiannon's themes are: movement, communication, rest, ghosts, fertility and leadership. Her main symbols are: the colour white, horses and the moon. Call on her when things have stagnated to get energy moving again, to invoke courage and leadership within oneself, to connect with the otherside for she is a bridge between worlds and to bring inner serenity within oneself even during hardships.

Mantra:

"I choose my heart's desire and honour my right to walk the path of love and live as queen of my own domain. I will not be contained, for I am sovereign of my body, and I am free to walk the borderlands and wilderness of my queendom."

"I let go with grace everything that does not serve me. My love is boundless and abundant to those I am devoted to. I know who I am, I stand in truth and I tend to my feminine magick and my inner grove with reverence."

Call upon Rhiannon to bless rites of fertility, sex magick, prosperity and dream work. Walk with her to enhance divination skills, overcome enemies, develop patience, and to gain self confidence.

She is most definitely a fae queen that every woman can relate to on some level. Her perseverance and will is an example of what we as women are, have been, and will continue to be for millennia to come. Solid, unwavering beauty and strength, like Mother Earth below our feet. To walk with her, you walk with integrity and grace.

ASSOCIATIONS:

General: Moon, horses, horseshoe, songbirds, gates, the wind, and the number 7.

Animals: Horse, badger, frog, dogs (especially puppies), canaries and other songbirds and dragons.

Plants: Narcissus and daffodils, leeks, pansies, forsythia, cedar and pine trees [evergreens], bayberry, sage and rosemary, [jasmine, any white flower], sweetgrass.

Perfumes/Scents: Sandalwood, neroli, bergamot, lavender, narcissus, and geranium.

Gems and Metals: Gold, silver, cat's eye, moonstone, crystal, quartz, ruby, red garnet, bloodstone, turquoise, and amethyst.

Colours: Dark green, maroon, gold, silver, rich brown, white, black, charcoal grey, and ruby red.

Element: Earth and Water (particularly where both elements meet as liminal spaces like a waterfall in a grove).

Sphere of Influence: Animals and fertility

Best Day to Work with: Monday

Suitable Offerings: Music, singing

Associated Planet: Moon

Moon Phase: Waning

Aspects: Leadership, movement, change, death, fertility, crisis, magic for women, protection, strength and truth in adversity, dreams.

Wheel of the Year: Willow Moon (Saille): 15th April – 12th May

YOUR VERY OWN TAROT READING

BY GENETTE
@genette_ellis

Velouria's Tarot is an intuitive tool for finding hope. This sweet deck takes a look at what we perceive femininity to be, especially in Tarot, and challenges it. Its cheerful and soft artwork encourage readers to find the bright side in the worst circumstances. Feminine energy can be strong and powerful yet vulnerable and emotional, and Velouria's Tarot takes the traditional gender binary in Tarot and encourages the reader to take a new perspective on what 'feminine energy' means.

Designed by Samantha Rook and published by Rockpool.

So witches, think about your question: What's been troubling you? What do you need some insight on? Breathe. Count to five. Allow your mind to fill with your question; don't just ask yourself, ask the universe. You're in no rush. When you're ready, pick a card. Which number calls out to you? Which do you think calls to your current situation? Turn the page to discover which card is yours.



1



2



3



4



CARD TWO - THREE OF PENTACLES

Collaboration is the name of the game this quarter. No-one knows everything and sometimes, a little collaboration can elevate a project from functional to magnificent! We can build stronger bridges if we call in a knowledgeable engineer, and if we employ a designer we can make it beautiful too. If you're having trouble manifesting, the power of three can help to amplify that energy and raise the power of your rituals. Call in your friends to help and learn from their knowledge. Share what has worked for each of you, what hasn't worked and work together. Then watch as your rituals start to shine!

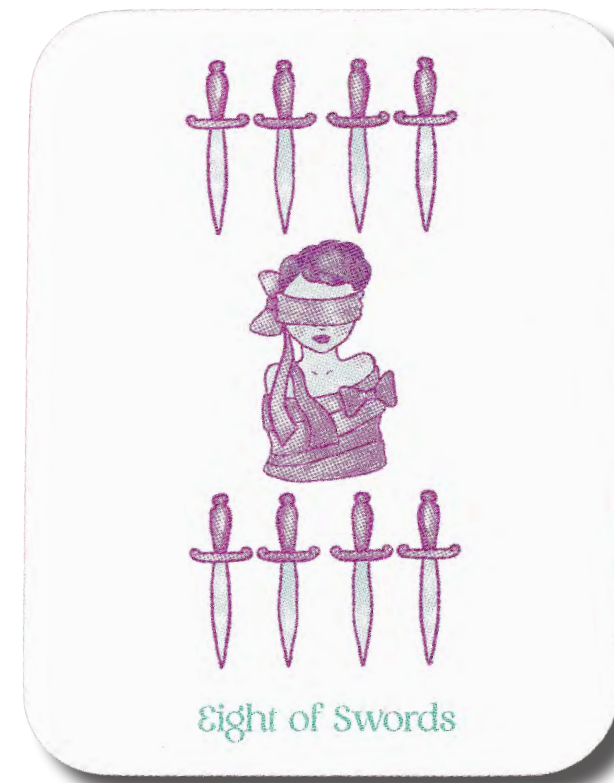
CARD THREE - EIGHT OF SWORDS

Sometimes, the thing that is holding us back is all in our heads. We might think that we can't do something, but is that the ultimate truth? Or is that just our fears talking? What is holding you back? Is it you? If you have been isolating yourself or avoiding asking difficult questions, it's time to find the courage you need to do just that. Knowledge is power and knowledge can set us free. We can build ourselves a beautiful place to live, but even a gilded prison is still a prison. It's time to throw off the ropes that bind you and walk out into the world in your truth. It's probably not as scary as you think.



CARD ONE - THE MOON

It's time to make your dreams a reality! Yes, it might be scary, it might mean that you have to make big changes to your life, it might require you to believe in yourself in a way that you have never done before. But no one is saying that you have to do it all in one step. Break down your goals into smaller pieces, writing them down with a pen and paper— make it pretty if it helps! Creating a mood board can be a brilliant tool, especially if you're visually focused. Don't forget to ask for advice and seek out experts for advice. Watch some TED talks by people who can show you the way, and if you need it, see what funding is available for you. You have the power!



CARD FOUR - THE HIGH PRIESTESS

Some things we are just not meant to know. It is just not the time yet. Have faith that when the time comes, all will become clear. Keep setting one foot in front of the other and you will reach your destination. What we can be sure of is that everything happens for a reason, and whilst sometimes we cannot see the bigger picture or the end results clearly, hold strong trust that there is a plan in place for you. Take time to connect with your spiritual guides and ask them to support you through this period. Feel the love and know that you are not alone.

POETRY & ARTS

AUTUMNAL WITCHING

BY MOLLY RONAN
@MollyRonanHarpist

As I sit dreaming in the hot dew of morning mists,
The sun blinds me in silence,
Til the swishing swirls I spy of a witch.

She was beautiful you see,
So young and warm I thought myself musing,
'Til she beckoned me forward with gentle perusing.

I followed her closely,
Scared to stray lest I fall,
Deciding to stay with her through deafening squalls.

What is the secret she possess so dear,
Why is she so special,
Does she not fear?

All these and more swirled about my mind,
As deeper and deeper into the forest we climbed.

I swear we traversed the heart of the fairy land,
It was so green and mossy,
I could scarcely stand.

Little people scattered about yet she pressed on,
Unafraid of the darkness,
Looming so closely to their yard.

She finally came upon a neat little house,
White and wood it stood out in the thicket,
So pristine it looked a tiny doll's house.

Scuttling inside she went straight to work,
Like a shadow I watched her,
The most useless clerk.

Chanting and calling she cried to the heavens,
Beseeching their favour in candles,
Imploring them in sevens.

It was then the magic happened,
Lightening came from beyond,
Rain tumbling down as the world blackened.

Then with a word the shower was no more,
So strong was her mind the very Earth responded,
Riches appeared as everything blossomed.

For the first time the witch spoke to me,
Words I have ne'er forgotten nor ever will,
"We are the Earth, as it is us.
Learn this well, and it shall be thus."

Then she was gone in a blaze of smoke,
And left all alone was I in this little hut.

DEMETER'S SON

BY PAULL BLAKEMAN
paullblakeman@gmail.com

You stand tall
His is a wild, misshapen beauty,
a stripped sapling, unschooled
in artifice. He is autumn in all
its sweet and rotten perfume.

He is wood smoke, curling,
he is the low golden sun on a
yellowing leaf. He is as pristine
as an October sky's fine blue.

He is a mushroom's softness,
utterly real like moist soil, he is
earth-tethered, though elusive
as the morning mist just rising.

He is the pulchritude of decay,
fleeting, dark as copper beech.
He is here, then he has gone,
he is as Mabon at the equinox.



NINE CANDLES

BY SUSAN JAMES
@evanstonianwitch

All Hallows when ghost steps click louder than the living surround yourself with the dead ones who love you best pour Tequila on the ground settle prone over their grave arms & legs outstretched DaVinci's Universal Woman in a physical plea for communion light nine candles to guide their path grieve for their bones below you joy for the stories they left embedded in your tongue inhale the adrenaline & hum elegies that arise spontaneously in your throat feel the throb of the air test the thinness of the liminal boundary between this world & the next sing a song of the moon that you catch in your hand & release as a snowy moth.

MISSING LEAVES

BY RICARDO AGRASO
@goldencard29

You can use many things to describe;
the colours, the crispness, and words.
Everything between joy and sadness;
everything between life and death.

As I never experienced it, I truly
cannot say what I feel nor think
pumpkin spice would smell softly
while the candle burns it all slowly.

I kept dreaming about the magic it has
and the feeling you get when you see
leaves falling down from the trees
colliding with the concrete, staying still.

I would have dressed up likely for
a new adventure, a whole intervention
while as I still think about the chances
I decided to mourn all of those experiences.

I still allow space and time to take over
while I thrive in structure, collecting wisdom.
Being openly disdainful of anything else,
going home to harvest all of my wonders.



AUTUMN'S DRAGON

BY ASHLEY T. BENEM
f:ashleybenemwrites

Oh, seeker
Hear the ravens call at rainbow's end
All herald the rain
It falls and sounds out the cadence of Autumn.

Ancient dragon
Your scales and feathers
Are showing through,
Betraying your hidden position in the glade.

I see your crimson and gold.
Autumn's dragon weaves mists round the stream and pond.
The dragon hidden, dashing beneath the water.

Spells of chill and enchantment steal their way into your bones.
Calling soon to tuck ourselves away,
In burrow and warm den
Before winter's hard hand finds its cold slap upon the land.

So, all my dragon children
Come hither to kindle your hearth fires and bring to me a song
Or a tale of summers swift feet.
Keep kindled the fire within.

When at long last after rest has left you weary of companionship
Then go burst forth like the potency of Spring and
go gallantly across the landscape again.

RITUAL

BY LISA SAYLOR GENTRY
@lisa.s.sg

Take a breath
And inhale
The sweet ecstasy
Of the night.

Planets align,
Full Moon rise.
Circle with the
Witch tonight.

Feel it pumping
In your veins.
Tingle of excitement,
Superfluous motion.

Lose your world
And gain mine,
As the chant
Designed.

Stars drawn down
And spirits rise.
My will speaks
To the divine

The understanding
Of the saints.
The beautiful, slow motion,
Of time.

Repeat it thrice.
Enhance your senses.
Know Gods and Devils.
Learn to fly.



FLOWERS AT YOUR FEET

BY VANESSA TAIT
@themeditative_mermaid

Nature performs her daily show
and in her very doing so,
everyday
I go to throw a rose out to sea
in admiration of she
and all that is, and has ever come to be.
Some days I just leave petals at her foothills,
all as to applaud her with a reverent decree.

It is etiquette
didn't you know...
to throw flowers at the feet of a performer.
But, you throw down your trash, burn and scatter ash.
Are you blind or just uncouth?

For she is the beauty that surrounds us,
the earth we call our home.
And so we must celebrate her wondrousness,
with daily applause that echoes throughout the entire dome.

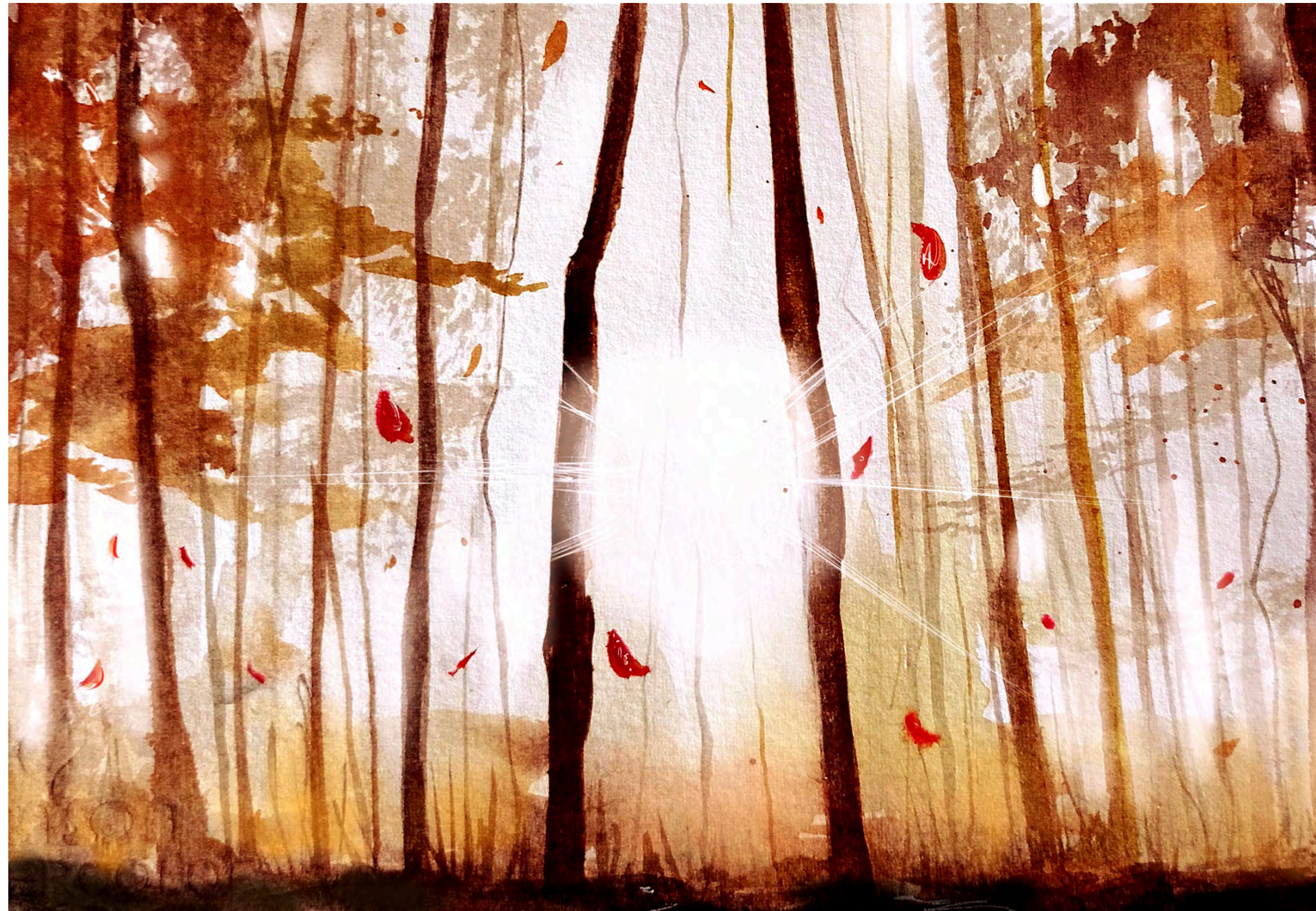


ILLUSTRATION: ISABELLA RAGAZZI, @isabella_ragazzi_art



THE HOLY GOAT

BY JOSEPH AND EMMA GHOST
@josephghost and @themuseumofghosts

There's a light that breathes;
Between twisting hazels and the golden,
Dew drop orbs that glisten,
Through woven webs.
The sound of bells and plaited meadow sway,
Call of the charmed soul.
Watch the horns dance,
Their way,
Way down to the olde,
Moonlit hollow,
Of The Holy Goat

EVOLUTIONARY ASTROLOGY HOROSCOPES

AUTUMN 2023

BY LUCY JAHNKE
@lucyintheskywithdiamonds

While the witches gather on earth to celebrate Mabon around the time of the autumnal equinox; basking in the Venusian energy of the sun being in libra, relinquishing in the abundance of the harvest and the gifts of Mother Nature. All the while, deep down they are already preparing for the long, cold nights of winter. As below, so above. As above, so below.

Thus, looking at the cosmic weather we recognise a sweet scent of death and rebirth lingering in the celestial air.

Within evolutionary astrology, Pluto and the lunar Nodes form the foundation of the chart. Pluto represents the soul's unconscious desires and the archetype the soul has been working with over multiple lifetimes, as to get closer to union with the source.

Our souls desire to individuate from source/god/the universe (however you wish to call it) as much as possible, and experience life in separation. Through that we get to master the embodiment of all the individual archetypes, and we eventually reach this state of oneness again.

According to Evolutionary Astrology, it isn't until a soul has incarnated and mastered the different archetypes, that she completes her journey and can return to the source.

It is for the desire of the soul that we incarnate and thus it affects the way of our sun, our moon and how the rest of our other planets manifest.

The direction to fulfil our Plutonian destiny lies within the Lunar Nodes. They represent the evolution of the ego and the emotional body. The South Node speaks to our outdated patterns and behaviours of the Ego, whilst the North Node resembles our remedy point and speaks our true purpose and that which we are destined to self-actualise into.

However, the birth chart is not the only place where these placements find their relevance.

We can always interpret the stars on an individual and the collective level, but just like we as human beings are constantly confronted with the ever changing nature of life, they are constantly shifting and highlighting the themes the collective is currently mastering.

Working with those transits can help us understand the current evolutionary meaning of the lessons we are experiencing, and take our shadow work to the next level.

When we recognise that we are guided by the light of the stars, we quite literally stop tapping in the dark.

In these last months of 2023 we have the opportunity to close off a chapter of building foundations, through recognising the resources and gifts of our unique genius that we incarnated with.

This cycle opened on the lunar eclipse in Scorpio November 19th, 2021 and will fully close by the Lunar Eclipse in Taurus October 28th of 2023. For the last two years the North node has been in Taurus and the South node in Scorpio.

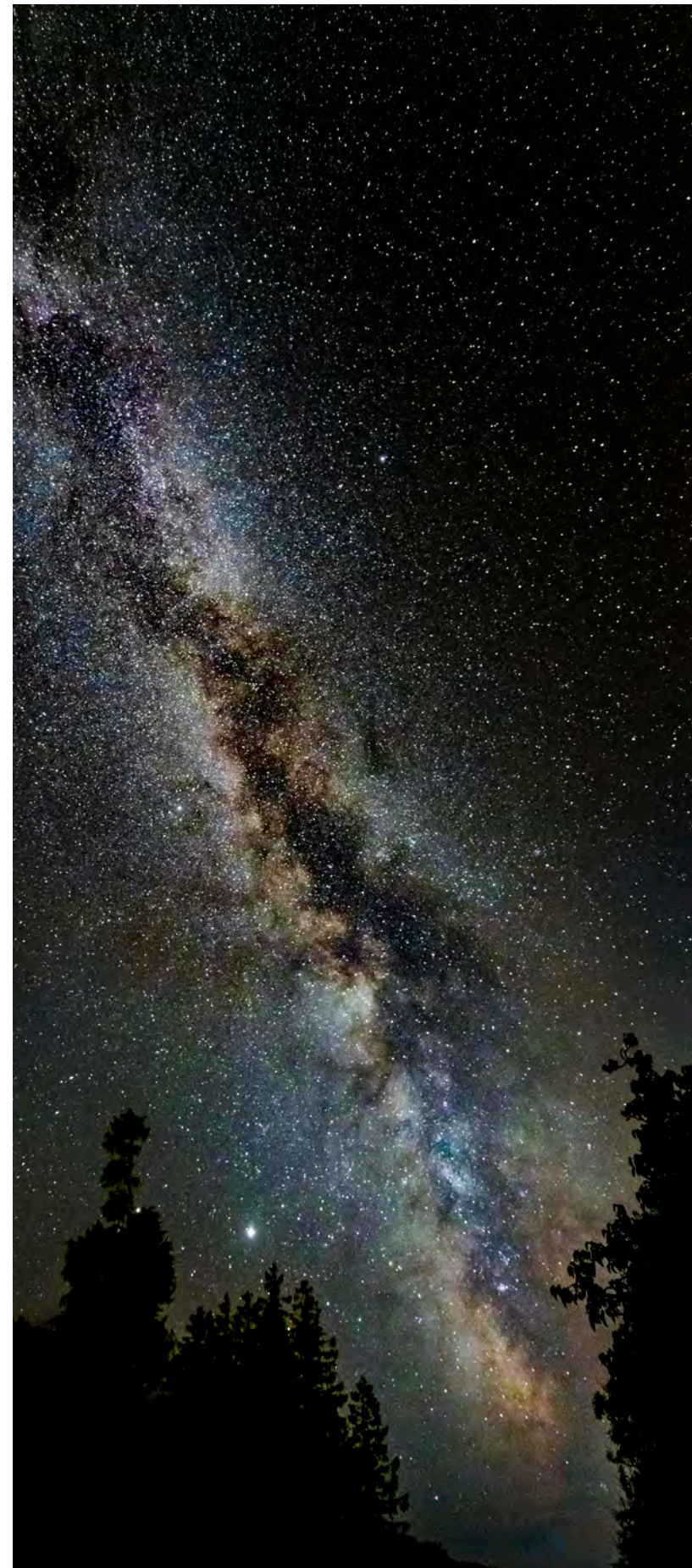
Now we get to see some light at the end of the tunnel, allowing our breakdowns of the last two years to be transmuted into breakthroughs! The new moon eclipse on the 14th of October will fully activate the codes of the nodal shift from Taurus-Scorpio to Aries-Libra.

The next cycle of Aries-Libra is here to teach us healthy forms of relating and how we can come together to celebrate our individuality in community, instead of draining one another. As Jupiter in Taurus is retrograding from 4th September to 30th December, we have one last chance to re-evaluate the lessons learned in money and love.

Now let's find out how you can harness the full potential these final months of 2023, and what the universe has in store for you.

While you read your horoscope be sure to only take what resonates, since it requires the consideration of the totality of a birth chart to fully decipher the cosmic potential accurately.

* Eclipses are an evolutionary catalyst to clear and realign your manifested reality with your soul's higher vision. Avoid charging your crystals or manifesting under the eclipses as the energy is too chaotic.



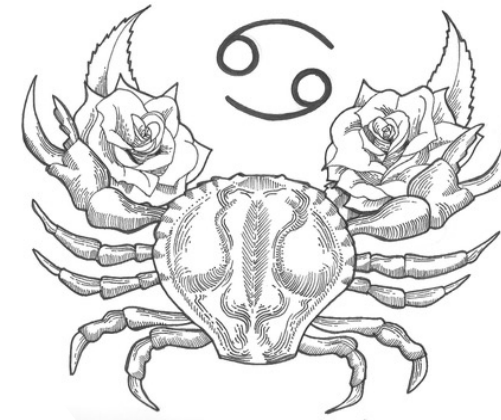
ARIES RISING

A cycle that taught you the importance of conscious energy investment in business, love and friendships is ending. In this cycle you established a foundation of resources. Utilise the full moon portal on the 29th of September to manifest. Incorporate fire in your rituals. It's time for new beginnings: put yourself first, seek more personal goals, expand your vision, allow yourself to dream BIG and assert your own autonomy and power regardless of others' objections. Release co-dependent behaviour, as supporting hands are on the way. When Mercury enters Capricorn on December 1st the portal opens, allowing recognition for the work you have been investing your energy into. Expect positive feedback and be proud of yourself, it's all about to manifest!



CANCER RISING

This season is here to teach you how to balance your internal world with your external pursuits. Allow the full moon in Aries on September 29th to illuminate and manifest your true career goals, then watch as your hard work and dedication becomes recognised in October. As the eclipse on the 14th of October will hit your 4th house creating tension with your 10th house of the public eye, it is important to focus on nurturing your emotional well-being, while also moving forward in your career, relationships, and personal growth. This season Pluto has been transiting through your 7th house of relationships, bringing all hidden truths to the light. Now is the time to fully bare yourself and deepen the bonds with your loved ones. Engage in open and compassionate communication, as it will pave the way for understanding and harmony.



TAURUS RISING

Under the full moon in Taurus on the 28th of October, your chapter of undergoing a visible catharsis, you are now finding closure. You have done so much healing over the course of the last two years, and you are closer now to who you are at your very core than you have ever been. Now with the North node entering your 12th house, it's time to start something that you've been dreaming about, as the world is lining up opportunities for you to actualise. As the South node will land in your 6th house of physical health, it's time to have that check-up, clean up your diet, move more in your day and to prioritise more rest. In order to fulfil your dreams you need a routine that brings you closer to them. In terms of love, watch out for Venus entering Scorpio on December 4th. This is the time for you to build deep layers of intimacy by sharing the hidden parts of you that also deserve to be seen.



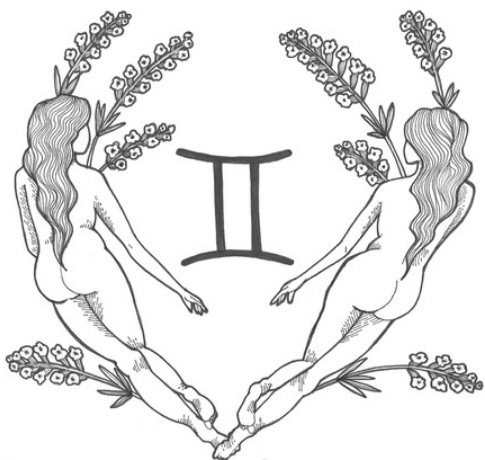
LEO RISING

This season Pluto retrogrades in Capricorn and your 6th House of Health. Release habits that dim your light, your soul came here to shine! Remove what's no longer serving you; social media usage, diet, rest. Otherwise prepare for the solar eclipse October 14th, to give you a cosmic booty kick! If there is a project you have been meaning to share, the Aries Full Moon on September 29th in your 9th house is a good time to share your uniqueness with the world. With the sun into Scorpio October 23rd you may feel a deeper need for stability and emotional security. Create a sanctuary to recharge before Mars enters your 5th House of Pleasure on November 24th. Your charisma and natural charm will be at their peak! Your words will have a profound impact on those around you, and your influential presence will leave a lasting impression.



GEMINI RISING

Within the last two years you have completed a cycle of spiritual growth. This season is here for you to integrate your spiritual connection deeply into your personal relationships; in love and with money. In the last glimpses of Pluto in Capricorn make sure to tear down and transform all the things you'd rather hide from. Engage in honest communication and strengthen the bonds that matter to you, yet remain open and mindful to compromise. When Mercury enters Scorpio on October 22nd carve out enough alone time for introspection, take the time to assess your personal growth: What have you accomplished so far, and what are your aspirations moving forward? Recharge and align your actions with your core values. Your lucky day for manifestation is the full moon in Gemini on the 27th of November.



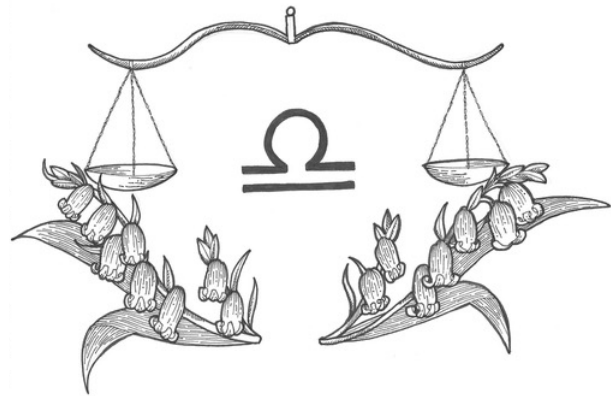
VIRGO RISING

Release the anxiety about the stability of your relationships. Venus enters your first house October 8th and grounds your perspective onto your love life. Relationships continue to evolve when Juno, the "asteroid of commitment," enters Virgo on Tuesday, October 17th. Instead of overthinking your relationships, channel your analytical power, your organisation skills, and attention to detail. Review your financial goals and create a solid plan for managing your money. Explore new sources of income when Venus enters its home sign of Libra, and your 2nd House of Possessions. Be open to new opportunities until the Sun moves into Sagittarius November 22nd. Then shift your focus back onto you and your routines.



LIBRA RISING

Your lesson of this season is to stop sacrificing your integrity for relationships. On the 29th of September the full moon in Aries will be in your 7th house of relationships. This offers a great healing opportunity for any patterns of co-dependency and anxious attachment. Any relationships making you feel unsafe to assert your boundaries, requiring you to step away from your truth, are now ready to be released. The subsequent new moon eclipse will be in your first house of identity asking you to take up space, and assert your new boundaries within close relationships. Your growth will be tested once Mercury stations retrograde December 13th. You have the power to close or repeat a cycle. Use fire in your rituals to help you release.



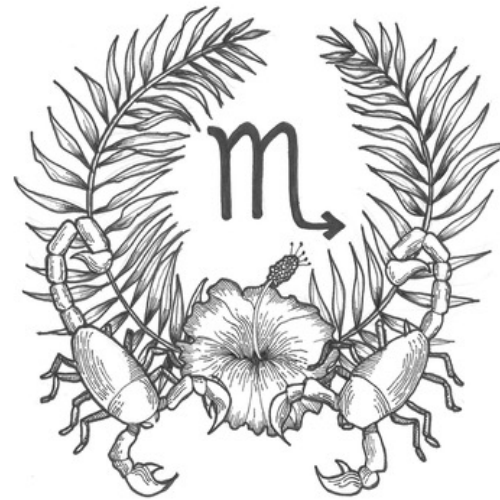
CAPRICORN RISING

This is the season to embrace your disciplined nature; nurture your connections, and align your actions with your long-term goals. Pluto will remain activating transformation in your First House of Identity. Make a sacrifice and release your identification with addictions and any toxic habits. When the Sun moves into Scorpio and into your 11th house October 23rd, don't hold back. Showcase your expertise with confidence. Take on leadership roles as you master your responsibilities with grace and efficiency. When the sun moves into Sagittarius November 22nd, make space for introspection, and practice grounding rituals. Reflect on your achievements and areas for improvement; what are your core principles? Is your reality aligned with them? The full moon in Gemini November 27th will remind you of the importance of your life work balance.



SCORPIO RISING

You have completed a cycle of metamorphosis, one of many deaths and rebirths. This season is here to taste the sweetness that comes with your new found power. Mars enters Scorpio October 12th and opens the way to tap into your confidence, so be sure to assert your needs in all areas of your life. Communication flows easily when Mercury conjoins Mars October 22nd. The new moon November 13th is your lucky day for manifestation! Take October and November to focus on your spiritual practice. When Mars enters Sagittarius and your 2nd House of Possessions November 24th it is a good time to review your finances... time to think BIG! When Venus enters Scorpio December 4th drop your armour and open yourself to the blessings of love. You don't need to control everything.



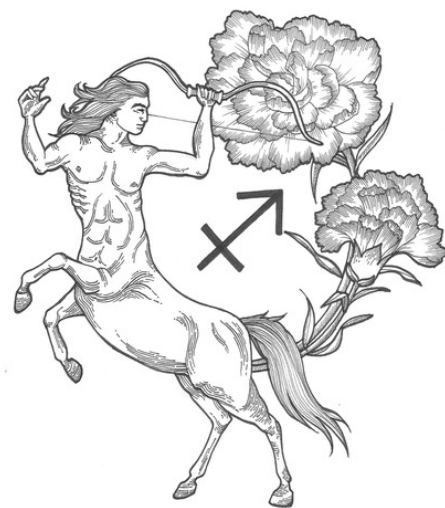
AQUARIUS RISING

Until October 23rd the sun activates your 9th house of higher-level learning. Focus on intellectual stimulation. Your unique perspective and innovative ideas will be highly valued. Remember, you are not here to fit in, but to lead the way with your uniqueness. October 12th Mars enters Scorpio and your 10th House of Social Status. This is a good time to launch something you have been working on, or negotiate and claim your worth. The new moon November 13th opens a portal to expand your circles and your business. Practice money magick. Under the full moon in Gemini November 27th you may then conjure your romantic desires with love rituals.



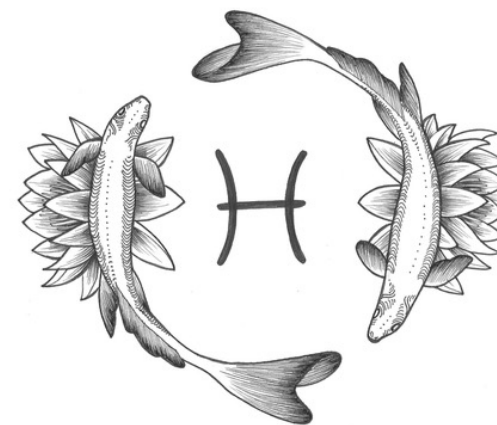
SAGITTARIUS RISING

This season, embrace new experiences, nurture your financial stability, and take time for introspection. As Pluto is transiting through your second house of resources and finance, use these final months to practice money magick. Take October to get inspired and then build yourself a little cocoon in November, to recharge and introspect, because once the Sun and Mars moves into Sagittarius November 22nd and November 24th your first house will be activated. This will open the portal up for you to feel your full magnetism. This is an ideal time to network and meet new people. Don't be afraid to share your ideas, visions, and aspirations with confidence. Your enthusiasm and expansive energy will attract like-minded individuals and open doors to new opportunities. Your lucky day for manifestation is the New Moon portal in Sagittarius on Dec 12th, 2023.



PISCES RISING

This season holds opportunities for introspection, creativity, self-care, and strengthening networks. Embrace your intuitive nature, nurture your physical and emotional well-being and tap into your creative side. Utilise the full moon portal in Aries September 29th happening in your Second House of Finance to practice money magick. When Venus enters Virgo and your 7th House of Relationships October 8th, love is in the air. But remember, in order to experience romance you need to step out of your fantasy realm and actually go outside your house. Once the sun moves into your 9th house into Scorpio 22nd of October, make space for creativity and expansion of your mind. Then use this new found connection with yourself to establish yourself in new connections under the new moon in Sagittarius, happening December 12th.



FOOD FOR THE SOUL

BY RYAN KURR
@ryankurr

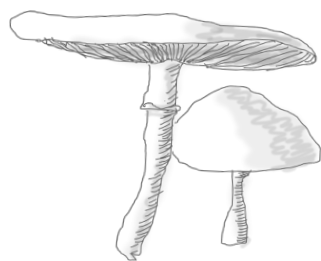
SAMHAIN STEW WITH WHITE BEANS AND MUSHROOMS

Indulge in the heart-warming delight of this stew, tailored to elevate a chilly autumn evening or, better yet, serve as a captivating centerpiece for your Samhain celebration. While meat has traditionally held a significant place in Samhain feasts that symbolises the bountiful third harvest, it doesn't mean you have to include it. Expand your culinary horizons by incorporating an abundance of roasted seasonal vegetables such as potatoes, squash, pumpkin, turnips and parsnips. These vibrant additions will infuse the dish with an extra touch of autumnal allure.

Ingredients

3 tbsp	olive oil (plus more for finishing)
1	white onion, chopped
1	shallot, diced
1	ear of corn, kernels removed from the husk
1	celery stalk, diced
1	carrot, peeled and diced
453g	cremini (portobello) mushrooms, quartered
2	garlic cloves, chopped
½ cup	white wine
793g	whole tomatoes, puréed
1	red bell pepper, roasted and quartered
2-3	rosemary sprigs, chopped
453g	butter or cannellini beans, cooked or canned
Salt	
Pepper	

Makes: 4-6 servings



Method

- Char the red bell peppers over the flame of a gas stove, turning until blackened. Transfer to a bowl, cover with plastic wrap and let them rest until cooled. Scrape off the black skin with a paper towel or the back end of a knife, then remove the stems, ribs, and seeds. Next, puree the pepper and set this aside.
- Heat the oil in a medium saucepan over medium heat, adding the onion, shallot, corn, celery, and carrots. Cook until tender for about 6-8 minutes. Increase the heat to medium-high and add the mushrooms. Cook until softened for about 6 minutes. Add the garlic and collectively cook for 1 more minute.
- Deglaze the pan with the white wine, scraping up the brown bits from the bottom of the pan with a wooden spoon.
- Add the pureed red bell pepper, tomatoes, rosemary, beans and ½ cup of water. Bring to a boil then reduce the heat, simmering gently until thickened for about 13-15 minutes. Season with salt and pepper to taste and serve in a warm bowl with a finishing drizzle of olive oil.





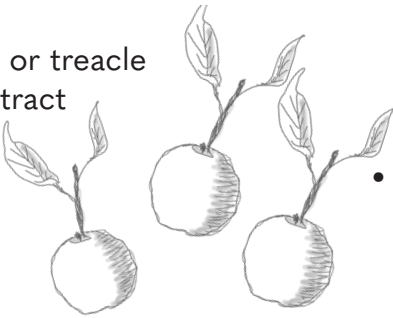
CARAMEL APPLES

Apples have a rich historical connection to Samhain, particularly in relation to bringing forth good luck for the upcoming year. This association is deeply embedded in the tradition of 'bobbing for apples'. As a personal ritual, on this significant day, I frequently bury an apple into the earth as an offering to spirits. It serves as a unique opportunity to not only honour the spirits but also offer oneself as a symbolic gift on this auspicious occasion.

Ingredients

Serves 10 – 12

- 10-12 lollipop sticks
- 10-12 medium sized apples (I prefer granny smith for this recipe)
- 225g granulated sugar
- 115g unsalted butter
- 150 ml heavy/double cream
- 85g corn (golden) syrup
- 1 tbsp maple syrup
- 1 tbsp honey
- 1 tbsp molasses or treacle
- ½ tsp vanilla extract
- ½ tsp salt



Editor's Tip:

This is not like a traditional English toffee apple, the caramel remains soft, sticky and yummy.

We've tested this recipe, and it can take a little time to get the consistency right. Too runny and the caramel will slide off, too stiff and it will not coat the apple smoothly. If too firm, we suggest you reheat the caramel to make the consistency more runny again.

Method

- Place the apples in a large bowl. Bring a pot of water to a boil, then pour the water into the bowl with the apples. Let rest for about 30 seconds, then remove the apples and wipe them clean. This will help the caramel stick to the apples later.
- Line a baking sheet with foil and grease it with butter, oil or non-stick spray. Push a lollipop stick into each apple, hammering it gently against the counter. Be careful not to go straight through to the opposite end.
- In a deep saucepan combine the sugar, butter, cream, corn syrup, maple syrup, honey, molasses, vanilla and salt. Place it over a medium-high heat and stir occasionally to make sure nothing sticks to the bottom of the pan. Bring the mixture to a boil and cook until it reaches 236°F/113°C, which takes about 6-7 minutes.
- Remove the pan from the heat and let the caramel cool down to about 180°F/82°C. Working with one apple at a time, dip the apple into the warm caramel, letting the excess drip off the bottom. Set onto the prepared baking sheet and proceed with the next apple. If the caramel slides off easily, then let the mixture cool for a little bit longer.
- Let the apples cool completely, then transfer them to the refrigerator where they will keep for about 3-4 days.





witches

SPELLS // CRYSTALS // TAROT // HOROSCOPES