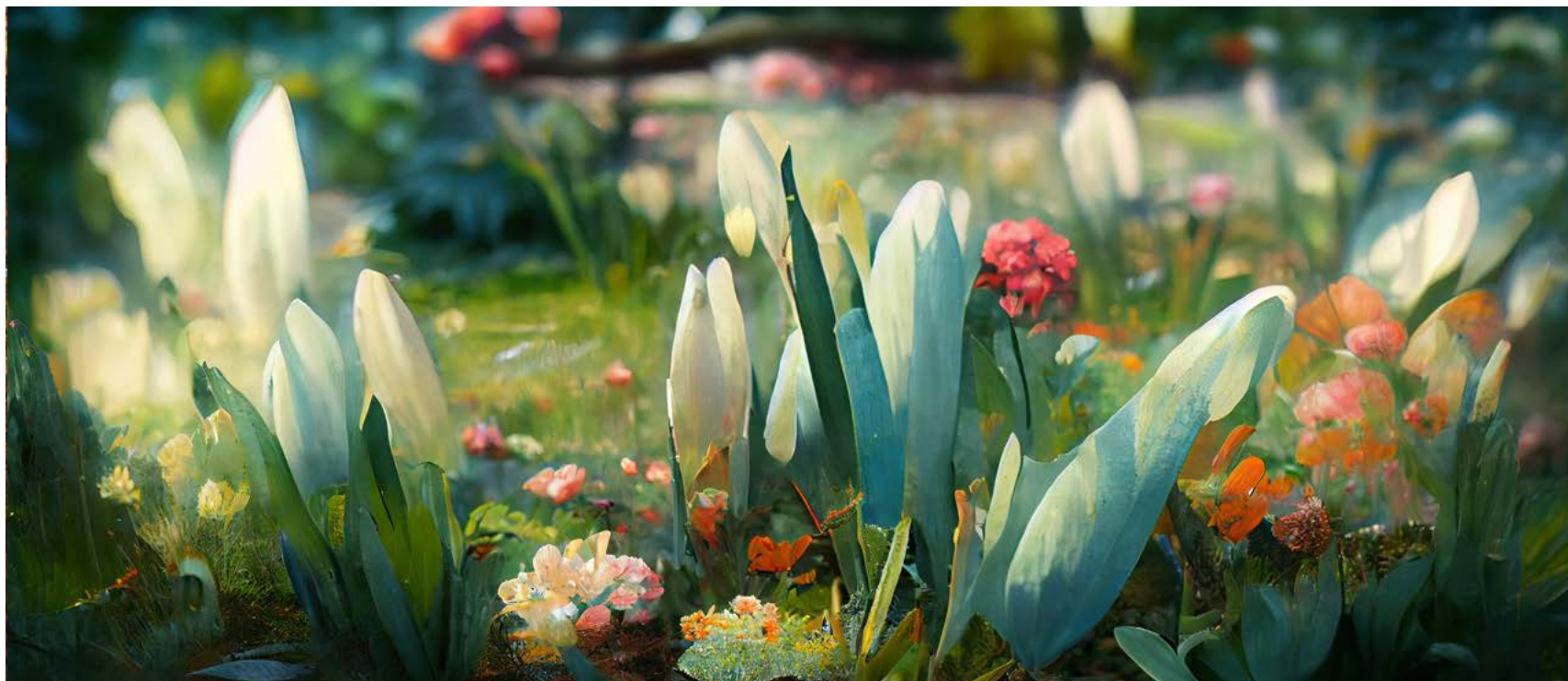


Metaphysical Times

Issue 3.1

\$3.50



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The Quickening

by Cat Gina Cole

The Quickening

That is what my grandmother called what we now know as Imbolc. "You can feel it", she would say. "Everything is trying to rush toward spring just waiting to bust out" Then she would tell me if we had 6 more weeks of winter on the way or not. Which was often accompanied by "Who needs a ground hog! I can tell the weather my damn self!" "This is when all the young ones are so darn annoying" she would go on. "They feel a potential birth in them and don't know what to do with the energy. It's best for them to go tend the garden and keep busy to keep out of trouble." She was talking about heightened sexual energy in the young and it is true of the animals and plants too.

To me Imbolc has always represented the third trimester pregnancy. That pressure right before birth in the cycle of life. That is the feel of the world energy

I get this time of year. Many things are about to be born. The Earth is warming, plants are quickening from that warmth and it is time to protect them and watch them carefully. There are still a few more cold storms coming before spring. It pays to be patient a bit longer with such things. So, tend the garden of your life and prepare for what you want to birth come Spring Equinox. For me the preparation for Imbolc begins with the Yule, the winter solstice and culminates on Imbolc with a birthing ritual for the new year. Following is some prose I wrote that describes that process.

THE DARK TIME, REFECTION AND BIRTH

Yule is the mother's time to rest full of bounty and for Winters Crone to rise and tighten her grip on this, the longest night.

Winters Crone now weaves her spell, enticing the planets

to tilt and dance.

With winter now fully set, cold, and still in her hand, the planets come to rest.

Her spell now cast; Winters Crone now weaves the shadows of our past.

Now her puppets too, we tilt and dance through the shadows long cast.

The Crone's eyes gleam like the sun, showing us the deep cold shadows of our souls.

Her laughter is the cracking ice that stills the earth and our souls.

The Mother's time wanes to the winter crone, yet the spark of life remains within her, the sun will birth once more.

The crone's spell now spent, her grip on darkness now gone, the maiden rises with the sun.

We rise with sparks of life, as the sun warms our souls once more, winter now done.

Imbolc now birthed, with the warmth of the Earth and sun.

Many Blessings to all!

FROM THE PUBLISHER

Happy New Year!

What a ride it's been. Our 1 year Anniversary as the new owners is just around the corner! We've had some ups and downs we made it!

We wish for each one of you the best, most wonderful year of growth, love, and

forward momentum that will carry you well into the future.

We are looking forward to a full year of connecting people with the people places and things that they need to succeed. As practitioners of magic, we have the power and

ability to make life what we want it to be and make real differences in other people's lives. We are looking to make some big changes for the better this year. We hope you are too!

Happy 2023!



♡ 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.

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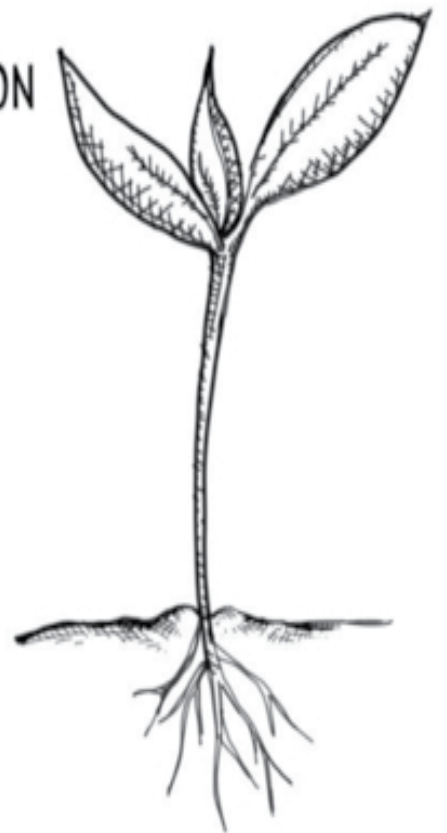
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"DON'T JUDGE EACH DAY BY THE HARVEST YOU REAP BUT BY THE SEEDS THAT YOU PLANT."

- ROBERT LOUIS STEVENSON



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Imbolc Activities

by Nixie Vale

Imbolc is only a few weeks away now, and I know some of you are still in a tizzy about what to do to celebrate this sabbat. Here are some activities YOU can do - in groups, as a family or alone. Some of these activities you can do if you are “in the broom closet”.



Place a candle in each window – on the night before, and allow them to burn until morning – please keep candle/fire safety in mind here.

Take a walk and look for signs of Spring – this is great for the family and yourself. Walking is proven to improve health, and connect you to nature and your surroundings.

Make your own candles – as one of the greater Sabbats, it is known as a “fire” festival.

Research deities – that are related to Imbolc and Fire.

Decorate a plough and display it on your front doorstep.

Dedicate or rededicate yourself – Imbolc is a time known for initiation/dedication for newbies and for rededicating oneself.

Make Brigid Crosses – Make the cross out of straw/wheat and display them around your house, but I do like to add some color so I use pipe cleaners

Bake Imbolc themed treats – Oat Cakes, bread, Winter Vegetables and soups.

Perform spells or rituals – for spiritual cleansing, focusing, new beginnings and growth.

Prepare seeds – Prepare the seeds and plants that you are wanting to put in your garden in the Spring.

Garden planning – Do you have something that you want to try growing this year? Plan out what kind of soil it needs to grow and thrive

Spring clean and cleanse – This is the perfect time of year to start cleaning and cleansing your home and sacred spaces.

Set up an Imbolc Altar – Setting up your altar should never be a chore and should bring you joy.

Imbolc bath – Have a milk bath to help cleanse and recharge before the spring.

Bride’s Bed – Make a Brides Bed for the corn dolly you may at Lughnasadh, or make a bed for a doll – my “dolly” is a doll I made by hand 10 years ago.

Meditate – Meditate on the things you are wanting to manifest and grow in the coming year.

Crystal Gridding – Create a crystal grid with crystals and stones associated with Imbolc, such as: Amethyst, Calcite, Carnelian, Chrysocolla, Malachite, Moonstone, Turquoise, Garnet, Onyx, Bloodstone, Clear Quartz.

Intentions – Review and evaluate where you wish to go this year, and what your intentions are for the coming Spring.

Journaling – Creating a journal of the growth you wish to make, work on your Book of Shadows, or write down anything important that you researched.

Divination – Have you ever wanted to try a new form of divination, this is the perfect time to start that journey.

Spring’s Return – This is something that you can do if you need to hide the craft, note down (or post on social media) about the signs of spring that you are seeing around you.

Fire – Imbolc is a fire festival and Brigid is the guardian of the sacred fire, so if it is possible have a small fire or light candles to honour the Sacred Fire.

Cinnamon – Cinnamon has strong associations with Fire so cooking or baking with Cinnamon is a great activity and something else you can do if you are in the Broom Closet

These are just a few different kinds of activities you can do during Imbolc. Have fun with it, the craft is never meant to be work.

Ancestral Pattern Breaker

by Crystal Couch

As a parent with foresight on the ability to be an ancestral pattern breaker you really learn to examine every aspect of raising your littles.

Generational patterns are often repeated unconsciously because we tend to parent similar to how we were parented. Being the 'chain breaker' of these cycles that don't align with our belief systems that we have formed ourselves later in adult-hood isn't an easy task. But it's well worth taking the journey on looking within to see what habitual patterns we are following, and the effects they have on children.

Recently the phrase, "Don't cry", struck me as one of many condescending and thoughtless phrases we say to our kids.

Why is this such a universally accepted expression?

If we take a deep look at potentially what can be perceived in their minds when we say things like, "Don't cry," a different picture arises from those two words, and honestly, it's heartbreaking.

To them, though unintentionally derived, they can be hearing; your feelings aren't valid or showing emotion is weakness.

And these thoughtlessly expressed words overtime can and will absolutely create a block within our young one's energy body from feeling they need to store these emotions within. A lot of us have these exact blocks within our own chakra system from absorbing and distorting phrases similar to the one we are discussing.



Emotions are meant to be felt in the moment, not repressed.

It's a burden to carry these pent-up emotions, especially on their little souls that are still learning what these feelings mean and how to properly express them. Over time these reserved emotions will begin to weigh you down energetically, often without even realizing when and where the initial hurt began.

These wounds can follow you through an entire lifetime, possibly even multiple lifetimes if it's deep seated enough and never addressed. Like Winston Churchill said, "Those that fail to learn from history are doomed to repeat it." and this is very true within many facets of our being. Not only within our own lifetime but the cycle

repeats like a broken record from generation to generation until someone bold enough and brave enough decides 'enough is enough' and puts in the work to heal themselves and present their healed version to their children while utilizing their newly obtained growth to address their parenting tactics.

If any of this has resonance then answer the call to be the one within your family line to take a deep look within every aspect of how you were raised and how you are in return raising your own littles. Be courageous, do the shadow work and make any needed changes that arise.

After all, a lot of being a parent is guiding our children through life and teaching them from the most mundane of things to the most profound life lessons.

We are responsible for their wellbeing which extends much further than what can be seen on the external, we are the one's their soul chose to learn from in this lifetime. And this is the most humbling honor anyone can ever be granted when looking at it from this view.

Begin with setting an intention to raise your children through the lens of soul lessons you've already learned. Set them up to enter the world well prepared and well rounded. There is absolutely no need for our babies to be wandering through life lost.

Set a secondary intention to be conscious of the words and phrases we use, not only with your kids but with each other. Words have power and we never want our littles feeling unable to share their heartbreaks with a parental figure because of these little but BIG unconsciously spoken but nonetheless detrimental "mantras".

But by rising up to the challenge and breaking these conditioned false narratives within ourselves and our families we are intentionally choosing an enlightened course of action that will have a profound ripple effect across waves of generations.



What's on my Altar

By Nixie Vale

Over the next few Sabbats I will be sharing my altars with you all, and this time I thought I would explain my altar, and why I have used the items on the altar. One of the things that are on EVERY altar that I create, is a pair of hand-dipped candles from the Goddess Temple in Glastonbury. I was given them back in 2014, so every altar since has featured these, and I find that it ties all of my altars together in a special way. These candles never get lit, largely due to the fact they were a gift, and I know how much they cost - some special things are too precious to be used.

Last year I wasn't able to find the Brighid's cross that I made a few years ago, so that is missing, but here is a list of what was on my altar last year.



Salt & Pepper Cauldrons

I found these cute little cauldrons at under a fiver (they had damaged boxes) and I decided to put Salt and Pepper in them. Salt and Pepper can be used for protection, and having them on my altar means that my room's sacred space is protected from negativity at all times. They change every new moon.

Imbolc Crystals

The crystals that I have used on my altar that I feel work well with the energy of Imbolc.

Herb Bundles

These are herbal bundles that I made back in 2020, I used Garden Sage, Rosemary, Lavender, Rose and Bay Leaf, all of which grow in my garden.

Crystal Ball & Cauldron

This wasn't exactly intended, but rather a happy accident. I moved the crystal ball off the metal stand to put the Calcite Sphere on (I adore the stand sooo much) but I didn't have one big or strong enough for the big ball, so my cauldron became a sphere holder.

Calcite Sphere

Optical Calcite is breathtaking, and this faintly golden color is perfect for this time of year with the sun not quite strong enough to warm the land.

Salt, Bay Leaves and Candle (with a Red Jasper Goddess)

This is a very simple altar piece I found floating around social media for years, and I now incorporate it into my own Imbolc Altars. It is a great way of welcoming the promise of spring if you have little space or time, and if you're a closeted witch, it's easily hidden and you can use a battery Candle if flames are a no no. The Candle represents the first signs of life that are starting to push through the earth into the sun. The Salt and Bay Leaves represent the heralding of

Spring and the promise that lies within.

The Red Jasper Goddess is a figure of the Venus of Willendorf. Red Jasper is one of my favorites for strength, Balance and grounding, and over the years I have found that I can connect really well to the Earth's energy with Red Jasper, which is why I got a Goddess figure in this stone. The fact she is the Venus of Willendorf is because she is shaped more like me.

Soil and Candle

This is another version of the above altar style, but instead of Salt, I dug up some soil from the

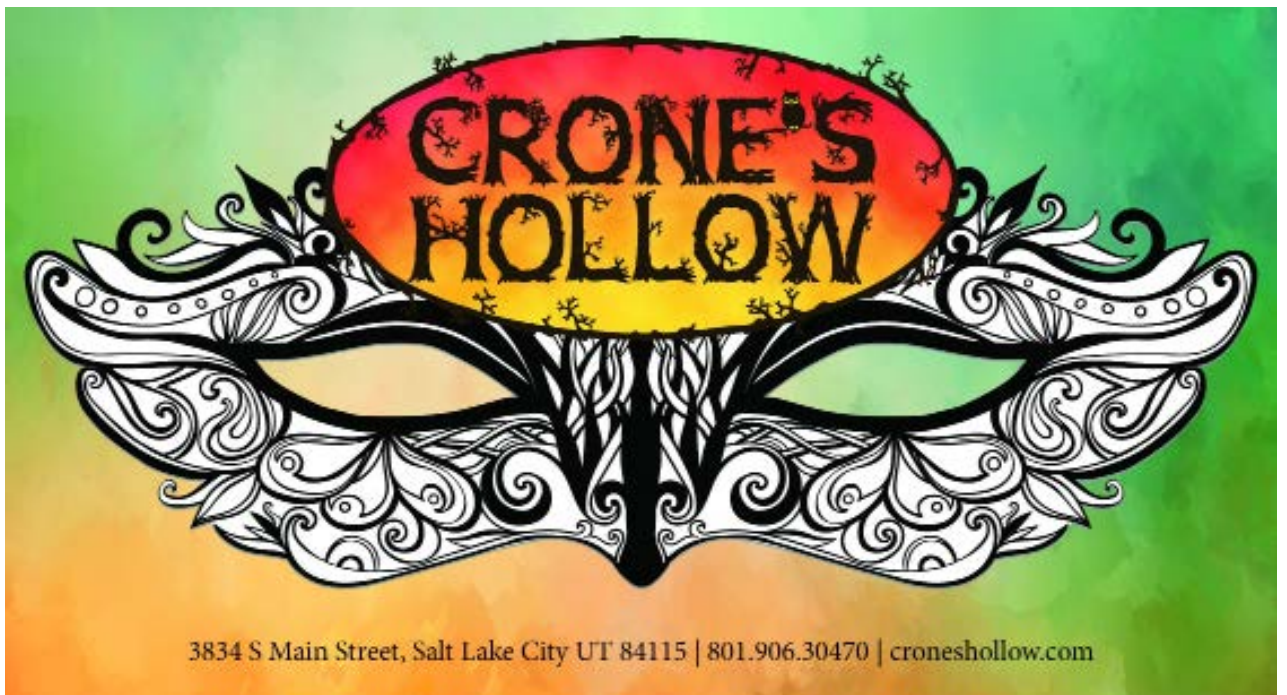
garden and put it in ... originally it was in a bowl but Havoc decided that wasn't a good idea, so I put it in a heavier Candle holder. The tea light represents the first signs of spring and life stirring beneath the earth. This is a more literal version really.

Drum

Different right? Well, for me drums represent the heart beat of the Earth, and as a deaf witch I find the vibrations of drums feel grounding and lull me off into a state of meditation. I actually have 2 drums, one has a slightly higher vibration, while this one is lower and I find more grounding and earthy.

Please Note

- 1) This is my sacred space and what I use may not be what you agree works
- 2) I am disabled, so my altars are not as complex, intricate or as I wish they could be
- 3) I have two cats, so I always try to have everything animal friendly.



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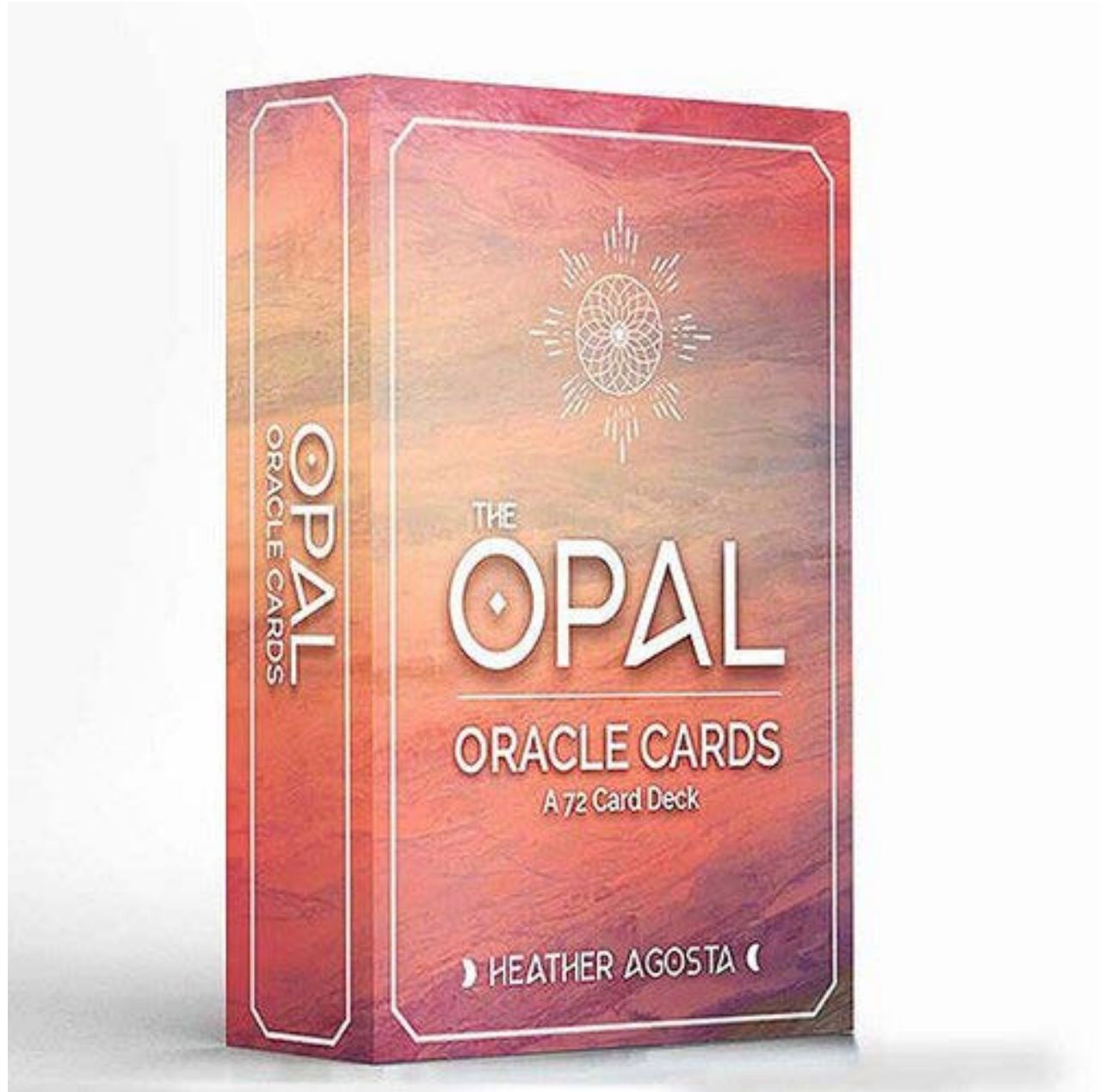
REVIEW: Opal Oracle Cards

Creator Heather Agosta tells us we can use this deck for divination, mindfulness, insight, as a Tarot clarifier, and to provide reassurance and encouragement. She explicitly states that the Opal Oracle is not designed for giving predictive readings. Search for your “yes-or-no” answers elsewhere.

The physical cards are a little larger than most divinatory decks, but are slick and flexible, so shuffling is not difficult, no matter what style of shuffle you prefer to use. Instead of symbolic images, the cards show faceted mandalas in various sacred geometric expressions on a wide range of watercolor hues to convey mood and light. Each card then carries a short list of keywords (harness creative energy), a single theme word (Inspiration) and a brief explanatory paragraph. The print is easy to read and the colors are truly inspiring.

A small booklet offers advice and suggestions for employing the cards for different intentions. The seventy-two ideas are truly designed to be uplifting and encouraging with single word titles like Expectation, Guidance, Listening, Pause, Patterns and Forgive.

Energetically, I can tell you that they feel light and beautiful, seeming to trigger the heart chakra and head chakra (for me, anyway). I have worked with many decks over the years, but I only review the ones I truly feel drawn to. I believe users and readers will find this a valuable addition to their own collections.



OPAL ORACLE CARDS

Created by Heather Agosta © 2020
Intuitive Wayfinder & Soul Realignment Practitioner

72-card deck \$40.00
Shades of yellow, pink and violet

“...readers can dive more deeply into a path of self-compassion...”



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Imbolc Altars

by Nixie Vale

We are only a few weeks away from Imbolc now, and if you haven't already, thoughts are turning to creating an altar to honor the festival. An altar is part of your sacred space, and it doesn't matter how big or small your altar is, if it works for you, then that is all that matters. I would normally have an altar set up on my pine chest, with a nice pale yellow cover and go from there, but with my 8 and a half month old kitten, Phoenix, I couldn't do that this year, so I collected some things together and made an altar on my windowsill. I can put it up and take it down easily, so come Imbolc I know that I can quickly put it up and then take it down once I wish to take it down. You go with what works for you and ignore

what people say you 'should' have.

The first thing I think about is color because color is an integral part of my craft, but it's also a fantastic starting place. What kind of feeling do you want your altar to have? Color a great way of setting the mood for your Imbolc celebrations. Red, White and Green are very traditional colors for Imbolc, as the white represents snow, red represents the sun, and the sacred fire that is kept safe by Brighid, and green represents the promise of life that lies beneath the earth. Yellow and orange can also be used to represent the sun, and brown can be used to represent the earth that life will spring forth from. You don't have to only

use plain fabrics, you can go crazy. Why not find a nice floral pattern, or tartan inspired material. You can use as many colors as you want, go crackers, mix colors, mix patterns. It's YOUR altar, remember.

The overriding theme of Imbolc is New Life, and the Earth's waking to bring forth new life, and new beginnings, and what you have on your altar should reflect that for you and your path. Imbolc is the herald of Spring, it is announcing that Spring is coming and life is starting to wake. You can use Spring flowers on your altar. I like the idea of having some snowdrops on little terracotta posts that have been painted white. Evergreens are also something you can think about,

showing the permanence of nature, that even when in the depths of Winter, nature is always around you. Candles are something that you can incorporate more color into your altar. You can use taper candles, tea-lights, pillar candles or like me a mixture of different kinds. I like the aesthetics of different height candles. Something that might not always come to mind is bringing some soil from outside and place some candles in it. You can see in these pictures below that I have done just that.

Imbolc is closely associated with the Celts, so using Celtic symbols, and the Celtic knot bit here are some other correspondences for Imbolc.



Imbolc Correspondences

Colors: red, orange, yellow, green pink, white and brown

Crystals: Amethyst, Bloodstone, Garnet, Onyx, Ruby, Turquoise, Kunzite, Quartz and Rose Quartz

Decorations: a witches broom, lights and lamps, yellow flowers, candles and candle wheels, Brighid's Bed, Spring Bride Dolls, Brighid's Crosses, horseshoes, seeds, wells, fires.

Foods: egg dishes, dairy foods such as milk, cheese and yogurt, scones, cakes, biscuits, curry dishes, pepper, onion, chives, garlic, seeds, herbal teas, and spiced wines.

Spell work: catalyst spells, spells for beginnings, rejuvenation spells, purification spells, spells for good luck for future endeavors.

Deities: Athena, Brynhild, Branwen, Vesta, Brighid, Lucina, Bannink, Diancecht, Essus, Pan, Braggi, Cernunnos, Faunus

Incense: Basil, Bay Leaf, Camphor, Cinnamon, Frankincense, Jasmine, Lotus, Myrrh, Primrose, Rosemary, Violet, Vanilla and Wisteria.

Herbs: Angelica, Basil, Bay Laurel, Blackberry, Celandine, Chamomile, Cinnamon, Coltsfoot, Crocus, Dandelion, Dill, Frankincense, Heather, Iris, Myrrh, Nettle, Primrose, Rosemary, Saffron, Tansy, Violets

Merry Meet Sunbow Pendragon

with Rick Tschauder for Metaphysical Times

We asked Sunbow Pendragon, author of *The Black Knight of Avalon Chronicles*, *The Natanleods*, and *The Ruby Phoenix Chronicles*, some questions to answer for their potential readers about their work.

Sunbow, thank you so much for agreeing to answer some questions for us. Can you tell our readers a little bit about yourself? How many books have you written?

I have written 25 books, divided into three separate series, and one standalone Novelette.

Did you always see yourself as a writer?

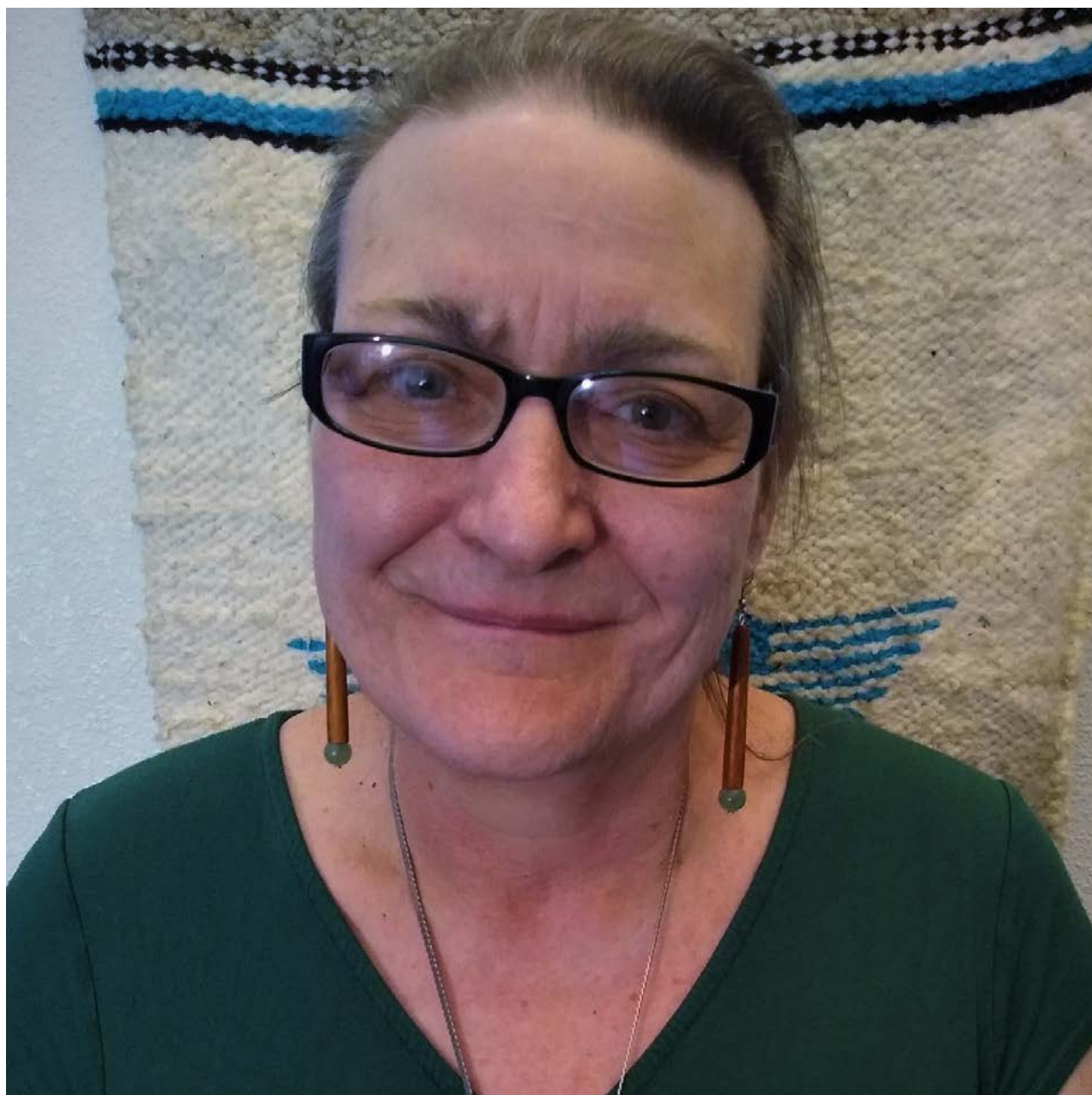
I had always wanted to be a writer, but never thought I had the gift. I kept writing and writing, but I was never happy with the stories and they ended up in the recycling basket.

Do you do this full-time or part-time?

Yes, I do this full-time! I do all my own promotion, as well as writing and editing the rough drafts. My husband, Razor, does the final read through for each book, which really helps me refine the story.

Can you give us a short synopsis of each series?

Sunbow: I have three separate series. The *Black Knight of Avalon Chronicles*, is based on the Camelot legend. The seven books in the series were all inspired by a very vivid dream I experienced over 25 years ago. In this dream, I was approached by a great lady, dressed in shining white. She took my hand and told me she had something to show me. What I experienced afterward was so startlingly real that I could touch things - such as the linens on the tables in the dining halls. I could hear things: people's conversations and other sounds. I could see what was happening and I could smell all the odors. When



I awoke from the dream, I told my husband what I had experienced. He urged me to start writing it down. The main character is the Black Knight of Avalon, and the tale is told from his perspective.

My original series is called, *The Natanleods*. It is the tale of a magickal family, ruling over a magickal land between the worlds. In Book 1, *Knight Commander, Part 1*. Concealed behind a cloud of mist that surrounds their land, the Natanleods - an ancient royal family - rule over a usually peaceful people. The books

tell of a time of civil strife, a struggle of good against evil. This is the tale of Erinn, a poor farmer's adopted son. When his step-father is murdered, and his mother and sisters taken away by a cruel ruler, he is left to himself in the wilds until he is found by a famous troupe of mercenaries.

The third series is *The Ruby Phoenix Chronicles*, the tale of an extraordinary Swordswoman on a life quest, in search of as much training and education as possible. Her story starts in Damascus, on the Street of Steel, where her father Marius is the

Guildmaster of Smiths. After a violent incident within the confines of her father's sword shop, Diredra finds herself leaving Damascus with her father in the dead of night as they search for a fabled order of female warriors rumored to live high up in the mountains of Italia.

This may sound like a funny question; but, why do you write?

It makes me happy. When I am writing, everything else goes away. I have so many ideas for books that when I finish one, I can hardly wait to start the next one.



Do you ever get writers' block?

Oh yes and when I do, I have learned to put it away and go do something else for a while. I like to garden and work in the kitchen.

Do you set a special time and/or place to write?

I write in the corner of our kitchen. It's private and quiet, but still allows me to monitor what's happening in the living area.

When you write, do you use longhand, a typewriter, or a computer?

I started out all longhand, with pencil on legal pads. Eventually, we were able to acquire a Brother word processor, which accelerated the process considerably. When we got a computer, it went even faster.

How much research do you do when writing?

I don't script out my books, I

just let them flow. I research as I'm writing. If I need to verify something, I look it up on the Internet. I like to have some historical content in my books, and I like to make certain that content is as accurate as possible.

What was the hardest part about writing?

Just getting started - and letting myself believe that I was good enough to produce something that someone might read.

What was the easiest part in writing?

Once I got started, it was hard to stop. I really enjoy the ebb and flow of the narrative, watching the characters develop, and "listening" to their conversations. My characters surprise me all the time.

How did you publish your books, and why did you choose this way to do it?

I waited a long time and tried

a paid publishing company - which I quickly learned was a terrible mistake. When I heard about Amazon, I decided to re-edit the books and publish them in their format, then try promoting them on Facebook. We had no money at the time; but as I was unemployed, I had the time to devote to writing, editing and promoting. Amazon is free to use, and so is Facebook, so I took the opportunity presented and went for it.

What do you do to relax?

Oh wow... I like to bake and cook to relax - and I love working in my garden. I have to admit, I use Facebook to relax too. Talking with my friends can be very therapeutic for me.

Which authors have inspired you?

Oh my... the list is long, so I shall keep it to those I choose to collect. Of course, Arthur C. Clarke, Terry Brooks, Mary Stewart, Marian Zimmer Bradley, Ursula K. Leguin, Ray Bradberry, Robert Howard, David Eddings, Tolstoy, JRR Tolkien, and JK. Rowling... to name just a few

Do you have a favorite book?

Oh my... no... it's too hard to choose amongst my friends.

For your own reading, which

form do you prefer: an actual book or digital?

Actual books! I love the feel of a real book and the smell of old books.

Have you collaborated with other authors?

Not yet.

Are you working on anything specific right now?

Yes! I just released Book 14 and 15 of The Natanleods.

Do you have any advice for aspiring writers?

Keep writing, keep researching, keep trying!

Where can our readers find your book(s) to check them out and purchase them?

My books are available online through Amazon, Barnes & Noble, or Goodreads. You can find all the links to my Amazon site on my Facebook page: Sunbow's Lair. I have starter sets of Signed books available and when you purchase one of the packages, you get a FREE book!

Thank you again, Sunbow Pendragon, for letting us get a glimpse into your world.

I thank you for having me. It was a pleasure answering these questions.. Love and Light to you.



Imbolc Readings

by Nixie Vale

For Yule I was given three amazing new tarot and oracle decks, and I have decided to use one of these new decks for the first of my Sabbat readings. I am using the Spellcasting Oracle Cards by Flavia Kate Peters and Barbara Meiklejohn-Free. These cards are absolutely beautiful and I am so glad to have them.

Aries – Closure

You are coming to a cross roads, and it is time to choose whether to stay as you are and hope things get better if you give them enough time, OR you can take a different route, and finally leave the shadows and forge your own way. It can be extremely difficult to find closure, but bigger, better and brighter things are on the horizon.

Taurus – Answers

You have many questions buzzing in your mind, you already know the answers to most of them, but you rely on the opinions of others to find them. Take some times to reconnect to yourself, and the wisdom, experience and knowledge you have in the memories and within yourself. You have no need to look for the approval of others, you have the answers.

Gemini – Reconciliation

Something is feeling familiar right now, and it is evoking memories of times long past. It is time to take a walk down memory lane because there is knowledge and wisdom there which will help you with the current situations. Be careful not to get lost within the past.

Cancer – Manifestation

You are a magical being with the power, will and determination

to bring what you wish for through manifestation.

Showing Spirit that you are willing to do the work needed to bring forth what you desire, and Spirit will match the efforts that you put in. Acknowledging both the light and shadow self will bring alignment within, and bring you into alignment with Spirit.

Leo – Happiness

There is a part of yourself that is on a quest to find your own version of “true happiness” but the first thing you need to do in your quest is to decipher what gives you that buzzy feeling. You are searching for happiness, but not stopped to really look at yourself and what makes you happy from the inside.

Virgo – Grieving

You are experiencing feelings of great loss right now, and it is important that you acknowledge these feelings, and let them flow freely. Each tear is a sign of the love you had. The pain in your heart will pass, and the days will not always be so dark. You will feel whole again, but you need to give yourself the time to grieve what you have lost.

Libra – Good Luck

You have been experiencing hardships, setbacks and obstacles whoever you turned has left you leaving very negative, and it is these negative thoughts and feeling

which prevent you from moving forward. Now is the time to grab the opportunities that present themselves allowing a more positive outlook to come forth. You have the power to change your own luck.

Scorpio – Passion

The love and passion you once had for live has been dimmed by circumstances, but it is time to cast this melancholy a s i d e and letting all the fears you have held on to. Your sparkle, your inner fire needs a little TLC right now, so allow yourself to remember the times where you shone brighter than the Sun, and let this passion and enthusiasm fill you from core to skin. You haven't forgotten, you have simply been distracted.

Sagittarius – Forgiveness

You have been hurt so much in the past, and now is the time to let that go, and move forward into a better, happier space. You need to forgive yourself for the mistakes you made, forgive yourself for making decisions which were made in the moment. The best thing you can do is to leave the resentment and hurt behind you, and start making new bonds and experiences without the heaviness of sorrow and hurt.

Capricorn – Love

The love that you have been craving and searching for is nigh, all you need to do is

manifest it into reality. You will know when you have found it, because you will start noticing signs and synchronicities that normally you would have missed. You have a very loving nature which has been seeking nourishment and celebration lately, the time to have a little faith and trust your inner self will recognise the love that's meant for you.

Aquarius – Lighten Your Load

You're feeling like you are carrying the weight of the world on your shoulders, but you have the power and choice to stay under the weight, take it in your stride, or remove yourself from it. It is time to breathe, take stock and only take what you need as you move forward. If it's not your burden to carry, leave it alone. Allow joy and laughter to fill the space where the weight used to be.

Pisces – Life Purpose

You have been playing it safe for too long, and now is the time to get your butt moving. You have always felt this fluttering call for so long, and you've never done anything about it, but now you are starting to see signed that you can't ignore. Your guides have tried to show you the way, now they will tell you the way with signs you cannot hide from.



FULL MOON

MAGAZINE

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Full Snow Moon in February

February's full Snow Moon reaches peak illumination at 1:30 P.M. EST on Sunday, February 5. It will be below the horizon at this time, so for the best view of this Moon, look for it starting the night before or later on Sunday; it will drift above the horizon in the east around sunset and reach its highest point in the sky around midnight. See when the Moon will be visible in your area.

one: it's known as the Snow Moon due to the typically heavy snowfall that occurs in February. On average, February is the United States' snowiest month, according to data from the National Weather Service. In the 1760s, Captain Jonathan Carver, who had visited with the Naudowessie (Dakota), wrote that the name used for this period was the Snow Moon, "because more snow commonly

falls during this month than any other in the winter."

Alternative February Moon Names

Names for this month's Moon have historically had a connection to animals. The Cree traditionally called this the Bald Eagle Moon or Eagle Moon. The Ojibwe Bear Moon and Tlingit Black Bear Moon refer to the time when bear cubs are born.

The Dakota also call this the Raccoon Moon, certain Algonquin peoples named it the Groundhog Moon, and the Haida named it Goose Moon.

Another theme of this month's Moon names is scarcity. The Cherokee names of Month of the Bony Moon and Hungry Moon give evidence to the fact that food was hard to come by at this time.

Why Is It Called the Snow 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, not just to the full Moon itself.

The Snow Moon

The explanation behind February's full Moon name is a fairly straightforward



*article from www.almanac.com

FEBRUARY 2023

make kindness the norm.

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Host a fun Super Bowl get together with friends.	Write encouraging letters to strangers who need them. Google "The World Needs More Love Letters" for details.	Plan to send an anonymous bouquet of flowers or candy to your local nursing home.	Show appreciation! Bring a variety of bagels to work for your team to enjoy.	Donate interview appropriate clothes to disadvantaged individuals entering the workplace at DressForSuccess.org.	Host a dinner with acquaintances and invite someone new to the group.	FREE DAY! Find a way to show someone you care.																																																																																																																
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Bring a pot of tea over to an elderly neighbor's home to enjoy over a long chat.	Plan a neighborhood cleanup day with neighbors to pick up litter.	Buy flowers or a new plant for your office space and an extra one for a co-worker.	Collect baby clothes and supplies and donate to new parents who need them.	Give out sincere compliments today.	Learn something new. Take a dance or exercise class.	Read a bedtime story to the child in your life.																																																																																																																
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Practice a moment of self-reflection today.	Purchase coffee for your team members and write words of affirmation on the lids.	Spend an afternoon at a cultural museum.																																																																																																																				

Visit www.randomactsofkindness.org for more kindness ideas. Courtesy of the Random Acts of Kindness Foundation. www.randomactsofkindness.org

RANDOM ACTS OF KINDNESS

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Gods and Goddesses of Imbolc

by Nixie Vale

Traditionally Imbolc is associated with the goddess Brigid, but here are other gods and goddess that are associated at this time of year. Thanks to festivals like Lupercalia and Valentines, many of the gods and goddesses are associated with love and fertility.

Anu Celtic/Irish

I'm Irish folklore Anu is an Earth goddess from whom all life came into being. She is seen to embody all that exists in nature, from the highest peaks to the deepest oceans.

Aengus Celtic/Irish

Aengus is known as the Young One and is the God of Love, Poetry, and Youth. Aengus is the son of he Dagda, and chief among to bards of the Tuatha

de Denan. He inspired kings, charmed women and tricked his enemies.

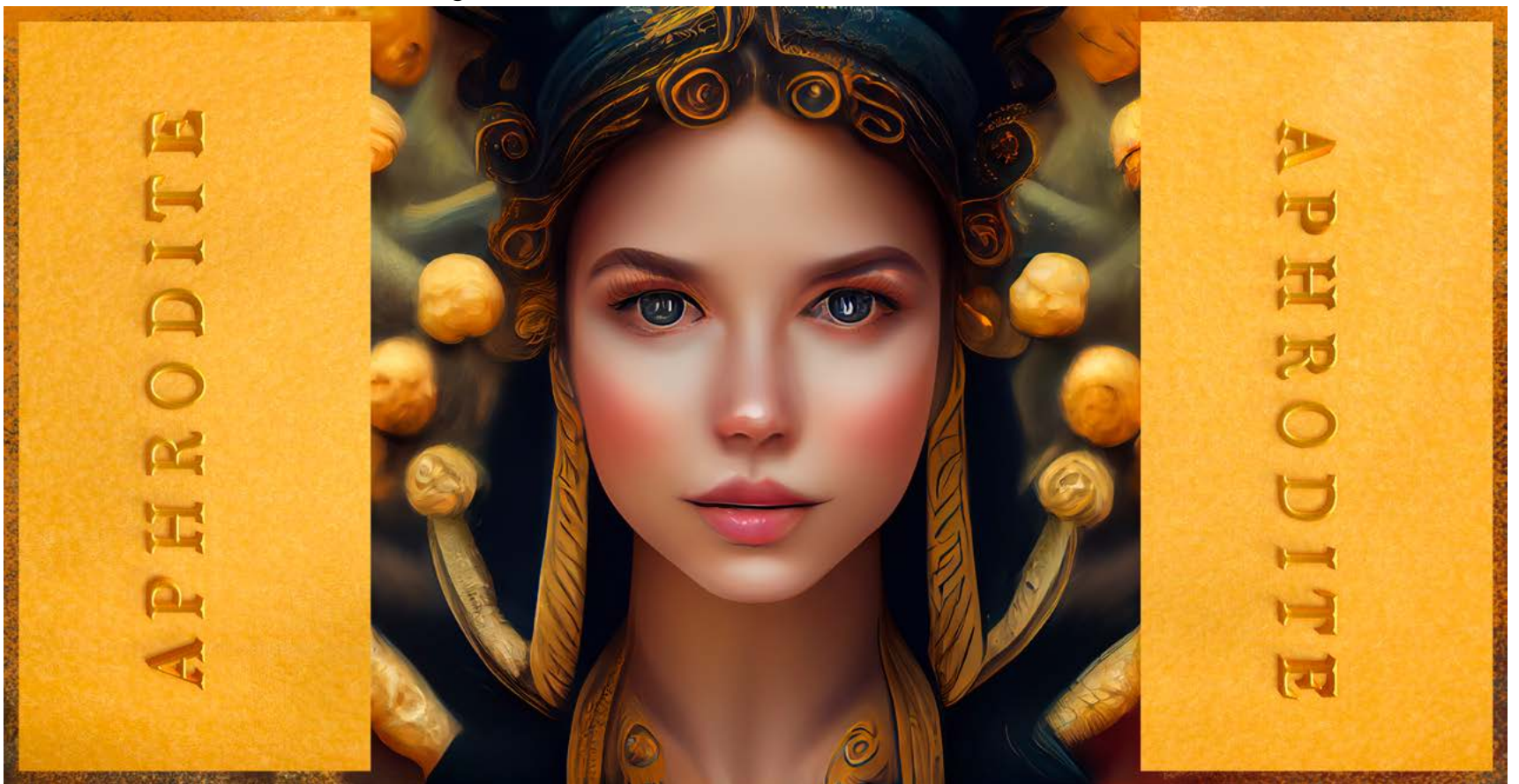
Aradia Italian/Tuscan

The American florist published a book in 1889 that claimed to be a religious text belonging to a group of Tuscan witches. The Gospel of Witches states that Aradia was the daughter of Diana and Lucifer. She was a Moon goddess that after descending to earth became the first witch. Aradia is known

as a maiden or virgin goddess.

Arianrhod Celtic/Welsh

Arianrhod was the Welsh Star Goddess of Reincarnation, and by many a Moon goddess. Arianrhod is associated with music, the arts and Manifestation. Stories of Arianrhod speak of how she resides in a star where souls wait for rebirth. She needed no protection from a man, or to be provided for by a man - and in some cases this was a way to classify a goddess as a virgin.



Aphrodite and Bastet images from FreePik

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Aphrodite/Venus **Greek/Roman**

At some point in history the tales of Aphrodite synchronised with the stores of Venus. Aphrodite was the Greek goddess of Love, beauty, passion and procreation. Venus is the Roman Goddess of Love, beauty, desire, sex, fertility, prosperity and victory.

Audumbla **Norse/Germanic**

Audumbla was the primeval cow that was formed from the vapour at creation. From her udders flowed four rivers, from which she fed Ymir. In the process of nourishing herself she licked a rock into the shape of a man, who would become Buri, Odin's grandfather.

Bastet **Egyptian**

Bast(et) is the Egyptian cat Goddess, and while she began life like a lioness, as the years passed in Ancient Egypt she became a gentler, kinder and softer goddess, still fiercely protective - like a lioness with her cubs - she became a protector of mothers, childbirth and through the evolution of belief, she became associated with the hearth and the home.

Cerridwen **Celtic/Welsh**

Ceridwen was best known as a goddess, a sorceress and a white witch over the centuries. She held the power of Awen. She has a great cauldron in which she makes potions that are reputed to be able to change lives. She has also been known as a goddess of creation and inspiration.

Eros **Greek**

Eros is a god of love, more precisely, Eros is the god of physical desire. Eros is associated with the Roman god Cupid. Eros is depicted as a young god, carefree, crowned with roses. He is also associated with the Goddess Aphrodite.



Faunus **Roman**

Faunus is a rural deity that was identified with the Greek god Pan. Faunus is the god of the Forest and plains. He is one of the oldest gods in the Roman pantheon. Famous was known as Innus when he brought fertility to the cattle and other farm animals.

Gaia **Greek**

Gaia is the Greek Primordial goddess, the mother of all the Greek pantheons. She embodies all the world from the heights of the skies to the depths of the seas. From Imbolc and the weeks leading up to the Spring Equinox, Gaia herself becomes more fertile and the land itself goes through the transformations that will bring forth the new life.

Terra Mater **Roman**

Terra was the Goddess of the Earth, ecology, abundance, prosperity and fertility. Terra is the Roman equivalent of the goddess Gaia.

Cernunnos **Celtic**

Cernunnos is the Celtic Horned God, and he is god of the forests, trees and vegetation. He is also associated with male animals - especially the stag - and fertility. In Wiccan traditions Cernunnos as the Horned God dies during the autumn/winter, and is resurrected at Imbolc so he can join with the Goddess and impregnate her. Cernunnos' Greek counterpart is Pan, and his Roman counterpart is Faunus.

Vesta **Roman**

Vesta is the Roman hearth Goddess, and she watched over the home and the family, like Brigid she was keeper of the fire and the Sacred Flame. She is most well known for her priestesses the Vestal Virgins whose role was to protect the flame that kept Rome safe.

Hestia **Greek**

Hestia is the goddess of the hearth, home, fire, family,

protection, architecture, domesticity and virginity. She is one of the greek virgin goddesses. Hestia was the patron goddess of the household and was worshipped at the hearth of the home.

Ceres **Roman**

Ceres is the Roman goddess of agriculture, and it is said that the word 'cereal' came from her name. She is known as the benefactor of farmers, who would plant their crops in her name, and those what were flourished, especially those who planted grains. Many held rituals before the spring to ensure the fields were fertile and ready for the crops to be planted.

Isis **Egyptian**

Isis was a multi-faceted goddess, on one hand she was a magical healer and a protector of the dead. She was also a goddess of marriage, fertility and motherhood.

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The History and Meaning of Auld Lang Syne

by Nixie Vale

There are lots of songs we associate with different times of the year, Thriller for Halloween, All I want for Christmas for well, Christmas. But there is an older song that is synonymous with New Year; AULD LANG SYNE.

- What does it mean though?
- Why do we sing it at New Year?

Auld Lang Syne comes from a Scottish poem by Robert Burns in 1788, but the poem itself is based on an even older song. It is believed to mean:

Days gone by

Long, long ago

Times long gone

For the sake of old times (believed to be the literal translation of the first line of Robert Burns' poem.

Auld Lang Syne isn't just say at the New Year, it is a song that is common at funerals, farewells, graduations and any event where you are wanting to say a goodbye to something/ someone.

In a way, the song is asking a very important question. Should old acquaintances be forgotten, and never brought to mind? If we sing this at New Year, we are

asking ourselves should the journey we made through the year be remembered? Should what has been, be left in the past? I think its meaning leads more towards for the sake of old times, treat yourself and others with kindness. Be kind to the past self, and be kind to who you will become

I mentioned that

1) it was a Scottish poem set to an older Scottish song.

2) is used at different events like funerals and ceremonial farewells. It's sang at the end of the Edinburgh Military Tattoo, it is sung at the last night of the Proms, and in Scotland at weddings.

The Scots have a very particular way of combining the sing and a traditional dance, which involves standing in a circle and holding hands. At certain parts of the song, they move in a particular way... here in England, we hold one another's hands crossed right from the start.

What do you think the song means??

Have you sung this at New Year, or other event?



Metaquizzicle Times Imbolc Wordsearch

L A E T M C S Y W S Z N Q B F
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WORDS

- OPAL ORACLE
- JASPER
- SUNBOW
- CERRIDWEN
- ANCESTRAL
- ALTARS
- QUICKENING

- CERNUNNOS
- GLASTONBURY
- BRIGHID CROSS
- CINNAMON
- BLACKBERRY
- DIVINATION

LAST ISSUE ANSWERS

- Down
- 1. Vasilissa the Beautiful
 - 2. Christmas
 - 3. Warrior Acolyte
 - 4. New Year Winds
 - 5. Heart and Root
 - 6. Wassting
 - 7. Reindeer
 - 9. Auld Lang Syne
 - 14. Winter Solstice
 - 17. Oak King
 - 19. Lemons
 - 20. Chicken Feet
- Across
- 8. Sunbow's Lair
 - 10. Paper Chain
 - 11. Salt
 - 12. Ecard
 - 13. Moon Before Yule
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