

*Metaphysical Times*

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# FULL MOON

ISSUE 12 MARCH 2023

## MAGAZINE

**Q&A with Nixie:**  
What is Prayer

**Artist Spotlight**  
Lori Beth Keilwitz

**The Art of Birth  
Flowers**

**Introduction to  
Elements: Air**

**What is a Snowdrop?**

**WHY DO WE CALL  
IN THE DIRECTIONS?  
And How to Make it More Personal?**



**Metaphysical Times**  
**FULL MOON**  
MAGAZINE

# Want to write for Metaphysical Times Full Moon Magazine?

Metaphysical Times is always willing to consider metaphysical and pagan themed content for the magazine. We serve a spiritually based audience and support artists in their endeavors to do what they love and thrive by providing this space so they can be seen, connect with the right people, and succeed the best way we can.

## What We Want for the Full Moon

Text based interviews with pagan business owners, musicians, artists, and authors are always considered. Visual works of art created by humans, poetry, photography, song lyrics, short fictional pieces, personal narratives, spiritual experiences, book, game, music, and movie reviews. At least loosely based on or connected to the Full Moon is preferred.

## 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.

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The magazine is printed monthly. This publication is a conduit for connecting people from all walks with practices, information, and entertainment that is relevant to them.

\*Reader Advisory- Mature Content\*

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# FROM THE PUBLISHER

Welcome to Full Moon Magazine! We are so excited to be bringing you articles and information about metaphysical/spiritual/pagan stuff, but also to share the works of artists of all types with you. With issue # 2 in print now, we are well on our way to bringing more exposure to creators, putting more smiles on people's faces, and providing information and encouragement on your journey to

live a holistically satisfying life that is all your own.

We worked hard to pull together a mix of informative pieces, visual art pieces, recipes, book reviews, introductions to magic use, and even a Full Moon Ritual you can use at the upcoming Full Moon to infuse a little more magic and ritual into how you achieve your personal goals.

We hope you enjoy the works you find

inside, but more than that we hope it as a whole inspires you to be creative, do things that move and motivate you, and in that process, you experience joy, love, and happiness.

♡ Christy 😊

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# WHAT IS A SNOWDROP

BY ELYSE WELLES

One of the things that I love around Imbolc is the first appearance of the Snowdrop. These flowers tell me that Mother Nature/Gaia is starting to stir deep beneath the soil, heralding the Spring. The Snowdrop is a small delicate white flower that peers through long green leaves, sometimes seen alone, but more often it is seen in small clutches among the frozen fallen leaves of Autumn.

## The Etymological Meaning of the Snowdrop

Carl Linnaeus first classified the Snowdrop in 1753. The Latin name for the Snowdrop is Galanthus Nivalis which is a combination of the Greek word Galanthus meaning Milk White Flower and the Latin word Nivalis meaning Resembling Snow.

## The Meaning of the Snowdrop

The Snowdrop has several meanings depending on the context, but the most common meanings are:

Purity

Hope

Rebirth

New Beginnings

The Return of Spring

Consolation or Sympathy





## Myths and Legends about the Snowdrop.

The Snowdrop has enjoyed a long and storied life, there are many stories and legends of how the flower first came into being; below are some of my favorites.

### The Garden of Eden

According to legend, after Eve was cast out of the Garden of Eden, God sent forth flurries of continuous snow, making the Earth cold and barren. Eve was utterly bereft after being sent from paradise, one day as Eve sat weeping an Angel appeared before her. The Angel caught a falling snowflake and breathed on it, the snowflake fluttered to the ground and gave birth to the very first Snowdrop. This delicate bloom became a symbol of hope, rebirth, and the promise of new things.

### German Legend

When God created snow, he gave it the very important task of visiting all the flowers on Earth to gather their color. All the flowers of the world refused to give snow their color, until snow came to the gentle Snowdrop. The flower and Snow made an agreement, in return for giving snow its color, the Snowdrop was allowed to be the first flower to bloom, heralding the promise of Spring. Today the Snowdrop blooms amid the snow.

### Moldovan Legend

According to this Moldovan



legend, a fight between the Winter Witch and Lady Spring gave birth to the Snowdrop. One year the Winter Witch decided that she want to give up her rule of the Earth to the Lady of Spring. The Lady of Spring wasn't best happy, and the ensuing battle she pricked her finger, a single drop of blood fell to the soil. The blood of Lady Spring melted the snow, a tiny Snowdrop peaked through the frozen earth. This signaled that Lady Spring had won her battle against the Winter Witch.

### Romanian Legend

According to this Legend from Romania, each year the Sun took on the form of a young girl as it returned to warm the lands below for the Spring. One year, Winter refused to let go of their grip on the land, taking the young girl hostage. Soon a hero came forth to rescue his great love and a battle ensued. The young girl was set free but not before the hero was wounded. As the Sun began to rise to the sky, the hero fell to the ground, drops

of his blood staining the Earth. Where blood fell, Snowdrops sprang forth from the ground in celebration of Spring's return. The people of Romania still hold the Snowdrop as a symbol of Spring returning.

### Victorian Custom

The Victorians like to be a little different from most cultures, they did not see the Snowdrop as a symbol for hop or rebirth, they saw it as a bad omen, and was very unlucky if you were to bring it in the house. I know my Mum has said that to me many times over the years. It was believed that the sight of a single snowdrop was an omen of death.



# THE ART OF BIRTH FLOWERS

BY NIXIE VALE

You have likely heard about birthstones, but did you know that each month (and sign) is associated with a flower, or several flowers. The flower that you are associated with depends on the month you were born in. The concept of birth flowers dates as far back as Ancient Rome, but they became extremely popular during the Victorian/Edwardian period. Since then there are a plethora of books, articles, videos, and blogs on the subject. The characteristics and symbolic meanings can play a part in your personality and development.

## Month Associated Flower(s)

January

Carnation, Snowdrop

February

Violet, Primrose

March

Daffodil, Jonquil

April

Daisy, Sweet Pea

May

Lily, Lily of the Valley

June

Rose, Honeysuckle

July

Delphinium, Waterlily

August

Gladiola, Poppy

September

Aster, Morning Glory

October

Marigold, Morning Glory

November

Chrysanthemum

December

Holly, Narcissus, Poinsettia



# Characteristics and Meanings of the Flowers

January's flowers are Carnations, and Snowdrop and they mean: Admiration, Deep Love, Affection, Purity, Luck, Gratitude.

February's flowers are Violets and Primrose, and they mean: Modesty, Spiritual Wisdom, Faithfulness, Humility, Loyalty, Faith, Valor.

March's flowers are Daffodil, and Jonquil and they mean: New Beginnings, Vanity, Good Luck, Prosperity, Faithfulness, Rebirth.

April's flowers are Dairy and Sweet Pea, and they mean: Purity, Innocence, Fertility, Motherhood, Transformation, Loyalty, Delicate, Blissful Pleasure.

May's flowers are Lily and Lily of the Valley and they mean: Purity. Sweetness, Humility, Happiness, Fertility, Hope, Return to Happiness.

June's flowers are Rose, and Honeysuckle and they mean: Love, Devotion, Affection, Beauty, Honour, Faith.

July's flowers are Delphinium, and Water Lily and they mean: laughter, Purity of Heart, Lightness, Levity, Undying Love, Courage, Expression of Adoration.

August's flowers are Gladiola and Poppy and they mean: Strength of Character, Sincerity, Generosity, Natural Grace, Imagination, Sleep, Oblivion.

September's flowers are Aster and Morning Glory, and they mean: Love, Daintiness, Affection, Patience, Wisdom, Faith, Valour, Innocence.

October's flowers are Calendula and Morning Glory, and they mean: Joy, Modesty, Passion, Creativity, Creativity, Drive, Warmth.

November's flower is the Chrysanthemum, and it means: Cheerfulness, Rest, Loveliness, Abundance, Wealth, Honesty, Loyalty, Healing.

December's flowers are Narcissus and Poinsettia, and they mean: Hope, Good Fortune, Foresight, Formality, Egotism

# INTRODUCTION TO THE ELEMENTS: AIR

BY JEDITE83

Wicca is a modern pagan, witchcraft religion that has its roots in pre-Christian, folk magic practices. It was popularized in the mid-20th century by the English author and practitioner Gerald Gardner, who blended elements of Western esoteric traditions and ancient European folklore to create a new spiritual tradition.

One of the central components of Wiccan belief and practice is the Five Elements: Air, Fire, Water, Earth, and Spirit. Each of these elements represents a different aspect of the natural world and has its own symbolic meaning within Wicca. In this article, we will explore the element of Air and its significance in Wiccan belief and practice.

Air is often associated with the intellect, communication, and the power of the mind. It is seen as a symbol of clarity and the ability to think and reason. In Wicca, Air is also associated with the East and the color yellow, and is associated with the Spring season and the time of day of dawn.

In ritual, the element of Air is often invoked to bring clarity of thought and to help with communication, both with others and with the divine. This can be done through the use of incense, candles, or other offerings to the element, or through visualization and meditation.

For Wiccans who are looking to work with the element of Air, it is often recommended that they spend time outdoors, particularly in windy or high places, in order to connect with its energy and feel its power. This can be as simple as standing in the wind, or as complex



Air

as practicing rituals and spells that are specifically focused on Air.

One of the most common ways to work with the element of Air is through the use of spells and incantations. In Wicca, spells are used to bring about specific changes or to manifest desired outcomes. When working with the element of Air, spells can be used to improve communication, to bring clarity of

thought, or to help with decision-making.

For example, a Wiccan might cast a spell to improve their public speaking skills by calling upon the element of Air to bring clarity and confidence. This could involve lighting a yellow candle, burning incense, and reciting an incantation while visualizing the element of Air filling their body and helping them to speak clearly and confidently.

In addition to spells and incantations, the element of Air can also be worked with through the use of crystals, tarot cards, and other tools. For example, a Wiccan might choose to carry a crystal that is associated with Air, such as a clear quartz, in order to connect with its energy and enhance their ability to communicate effectively.

Overall, the element of Air is an important aspect of Wiccan belief and practice. It represents the power of the mind and the ability to communicate, and is often invoked in spells and rituals to bring clarity and to help with decision-making. Whether through visualization and meditation, spells and incantations, or the use of tools such as crystals and tarot cards, the element of Air can be a powerful tool for Wiccans looking to connect with their spirituality and manifest their desired outcomes.



# KITCHEN WITCH'S CAULDRON OSTARA HONEY CAKES

## Ingredients

1/2 cup Riesling wine (German white wine)

1 egg

2/3 cup flour

1 cup honey

2 tbs sugar

1/8 tsp cinnamon

1/8 tsp nutmeg

Dash of salt



## Method

Beat the egg together with the wine.

In another mixing bowl, sift together the flour, cinnamon, sugar and salt.

Add the flour mixture to the egg mixture.

Stir until blended through.

Let sit for 30 minutes.

In another small bowl, mix the honey and nutmeg.

In a skillet, heat up about a 1/2 inch of oil.

Drop a tablespoon of batter into the oil and fry until golden brown.

Drain off the oil, and dip into the honey mixture.



# THE WOOL

BY CHRISTY MANN

Janey kicks at a rock and crosses her arms, “Grrrrrrr.” She scowled at her car sitting a few feet away. Smoke pouring from the radiator. She yells “I can’t believe...

An eerie and unfamiliar sound screams from the woods behind her, cutting the vibration in her vocal cords abruptly. She spins around on one heel and peers into the trees in the distance. Expecting to see a specter or something else ghostly in the fog as she had many times before. Instead, she sees moonlight reflecting brightly off the thin clouds of moisture hanging in the air between her and the trees. She tilts her head toward the tree line and listened for the sound to come again.

After a few moments of silence, she shrugs. She looks over her shoulder at her car one more time. “Ugh. I hate going through the woods on nights like this.” She sucks in a breath and stomps off toward home just the other side of the trees.

Twigs and leaves crunch beneath her feet as she steps confidently over logs and between bushes at a leisurely and unhurried pace.

“Wool!”

She stops dead in her tracks when she hears the sound again. She knows these woods and its sights, sounds, and smells very well even in the dark. Most of the animals and fae folk that dwell here too. She walks among and encounters them almost daily collecting items she needs for rituals and things. She’s always felt comfortable and welcome here among them. She knows where every altar and every place she has ever left a gratitude offering for having what she needs.

She doesn’t recognize this sound. The pitch is ear piercing even from far off. It carries an air of cold that cuts right through her on an otherwise temperate night. The others sense it too. Their silence speaks volumes.

She leaps sideways and lets out a squeal when she feels something cold and wet press against her calf. When she looks down her eyes widen. A small green blob, with no identifiable features to speak of is looking up at her. She kneels beside it to get a better look. It inches closer.

“A little lost are ya?” she asks the blob. She isn’t surprised when it doesn’t answer. She is surprised when it reaches her skin and its bone chilling cold. A shiver runs up her spine. Everything in her, and all around her all at once screams “Run!”

She can’t tell if she is frozen by fear or by the creature, but she watches in horror as it begins to consume her. When she is gone, the creature whips off into the forest with a Wool!







# MONTHLY READINGS

WITH NIXIE VALE

I sat debating which deck I should use (I do have a few) and settled on The Goddess Oracle by Amy Sophia Marahinsky and Hrana Janto which focuses on the energies of goddesses from cultures all over the world. These are cards which can be very transformational, but accepting the energy and message of these goddesses are key to this transformational energy.

## **Aries – Nut**

Nut is the goddess of the sky, and she has come to you asking you to be open to the vast mysteries that lay before you. You have planned every aspect of your life, but you have left no room for magic and mystery. Nut is asking you to let go of the tight reins and allow yourself to witness and experience all of the wonder that is around you and bring your life back into balance.

## **Taurus – Oshun**

Oshun is a goddess of rivers and waters, and she has come to you to remind you that you are a sensual being and it is not selfish to take the time to experience all that your body has to offer. She asks you to play and explore and see what illuminates your senses. Oshun is inviting you to experience the energy of sensuality and by exploring yourself, you will know a deeper part of yourself.

## **Gemini – Blodeuwedd**

Blodeuwedd is the wife of Lugh, and a goddess “hungry for the blood of the sacred king” but she is a goddess associated with betrayal.

She has come to you right now to let you know that there is an “air” of betrayal around you, right now she is asking you to look within to answer the question – how have I betrayed myself? The energy around Blodeuwedd is wanting you to accept and acknowledge how you have been betraying yourself, your morals or your own promises.

## **Cancer – Freya**

Freya is a goddess associated with sex, beauty, fertility and war. She is here to help you connect to your own sexuality, and the vital, primal energies that accompany it. Freya is here to remind you that you are more than your arms, legs, head and chest. You are a sensual and sexual being and Freya is telling you to embrace these energies, allow them to fill your being and brighten yourself in all your glory.

## **Leo – Inanna**

Inanna is the queen of heaven, and she is here to remind you that a path to wholeness means acknowledging and exploring your shadow self, and understanding that we are more than just the happy go lucky

energy that is popular right now. The journey to understanding your darker self can be difficult, but Inanna is here to help you through that journey. Remember, to be whole you need both Yin and Yang.

## **Virgo – Kali**

Kali is a goddess of creation and destruction, but she is here to tell you it is time that you need to face your fears. Your fears have been pushed down so deeply that you barely know them now, but deep down you know that they are preventing you from truly living your life to the fullest. Most fears remain nameless, but Kali is here to help you face and name your fears.

## **Libra – Changing Woman**

Changing Woman is a goddess associated with cycles, and she is here to ask you to honor your cycles and the processes that are unique to you. If you are experiencing a cycle you have been through before, take the time to understand the cycle, and why you are experiencing it again. After that, either release it from your life, or honor it as part of your own cycle.



## Scorpio – Isis

Isis is one of the supreme goddesses, known as “the all goddess” and she is here to speak to you about mothering energy. She wants you to know that you can embrace the nurturing and caring energy of mothering without being a “mother”. Have you been helping someone grow? Have you been giving your energy to others without keeping some for yourself? Isis is here to help you discover your own kind of mothering energy, whether you are a maiden, mother or a crone.

## Sagittarius – Lilith

Lilith was the “Queen of Heaven” before Inanna and is a very powerful energy work with. She is here to tell you that you need to take back your power and stop letting others dictate what you should and should not do. It can be difficult to acknowledge that your power has been taken from you, but Lilith asks you to put aside the shame you feel and reclaim what you have lost.

## Capricorn – Maeve

Maeve is a goddess of territory and sovereignty, but she is here to ask you to take responsibility for your thoughts and actions. It is time to become the ruler of your own “domain” by learning to be aware of your thoughts and actions, and to take accountability of what comes to pass from them. Maeve is here to tell you to take responsibility for yourself and your life, regardless what state it may be in. You are the one in control of you.

## Aquarius – Kuan Yin

Kuan Yin (Quan Yin) is a goddess of mercy and compassion and she is here to ask you to be compassionate with others and yourself. It can be difficult to always look at situations with a compassionate eye. Compassion is the ability to listen deeply without judgment, and allow those involved to feel what they must by giving them (and yourself) the space to do so. The first person you need to be compassionate towards is YOU.

## Pisces – Sulis

Sulis is a goddess associated with the healing springs in Bath. Sulis is here today to ask you to embrace the cycles of illness/wellness that you experience, and to understand the energy you have and how to nourish the energy you have. You need to give yourself permission to ask for help or assistance during these processes. Sulis asks you to watch how you manage your energy while you are well and unwell, and make changes when and where you need them. Don't ignore your body.





# WHAT IS PRAYER?

Recent personal events have led me thinking about prayers, and prayers in general. When my uncle had a heart attack and was in a coma before Christmas, of course my family was worried, and many of us have been praying. This is what got me thinking about what prayer is, and how we use prayer in our modern world. As a youngster I would kneel by my bed and say a prayer, or at mealtimes when I was at school. As I grew up, who I prayed to changed, but the fact was, I still prayed.

## What is Prayer?

This one is a hard one to answer because the answer depends on who you ask. John Bunyan, a 17th Century preacher wrote that prayer “is a sincere, sensible, affectionate, and pouring out of the soul to God”. While Ralph Waldo Emerson described prayer as “a study of truth”. However, you perceive Prayer to be, it can have a very profound effect on a person. I have been asked in the past if I prayed, and my answer was always “Yes, who I pray to may differ, but I still pray”, while this got a rumble of confused murmurs and puzzled looks.

*\*\*Nixie Note\*\* For me, prayer is a way I can connect or reconnect with my higher self, my deities, Spirit, the Universe...*

For this article, I am going to define prayer in broad terms as “prayer is a means of communicating with Spirit or Divinity.” When you are communicating with Spirit, you are doing more than just speaking to a higher power, you also need to LISTEN, and pay attention to messages. Prayer can take many forms, it could be a simple request, being grateful for what you have, a plea or just allowing yourself in that moment to open up to Spirit. When you are speaking but not listening, so much is lost and missed.

## Prayer in Witchcraft

I’m not sure if “prayer” (as it is known in organized religion) has always played a part in the craft, but one thing I have learned over the last 25 years is that you can call it what you want, as the name of it is not important. What is, is the connection between you and your divine figure. Since many in the craft have come from a background steeped in a faith they felt no connection to, it can be very difficult for them to reclaim the power that prayer can have. As we move forward, times have changed, and more people are using prayer as part of their practice.



When a witch approaches prayer, they do so in the knowledge that it is like a deity-directed spell.

**Prayer** – If you are wanting to manifest something, you would ask your deities or Spirit to lend their guidance, protection, and aid through the manifestation process.

**Spell** – If a witch wishes to craft a spell to manifest something, she will use words, herbs, crystals or meditate as she directs the energy of the spell to their desired goals. If you are a veteran of the craft, you understand that the power behind every spell is you and your intentions.... Much like prayer it would seem.

How each individual approaches the concept of prayer is as vast as the ocean is deep. I approach prayer in a different way from my fiancé (who is also Pagan). Recently my mum has been saying silent prayers for her brother, while I wrote a prayer to our ancestors and beloved dead. I lit a candle, pouring my intentions into that flame.

## **What to expect from prayer?**

I believe it was Socrates that said, “God knows what is good for us”, and while I struggle with this idea, I do believe that 99.9% of prayers have good intentions, not everyone has a pure heart. There are times when we try to do something good, but we do not realize that the actions may have negative consequences, and I think therefore many witches end a spell, prayer, or ritual with phrases like:

*For the good of all, and it harm none*

*As it harms none, so mote it be*

*If it harms none, this spell/ritual/prayer be done.*

You aren't going to get answers or results like we have seen on TV and in movies, they are works of fiction where anything can happen with the wave of a magic wand, or the clicking of heels three times. Prayers require moments of quiet contemplation to hear Spirit's messages and patience.

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



prayer



# WHY DO WE CALL IN THE DIRECTIONS? AND HOW TO MAKE IT MORE PERSONAL?

FULL MOON IN VIRGO: MARCH 2023 RITUAL

Virgo is an earth sign, a grounding energy known for its organizational skills. This full moon, take the time to write your own call to the directions. Practice personalizing them, and making them specific to your rituals. And begin by learning more about why we call the directions, and its origins as a practice.

## What is Calling the Directions?

The directions are associations of each element with a particular direction. The usual associations are:

- East – Air
- South – Fire
- West – Water
- North – Earth

and most people see Spirit as a fifth element, represented by the heavens or the space above us (whereas Air is more of the air around us, if that makes sense; of course, both are around us!)

Calling the directions is a practice that asks us to invite the elements to join us in ritual. They are there as protectors as well as guides. They set the ritual space, and protect us within it: not allowing uninvited energies to enter.



## The Origins of the Practice

Some people call in the elements as Watchtowers, which have a stronger association with archangels and Enochian magic; others call in Guardians, which come from the same roots but are thought to be a newer way of saying it. They also have a stronger association with Celtic paths, whereas Watchtowers are called in with most Wiccan paths. The concrete origins are not known, but most resources point to John Dee's Enochian magickal practices, written down in the 1500s. These practices were adopted by the Golden Dawn in the 1800s, which heavily influenced Wicca and

other modern occult practices. So long story short: many paths have been doing it for a very long time.

## Calling the Directions: How to Personalize

For most people in Western paganism, they choose to start in the East, as Air is associated with new beginnings. But others, especially in some historically Celtic paths, begin in the North, with Earth. Others still associate different directions with different elements, but these are the traditional directions and elements. The traditional way to call in each direction is:

*“Guardian of the **East**, Element of **Air**, creatures of **wind**, direction of **new beginnings**, bring your guidance and protection this night. hail and welcome.”*

The bold parts are where you can customize. So for example, in a ritual of gratitude for beginning a new job you've been wanting, you might say, *“Guardian of the East, Element of Air, creatures of high places, direction of new opportunities, bring your guidance and protection this night. hail and welcome.”*

Some people even include mythical



creatures in the “creatures” section. In the Faery tradition, my tradition of initiation, we call on fae for each element:

East – Air – Sylphs

South – Fire – Salamanders

West – Water – Undines

North – Earth – Gnomes

These are the more European associations, coming from the work of Paracelsus, a Swiss alchemist, in the 1500s. I choose to work with the fae of the land I’m in: they don’t always have a name, so in that case they become “fae creature of Air”, etc. But here in Greece, I work with the four winds (the Anemoi) (Boreas (North), Zephyrus (West), Notus (South) and Eurus (East)) for Air; the Jinn for Fire; the Neireids and Naiads (sea spirits and river spirits) for Water; and the Oreiads and Dryads (mountain spirits and tree spirits) for Earth. Look around you and reach out to the spirits of your land to see who you might call on. And research to see if there are names you can start using.

Here’s one example that is a great jumping off point for your own rituals.

Start in the East and go clockwise towards South, West, then Earth:



***“Guardian of the East, Element of Air, creatures of wind, direction of new beginnings, bring your guidance and protection this night. hail and welcome.”***

***“Guardian of the South, Element of Fire, creatures of heat, direction of passion, bring your guidance and protection this night. hail and welcome.”***

***“Guardian of the West, Element of Water, creatures of river and sea, direction of emotion, bring your guidance and protection this night. hail and welcome.”***

***“Guardian of the North, Element of Earth, creatures of forest and field, direction of grounding, bring your guidance and protection this night. hail and welcome.”***

At the end of ritual, to dismiss the Guardians, at each quarter in reverse/widdershins, (beginning with North) repeat:

*“Guardian of the North I thank you for your presence and protection. Go if you must, stay if you will, hail and farewell!”*

### **In Conclusion**

The invitation of the elements, and/or the invitation of the directions, is found in many cultures around the world, from Hinduism to Native American practices to the rituals of the ancient Greeks (they even named four different winds from each direction.) And of course, all pagans are connected to the earth and the elements in their practices. How you invoke or honor the elements in your practice is always completely up to you, but these are some jumping off points and ideas for embracing them.

Try it all, see what works; and don’t be afraid to discard or move it around for each new ritual. We often want to just find the “right” one, but sometimes there’s only the right call for the right occasion. Magick is like life: always changing. It’s best to keep an open mind and keep trying new ideas.



AIR



FIRE



WATER



EARTH



# FEATURED ARTIST: LORI BETH KEILWITZ

My name is Lori Beth Keilwitz and I was raised here in Washington State. After High School I was married and lived in Germany for 3 yrs as he was in the military. We had 3 children together. The marriage ended after about 8 yrs and once the kids were grown I went to mortuary college to become a Funeral director/Embalmer. I worked in funeral homes for about 10 yrs and decided that it was time that I went after my real passion. I have been sketching since before elementary school. My dad used to draw little robin hood looking bears and the shading made them look so real that I became obsessed with trying to do them too. So here I am in the pursuit of following my dream to create and share my passion for art.

My online art store is at [www.ori-vashler.pixels.com](http://www.ori-vashler.pixels.com) and I do have originals hanging at Strangelands in Centralia Washington. You can find me on Facebook under the



## FIND LORI AT

[www.ori-vashler.pixels.com](http://www.ori-vashler.pixels.com)

or

[www.facebook.com/lori.keilwitz](http://www.facebook.com/lori.keilwitz)







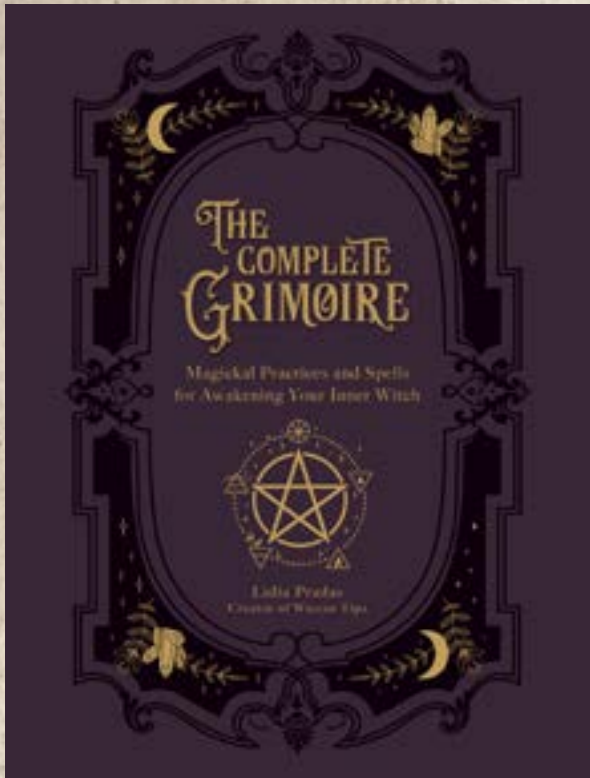
# ART OF THE WEEK



Baggage



# BOOK SPOTLIGHT



## **The Complete Grimoire**

**By Lidia Pradas**

The Complete Grimoire is a magickal beginner's guide to witchcraft practices and knowledge, written by Lidia Pradas, the creator of the beloved Instagram handle Wiccan Tips.

A grimoire is a witch's handbook filled with all the magickal information, rituals, and practices that a witch uses during their lifetime--a key tool of their craft.

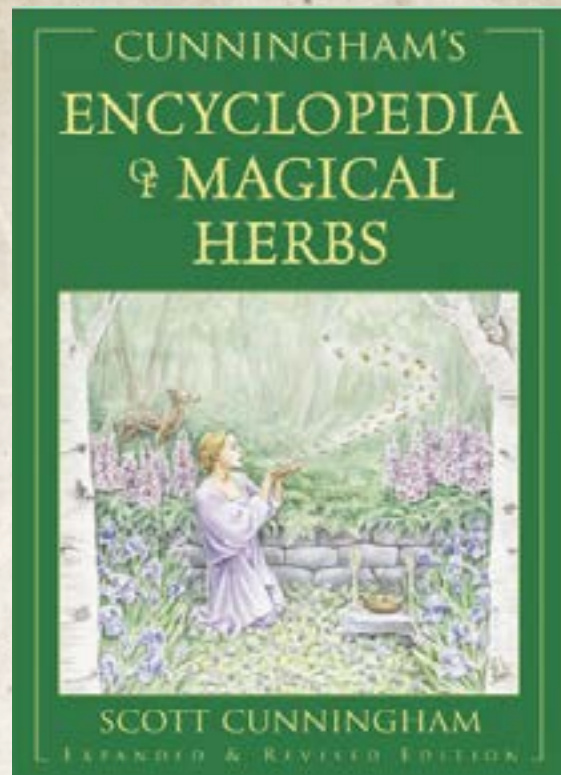
Elegantly designed, featuring a gold foil-embossed cover and beautiful illustrations, and written in Wiccan Tips' trademark concise and practical style, The Complete Grimoire presents the key pillars of witchcraft, including:

- Procuring the proper tools and setting up an altar
- Harnessing your spells and magick
- Sabbats and the Wheel of the Year
- How to safely work with deities and spirits

You'll also learn fundamental spells and rituals, such as casting a circle, creating a sigil, and making moon water.

Lidia is a reassuring and trusted guide on your witchcraft journey, addressing key questions and debunking common misconceptions. The Complete Grimoire is an informative, accurate resource the newly initiated and experienced witch alike can use in their daily craft.

Fair Winds Press, Language: English, Paperback 176 pages



## **Cunningham's Encyclopedia of Magical Herbs**

### **Book 1 of the Encyclopedia Series**

**By Scott Cunningham**

Expanded and revised, this comprehensive guide features magical uses of over 400 herbs and plants from all parts of the world. With over 500,000 copies in print, this reference book is a must for all who perform natural magic. It features illustrations for easy identification of every herb, in addition to common names, use, and rulership.

Scott Cunningham practiced magic actively for over twenty years. He was the author of more than fifty books covering both fiction and non-fiction subject matter; sixteen of his titles are published by Llewellyn Publications. Scott's books reflect a broad range of interests within the New Age sphere, where he was very highly regarded. He passed from this life on March 28, 1993, after a long illness.

Llewellyn Publications, Language: English, Paperback, 340 pages



# CLASSIFIEDS

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(NOO-mih-nah) (Latin)

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