

Metaphysical Times

FULL MOON

ISSUE 7 OCTOBER 2022

MAGAZINE

**Full Moon Fiction:
A Girl's Best Friend**

**Kitchen Witch's Cauldron:
Traditional Irish Bambrack**

Advice to a Younger Me

FULL MOON MAGAZINE

Want to write for Metaphysical Times and Full Moon Magazine?

Metaphysical Times and Full Moon Magazine are looking for quality metaphysical and pagan content for our paper. We serve a large pagan audience and would like to be the pagan community's #1 News Source.

What We Want: Neutral news based articles relating to pagan holidays, metaphysical shop openings, new services available, and reports about and from events that are open to and accepting of the pagan community. Text based interviews with pagan business owners, musicians, artists, and authors are also acceptable.

Column writers are welcome to submit a request to write a column for the Metaphysical Times by emailing editor@metaphysical-times.com with Column Offer in the subject line. Do not send article submissions to editor@metaphysical-times.com. They will be rejected.

What We Don't Want: political rants or screes, satire, stories blaming your problems on other people, articles involving cruelty as entertainment, anything comparing your life to the holocaust, articles about how everything was fine until X, articles promoting violence against any group.

We are creating a new space for art, personal narratives, and articles with topics about the moon, its deities, fictional stories, and poetry.

The submission process and the rate of pay for these submissions published in the new space will be the same.

You will be notified upon acceptance where your article is going to be placed (in the newspaper or in the new space) with more information about the new space.

Readings of any kind are no longer being accepted for the print version of the newspaper. If you do astrology, runes, or other types of readings and have interest in writing a column in an upcoming monthly space, please email editor@metaphysical-times.com and put Reading Column Request in the subject line. Do not send article submissions to editor@metaphysical-times.com. They will be rejected.

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Submission Guidelines

Submissions: We will only accept submissions online and according to these submission guidelines. **Submissions should be 300 to 1000 words. Include a bio, your pronouns, and one link to where readers can connect with you.**

Format your submission in standard manuscript format and include your physical and email address in the body of your emailed submission. Submissions without this information will be rejected. Please add editor@metaphysical-times.com and MetTimesSubmissions@gmail.com to your whitelist otherwise our emails to you may go to spam. This is for acceptances and follow up correspondence only. Do not send article submissions to editor@metaphysical-times.com. They will be rejected.

You will get an email on acceptance for the current publication. Due to print limitations, articles may be held to be published in a later issue or other format, if the current issue is full.

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Metaphysical Times Full Moon Submission Deadlines 2022

2022 Issues	Publication Date	Contributor & Ad Deadline
Seed Moon	April 1st	March 15th
Hare Moon	May 1st	April 15th
Dyad Moon	June 1st	May 15th
Mead Moon	July 1st	June 15th
Wyrt Moon	August 1st	July 15th
Barley Moon	September	1st August 15th
Blood Moon	October 1st	September 15th
Snow Moon	November 1st	September 15th
Oak Moon	December 1st	November 15th

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

The magazine is printed monthly. 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

Contact (385) 326-5488

www.metaphysical-times.com

Publisher: Christy Mann

publisher@metaphysical-times.com

Full Moon Editor: Sabrina RG Raven

Lead Editor: Emily Thornton

editor@metaphysical-times.com

Layout/Design Manager: Sabrina RG Raven

Webmaster: Michael Slosson

Northwest Regional Distribution

Manager: Rick Tschauder

Ads and Logistics: Henry Dalton

ads@metaphysical-times.com

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A Girl's Best Friend

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The Dying of the Light

The Dying of the Light by Sabrina RG Raven

ADVICE TO A YOUNGER ME

BY NIXIE VALE

Over the last two decades you have seen and done so much, you both you and I know that we didn't have a guiding hand, to show us things, to explain things. I would like to be the guiding hand that I never had when I was your age. Everything is new for you right now, and I remember being overwhelmed by all the information, and it was the dawn of the internet being widely available, which means so much more is there ready and waiting. Please don't make the same mistake I did and try to learn everything all at once because you will burn yourself out, school is so much more important than your desire to learn

everything about your spiritual calling, that I know you feel, even now.

One of the most important things I would like to impart, is that MAGIC IS EVERYWHERE! From the sound of a babbling brook, a crack of thunder, the breeze in the trees, and earth beneath your feet. The more you open your heart and mind to this magic, the more you will learn about the magic around you. The more you're open to these experiences, the more frequently they will show up, and the clearer you will be able to feel about your own magic.

Things are not that important

When you first started, I know you wanted all the fancy "tools" you saw in books and in popular culture. The truth I want to tell you is that you don't need these things. They are tools alone, the magic, the energy for a spell comes from you. While having an ornate athame, or a large crystal ball are great, they are not necessary. You spent months saving up for the wand "of your dreams" (and I admit it was gorgeous) but you will find over the years as I did, that a stick, a pen, a flower, or your finger will work just as well as that wand. The natural



world is full of magic, and I don't want you to be as blind to it as I was.

Rebellion and the Witch

You are going to come across people who simply won't want to understand what you believe, or why you believe those things, and that is okay. You aren't rebelling against "the system" or the church, you aren't trying to upset anyone, and in your future, you will have friends from all over the world, and from different paths. When people say you are just rebelling but know in your heart that you are in the right place and on the right path. For hundreds of years the term "Witch" has been demonized and fear created of natural and spiritual beliefs and practices. Since the late 50's witches have tried to reclaim the word as something positive, but there are people around you that will see it as nothing other than evil.

Respecting Cultures

Oh boy.... This is something that I wish I knew about way back then, but back then the spotlight we have now wasn't so bright or blinding. I know you always had respect for the people around you and their beliefs (even when they didn't respect yours). There will be times when you will learn about a certain practice, but not truly understand the meaning behind that practice, or why it is so important to that culture. Witchcraft has no defined right or wrong ways to practice – and before you say anything, the Wiccan Rede is a guide for Wiccans, many witches do not follow it. Mysticism, Shamanism, and witchcraft are all different things, and while for you information is limited, it is important to have the respect for the WIDE array of spiritual cultures and practices.

Your Ancestors

You have powerful magic in your blood. You are born of Cerridwen and Frigg! I know right now you have been struggling with your Welsh heritage, but I want to say it is okay to research your heritage and how your ancestors lived, and what they believed. This won't change the anger and resentment for your father, but it will help you to understand from where your blood flowed. I wish I would have let go of that resentment a long time ago, and it set me



free. You can be proud of your Welsh and German heritage, and you should be. If you don't want to work with your more recent ancestors, then work with your ancient ancestors, and the ancestral energies from the land and its creatures.

Grounding, Centring and Protection

If I could have learned some things sooner, here are some of my best advice:

Learn how to ground and center yourself, so you can work from an energetically neutral place. When you do any kind of magical work, it's important to be grounded and centered, this allows you work from a level platform from which you can work your magic

Protection, protection, protection...You have been working on raising and releasing circles in which to do spells in the future, but there are so many ways to protect yourself, your home, and your magical

work. Crystals like Black Tourmaline, and Onyx. Herbs like Rosemary and Black Pepper. Visualizing a pentacle around your home, or a bubble of white (or rainbow) light that surrounds you.

Keep detailed notes about your magical and divination works. I wish I had kept notes about the spells and rituals that I had done back then, and I wonder how helpful I would have found it back then. I know aunty T told you to keep your thoughts and feelings about tarot cards, and we started and never finished it, but I would say don't give it up.

When you walk further along your path, remember that not everything will go right, but each mistake you make is an opportunity for you to learn. No witch has a 100% success record, and if they say that, they are probably fibbing, because over the last 24 years, I have found that people don't always tell the whole truth.

)O(Rainbow Love Light and Blessings *)O(*

I WOULD RATHER

I would rather wear flowers in my hair,
than diamonds around my neck.
I would rather walk barefoot on the grass,
than wear shoes in a city.
I would rather dance in the rain,
than cower under cover.
I would rather lay and see the stars,
than watch the lights of man.
I would rather love you now,
then live with regret.

by The Rainbow Witch



MY PROMISE

I will walk through fire to be at your side.
I will swim the oceans to stand by you.
I will climb the highest mountains to be what you need me to be.
I will scour the skies to be there for you.
In happiness, in sadness, in anger and in mirth I will be there by your side. Walking
with you through everything life can throw at you.
I will be arm that defends you, the shoulder to support you, the ear to listen to you and
I will be the strength you need to get through each challenge
You are the family that I have chosen and the family I will always protect, defend, love
and support. From and until the ending of time itself.

by The Rainbow Witch

KITCHEN WITCH'S CAULDRON

TRADITIONAL IRISH BARMBRACK

Ingredients

225g plain flour

2 tsps of baking powder

375g packet of fruit mix

250ml cold tea

50ml of whiskey

125g light brown sugar

1 large egg

1/2 tsp of mixed spice

A ring/trinkets to place inside



Instructions

1. Place the fruit mix in a bowl and pour over the whiskey and cold tea. Allow to soak up the liquid overnight.

2. Preheat the oven to 170C/340°/Gas Mark 3, and grease and line a 900g loaf tin. Combine the flour, baking powder, sugar and mixed spice in a mixing bowl. Make a well and break in the egg, and using a wooden spoon mix the egg with the dry ingredients. Add a little bit of the liquid the fruit mix is sitting in and mix it through. You may not need all the liquid – you are looking for a wet dough. Then stir through the fruit mix until everything is thoroughly combined.

3. Add in the ring – and any of the other traditional symbols of a pea, a piece of cloth, a matchstick and a coin – and stir through. Spoon the wet dough into the lined loaf tin and place in the oven on the middle shelf and bake for one hour. Remove from the oven and allow to cool slightly before removing from the loaf tin and placing on wire rack.

4. Cover in cling wrap and tin foil and allow to sit for one to two days before cutting into it. Serve in slices spread with a little butter and nice cuppa!

CRYPTOZOLOGY CORNER

Harpy

Origin: Greek

Appearance: The harpy is known for its bird body and human face, usually sporting human breasts as well. Both reported as hideous by some but beautiful of face by others, most commonly they were described as human vultures.

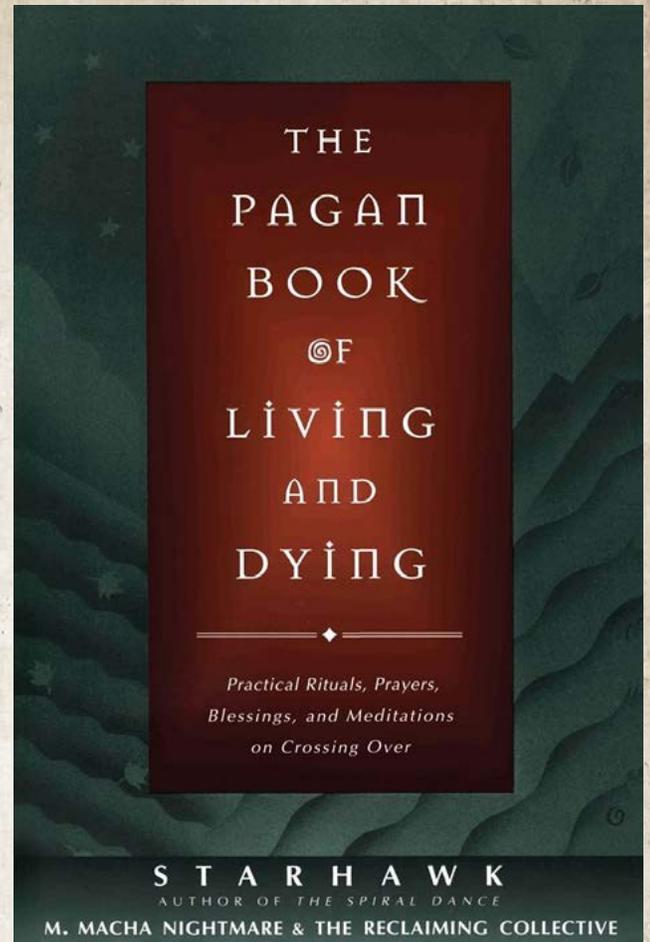
Skills: These fearsome creatures were creatures of punishment. Usually found tormenting those on their way the to Tartarus. Described as having razor sharp talons and an insatiable hunger, they were known to fly as quick as the wind.

Harpies were also known to snatch evil doers from where they slept and take them so fast it was like they had disappeared.



BY SABRINA RAVEN

BOOK SPOTLIGHT



The Pagan Book of Living and Dying

By Starhawk, M. Macha Nightmare and The Reclaiming Collective

A groundbreaking addition to today's popular literature on death and dying, in *The Pagan Book of Living and Dying* is the first comprehensive guide to Paganism's beliefs and practices in facing death.

In response to her own mother's death, Starhawk, the bestselling author of the classic *Spiral Dance*, along with other Pagan authors, created in inspiring collection of essays, original prayers, blessings, and meditations that present the Pagan way of dying. In the tradition of such bestsellers as *How We Die* and *The Tibetan Book of Living and Dying*, it offers a new understanding of death and the rituals that surround it, adding insight and depth to spirituality.

An inclusive, respectful, and deeply spiritual guidebook for those in the Pagan community and beyond, this powerful resource will help the dying make the transition between life and death, and their loved ones will find spiritual comfort and strength through the grieving process. It shows us that death can be a process of renewal and transformation.

HarperCollins US Language: English Paperback: 288 pages

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