

Metaphysical Times

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FULL MOON

ISSUE 13 APRIL 2023

MAGAZINE

**A Little
Herbalism for
Your Day**

Artist Spotlight
Nixie Vale

Q&A with Nixie:
Beginner Questions

**Introduction to
Elements: Fire**

BALANCING CREATIVITY

**MERRY MEET
BELTANA SPELLSINGER**
And All Things Red Album

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.

Please read and follow the submission guidelines

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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 practices, information, and entertainment that is relevant to them.

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FROM THE PUBLISHER

Welcome to another issue of *Metaphysical Times Full Moon*. We sincerely hope you are finding value in the works you find here. We hold this space specifically for helping artists go from starving to thriving by showing off their works. Don't forget to find and follow them and show your support. That makes a lot of difference in their lives, as many don't have the immediate love and support around them without you!

Happy Reading <3

♡ Christy 😊

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A LITTLE HERBALISM FOR YOUR DAY

BY CAT GINA COLE

PLANT IDENTIFICATION AND MARJORAM

When I began learning herbs from someone other than my grandmother I was taken back at how little information was being given and in my brazen style decided I could do better. So I asked if I could teach a class or two and was given permission. Little did I realize the amount of work and research that really went into knowing more about herbs!

As I proceeded I realized herbalism had its own language. In an earlier blog post, I wrote an herbal glossary that focused on types of concoctions and the actions of the herb. Today I include the language of plant identification. It is very important to know you have the correct herb as there are many look-alikes out there that can harm rather than heal.

At the end of the glossary I show the type of research I do on all my herbs while discussing Majorum, but first the glossary. Sources are available on request.

PLANT IDENTIFICATION GLOSSARY AXIS

The axis is the plant stem; more generally the line of growth of a stem or any of its branching parts that carry flowers, other branches, or leaves.

AXIL: This is the upper angle between a bract or leaf and the stem on which it grows, or an axillary flower or bud.

ACHENE: A small dry, nut-like, one-seeded fruit that does not split open when ripe to release the seed, It can be winged, such as a maple seed, or caraway seed.



image from www.allrecipes.com/article/what-is-marjoram

ASCENDING: This simply means curving upwards.

BASAL: These are the leaves growing at the base of a stem.

BIPINNATE: A leaf that is twice pinnate i.e., a pinnately divided leaf whose leaflets are themselves pinnately divided. (See Pinnate description below)

BRACT: A small leaf or scale-like structure from the axil of where a flower often begins.

COMPOUND LEAF: This is a leaf divided into two or more leaflets or a leaf or flower cluster with a branched main axis.

DECIDUOUS: These are plants with shedding leaves at the end of the growing season.

DIVIDED: A place in the plant where they separate towards the mid-rib or base.

ELLIPTICAL: Leaves that are oval but slightly pointed at each end.

FEATHERY: Leaves that are cut into many fine segments along the edge that look "Feathery"

FURROWED: Leaves with longitudinal (long) channels or grooves that run toward the base of the leaf.

GLOBOSE: This term is usually applied to a fruit or a seed that is round like a sphere

LATERAL: This term means something that is situated at the side of the leaf. "It is lateral to the object being viewed"

LEAF AXIL: Is the part between the leaf and the stem

LEAFLET: This is a subdivision of a compound leaf where you find several small leaves in a group.

LINEAR: Leaves that are long and narrow, almost parallel-sided.

LINEAR- LANCEOLATE: These are leaves that are long and narrow but tapering to a point at the tip

LOBED: Leaves that are divided toward the mid-rib but not into separate leaflets, each division is rounded at the apex, like an oak leaf.

LATEX: This is a milky fluid produced by several kinds of plants such as poppy, milkweed, rubber plant, and many more.

MARGIN: The outside edge of a leaf or seed.

MID-RIB: Is the center vein of a leaf, usually thickened and obvious.

NODE: This is a point on a stem in which one or more leaves grow or have grown; the part of the stem between the nodes is called an internode.

OBOVATE: This describes a leaf that is oval, with the end farthest from the stalk being wider than the end attached to the stem that is somewhat egg-shaped, also called **OVATE**.

OPPOSITE: Leaves that grow in pairs at the same level on opposite sides of the stem.

PALMATE: This describes a leaf that has the shape of a hand. The leaf will have a center like our palm with three or more leaves extending from it as our fingers do on our hand. The Virginia Creeper vine is one of these types of leaves.

PETIOLE: Is the stalk of the leaf, not the whole plant.

PINNATE: A leaf that has the structure of a feather in that similar parts occur on opposite sides of an axis. A pinnate leaf is divided into numerous leaflets that grow along either side of the leaf stalk and have their own center stalk, which is called a petiole.

RAY FLOWER: These are flowers that edge a central disc, such as sunflowers daisies and many more.

RHIZOME: This is a creeping, usually horizontal underground storage stem, which sends up leafy shoots each season, like ferns, and water hemlock.

SESSILE: These are stalkless flowers or leaves. They have no petiole or stem of their own but grow right from the main

stalk much like Chicory does.

SIMPLE: Leaves that are not divided into leaflets of stems but are unbranched in any way.

SPREADING: These leaves stand out horizontally or at a wide angle from the stem.

SHEATH; The sheath is the lower part of the leaf that wraps around the stem or stalk, near the base that is separate from the main part.

TERMINAL: This is the end of a stalk or stem or branch that limits more growth.

UMBEL: Is a bract of flowers that are umbrella-shaped in which all the flowers or the secondary umbels in a compound umbel are borne on smaller stalks that spread out and are equal in length. They arise from a common stem, like on water hemlock and wild carrot.

VEIN: This is the passageway for water and nutrients to and from a leaf; also the mechanical support system you see when you look very closely at a leaf.



So now that we know more about how to identify a plant let's talk about one of my favorites, Marjoram! I have fond memories of this herb as it was one of the first teas my mom introduced to me. I knew when mom brought out the Marjoram it was time to sit and quietly talk.

How the following is laid out also shows the type of research I do on all of my herbs. The reason I do this is because I was taught herbs are medicine. Many of the terminology used here can be found in my blog article Herbal Glossary.

MARJORAM

CONTAINS: vitamins A,B-12,C and K, thiamine, riboflavin, calcium, potassium, magnesium, phosphorus, iron, sodium, zinc, silicon, phytonutrients, beta-carotene, lutein, and flavonoids.

ACTIONS: Tonic, carminative, diaphoretic, calmative, anodyne, stomachic, antidote, antispasmodic, anti-fungal, antioxidant, aperitif, diuretic, antibacterial, anti-viral, optic tonic, aromatic, expectorant, emmenagogue, and hypertensive.

USES: asthma, violent cough, spasms, cramps, measles, dropsy, respiratory issues of all kinds, digestive problems, nervous headache, colic, gas, gargle, allergies, colds, nervous disorders, rheumatism, toothache, prevents neural damage in the brain, food poisoning or staph infection

I have used Marjoram as a calmative and tonic. Any time I am over-stressed and worn out, or wrung out during or after a cold or flu or other illness. I find it has restorative qualities and feels very relaxing to the system and I love the earthy aroma!

You can infuse oil to use on sprains or joint pain, by putting the fresh herb in olive oil and let stand in the sun for 2-3 weeks. Another way to do this is to get one of those small warming crock pots for sauces. They heat to 140. Put ingredients in and let warm overnight or two days to get the same effect. This oil can be used for earache and toothache and massage for varicose veins and gout.

The planet of Marjoram is Mercury, and it is used for communication, thinking logic, writing, motivation, and wisdom. This is a good tea to serve at a study group or business meeting.

Its tarot card is the Magician because it has all the tools it needs to do the job. It brings temperance that promotes growth and changes that make one humble. Excellent before meditation. Marjoram's Goddess is Aphrodite who is the symbol of happiness, love, joy, and serenity.

This herb is one of my staples. I hope you enjoy it as much as I do.

Many Blessings!

MERRY MEET BELTANA SPELLSINGER

Beltana Spellsinger came into awareness of her magickal “self” during a poignant experience at one of her first major Earth-Centered Spirituality festivals in Wisconsin, in 1996. After leaping over a bonfire and injuring her foot, she connected with a brilliant young Shaman named Skye who helped her in the healing process of body and soul. It was a journey she will never forget. Full of mystery and Otherworldly guides, who surrounded her in that place and that time to help save and redirect her... it set her upon a new path.

In that moment, she discovered that her magical and musical name was “Beltana,” representing her day of birth on Beltane, the Celtic day of celebration of spring and renewal. Honoring her Scottish family heritage, she accepted the name as her own. Three years later, while recording her first musical album with a trio of bards called SONA, in Texas, her producer gifted her with her last name, “Spellsinger.” Bel (nickname) uses this name in Her circles, when performing music, or doing Her work for the Earth. She worked with SONA for a decade, traveling all over the country sharing original songs that she had written with her talented band mates; “Papa Joe” and “Little Joe” Credit. Her next experience with music in this realm was with an all-female group called BellaWyck, sharing the stage with her sister, Kittin, and her soul-sisters Jennie Starr and Boom Boom Valhalla, who only stayed together for a short, but significant time.

Spellsinger is now the sole name of her artistic persona. She still writes, and travels to this day, among the artists by whom she is ever inspired. She performs solo at



times, or with a makeshift group of fellow bohemian bards, depending on time, space and circumstance, whenever possible. She feels that she is more of a singer/songwriter than a full-time musician, who has been influenced by the spirits that surround and guide her. Along with the Otherworldly creatures that

interact with her, and the passions and people that she has known in her life, she creates music as she goes, and only when inspired. To her, music is a “way of life,” a necessity for her soul, and a gift from her muse, rather than a “job” or a profession.

To Beltana, music is a therapeutic and much-needed balm to her spirit. Bel moved to her forever home, Wolvenwold, in the southern Missouri Ozarks in 1998. This is the sacred land that she calls her place of tranquility, where she resides with her daughter, Béla, and her sister, Kittin. She writes when the Muse speaks to her, and shares her voice when asked. She feels that her Path in life is to help others. Bel also has a podcast and video show coming soon, focusing on sharing music and stories from her beloved musical community, and her activism and advocacy for LGBTQ, Reproductive, and Humanitarian Rights. She deems this new journey the “Blue Spark,” and her journey along the Dirt Road Bardic Path... is to be announced further as the project manifests via her official website throughout 2023.

Hi Beltana! Thanks for joining us to talk about you, your upcoming projects, and The Red Album. Can you tell us a little about you and how you relate to the Pagan Community?

Sure! First, I wanted to say thank you for the opportunity to allow us to share with the Metaphysical Times! I go by Beltana Spellsinger, though most people just call me Bel. I was born on Beltane, in Minneapolis, Minnesota, and moved to Missouri when I was three, with my family. I'm a mamma, a musician, and an advocate for humanitarian causes. I live at our family farm in the southern MO Ozarks, and have lived here for half of my life. Our mother named our land Wolvenwold, for the Wolf spirits that live here, in the World among the Fey. For many years, we hosted festivals and events here on our property. I have traveled far and wide, performing music, sharing workshops, and spending time with my chosen and blood family. I've been a member of the community since the early 90's. My main concern is being as present as possible in our work to help protect the Environment.

What do you know and love most about Paganism?

For me, it's all about community. I have experienced being a part of the most loving, accepting, inclusive family one could be blessed to have. My path is personal to me, and I don't follow any one traditional religion or "system." My connection with the spiritual realm has come from a combination of learning from a wide variety of the World's spiritual paths, a strengthening within that connection to family met along the way, and simply surrounding myself with good people, who share the desire to help the planet and Her people.

If you could do anything to fix the world's problems, what would it be?

If there were, indeed, a way to "fix the world's problems," a question that eludes me... I would very much like to know the answer. In my time on this earth, I just continue to do what I can to help others, and contribute what I am able, to a vision of acceptance, harmony, and inclusiveness. To be more specific, I am on a personal mission to see that people are treated fairly, with dignity and respect, no matter who they are and where they come from. I am involved in doing this as an activist, a musician, and a person, and I try my best to surround myself with those who are also doing these same things.



We hear you are participating in or hosting events. Can you tell us a little about them?

This year, my focus will largely be closer to home, where I will be recording new music, and working in the studio on my new online show, "The Blue Spark." I'll be talking with a wide variety of people, doing interviews with musicians, other activists, podcasters, representatives from activist organizations, and lots of networking with those who are working toward a better humanity, and a healthier Environment, for all.

Are there any events coming up that you will be involved in and want to tell us about?

As it is still early in the season, I'll know more about my musical/travel plans for the summer soon, and folks can always find out more about where I'll be, and what I'll be doing, on my website, WWW.BeltanaSpellsinger.Com. I do plan to venture south, to Tennessee, Arkansas, and around the Midwest, a bit, this year.

I'd love for people to tune into The Blue Spark, that's where it will all be coming together for me this year. It's a brand new thing, at the moment of writing this, but there will be a whole lot happening here, this spring! <https://www.youtube.com/@the-blue-spark>

I'll also be a contributing member of a larger, rural radio streaming internet show, details TBA very soon! Please stay tuned!

We hear you've got a new album out/tour coming up/gig happening. Want to tell us about it? What's it called and is there a story behind the name?

The latest musical project that I'm a part of, is The Red Album. It is a cause near and dear to my heart. In coming together with the nineteen artists that are contributing to the project, we will be raising funds for Reproductive Rights, and LGBTQ+ Rights. I've written and recorded a song named "Scarlett," representing all of the women, men and children that this recent "overturning of Roe Vs. Wade" injustice has wrought. I have a daughter, a sister, a mother, and I am a daughter, a sister and a mother, so this affects my family, my friends, and our society, as a whole. This is just one step in a wave of change that will happen this year. As far as other musical projects go...

I'll be doing a lot of work in the studio with my family this summer, and I hope to have a new album out by Fall!

Can people get it online and where?

People will be able to read more about The Red Album, support individual artist's tracks, and support the cause, in general, from you here at Metaphysical Times or by going here:

www.pagansong.com/the-red-album

What can people expect when they visit?

The page is great, it is full of links that will direct you to the artist's pages, a description of The Red

Album and what it is all about, how it came into being, why we are doing what we are doing, the recipients for the fundraiser, and bios of the individual artists! There will also be teasers of the songs to come, links to our interviews and podcasts, and so much more. It's a movement, in the works, that is growing rapidly!!!

Where can people find you online?

People can find me, my music, and my upcoming gigs and plans, at my official website, here: www.beltanaspellsinger.com, on my brand new video podcast/show, "The Blue Spark," here: www.youtube.com/@the-blue-spark, and at my artist Facebook page, here: www.facebook.com/bspellsinger

Any special shout outs or gratitude you want to get out before we wrap this up?

I want to thank my family, mostly, for being supportive, for putting up with my wild ambition and insanity... and to all of the folks in the Pagan community for your support and love. A huge thank you to all of the people who have come together to put together The Red Album... for helping to make the world a better place.

Thanks for taking the time out of your schedule to speak with us. It is much appreciated. We wish you all the best.

Thank you so much, we appreciate you, as well, and we are grateful for all that you are doing to get the word out about The Red Album!

Find Beltana at

www.youtube.com/@the-blue-spark

www.facebook.com/bspellsinger

ALL THINGS RED ALBUM



THE RED ALBUM
PAGAN VOICES FOR REPRODUCTIVE RIGHTS

The making of the songs for The Red Album are well under way! Sponsorships are available for the individual songs, but a fundraiser has also been set up to help with production fees and costs and for donating to some really great causes.

Check out The Red Album's website here:
www.pagansong.com/the-red-album
to see all the musicians, songs, and plans for the upcoming release!

Support the Album via GoFundMe here:

www.gofund.me/aec4fee

INTRODUCTION TO THE ELEMENTS: FIRE

BY JEDITE83

Fire is one of the five elements in Wiccan tradition and holds a significant place in Wiccan symbolism and ritual. Fire is associated with energy, transformation, and purification. In Wicca, the element of fire represents the transformative power of the goddess and the god, which can bring about change and renewal.

In Wiccan belief, fire is seen as the most active and dynamic of the elements, representing the life-giving energy of the sun and the divine spark within every individual. Fire is also seen as the element of will, passion, and inspiration, fueling the creative force within each person. When working with the element of fire, Wiccans aim to tap into this inner flame and harness its transformative power to bring about change in their lives.

Fire is also associated with the south, the direction of the sun and of life-giving energy. In Wiccan ritual, the south is often associated with the element of fire, and rituals and spells may be performed facing the south or with candles or other sources of fire placed in the southern part of the ritual space.

In Wiccan ritual, fire is often used for purification, both of individuals and of the ritual space itself. This purification may take the form of smudging with sage or other

herbs, or by passing objects or individuals through the smoke of burning incense. The heat and light of the fire is also believed to help dispel negative energy and promote spiritual growth and renewal.

Fire is also used in Wiccan spells and



Fire

rituals for manifestation, helping to focus the will and bring about desired change. This may involve lighting candles or incense in specific colors to represent different aspects of the spell, such as red for passion or orange for creativity. The use of fire in spellwork is believed to help the spell-caster tap into the transformative power of the element and bring their desires into reality.

In Wiccan tradition, fire is also associated with the summer solstice, a time of year when the sun is at its highest point in the sky and the days are longest. This is seen as a time of peak energy and power, and many Wiccans choose to celebrate the solstice with bonfires, candlelit rituals, or other ceremonies that involve the element of fire.

In addition to its symbolic and ritualistic uses, fire is also a central aspect of Wiccan ethics and spirituality. Wiccans believe in the importance of living in balance with the elements, including fire. This means being mindful of the impact that fire has on the environment and other living beings, and using it in ways that are responsible and sustainable.

In conclusion, the element of fire is a powerful symbol in Wiccan tradition, representing transformation, purification, and the life-giving energy of the goddess and god. Whether used in ritual or in spellwork, fire is seen as a tool for bringing about desired change and promoting spiritual growth and renewal. By working with the element of fire, Wiccans aim to tap into their inner flame and harness its transformative power to bring about positive change in their lives.

TO LINGER IN THE GARDEN

BY CATT FOY

Perhaps when I die,
I shall not rush to the next life,
But take a summer's vacation
And linger in my garden
Where my limbs will be as vines and branches
My hair as foilage
My breath sweet with fragrance.
I shall dance like a fairy
Among the crocus and lilies of the valley,
Flit like a firefly maong the flowers
Of June and July.
Perhaps I shall sit quietly on a bench
And listen to the voices of flowers and ferns
And sing the words of the birdsong,
Caw-ing with the crows.
Perhaps I will dance in the rain,
Or dabble in a fountain, or drink the morning dew.
I shall summer in my garden
And before winter's coldest winds
Set in, I shall move on, brightly
To the next world with the memories
Of a butterfly, a butter cup,
To be a gardener once again.

FAR FLICKERINGS

BY CATT FOY

The fires of forgotten tales
Sail flickering
'Cross distand shores
of Time's long-agos.
The winds of memory
Reflect the firelight upon
My face and deep within
The Music stirs of
Long-forgotten warriors' tales
The winds of long-stilled
Norther gales no longer
Blow across my face nor stir
The flames of
Embers burned.
Their cold ash remains
Mere wisps upon the sand.

MONTHLY READINGS

WITH NIXIE VALE

With the arrival of Spring, I thought I would use one of my favorite Oracle decks, the Earth Magic by Steven D. Farmer. This deck is designed to help you become a better listener to Nature, but also reveal the interconnectedness of all life. As with all of my readings I will pull one card per star sign and pass on the message of that card.

Aries

Spring Equinox: REBIRTH

You have been experiencing transitions hard and fast in the last few weeks, and this card is coming to tell you that these energies are going to calm and you'll be moving into a time of rebirth and renewal. The Spring Equinox is a time of emergence, and it is this energy you will begin feeling, so take the time to experience these energies.

Taurus

Ocean: EBB & FLOW

The Ocean has ebbed and flowed for decades beyond count, and the waves will ebb and flow for millions more. There are times when we need to be as fluid and flexible as the waves because there are times when we experience unforeseen events, this is the energy I feel you need to focus on in the next few weeks, do not hold on to outdated feelings, it's time to let it go, and let it flow.

Gemini

New Moon: PROMISE

The energy of the New Moon brings an energy full of potential and promise, and is a fantastic time to start new projects. If there is a project that you want to get off the ground, now is the time to get the foundations prepared. You have the energy of manifestation around you but it is up to you to utilize this energy, it won't make your project work by itself.

Cancer

Volcano : VOLATILITY

This is going to be a volatile few weeks for you, and like the unpredictability and veracity of a volcanic eruption, you may find yourself having unexpected thoughts and feelings, or unpredictable changes or events which you have no control over. You need to acknowledge these but don't dwell on them for too long as they will do more damage than the initial event.

Leo

River: MOVEMENT

The river is ever flowing, moving effortlessly around the obstacles in her path be it rocks, curves or falls until she is forced to stop. When we try to block our own energy flow, we can cause disconnection from the Source (or Spirit, the Divine). Right now you need to pay attention to how your energy flow is being blocked and how we can free yourself from that blockage, even if it means letting something go.

Virgo

Lotus Flower: UNFOLDMENT

The lotus flower is an incredible plant, and like the lotus, your spirituality may blossom though the light, and close during times of needing rest, relaxation and self-care. The Lotus is a reminder that your spirituality is always unfolding and growing whether we notice this or not. I am getting a strong feeling that you need to take care of yourself right now, so you can bloom and blossom like the lotus meeting the light.

Libra

Dance: CELEBRATION

Over the many centuries of the past our ancestors have used dance for different expressions of celebration, and many used dance as part of their spirituality. You have always held your spirituality in a strict box, not allowing yourself to let go of fear, anxiety and worry and let your body move. It doesn't matter if you can't dance, just put some music on and let yourself get lost in the nuance of movement. Celebrate your spirit.

Scorpio

Crystals: FOCUS

You have been trying to spread your time too thin, and right now you need to reduce what you have on your plate so you can focus on what is most important, and this undivided attention will bring you so much more joy, happiness and time because you are taking on too much. You only have so much time and energy, be wise how you use yours in the next few weeks.

Sagittarius

Clouds: SHAPESHIFTING

Like the clouds we are able to shapeshift. The clothes you wear, how you wear your hair, the colors you wear, gestures, expressions and other mannerisms can change how we see ourselves, and how others see us. We can use this as a way to express our own style, but it can also be used as a form of protection. Take the time to look at what impressions you show people, and how you shapeshift around people.

Capricorn

Childhood: INNOCENCE

Innocence is something we attribute to the very young, and as we grow the challenges we face through life shape who we become as adults. You may never be able to return to that wholly innocent time, but you can reconnect with that sense within you. You need to find the way that is best for you, is it letting go of the shame you have accrued, or is it about letting yourself play and have fun.

Aquarius

Green Man: SYNERGY

Things are falling into place around you right now, and they have been effortless, this is synergy at it's best. You are in alignment and cooperation with Spirit/the Divine and the energy you have around you over the next few weeks can be utilised for projects, but will also be a reminder that you need to have balance, like the Green Man and Gaia, they work together effortlessly. If you work hard, remember to take the time to rest and have fun.

Pisces

Gaia: NURTURING

Gaia is the great mother that nurtures all life, and can help us understand what true nurturing is, and it is not just about our physical bodies. You have been going through a phase where you want to share your own nurturing with others, and right now this act of giving intangible things is an act of sacred expression for you, but there are times when you need to let others do the same for you.

KITCHEN WITCH'S CAULDRON CREAMY LEMON BASIL SPAGHETTI

Ingredients

- 6 tablespoons Greek yoghurt or vegan alternative
- 4 tbsp pesto
- 2 tbsp lemon peel
- salt and pepper
- 1/2 cup pasta water
- 500g spaghetti



Method

Add the spaghetti to a large pan of fast boiling, salted water and stir.

While the pasta is cooking make your sauce. Add the yoghurt, pesto, lemon peel, salt and pepper to a bowl.

Stir well to combine. It may look like it has split, but don't worry, it will come together.

Towards the end of the pasta cook time, carefully (don't burn yourself) scoop out some pasta water, you need about half a cup.

Mix the pasta water into the sauce which will become silky.

Drain the spaghetti when it is cooked and still al dente (has a little bit of bite/firmness), then mix through the pasta sauce.

Top with parmesan cheese or vegan parmesan style cheese.

Enjoy!

from: www.tinnedtomatoes.com/2020/07/creamy-lemon-basil-spaghetti.html

BEGINNER QUESTIONS

I remember when I first began following a witchy path, I had so many questions and no one to answer them for me, so I fumbled my way around, I am now lucky to have experience with these kinds of questions, so my hope is to answer some of the most popular ones fledgling witches have. Please note that all these answers are from my own opinions and experiences, and you may feel differently, but that is the beauty of a spiritual journey.

WORKING WITH THE ELEMENTS

Where I live now has restrictions about smoke and flames, what can I do about this?

These kinds of restrictions can be disappointing, but they are not designed to dampen your spiritual journey, or stop your magic, it is important to remember these restrictions are for your safety. However, here is something to keep in mind when you find yourself under certain restraints.

- Your body has minerals that are found in the Earth – Iron, Copper, Zinc, Calcium
- Your body is around 60% water – I googled it.
- Your lungs fill with air with each breath.
- Your brain is firing electrical pulses as you read this.

NO WITCH IS PERFECT.

What happens if I make a mistake?

That just makes you human like me. No, really... As we make mistakes we can learn how to do things differently, we can learn who we are as a person from these struggles and adversity. I recommend making mistakes, getting things wrong and most importantly, don't beat yourself up about it.

It's okay to draw a wonky symbol – after 25 years, I still draw lopsided pentacles and other symbols. I have many in my Book of Shadows because they are me.

It's okay to stumble or forget words in a spell – unless you have eidetic memory you are more than likely going to need the words in front of you. I have a terrible memory at the best of times, I always keep notes of spells, even if they have come “off the cuff”.

It's okay not to have the fancy and expensive tools – while I have 3 cauldrons, only one of them is “witchy” with a triquetra on, most of my tools are originally made for another purpose, or found in nature.

It's okay not to have a cabinet full of herbs or crystals – okay, over the last 25 years I have collected quite the crystal collection, but that began with the magpie in me, and then gravitated to healing and magical work. Do I need all of them for magical purposes? No, a simple piece of quartz is fine and if you can find it locally (or in nature) even better. The herbs, well you don't need to grow your own, and you can start.

It's okay if you can't meditate straight away – This one scuppered me for a long time, and I did berate myself about it, but then I learned that when you try to force it, you are doing it wrong. Meditation is about relaxation, not winding oneself up into a slinky.

MEDITATION

Why can't I meditate?

This is a very complicated question to answer and it will largely be based on individual circumstances. I have found meditating very difficult since being diagnosed with Neuropathy, which causes painful tingling in my legs. This is why I can't meditate very well, but here are some reasons you may not be able to.

Are you comfortable? You do not need to sit with your legs crossed, you can lie down or be in whatever position you find the most comfortable. If you aren't comfortable, you will not be able to free your mind.

Distractions! One thing I learned is when you try to ignore something, it becomes a bigger issue, so let whatever is distracting you happen, and then set it aside, or let it go. The laundry is still going to be there, but if you need to use the bathroom, that will just get worse.

Don't force it! When you try to do something and can't get a handle on it, the worst thing you can do is force it, because you may find yourself being put off trying again in the future.

GUT INSTINCT OR INTUITION

What is the difference between Gut Instinct and Intuition?

Gut instinct and intuition are terms that are often interchangeable, but a good way to remember is that your "Gut Instinct" comes from the Solar Plexus Chakra while your "Intuition" comes from your Brow and Crown Chakra. Some people work solely with one or the other while some develop both. There is no right or wrong because we all process external stimuli differently.

THE IMPORTANCE OF GROUNDING

Grounding is something that as a witch or any kind of energy worker knows is important, because it is a way of keeping our energy systems in a healthy state. Too much positive can be as bad as too much negative, because your energy is polarized. Grounding helps to bring you to a neutral state to work from.

- Walk on grass in bare feet.
- Bury your fingers or toes into the soil.
- Crystals
- Meditation
- Move and shake the energy away.
- Hug a tree.
- Have a bath or shower (shower is better as you can visualize the energy washing away)
- Breathing exercises to bring you back to the moment.

DREAMS

Are my dreams premonitions or messages?

When it comes to dreams there are as many views as there are people in the world. Dreams can hold messages; whether they are prophetic or not, they can help you work through issues in your day-to-day life. Write down your dreams; especially those that are vivid and so real it's hard to let go of. I keep my iPad next to my bed so I can quickly just jot it down without having to worry about finding a pen... because when I want one, I can never find one that works.

BALANCING CREATIVITY

FULL MOON IN LIBRA: APRIL 2023 RITUAL

BY ELYSE WELLES

The theme of this year as the year of the Rabbit is creativity, restfulness, and healing. Libra's energy is one of balance: use this moon to embrace balance in your creative side. Look for where you might need to favor rest over work. And see how that could be connected to your need for healing.

Maybe you have been neglecting your creativity in favor of working

on "more important things", but how has that affected your mental health? Often, we can feel ungrounded without these moments of creative release. Or, if your work is creative, when was the last time being creative didn't feel like a chore? These are great places to look for balance.

Creativity is at the center of what makes us human: it's a connection

to the Divine. This ritual asks you to embrace your humanity and engage in creativity that works for you. If you write, paint, cook, knit, garden, bake, design video games... set aside an hour for this and bring those materials you use into a circle/sacred space with you when you're preparing for the ritual. If you have a designated craft area, do this ritual there.

MATERIALS NEEDED

Your creative materials

Two candles: one white candle to represent balance and one color that represents creativity to you (such as orange or purple)

Anointing oil: 2 drops each of geranium essential oil for calming your mind, sweet orange for focus, and ginger for energy -- add to 6 drops of carrier oil of your choice (olive, sweet almond, safflower, anything.)

Incense suggestions (optional but can set the tone): jasmine or neroli to call on Libra's energy of beauty; or patchouli for balance.

THE RITUAL



Hold the white candle in your hand and dip your fingers lightly in the oil. Begin anointing by holding the candle horizontally, then rubbing oil from the middle of the candle to the ends with the fingers of each hand. focus on inviting balance as you do so: picture balance in your life. What does it look like? How does it feel?

Place the white candle in a fire-safe holder and pick up the orange/purple candle. Begin anointing in the same way, but this time, picture yourself embracing creativity. What task will you work on today? Where do you hope to see it go from here? How will you work to balance your creative needs?

Place the orange/purple candle in a fire safe holder. Light the white candle, focusing on its energy of balance and harmony. Visualize this energy filling your body and your space.

Next, light the orange candle. As the flame takes, growing then settling in again, imagine it is your own creative flame being ignited. Get pumped for your creative time today! This is your time to flow!

As the candles burn, meditate on the feeling of full moon's light shining down on you; either literally or visualize it. The moon is illuminating your creativity and your ability to balance it with your other responsibilities.

When you feel called to, speak out loud your intentions for finding balance for your creativity, such as: "I release any guilt or pressure that prevents me from pursuing my creative passions. I invite the energy of the full moon in Libra to help me find balance between my creativity and my other responsibilities, allowing me to live a fulfilling and joyful life."

Take a few deep breaths and focus on the energy of the candles and the full

Remember that finding balance is an ongoing process, and it may take time and effort to achieve. Take small steps each day towards prioritizing your creativity and balancing it with your other responsibilities. Keep this image of peace and happiness in your mind when you're trying to motivate yourself towards creativity. Go back to this place of balance, and bring it with you in your future projects, any time. Happy full moon in Libra!

FEATURED ARTIST: NIXIE VALE

Background

When I was in high school, my art teacher told me I had a very creative mind, but my artistic ability was lacking, meaning I had bigger ideas than I could bring to life. This is something I have carried with me since, that while I have amazing ideas, I can't draw, meaning I couldn't bring anything artistic to life. I'd always say "I can't draw to save my life" and deep down I truly believed that, I also believed that

you have to be naturally gifted as an artist, but since I have learned that is not true.

Is Art Subjective or Objective?

Until this moment I didn't realise these were a thing, I always believed the beauty of art comes from the person looking at it, and because I couldn't draw that means no one would ever consider my art beautiful.

Subjective Art

This is a type of art that is created by the artist from their thoughts, feelings or personal experiences. A Subjective artist would express themselves through their art and not be too concerned what others see or feel from the piece.

Objective Art

This is a type of art that is created to be seen, touched and experienced by others and has a clear meaning which the artist wished to convey.



An Objective artist would create a sculpture or painting with which they are trying to convey which can be experienced by others understanding the meaning.

What does that mean for my art though?

After I met my fiancé (who is a fantastic artist) I learned that some people learn how to draw, and with time, effort and a little patience even I could learn to draw. After trying with a pencil and paper, I moved to a digital format and found this much easier, as I

wasn't afraid to make a mistake because it could be easily removed or changed. I would ask my fiancé for advice about he would show me how to do something, and then I would have a go. He reminded me that art doesn't always have to be understood by the wider world, and as long as I like it, it doesn't matter.

What do I draw and create?

During the events of 2020 I decided I wanted to start putting together my own oracle deck, which is a huge undertaking and is taking a

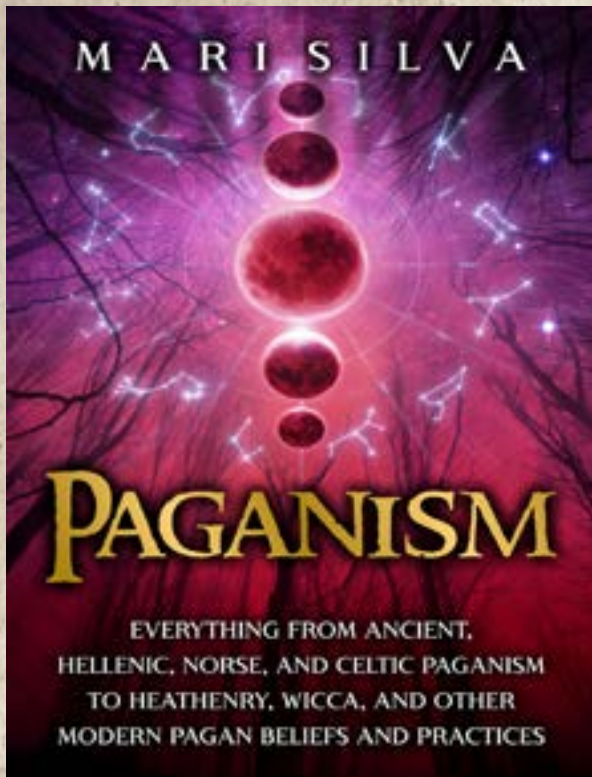
while, but it is still a goal I want to reach. I have created some "pop culture" pieces from my favourite games, television, and literature. I have created pieces from the Legend of Zelda series which will go nicely with my Spiritual Stone piece from The Ocarina of Time, another from this game is the Deku shield and Navi (if you know, you know). One thing that flows through much of my work is colour, and as a Rainbow Witch (and addict) it is something I try to add to all of pieces I do, whether it is overt or more covert. I create what makes me happy.



ART OF THE WEEK

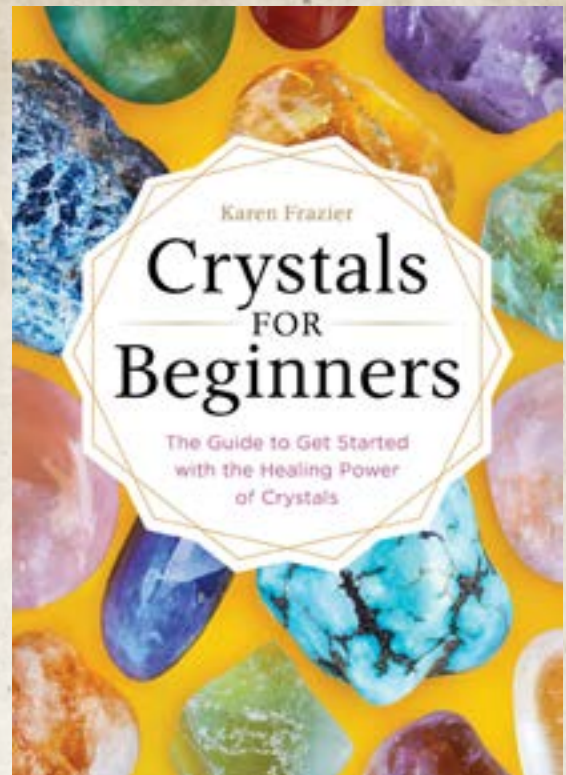


BOOK SPOTLIGHT



Paganism By Mari Silva

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Crystals for Beginners By Karen Frazier

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