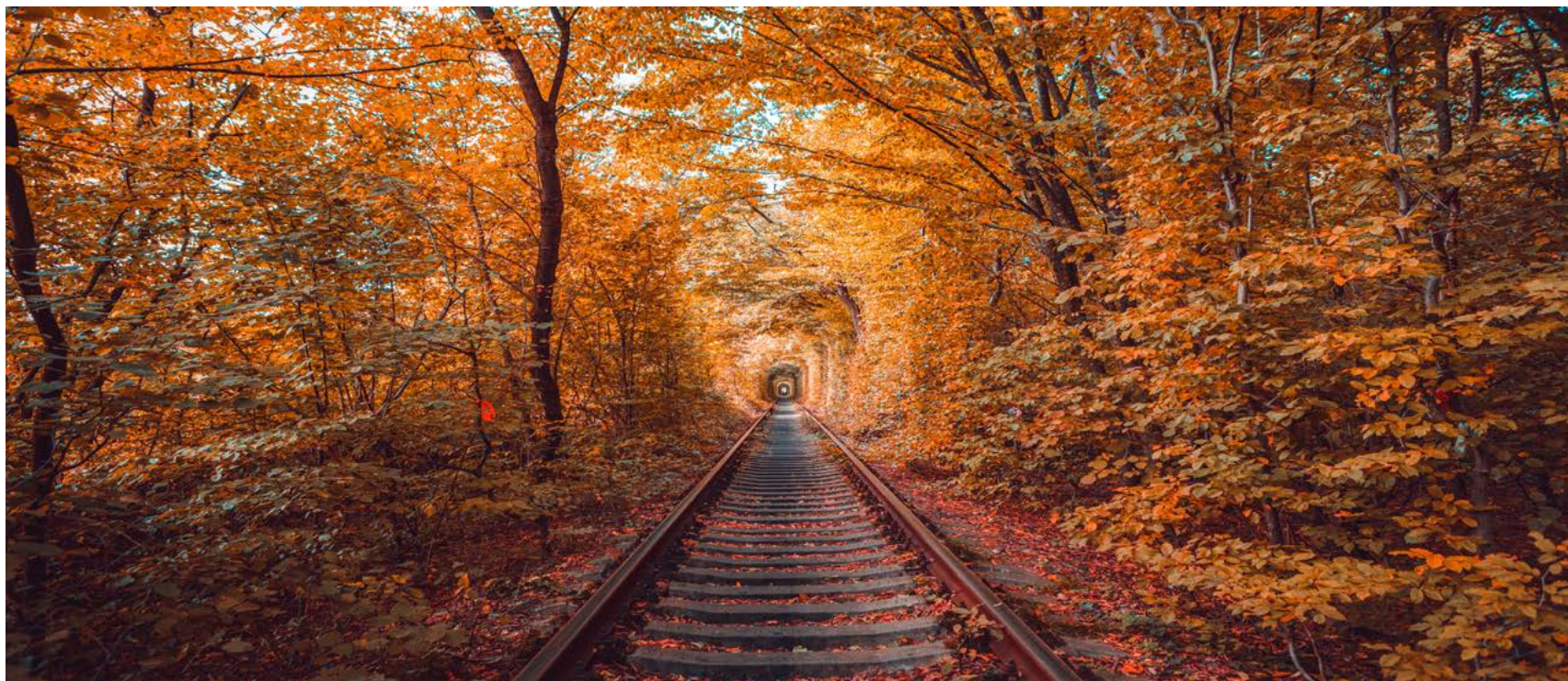


# Metaphysical Times

Issue 2.6

\$3.50



## Applause and Support for WitchesFest USA 2022 Organizer for Fighting Back

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Attempting to change the world can make waves that can be dangerous and damaging to the point that most of us are fearful of doing anything of the sort. Fighting back takes a lot of conviction, energy, and motion that many just don't have. Many individuals practice in the quiet and privacy of their own homes or with close friends and are grateful for the freedom to do that at least. That was not the case with [Starr Ann RavenHawk](#); she definitely deserves some much-earned applause from the Pagan Community.

Starr Ann firmly believes and fights for the right to practice her spiritual beliefs openly and without harassment, just the same as any other churches have been allowed to do for the past 40 years. She has done the work, jumped through the plethora of hoops laid out by her state, and still fights daily to combat naysayers and protestors dead set against her and her follower's right to believe and practice those beliefs whenever and wherever they are.

For Starr Ann, her followers, and most within the Pagan community; spirituality and practices of our

beliefs is not something we only practice on certain days, it is every day! It is the core of who we are and guides our moves, every single day.

I've met with Starr Ann several times over the past 6 months. We met the first time on the Iowa Pagan News Radio Show when I interviewed her with Earl Williams. We did a few Pagan Rights Coalition Round Tables with Ed Sott together also. We shared a lot, discussed things openly despite differing beliefs in some areas, and still managed to work together after the fact. It's been a beautiful thing to experience.

We met outside of those things several times after we purchased the newspaper and explored how we could work together to help grow attendance at the WitchesFest USA event this summer and expose our readers to the many different offerings Starr Ann and her NYC Wiccan Family Temple. She gifted MT with a free ticket to the online portion of the event to give away to one of our readers and placed copies of our first issue (Beltane 2022) on the info table at WitchesFest USA's one day live event. We are hopeful to be able

to attend the live event, as well as have a speaking panel at the online event next year.

To hear that [protestors made aggressive attempts to disrupt the live event](#), and mostly succeeded, this year broke my heart more than a little bit. Starr Ann is a fighter for what is right, and we believe in and support her because we know that she will not stop fighting this. She will take this through the proper channels to ensure that things are different at the event next year, and the many years after. We support and encourage that willingness to fight on behalf of every pagan 100%.

The fight takes more than just energy and effort. It takes money. Money to pay for permits, for attorneys to help bring changes in policies, and for buildings where trespassers can be prosecuted. This is to guard against aggressive behaviors from protestors. You can help support Starr Ann and her ongoing fight against protestors, even up to the Federal Level if she has to get them. We can support the pagan community, by fighting for the right to practice how and where we see fit.

[Visit the NYC Wiccan Family Temple today!](#)



# FROM THE PUBLISHER

Holy wow where has this year gone!?! It's the Mabon Issue already and so much has and hasn't happened. We are still kicking. It's been tough and has taken a lot of fights no one has seen, but we are here and still going. We owe that to our subscribers and supporters 100%. We've had to do a lot of pivoting with the economic roller coaster and make changes that not even we were 100% in favor of to keep things going but keep it going we have another issue. We are extremely proud of that.

The divine purpose we serve through producing the paper is bigger, more beautiful, and longer lived than we as people will be, and it is challenging at every turn, so it's a struggle, but not impossible.

We've come to accept that struggling means pushing through hard times and not giving up no matter how hard the challenges are. Nothing great is ever easy and the Pagan Community is amazing! There are times when things will be difficult, not work out, and not

go according to plan, and not look like anything we wanted it to look like. That must be ok. The challenges have to come, because overcoming them is how we grow and get stronger.

Still, no one has to go it alone. We certainly haven't. Our thanks go out to all of you. We wish you more challenges to overcome, and blessings with all you need to overcome them as we inch closer to everyone's favorite season.

Happy Mabon!



♥ Christy 😊

## Metaphysical Times

The Metaphysical Times is a pagan print and online newspaper made in Northern, Utah bringing news, interests, and services to the pagan community in the US and abroad.

The paper is printed 8 times a year, coinciding with and themed based on the 8 Sabats of the Wheel of the Year. This publication is a conduit for connecting people from all walks with the new, information, and entertainment that matters to them.

\*Reader Advisory- Mature Content\*

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"WHEN I WAS YOUNG, I ADMIRER  
CLEVER PEOPLE. NOW THAT I AM OLD,  
I ADMIRE KIND PEOPLE"

- ABRAHAM JOSHUA HESCHEL



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# The Triple Goddess Mindset

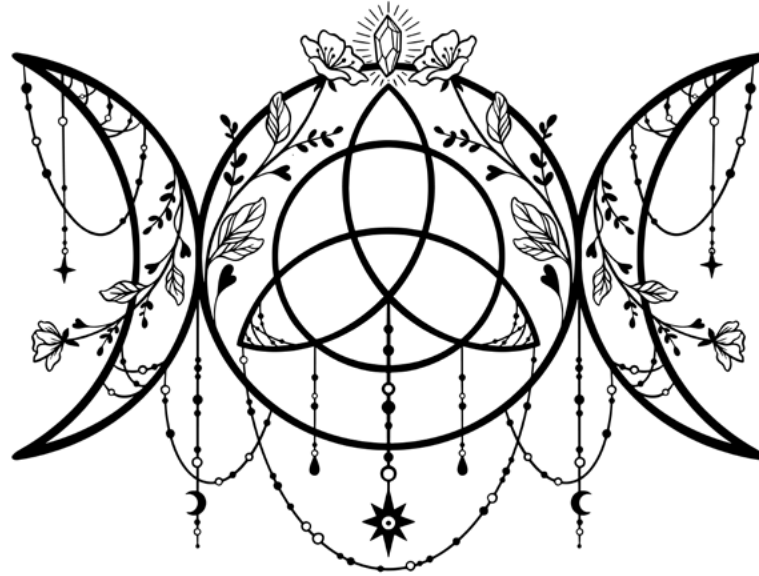
by Elyse Welles

Witches do not deal in binaries. We look to the spiritual, beyond the physical and emotional. We trust intuition which some consider the middle ground of evidence and suspicion. Witches know that the universe is more complicated than good vs. evil: we work magic in the gray areas. It is not man vs. nature: it is humanity, nature, and Spirit. We respect the liminal, and meditate at the crossroads. Triplicity is our mindset, not duality, and it is exemplified perfectly in the Triple Goddess.

The Triple Goddess is the Maiden, Mother, and Crone. As a deity, she has been revered for thousands of years, dating back to Proto-Indo European religions. She is not limited to biological feminine experience: she is a manifestation of the mindset of witches. A mindset that embraces the in between whether at the margins of society or revolutionary and standing out. The Triple Deity guides from three aspects, rather than two, showing that a dualistic, hierarchical, linear thinking does not serve many.

Dualistic thinking is always tied to hierarchy. It generates competition. It necessitates choice, pointing to a single correct answer. Binaries imply a superiority on one side. It's never good and evil, it's good vs. evil, leaving no room for the subjectivity of justice. Man vs. Woman leaves no room for those who are nonbinary, Two-Spirit, Bakla, or transgender people. The dualistic thinking of patriarchy tells us it is us vs. them. It rejects the possibility of middle ground and gray areas, and by extension, discussion.

Many witches prefer the middle ground, the liminal, the crossroads. The Triple Goddess embraces aspects of the three: the past, present and future, fun, necessary, and difficult, experience, knowledge, and wisdom. When one rejects duality, potential is expanded because we accept that there is no failure or success, but the lesson of the process that lies along the journey. By embracing



the Triple Goddess approach to life, we open ourselves to more opportunities by accepting its not just extrinsic or intrinsic, but the self, society, and Spirit that determines what comes our way.

The Triple Goddess also rejects linear thinking. To think linearly is to assume that the further in time we go, the more progress we achieve. Linear thinking believes that the past is less informed, and therefore less perfect. This is true in simple ways: plumbing, hygiene, electricity,

globalization, and travel are all definitely progressive from early days. Things like lamps and toilets, airplanes and Instagram aren't what make us human. Humans made those things. When we look at mankind's depths, what truly encompasses us is empathy. Not to mention our drive for: decision making, rational thinking and memory, creativity and art, written language, community, awareness of self, contemplation of spirit, and reverence for the universe. Lessons of allowing others to



believe how they want, worship how they may, offer things to a god or many gods: these are what makes one human.

The Triple Goddess asks us to remember that time is a construct and we go through all the phases of youth, parent, and revered elder. We are often all three at any given time in our lives. We are the nurturer to children, patients, or customers, but the child in some relationships, or the elder in others. The child is as close to Spirit as the elder, recently brought into life as the latter will soon pass into death. Therein lies wisdom to possess. The parent is influential in the growth of the child, and care of the elder. We are only here because of changes, choices, empathy (or lack thereof) from those who came before. They are still here, in the institutions, inventions, and resources we have and do not have today. The only thing that can save us from the same mistakes is to study them, to call them, and to remember. To embrace our humanity, through creativity, community, and self-awareness, we must be guided by the Triple Deity's reminder to cycle.

Instead of love or loneliness:  
Loving/beloved/loveless

Instead of male or female:  
woman/nonbinary/man

Instead of good or evil:  
Black/gray/white

Instead of thought or action:  
Body/mind/spirit

Instead of inaction and action:  
suspicion/observance/intuition

Instead of life and death:  
birth/growth/wisdom

As we embrace the Triple Goddess mindset, we will be brought to an expansion of being present in the moment and ready in the next. We view time in a different way and enrich our existence through change, progress, and the cycle of youth, parent, and elder. By embracing all three in their prospective ways, we become more in tune with the mindset.



## Featured Stone: Clear Quartz

Quartz is a power stone that harmonizes and balances. It enhances energy and thoughts and purifies the spiritual, mental, and physical. It is said to be a powerful protective stone, bringing in purified energy. Historically this crystal has been used to counter black magic, to perform diagnostic healing, and to communicate with spirits and other worlds. Clear Quartz is associated with the Crown Chakra but also works well on all Chakras.

## Protection from Predatory Gatekeeping and other Harmful Practices

By Christy Mann

The most beautiful thing I have found with Paganism is the fact that in its purest form it is open to everyone. The essential belief is that we are all energy and we all come from, belong to, and go to the same place eventually. We are one, regardless of anything else at all. Always have been, always will be, and no matter what we say, do, think, or believe about anything else, that does not change.

At Metaphysical Times LLC, we feel it's part of our job, as a part of the Pagan Community with a voice that can be heard around the world, to protect our friends, family, readers, and followers from those who would do them harm. Within the community and outside of it. We take that responsibility very seriously.

However, it must be done in a way that doesn't do harm to anyone, not even the ones causing the harm. It is not our job to judge or condemn. We know that in our business we have the ability to do a lot of damage with a single article. Calling out any business or any individual for

wrongdoing, can cause a major loss of their livelihoods and even worse. That is never what we want, and it is not our intent.

Harm is subjective. What may seem harmful to one can be exactly what someone else needs. We understand and respect that. We believe that everyone should also follow this but believing (what we believe) is not a requirement of anyone else. We also believe that applying protections around ourselves and those we care about serves the best purpose the best way without harming others.

We strive to provide education, safety, and empowerment for those just getting started on their spiritual journey, as well as those who have been at it for a long time. Regardless of the path that they follow, we will educate. There are those inside the community and outside of it who would harm others to get where they want to be. We cannot pretend that there aren't. We can only guard ourselves and teach others to guard against them.

New or "baby" witches have a general excitement and urgency to learn as much of the "fun stuff" in magic, it tends to overshadow the important need to learn the more basic but necessary practices of protection. The internet makes it possible to get to the fun stuff right away and despite warnings being clearly displayed that something can be dangerous and urges them to take safety precautions; many times it is overlooked or brushed aside.

This way of learning can quickly lead to an un-intentioned joining with entities or people, getting into things that don't suit their personalities after a short period of time or even later on. The power it takes to undo real damage, get out of, or even step away from some of these lessons, are not as easy as getting into them in the first place.

There are numerous dangers everywhere. We do not suggest everyone lives in fear, but without protection in the powerful equation, many worse things can be brought into the

world. There are practitioners that are doing so at this time, and we do not want to see it happen any more than it already is.

There is a general lack of understanding and when applying protections, there is an attitude of, "This person (place or thing) has harmed me. I am upset and feel powerless. I need some help to strike back against it." Many times this was done without protections and the consequences of a lack of protections has put them into the situation. The consequences could have been lessened, or even nil, if protections were applied in the beginning.

The following incantation can be combined with any ritual, divinity, or symbolic totem of your choosing. It can even be done without anything at all. The incantation can be used to protect ourselves from predatory gatekeeping and harmful practices. The power is in the reminder that we must be our own guard for predatory practices and gatekeeping. If we avoid what our instincts and intuitions tell us, it generally will not be good for us. Repeat daily for best results.

*I am my protector and I trust me*

*My instincts and intuitions tell me*

*What is good and not good*

*For me and those I love*

*I hear and listen but*

*sometimes things get by me*

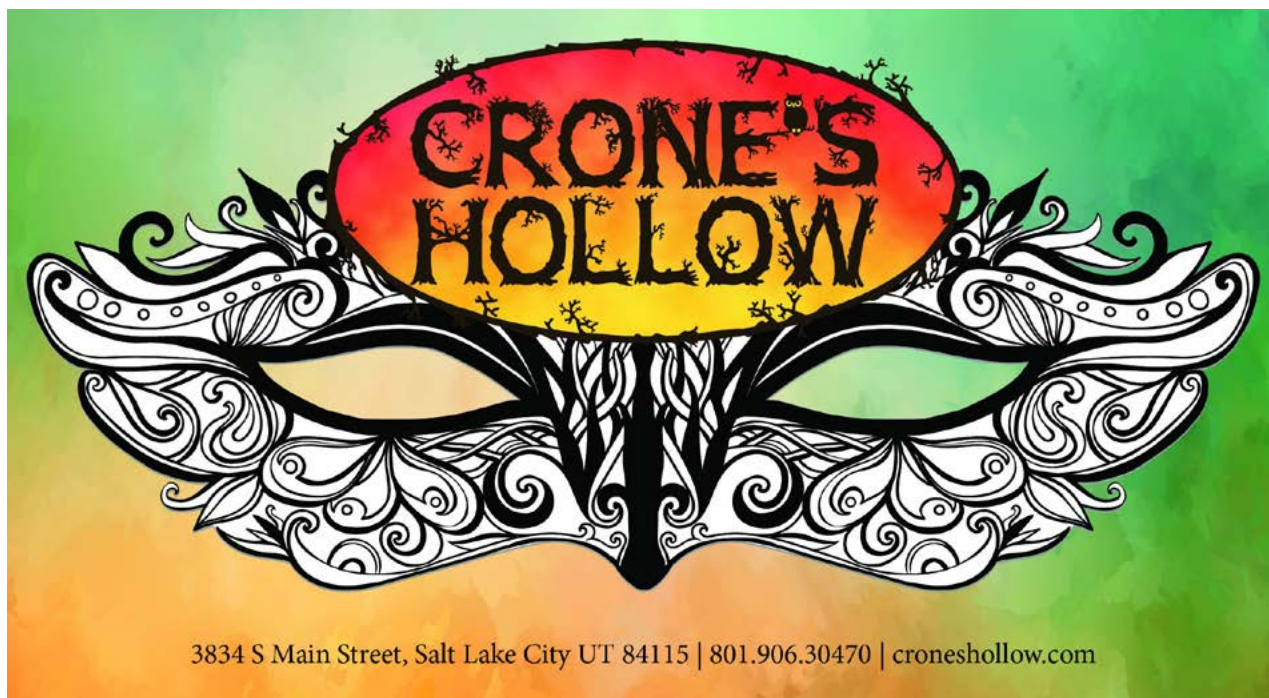
*This spell serves to act as*

*protection in those times*

*From any things that*

*would do me harm*

*So Mote It Be*



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# Hestia: The Greek Goddess of Hearth, Home and Architecture

by Nixie Vale

## Who is Hestia?

Hestia is a goddess from Ancient Greece that is largely overlooked, in favor of other more popular and well-known goddesses. Although she is widely worshiped she is neglected in the pantheon.

Hestia was the eldest child of Cronus and Rhea, and was subsequently swallowed by her father. Hestia was the first born, and the first to be swallowed. Demeter, Poseidon, Hades and Hera all followed Hestia. When Zeus forced his father to regurgitate his children: Hestia was the last to be expelled, leading her to be both the oldest and youngest child.

Hestia was the goddess of the Hearth, Home, Architecture, Domesticity, the Family and the State. She was one of the three virgin goddesses along with Artemis and Athena. Poseidon and Apollo wished to court her though she made a vow to Zeus that she would remain pure and untouched by a man. Zeus agreed and she became off limits to all.

## Venerating Hestia?

Although she was the most widely worshiped goddess in Ancient Greece, she did not have any temples dedicated to her. Because she was the Goddess of the Hearth, she was personified as a fire burning in every hearth of the homes around Greece. Hestia would receive the first offering at every sacrifice in the home. Families would put sweet wine in her name and dedicate the best and richest food for her. The fire in the hearth of each



Art by Yliade Illustrations [www.instagram.com/yliade.art](http://www.instagram.com/yliade.art)

home was not allowed to go out, unless it was ritually extinguished. Even though she didn't have a cult or temple she was worshiped at any temple; regardless of who it was dedicated to. Some towns would have an outdoor fire burning in their communities that were dedicated to Hestia, for the community as a whole, not an individual home or

family. When new towns were founded, one of the public fires would be taken to bless the new town in honor of Hestia. When a child was born, they would be welcomed into the family/community by presenting the child to Hestia's Hearth

## What was Hestia like?

Hestia was said to be the gentlest of the Olympian family of gods,

she was kind, forgiving, passive and non-confrontational. Many think of her as bland, colorless and flavorless because there is not much written about her character. Hestia was a virgin goddess; she never had any offspring, though many believed she would have made a great mother.

## Hestia and I

As a Pantheist, I tend to venerate and worship the divine in broader aspects like Divine Masculine and Divine Feminine and the pantheons of deities are facets of each greater force, that being said in my home I have special altars and places for two goddesses. Bastet (I have cats that have transitioned and are alive) and Hestia. I think she has always had a place in my home, and I have always thanked her for the roof, warmth and joy that has filled my home. I have recently started gathering things that are sacred to Hestia to create an altar in the kitchen, as that has always been seen as the heart of the home - especially in antiquity when the hearth fire was the center of the home.

One of the most prominent things I ask Hestia for is protection of my Hearth and Home with the sacred fire. In the past I have even asked her to reinforce my own personal boundaries in complicated relationships at work and personally. For me, Hestia is that feeling when you get home after a long hard day and you just sink into the comfort of the sounds and smells of home.

## Hestia Correspondences

Counterparts: in Rome she is Vest and in Egypt she is Anuket.

The 31st of December is the Festival of the Hearth fire, which is sacred to Hestia.

Symbols: Hearth, Flames, Cauldron, Key, Kettle

Animals: Donkeys, Pigs

Plants: Poppy, Goldenrod, Angel's Trumpet, Hollyhock, Yarrow, Purple Coneflower.

Scents: Angelina, Lavender, Iris, Peony

Crystals: Amethyst, Garnet, Fire Opal, Fire Agate, Fire Quartz

Metals: Gold, Silver, Brass

Offerings: Sweet Wine, Oils, Food burned in a Fireplace or Cauldron, Fresh Fruits, Cleaning the House, Hosting Guests, Feasting

# Interview with Julia Gates, Shop Owner and Eclectic Witch

Julia Gates (22, she/her) has been studying metaphysics for over 6 years. Her journey began at age 16 when she learned about pendulums and was told to check out a local crystal shop by a co-worker at her first job. Julia was instantly hooked and began collecting crystals on a regular basis. At age 18, she moved out to college and left the Mormon church. It was then that she really started learning more about crystal healing, and eventually entered the world of witchcraft - which can be considered a big no-no in Utah Mormon culture. Julia is now a metaphysical shop owner and community teacher with the goal to eliminate the stigma around witchcraft and the word “witch”.

## How do you relate on a personal level to the Metaphysical Community?

I am an eclectic (non-religious) witch and I study and do a lot with crystals, herbs, spell jars, and energy work. I am a learned clairvoyant and a firm believer that you can unlock gifts that you weren't born with. I teach community witchcraft classes regularly, and try not to have any religious or cultural bias so anyone can attend without abandoning their own beliefs.

## What do you love most about being a witch?

I love teaching! Explaining how the chakras, crystals, or spirit guides work in a scientific way is my cup of tea. I have opened the minds of many people who believe what I do is “evil”.

## On the other hand, what are some things you dislike about being considered a witch?

There is a lot of fear and misunderstanding where I live.

I am sometimes avoided by people who know I'm a “witch”, which is why I'm trying to educate others so it doesn't happen as often.

## How would you fix the world's problems, if you could?

If I could, I would take away opposition so everyone could coexist peacefully in all things.

### About Your Events

## You mentioned teaching and hosting metaphysical events. Tell us a little about them.

I host spell jar classes and open house workshops, group meditations and rituals, Akashic Records accessing, and have hosted grimoire workshops and crystal history lessons. Most of my events are at Cocktail Collective in Salt Lake City as the owner, Alexi, is a like-minded woman and loves helping small businesses succeed. We also host smaller events at our shop location in Murray.



## How would you consider the turnouts to these events?

It really just depends on what other community events are going on! I am really close to Salt Lake City, which is constantly hosting large scale events. On the days those are going, we usually have a low turnout. If we are the only ones hosting an event in the area that day, we reach maximum capacity.

## Are there participants in the groups that surprise you?

I have seen people from the Mormon community I grew up in attend and participate in my events, and I love seeing someone who is open minded enough to branch out and learn about things outside of their religion!

## When is your next event and what does it entail?

I am co-hosting several Mixology & Moon Magic classes throughout October with Cocktail Collective in Salt Lake City! It is an age 21+ experience where you learn how to create a celestial themed cocktail (or mocktail) and afterwards I teach everyone how to make a spell jar that coincides with the drink! We have this event on October 1st, 9th, and 28th at 7pm. (Tickets are available at [CocktailCollect.com](http://CocktailCollect.com))

### About Your Business

## What can you tell us about your brick and mortar store? Is there a reason behind the name?

My shop is called The Pleiadian Altar. The name comes from



a seven-star cluster in the Taurus constellation called the Pleiades. It is believed that healers' and lightworkers' souls originated there. These people are known as Starseeds.

**What kind of items do you carry? Do you have a favorite?**

We carry ethically sourced

crystals, handmade spell jars, "baby witch" kits, candles, jewelry, oils, books, herbs, and tarot/oracle cards. I source from small local businesses wherever I can. I am most proud of the animal bones I scavenged and cleaned in Texas earlier this year.



**Can people shop online with you too?**

Yes! You can find our products on Etsy and our website.

**Where can people find you online?**

[www.UtahCrystals.com](http://www.UtahCrystals.com)

Instagram [@the.pleiadian.altar](https://www.instagram.com/the.pleiadian.altar)

TikTok [@thepleiadianaltar](https://www.tiktok.com/@thepleiadianaltar)

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# A BIG MERRY MEET TO NICK CARLSON

**N**ick Carlson is a 24-year-old horror author residing in Marietta, GA.

Since launching his writing career in 2020, he's self-published a sci-fi/horror novel, been featured in a COVID-19 charity anthology, became a top contributing writer for the horror entertainment site Chilling Tales For Dark Nights, and traditionally published a horror novel entitled Hell's Gulf, released in August 2022 under Temple Dark Books.

Nick's horror passion stems directly from his love for nature and the weirdness it has to offer. Hell's Gulf is a direct result of his years squelching through the North Florida bays and marshlands, swatting at deer flies, evading alligators, and wrangling some of the sea's more dangerous denizens, from stingrays to saltwater catfish to man-sized sharks. It's this unabashed fascination with the natural world that gives Nick the inspiration and drive to create and reflect all that in his work.

**How would you say you relate to the pagan or metaphysical community?**

While I don't ascribe to any pagan beliefs, I am fascinated with the imagery and history behind it, from pre-Roman theologies to the more contemporary expressions. It is a broad system ripe for inspiration, which is important for any author, and I've found members of its community to be very open and willing to engage in dialogue with me. I'm always willing and eager to learn more about this community — after all, inspiration must come from anywhere and everywhere.

**How would you fix the world's problems, if you could?**

I believe if the mentality of seeing ourselves as individuals first and foremost, regardless of any of our immutable characteristics, were more widespread, at least half the world's problems could be slashed. Having this mentality is difficult indeed, especially in a society that incentivises division and "other-ing," so I feel the best we can do is lead by example wherever we can, because those in power right now definitely aren't going to do it for us.

paranormal mystery horror that involves freshwater catfish... and if that doesn't intrigue you then I don't know what will.

**You do have a new book coming out, Hell's Gulf, What can you tell us about it?**

Hell's Gulf is a dark fantasy/horror novel with a comically absurd edge that takes place along the briny shores of Northwest Florida. Rowan Vane, a young college Creative Writing major (aren't they all?) finds himself stuck in the middle of the titular rural beach town on vacation with his broken family. Driven by

*"I believe if the mentality of seeing ourselves as individuals first and foremost, regardless of any of our immutable characteristics, were more widespread, at least half the world's problems could be slashed."*



**What kind of events do you have coming up?**

Temple Dark Books has been advertising at Dublin ComicCon this year and will be there again at their next session. There they'll sell physical copies of both Hell's Gulf and the rest of their library, along with contests and giveaways.

**What concepts are you looking forward to in your new book(s)?**

There are two new concepts rattling around in my head: One is a follow-up to Hell's Gulf set in the 1990s that further showcases the town's history and expands upon the supernatural elements holding it hostage. The other is a completely unrelated

the promise of inspiration and personal growth, he embarks on a half-baked spirit journey through the wilds to find what he's looking for...whatever that might be. But the deeper he dives, the more he realizes he's entangled with the town's shadowy underside, with its menagerie of demonic creatures and its corrupt, blood soaked history. Can he break free from its grasp and emerge a better man? Or will the horrifying truth behind it all kill him?

Being half dark fantasy, Hell's Gulf allowed me to be as unabashedly colorful as I wanted to be, incorporating elements from mythologies ranging from the Caribbean to the Celts, as well as from



the ghost stories told around campfires at family vacations. Unusual for most modern horror novels is the cavalier, almost goofy sense of humor present throughout the story. From our protagonist's self-deprecating asides to the kooky depravity displayed by the townspeople, this is a story defined by its snappy dialogue and lush, shameless descriptions. But it's not all fun and games; it still packs enough heart, horror, and gravity to satiate any fans of the genre. In the end, amid the laughs, repulsion, and chills squirming throughout its pages, my goal was to create a story as fun to read as it was to write.

#### Can people find your books online?

Temple Dark Books is a newly-emerging indie publisher of sci-fi, fantasy, and horror based in Ireland. Since their debut they've put out six books between five authors (myself included) with much more along the way. They pride themselves on their high-quality output and outward marketing strategies, appearing at Dublin ComicCon's March and August sessions this year to sign copies of their books

and host giveaways for eager guests. Indie publishers and authors deserve our support more than ever, especially in today's literary age of merges, monopolies, and lawsuits.

[www.templedarkbooks.com](http://www.templedarkbooks.com)

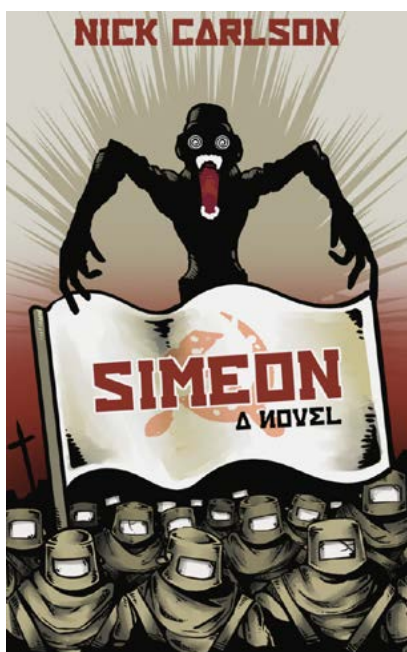
#### If you could offer any tips for budding writers, what would it be?

My big piece of advice for new writers starting out, especially on the Internet, is to make friends and stick with them. Anyone can find submissions and publishers online, but networking allows you to bounce leads off each other and broaden your search beyond what your own parameters are tailored to. Social media is also emphasized in a writer's journey, but the outlet that I find to be the most productive is Reddit. The various writing subreddits are very supportive and engaged, and you are almost always guaranteed feedback and advice when you contribute there.

**Thank you so much for taking the time to speak with us Nick. It's been a pleasure. We wish you all the best and look forward to seeing where you go from here.**



## ALSO BY NICK CARLSON



### Praise for Hell's Gulf

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# Astrological Reading for Mabon

by Nixie Vale

Energy can be difficult to navigate, so here are messages for the signs as we approach Mabon and the balancing energies of the Equinox. I am using Healing with the Angels card by Doreen Virtue.

## Aries

Your card for Mabon is Serenity. You have been desiring a sense of peace and serenity in the past few months, and this card has come at this time of equilibrium to teach you that even within the darkest places, there is a light. The challenging situations that are prevalent in your life does not dictate the sense of calm and peace you can feel, but you have the power to bring serenity into your life which will bring changes to your life

## Taurus

Your card for Mabon is Soul Mate. You have a deep craving in your soul that is calling out for something... something that you can't quite put your finger on. This card coming to your right now is saying that this call has been answered and it's time to pay attention for the signs appearing around you.

## Gemini

Your Card for Mabon is Listening. You have been seeing signs around you, but you haven't allowed yourself to trust these signs, but this card is here to let you know that what you have been witnessing is real and your guides are walking with you. If you are drawn to go somewhere, to meet someone, or to do something, please do it. This is what is needed,

## Cancer

Your Card for Mabon is Retreat. The desire to leave the hustle and bustle of modern life has been very strong in the last few months. Now is the time to step away and do something that you are going to enjoy, and something that has meaning in your life. Taking time for self-care isn't selfish.

## Leo

Your Card for Mabon is Power. Now is the time to stand in your power, and retake what has been taken from you in the last few weeks. Mentally you have a logical mind, which allows you to see the world in an unemotional light. Emotionally you have a great capacity for empathy. Spiritually you have shed the fears of the unknown.

## Virgo

Your Card for Mabon is Archangel Michael. The archangel Michael is by your side as you move through your life right now, giving you courage to release the fears and anxieties that are holding you back. Speak with him when you are feeling unsettled or feel like you may fall, trust him with your burdens and allow him to help you stay true to yourself.

## Libra

Your Card for Mabon is Answered Prayers. The pleading that is deep down in your heart has been answered, and this card is here to tell you that you need to pay a little more attention to your intuition. Observation is key right now as messages can come in words, thoughts, feelings, and actions.

## Scorpio

Your Card for Mabon is Music. Music is magic of its own kind and has an amazing capacity to heal. Surround and submerge yourself in the rhythmic waves of your favorite music. Music can help lift you above the concerns of this modern age. Sing along to your favorites and don't care what others think... This for you!

## Sagittarius

Your Card for Mabon is Abundance. You have an influx of abundance coming your way, which will help ease your worries about security and being overburdened. You are supported by your guides mentally, emotionally, spirituality and physically. It can be hard to have faith when there is such scarcity, but these fears can act as a blockage to your flow of abundance.

## Capricorn

Your Card for Mabon is Blessings. There will be days when you feel you have been abandoned by the divine forces, but this card wants to remind you that you aren't alone, and even though you can't see, hear, or feel them. They are there. Your guides will never leave you, but the fear you have over their disappearance has blinded you to them. It is time to take off the blindfold and embrace the blessings in your life, big or small.

## Aquarius

Your Card for Mabon is Healing. You are a natural healer, but you have been neglecting yourself over the last few weeks and months, but this card is coming to you right now because it is time to focus your healing skills. You are on the mend so keep going with an open heart and mind.

## Pisces

Your card for Mabon is Friendship. The relationships and friendships around you are changing right now, and your sincere honesty will help you through any challenging times. You have been changing internally and now this is having an effect on you on the outside too. Do not be afraid to outgrow people, or yourself. These changes are natural.

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# Full Harvest Moon in September

September's full Harvest Moon reaches its peak in the morning hours of September 10, 2022. Learn how the Harvest Moon got its name—plus, see Moon phase dates, Best Days by the Moon, folklore, and more!

## When to See the Full Moon in September 2022

This year, look for September's full Harvest Moon to rise just after sunset on Friday, September 9. It then reaches peak illumination at 5:58 A.M. Eastern Time on Saturday the 10th, drifting below the horizon shortly thereafter.

## Why Is It Called the Harvest Moon?

The full Moon names used by The Old Farmer's Almanac come from a number of places, including Native American, Colonial American, and European sources. Traditionally, each full Moon name was applied to the entire lunar month in which it occurred and through all of the Moon's phases—not only the full Moon. The Harvest Moon,

however, is a bit different!

The full Moon that happens nearest to the fall equinox (September 22 or 23) always takes on the name "Harvest Moon." Unlike other full Moons, this full Moon rises at nearly the same time—around sunset—for several evenings in a row, giving farmers several extra evenings of moonlight and allowing them to finish their harvests before the frosts of fall arrive.

While September's full Moon is usually known as the Harvest Moon, if October's full Moon happens to occur closer to the equinox than September's, it takes on the name "Harvest Moon" instead. In this case, September's full Moon is referred to as the Corn Moon.

## The Corn Moon

This time of year—late summer into early fall—corresponds with the time of harvesting corn in much of the northern United States. For this reason, a number of Native American peoples traditionally used some variation of the name "Corn Moon" to refer to the Moon of either August or September.

Examples include Corn Maker Moon (Western Abenaki) and Corn Harvest Moon (Dakota).

## Alternative September Moon Names

Other Moon names for this month highlight how September is the transitional period between summer and fall: Autumn Moon (Cree), Falling Leaves Moon (Ojibwe), Leaves Turning Moon (Anishinaabe), Moon of Brown

Leaves (Lakota), Yellow Leaf Moon (Assiniboine).

The behavior of animals is also a common theme, with Child Moon (Tlingit) referring to the time when young animals are weaned, and Mating Moon and Rutting Moon (both Cree) describing the time of year when certain animals, like moose, elk, and deer, are looking to mate.





Courtesy of [www.almanac.com](http://www.almanac.com)



# SEPTEMBER 2022

make kindness the norm.



| SUN  | MON   | TUE | WED  | THU  | FRI | SAT |
|--|---|-----|--|--|-----|-----|
| <p><b>AUGUST</b></p> <p>S M T W Th F S</p> <p>31 1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 31 1 2 3</p> <p>4 5 6 7 8 9 10</p> | <p><b>OCTOBER</b></p> <p>S M T W Th F S</p> <p>25 26 27 28 29 30 1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31 1 2 3 4 5</p> | 30  | 31   | <p>1</p> <p></p> <p>Surprise someone with a thoughtful, inexpensive gift.</p> | 2   | 3   |
| 4  | <p>Labor Day</p> <p>5</p> <p>Take a scenic drive to the mountains to enjoy the Fall foliage.</p>  | 6   | 7  | 8  | 9   | 10  |
| <p>World Suicide Prevention Day</p> <p>11</p> <p>Offer to help someone who has just endured a major life event or loss.</p>  | <p></p> <p>12</p> <p>Share your career goals with your boss or a colleague.</p>                                    | 13  | <p></p> <p>14</p> <p>Donate shoes, boots, and warm clothes to a homeless shelter.</p> | 15   | 16  | 17  |
| <p></p> <p>18</p> <p>Play a board game or do a puzzle with friends and/or family.</p>                         | 19  | 20  | 21   | 22   | 23  | 24  |
| <p>Rosh Hashanah Begins</p> <p>25</p> <p>Send a handwritten letter to someone who's made a difference in your life.</p>  | 26  | 27  | 28   | 29   | 30  | 1   |

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# Sacred Trees from Around the World

by Nixie Vale

Trees are sacred to cultures all over the world, and many have featured in myths, legends, or fables throughout history. Some of the trees below you will have heard of, while others will be more obscure. Today I am going to take you on a journey around the world to look at the different sacred trees important to cultures all over the world.



## The Banyan Tree

This tree is believed to be the resting place of Krishna in Hinduism.

## The Bodhi Tree

This is the tree where Siddhartha Gautama attained enlightenment, afterwards becoming known as the Buddha.

## Donar's Oak

This tree is also known as Thor's Oak. The tree was felled by Saint Boniface and his retinue to build a church; they wanted

it to be on previously sacred ground.

## The Tree of Life

This is one of the trees in the Garden of Eden in Christian Mythology.

## The Tree of Knowledge (of good and evil)

This is another of the trees in the tales of the Garden of Eden. The eating of the fruit from this tree represents the beginning of the melding of good and evil – before they were separated.

## Laeroar

This is a tree that is often associated with Yggdrasil in Norse mythology.

## The Sacred Tree of Uppsala

This is a sacred tree that was located at the Temple of Uppsala in Sweden in the 11th Century. The only thing that is really known about the tree is that it was believed to have green leaves all year.

## Yggdrasil

This is possibly the most famous of the sacred trees. Yggdrasil is an immense mythical tree that plays a central role in Norse mythology as it connected all of the nine worlds.

## Akshayavat

This is a sacred tree in Hinduism, where according to mythology the sage Markandeya asked Lord Narayana to show him a piece of divine power. For one moment, he flooded the world, and only Akshayavat could be seen above the water.

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**Kadamba**

This is a tree that is associated with the god Krishna (in Northern India) and Parvati Radha and Krishna (in Southern India). It is believed that they conducted their love play in the shade of the Kadamba tree.

**Sidrat-al-Muntaha**

This is an enormous tree that marks the end of the seventh heavens, a boundary where no creation can pass. According to Islamic belief, during the Isra and Miraj, Muhammed – the only being who could pass – traveled with the archangel Gabriel to the tree, where the angel stopped walking and beyond this, it is said that God assigned the five daily prayers.

**Datun Sahib**

This is the name of the tree in the main bazaar at Leh Ladakh in India. Guru Nanak visited the site of this tree around 1516. There is no Gurudwara at the site, but there are the remains of a large Meswak tree.

**Cypress of Kashmar**

This is a sacred tree to the followers of Zoroastrianism. According to the Iranian Shahnameh, the tree grew from a branch that Zoroaster carried away from Paradise. He planted this branch in honor of King Vishtaspa to Zoroastrianism.

**Fiscus Ruminalis**

This is a wild Fig tree that had both religious, historical, and legendary significance to the city of Rome. It stood near the small cave known as Lupercal, which according to legend was the cradle of Romulus and Remus, where they were nurtured by a she-wolf and discovered by Faustulus. The tree is sacred to Rumina, a deity associated with birth and childhood.

**Houisugi at Nakagawa**

This is a 2000 year old Cedar tree that is revered by the Japanese locals because it is said to have prevented a great fire from spreading, and the evidence of this fire can still be seen on the tree.

**Ocotea Faetens**

This is an evergreen tree that is sacred to the older inhabitants of El Hierro in the Canary Islands. It is sacred because it allowed the Bimbaches to thrive due to it supplying them with suitable amounts of water, a vital source of life.

**The Holy Thorn**

This is a Hawthorn can be found in Glastonbury, England and is usual because unlike traditional Hawthorns, this one blooms twice a year. It blooms once in the winter around Christmas and again in the Spring around Easter. This tree is known as the Holy Thorn because of the legend of Joseph of Arimathea arriving in England. According to legend, Joseph of Arimathea thrust his staff into the ground of Wearyall Hill, which grew into the original tree. The original tree was destroyed with fire during the English Civil War however it was replaced with another tree in the 1950's. Each year a sprig of the Holy Thorn is sent to the Queen (of England) for her Christmas table.

**Zapis**

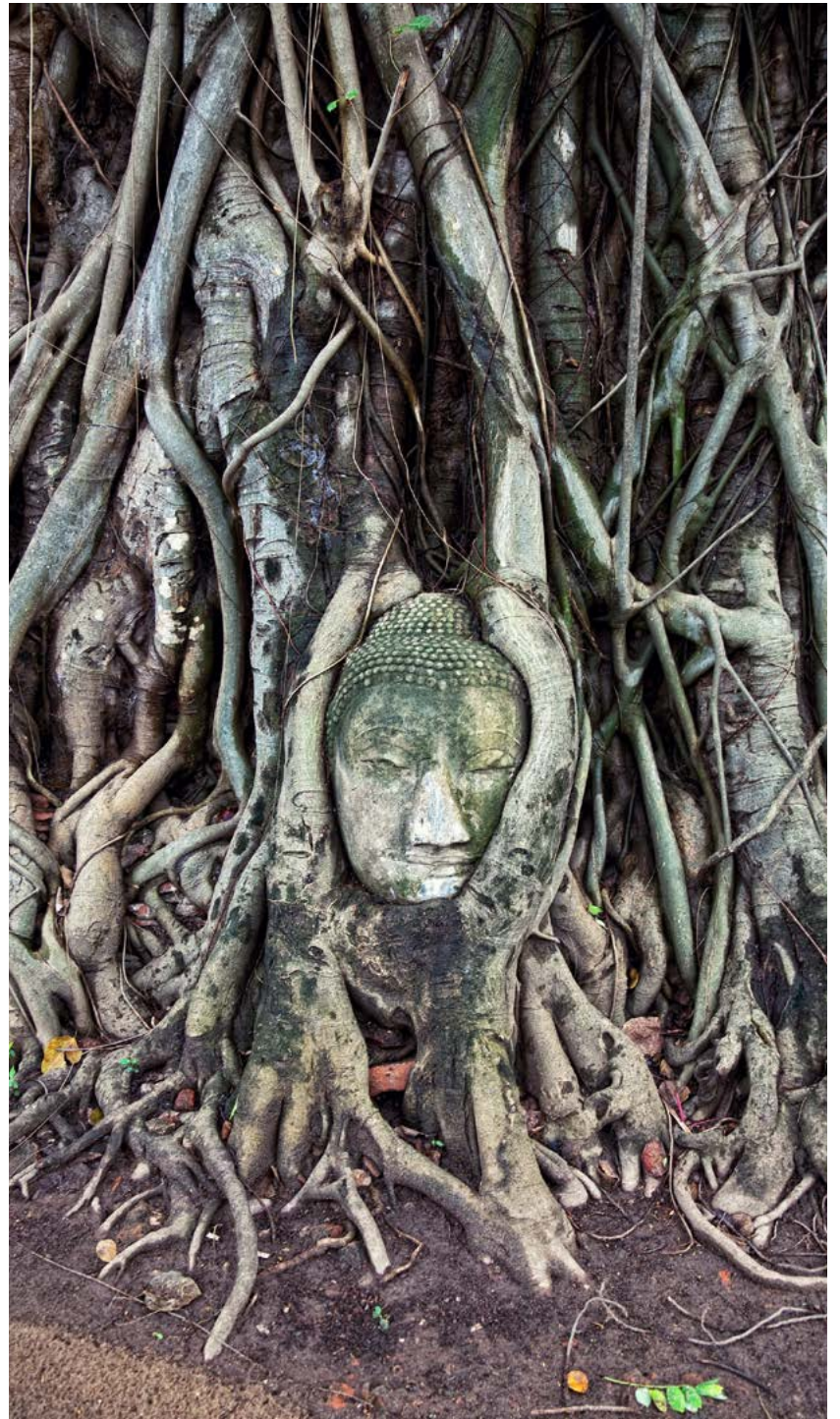
This is a tree in Serbia that is sacred to those who live in its shadow. Crosses were carven into the trunk – it is usually a large Oak. In areas where there was no church, celebrations and festivals were held beneath its branches.

**The Tree of Immortality**

This is a tree of life motif that features in the Quran, which says that it was the only tree in the Garden of Eden – there is no Tree of Knowledge in Islam. The Tree of Immortality would not decay and Allah forbade Adam

and Eve for touching the fruits it bore. As in the traditional story of the Garden of Eden, Satan appeared and told Adam and Eve that the only reason Allah told them not to eat the fruit, is because they would become angels.

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May - October 2022

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(208) 542-5446

**Utah Pagan Market**

Sandy Utah 111 W 9000 S, Sandy, Utah

Debbie Broaderick 801-888-1657

**15th Annual Psychic Fair**

August 14th, 2022 11.00am - 5.00pm

Healing Hands Metaphysical Store, 429 B St, Idaho Falls, ID 83402

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# Band Directory

**Brian Henke**

[www.reverbnation.com/brianhenke](http://www.reverbnation.com/brianhenke)

**Celtica Pipes Rock**

[www.facebook.com/CELTICA-Pipes-rock-110758404049380](https://www.facebook.com/CELTICA-Pipes-rock-110758404049380)

[www.celticarocks.com](http://www.celticarocks.com)

**Krista Chapman Green**

[www.facebook.com/krista.chapman.16](https://www.facebook.com/krista.chapman.16)

[kristachapmangreen.bandcamp.com](http://kristachapmangreen.bandcamp.com)

**Tempest**

Band Leader Lief Sorbye

[www.tempestmusic.com](http://www.tempestmusic.com)

[facebook.com/tempestcelticrockband](https://facebook.com/tempestcelticrockband)

**Louis Garou**

[louisgarou.bandcamp.com](http://louisgarou.bandcamp.com)

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**Sencha Skene**

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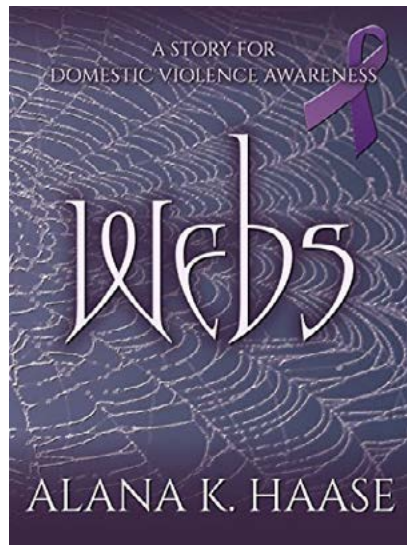


# Merry Meet to Alana K. Haase

We are excited to get to tell you about Alana K. Haase. We've known her for a few years now and have worked together on several writing projects in one way or another. She's been traveling this summer, focusing on just enjoying life moment to moment, writing, and promoting the upcoming release of one of her books as an audio book.

She's always been a helper and healer, in her own right. She's been a nurse for many years. She is always willing to jump in and help someone out whenever she can. She's also always willing to share information she learns with someone else when she knows it could help them out too. Her writing, in books and in other formats, is written with the intent to always be helpful to someone somewhere.

She has several books out and I highly recommend reading all of them if you are interested in getting through life's ups and downs with some kind of map that you can refer to and stay or get back on track in the direction you want to go in your life. I want to primarily draw focus and bring attention to one



book in particular, though.

"Webs" is a short horror story with an amazing and powerful twist. You just have to read it to know what we mean. The reason she wrote it is what impresses us the most. It was originally published in October 2017 and she set it up as a way to raise funds and awareness for Domestic Violence Awareness Month that first October. It's become an ongoing thing every October since 2017.

She's survived more than her fair share and knows firsthand how difficult it is to break from relationships of all kinds (not just romantic ones) that are harmful and disempowering. She needed something that would help her take her own power back (more than she had at that point), and help others take theirs back too.

"Webs" is getting a new format this year! It's going to be available as an audio book very soon.

Follow Alana at

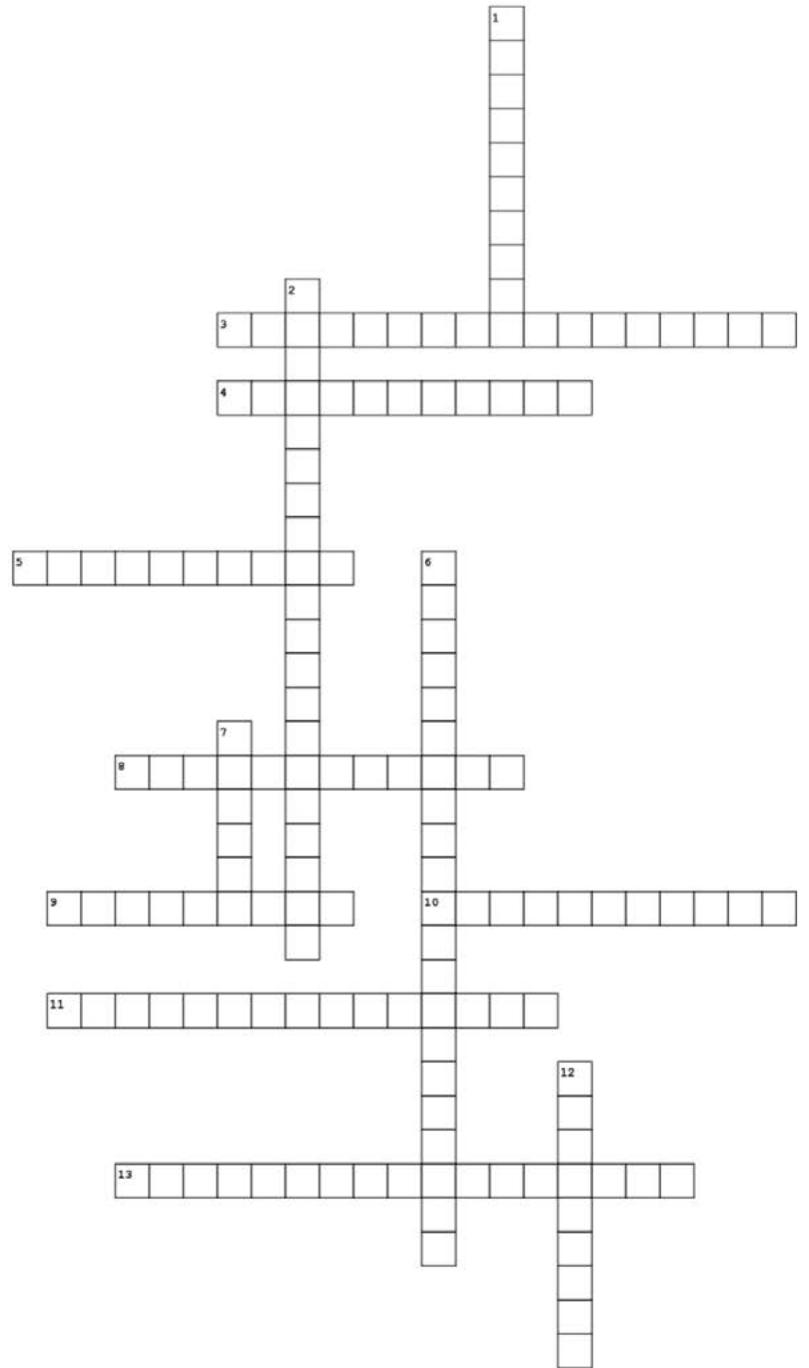
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## Metaquizzicle Times Crossword



**Across**

- 3. The triple goddess (6,6,5)
- 4. Clear quartz is associated with this (5,5)
- 5. Sacred Hindu tree
- 8. Healing the Angels card creator (6,6)
- 9. Norse tree of the nine worlds
- 10. The Harvest Moon (3,4,4)
- 11. Emerging indie publisher (6,4,5)
- 13. The shop name for Utah crystals

**Down**

- 1. 2022 pagan festival
- 2. Julias co-hosted classes (8,3,4,5)
- 6. Facebook name for Alana (10,7,4)
- 7. Gentlest of the Olympian Gods
- 12. New book by Nick Carlson

**LAST ISSUE ANSWERS**

- Down**
- 1. Blackthorn
  - 3. Morrigan
  - 4. Muladhara
  - 5. Sahasrara
  - 7. Coffee
  - 8. Adventure
  - 10. Van Gogh

- Across**
- 2. St John's Wort
  - 4. Money
  - 6. Richard Madden
  - 9. Preserves
  - 11. Lughnasadh
  - 12. Oracles

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