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IN THIS ISSUE

PAGE 3

The Balefires of Beltane

PAGE 4

So What Does a Volcano in a Dream Mean?

PAGE 6

MERRY MEET:
Lori Beth Keilwitz

PAGE 8

FEATURE:
THE RED ALBUM
Red Album

PAGE 9

Artist Interview:
Carole McWilliams of
Crow Women

PAGE 10

Living & Practicing with
Brain Fog

PAGE 14

David Moore Eats it All!

PAGE 15

The Dragon Bard:
A Beltane Story

Manifestation

by Paul Bromm

Manifestation - What is it, how does it work?

There really is not Sorcery or Mysticism to this concept.

Manifestation is simply bringing an Idea into reality.

There is no one way to do this, the ways can be from the obvious to the realms of what one could consider Magic, this will all solely be based on one's outlook and point of perspective.

But no matter what perspective you have on Manifestation, when it happens, it is Magical, if only the feeling you get from it.

To clear up the confusion and the science fiction view of it, the reality of the workings of Manifestation is quite simple, Basically if you want

for something bad enough you will find a way to make it be.

I know this sounds like "DUH" but really it's not so simple, as there seems to be a lot of things we want that we never get or never happen.

This is where "Faith" comes into play. No matter what belief system you adopt into your life, whether it be Religious, spiritual or Scientific, there is a core basis for some sort of faith in every one of these systems.

I will speak on faith from a Spiritual and Scientific point of view because these are the 2 systems that I have endorsed in my life, but I find these 2 systems as one for they exist as a unity in my life. I will just label this system as to the Scientific aspect of it for explanation purposes, that is

Quantum Physics.

This science dictates that all forces and life in the Universe are Vibratory based, {Vibrational Energies} or {Frequencies} and that Energy seeks out Like energies.

This is otherwise known as the Laws of attraction.

So how does all this long winded jargon fit into what we are talking about?

Well it's this simple, If you have faith in your belief structure, you know that the laws or rules supporting it are true, thus if you believe in a system and its rules you have a trust, this is the faith and faith is a positive energy.

So if you focus your thoughts

on what it is you want, and stay focused on it, trusting that it is not impossible and it can and will be, then everything you do from that point, especially on the sub conscience level will be working in some way to accomplish that want, and if you want strong enough or bad enough, you yourself will make it happen.

That is the act of Manifestation, it is accomplished by you, not by Mystical powers, though Mysticism if that be in your faith system may give you the inspiration and drive to focus those positive energies in the manner which you need to Manifest your want, Just as prayer may be the Driving force for faith to a religious person.



THE RED ALBUM

What it is and how it makes a difference

SEE OUR FEATURE ON PAGE 8



FROM THE PUBLISHER

What a crazy year 2023 has been already, huh? With AI becoming available to the masses, dealing with the aftermath of long-standing laws being overturned all over the place, and more and more people protesting what they are calling the “woke” movement, there is a lot going on in our every day lives and trying to make progress in our spiritual lives too and help others can be a real challenge. It’s not a journey for the faint of heart. We feel you. We are proud of you for even trying. For being open to learning something new every day. For accepting and loving people, places and things the way that you do. For holding space for people. For caring about and preserving the world we live in. Even in the smallest of ways.

We’ve made some moves of our own already this year. We converted our business type to a Benefit LLC so that we can legally and legitimately focus on and support social and

environmental impact agencies as part of our standard operating procedure. We are tracking and already making real and measurable progress toward getting B Corp Certified. We are building relationships with individuals and businesses around the globe, supporting artists of all kinds, and being mindful of our environmental impact even in our endeavor to provide tangible products that serve people. We are also hosting and having conversations that are intended to bring us together as a collective whole and wake us up to more of the things that are here to serve us, not the other way around. We still have a long way to go to achieve all our goals, but we believe every little bit helps, and all of us doing our little bits add up to big things.

We see you doing those things too. Coming together to work on projects that serve the community in big ways. Setting your differences aside and working together on things that help

people where you are and wherever they are that serve a larger purpose. Creating things that put heart, soul, and beauty into the world. Speaking truths even when it seems like absolutely no one is listening. Holding space for people to just be themselves and be okay.

We need so much with there now being 8 Billion People in the world. It can be really hard to see the dent the work we are all doing as individuals in our world. We are here to tell you that it is making a difference. Mindsets are changing. People are seeking out information and the information they are finding from us is resonating with them. We create this space so that you can see it for yourself. You aren’t shouting into the abyss. There are people that hear you. There are people who support you and what you do. There are people out there looking for you too. We genuinely believe we can help them find you.



We see you. We hear you. We support you. We applaud you. Keep it up!

♡ 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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- AMELIA EARHART



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The Balefires of Beltane

by Nixie Vale



What is a Balefire?

The meaning of the words Bale Fire has taken on many meanings, form, and uses throughout history and your location would dictate what the Balefire would mean. I have seen Balefire also spelt Bael Fire, and Bel Fire but from research, I believe that they are simply different spellings for the same thing.

A Balefire is literally a large open-air fire, and the location would determine the purpose of the fire itself.

The Merriam Webster website says “an outdoor fire often used as a signal fire” but I believe that this is more of a localisation of the Balefire as on the Learn Religions website it says “In some places, the Bale Fire was used as a signal beacon. In Dartmoor, England, there is a hill known as the Cosdon Beacon. During the medieval period, beacon fires were lit at the top of the hill, which -- thanks to its height and location -- was the perfect spot for ultimate visibility”.

In Scotland, two fires would be lit, and various cattle/herds were driven between them. I believe that this was a way to protect the animals from negative forces and bless them with fertility.

In Ireland, the Balefire was lit in a specific location, and flames from this fire were carried to villages in the area, from which denizens of the village would use this flame to light fires in their own home. This would spread abundance, prosperity, blessings, and protection to each hearth in the area.

I remember reading that the term came from Bael Fyr which rough translated as Funeral

Fire, but I cannot find much proof of that in historical information.

The Fire

We often refer to a Bale Fire as a Bonfire today, but in general they are the same thing -- I personally prefer to use smaller fires in my cauldron or brazier as they can be easier to handle. A Bonfire is a place for people to gather, celebrate and generally have a good time. This is a place where music, movement, and magic happen. The fire would be lit on the last day of April and would remain lit until sunset on the 1st May. At the end of the celebrations, attendees would take a smoldering piece of the fire home, carrying these energies to their own home, like the Irish legends.

The Wood

While doing research for this, I learned that there are nine sacred woods which were traditionally used to create the initial bundle of wood to be burned. I understand that you may not be able to source these woods, so I have put together a list of different sacred wood types.

Alder

Charms, Leadership, Bravery, Protection, Spirituality, Learning, and Healing

Ash

Protection, Healing, Communication, Knowledge, Focus, Love, Justice, and Wisdom

Birch

Cleaning, Healing, Protection, Creativity, Rebirth, Renewal, Wealth, and Luck

Hawthorn

Enchantment, Protection, Purity, Love, the Fae, and Spirituality

Hazel

Knowledge, Dowsing, Divination, Dreams, and Protection

Holly

Strength, Purity, Protection, Logic, and Healing

Oak

Protection, Strength, Knowledge, Prosperity, Truth, Travel, Bravery, Vitality, Love, Wisdom, and Healing

Rowan

Protection, Defence, Divination, Strength, Healing, and Spirituality

Teak

Protection, Growth, Leadership, and Spirituality

Willow

Divination, Change, Rebirth, Enchantment, Enlightenment, Spirituality, and Love

There is a part of the Wiccan Rede that says “Nine woods in the Cauldron go, burn them quick a’ burn them slow. Elder be ye Lady’s tree; burn it not or cursed ye’ll be.” Elder is sacred to the Goddess, and while not everyone follows the Wiccan Rede here are the properties of the Elder’s wood. Exorcism, prosperity, Banishment, and healing.

Uses for the Bale Fire’s Ash

The ash of the fire can be used in a myriad of ways.

Fertility

If you are having fertility issues, fill a small

pouch or bottle with ash from the fire, and carry this with you while trying to conceive.

Purification

You can use the flames and ash to cleanse and purify your tools -- if something is flammable, use the ash or the energy of the flame not the flame itself.

Blessings

To promote a summer season that is filled with blessings, health, and prosperity you jump the dying embers of the Balefire - DO NOT jump the fire when the flames are still burning high.

Cattle and Crops Protection

If you have cattle and crops you can use the ash to bring protection (and abundance) to your cattle or crops.

FIRE SAFETY

When you are planning a Balefire (or any size fire) you need to keep a few things in mind regarding safety.

- Your fire needs to be on a safe and stable surface.
- Have someone always watching the fire.
- Keep flammable materials away from the fire.
- Always have enough water on hand.
- Check the weather before building a fire.
- Remove anything combustible from the area.
- Don’t add “rubbish” to the fire -- a Balefire is a SACRED fire.
- Keep pets and children at a safe distance.



So What Does a Volcano in a Dream Mean?

by Rick Tschauder

So what does a volcano in a dream mean? It is usually associated with a conflict scenario. Dreams about earth-based dangers like volcanoes (or tsunamis, earthquakes, etc.) generally point to inner turmoil or emotional conflict in the dreamer's world. It is a warning from your subconscious that there is something going on in your waking life that needs your attention: a conflict that must be resolved. The volcano represents strong emotions held in check but bubbling just beneath the surface, ready to erupt. The usual emotion being held in check is anger: usually it is the anger the dreamer is bottling up, but it could be fear of someone else's anger.

An erupting volcano is warning of the potential of an emotional explosion

overwhelming a person's self-control. The result, as is often the case with a volcano, could be catastrophic.

There are however, two types of volcanic eruptions (actually there are more than two, but no need to get too technical here). The first is the very explosive type, like Mount St. Helens or Pompeii. In this type of eruption, the lava is confined within the mountain until the pressure is so great that the mountain literally explodes. This kind of eruption is completely destructive, leveling the mountain and everything in the path of the eruption, and the effects are experienced at great distances. Such an eruption has little in the way of constructive power.

The second type is where lava dominates, flowing gently over the landscape,

destroying everything in its path, but also building in the process. This is the type of volcano found in Iceland and Hawaii, and is very similar to the type that formed the basalt around Spokane. In this type of eruption, things can actually be created, like the islands of Hawaii and Iceland.

As the eruption signifies the release of a dreamer's contained emotions, it is important to know what type of eruption was in the dream. A violent eruption, such as Mount St. Helens can cause much damage, while a lava flow might burn away some things, but is actually likely to be far more productive.

Forewarned is forearmed, and now a dreamer must act on the warning. In addition to taking action in the mundane world, the dreamer can use creative

visualization, a form of meditation, to help address the anger a person is feeling.

In fact, anyone can use this simple meditation to help them deal with their own anger.

1. Get into your preferred meditative position. Sitting in a chair with your spine straight, hands on your knees or thighs, palms up and slightly cupped with eyes closed is probably the easiest position for beginners.

2. Start rhythmic breathing. Rhythmic breathing is the art of consciously controlling your respiration rate. The most common technique is to breathe at a rate of five breaths per minute with equal inhalation and exhalation periods. Five breaths per minute results in six seconds



Article originally appeared in a varied form at Squirrely Productions. To read the original visit www.squirrelyproductions.weebly.com/articles--commentaries/dream-dabbling-the-meaning-of-volcanoes-and-how-to-use-them



for inhaling and six for exhaling each minute. Count slowly to six as you inhale, hold it for just an instant and then count slowly to six as you exhale.

3. When you feel yourself relaxed, visualize a volcano like the island of Hawaii. The volcano should be convex, kind of like a shield (which is why they are called shield volcanoes), rather than steep and mountainous like Mount Rainier. You

can imagine the volcano surrounded by calm blue water if you wish. The idea is to create a somewhat peaceful scene.

4. Next, zoom in to the summit and imagine a crack forming there. Lava bubbles out of the crack and flows down the side of the hill, following whatever canyons or gullies are there, or just spreading out kind of in a fan-shape – whichever picture comes to your mind.

5. As the lava flows downhill away from the vent, let it carry away your anger and frustration.

6. The lava flows downhill, burning everything in its path, but carrying your emotion with it, down to the sea. As the lava enters the sea, feel it cool and harden, and your anger cools with it.

7. Hold the visualization as long as you need to. Let as much of your anger

dissipate in this manner as possible. Repeat the meditation the next day, if necessary, or for as many days as it takes for you to release the anger within you.

Releasing anger using this method is certainly better than waiting for the anger to explode with catastrophic force. After all, where would you rather find yourself? In Hawaii or atop Mount St. Helens?



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Merry Meet 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.

Can you tell us a little about you and how you relate to the Pagan Community?

I've always been drawn to those who thought differently than the traditional doctrine of your stereotypical neighborhood church. The excitement of mind opening discussion was a refreshing change from the stale taste of indoctrination that seemed to fall to the wayside as soon as church ended and I had no desire to be a cog in their machine. The journey this sent me on has taught me to stay out of the box for as a friend once told me, "Once you think you have figured it all out, you cease to learn."

What do you know and love most about Paganism?

The freedom of mind expanding thought and following my own path is what I love most.

What do you dislike most about it?

Most religions have a book for you to read and follow. Paganism doesn't come with a manual leaving you to learn through trial, error, research and luck. It's a harder path but in the end a worthwhile one.

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

That's a tough one. To remove corruption, you would need to deal with all of the humans that are involved. Can fix them or are some just unfixable and by controlling them are you messing with their path? Put them all in the prisons that are basically corporations making money off of the prisoners themselves? I don't have the answers but I would like abuse, corruption, slavery, and all of the evils to go away. This question made me sad.

What are the predominant mediums you use in your art?

For a still life or portrait, oils tend to be my favorite go to. As far as having the freedom to create and flow freely, acrylics are my favorite.

Are there any particular mediums you prefer over others or would like to try?

Since I love to create my own little worlds, I would have to say acrylic is by far my favorite due to decent dry times and the ability to layer.

How do we find out more about it?

You can find my work on www.fineartamerica.com.

You've got a piece/series you are promoting now. Want to tell us about it? What's it called and is there a story behind the name? What is it?

My latest series depicts a little ghost or dead girl named Lilly who is living in a cemetery land called purgatory. It portrays the feeling of just being. Seemingly trapped but familiar. Empty but content.

Can people visit it in person at a gallery or online?

My online art store is at www.lori-vashler.pixels.com and I do have originals hanging at Strangelands in Centralia Washington.

What can people expect when they visit online and/or in person?

Dark imagery mixed with cure portraying the cage that so many feel trapped in while finding our own way to reach contentment.

Do you have any advice or tips you would like to share with would-be artists looking to get started?

Don't be afraid to be you in your art and just let it flow with passion. Don't be afraid to show everyone so it has a chance to reach the people that fall in love with it.

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





Find Lori and her work at
www.Lori-vashler.pixels.com
www.fineartamerica.com.

or on Facebook @Lori Beth Keilwitz

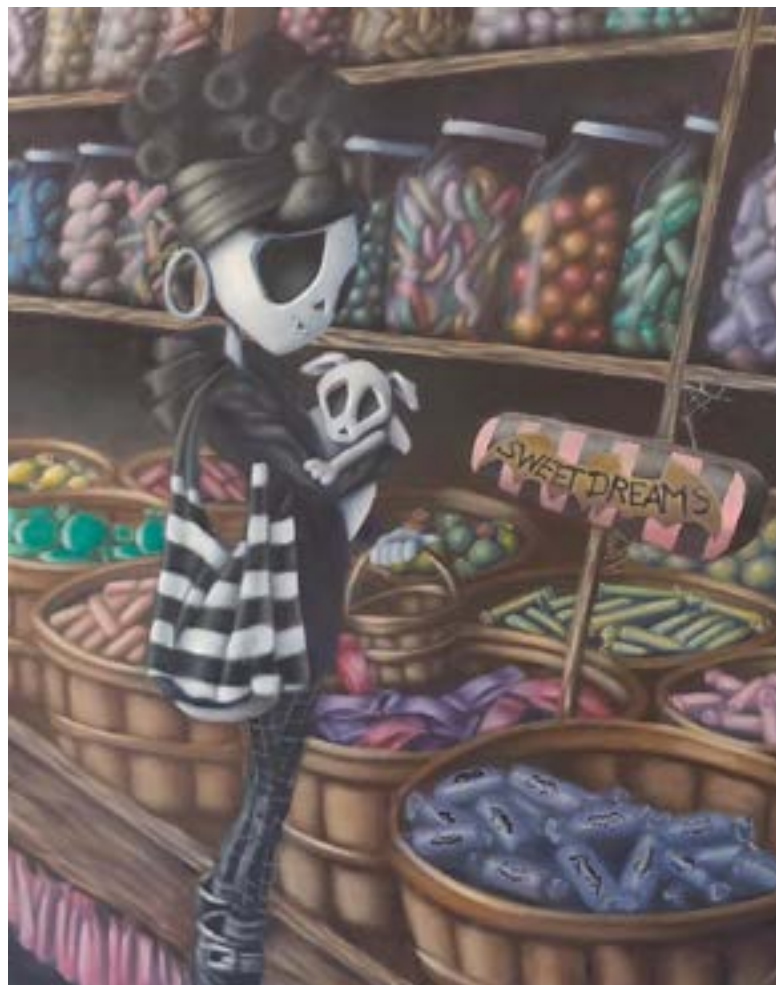
ARE YOU AN ARTIST?

Part of the pagan community?

WE WANT YOU!

Metaphysical Times' sister magazine Full Moon would like to promote your art in our Artist Feature.

CONTACT US AT www.metaphysical-times.com/write-for-us



THE RED ALBUM

Pagan Voices for Reproductive Rights

The Red Album: Pagan Voices for Reproductive Rights is a compilation album with a mission to support abortion access and reproductive/human rights organizations. A diverse group of artists has contributed to the project, lending their voices to create a powerful expression of solidarity. Their music resonates with hope, defiance, blessings, and their passion for the cause is palpable in the drums, strings, breath, and heart that they pour into their performances.

The idea for The Red Album was born during a panel discussion at the Pagan Spirit Gathering in June 2022. The announcement of the overturning of Roe v. Wade inspired the panelists to write protest songs for bodily autonomy, freedom to choose, and abortion rights. Their passion continued after the festival, leading to the creation of a compilation album. Each artist contributed one original, previously unreleased song to The Red Album, much like The Green Album released in 2016, which raised funds for the Rainforest Trust and had an environmental action theme.

The Red Album is a compilation by Pagan artists, raising funds for abortion access and reproductive/human rights organizations. All proceeds from the sale of the album will be donated to the National Abortion Federation and Elevated Access. The National Abortion Federation is a nonprofit organization that supports abortion providers in delivering patient-centered, evidence-based care. Their website at www.prochoice.org provides information about their mission and work. Elevated Access, launched in April 2022, is a volunteer pilot network that provides free flights in private aircraft for people who need access to abortion and gender-affirming care. More information about their work can be found at www.elevatedaccess.org.

The Red Album project has seen artists work tirelessly to write and record original works for the album. The compilation is a powerful testament to the importance of reproductive rights and bodily autonomy, and the dedication and talent of the artists shine through in every note.

The artists who have contributed to



The Red Album have created a diverse expression of solidarity. They have lent their voices to manifest a future where people are free to choose what is done with their own bodies. The music is imbued with anguish, hope, defiance, and blessings, creating a sense of magic. The Red Album is more than just a collection of songs; it is a call to action and a statement of support for reproductive rights and bodily autonomy.

The artists on The Red Album have used their platform to advocate for reproductive rights, expressing their

frustration at the ongoing attacks on abortion access and bodily autonomy. The album is an opportunity to bring attention to these issues and to support the organizations that are fighting for these rights.

In a world where reproductive rights are under attack, The Red Album is a beacon of hope. It reminds us that we are not alone in this fight and that we can make a difference. The artists on the album have come together to create something beautiful and meaningful, and their work has the power to inspire change.

In conclusion, The Red Album: Pagan Voices for Reproductive Rights is a powerful testament to the importance of reproductive rights and bodily autonomy. The album is a call to action and a statement of support for these rights. All proceeds from the sale of the album will be donated to the National Abortion Federation and Elevated Access. The artists on The Red Album have used their platform to advocate for reproductive rights, and their work has the power to inspire change.

The Red Album Go Fund Me is at www.gofund.me/aec4fee

The Red Album: Pagan Voices for Reproductive Rights is an important project that aims to raise funds to support abortion access and reproductive/human rights organizations. You can show support to the artists and organizers by donating funds that cover production and marketing costs through the project's GoFundMe page at www.gofund.me/aec4fee

Additionally, you can subscribe to a Metaphysical Times Meta-Moon Subscription to catch all the interviews with the artists and organizers, progress updates, tour dates, and more through the release date and beyond! As an added means of support, we have set things up so that 25% of your monthly subscription fee will be donated to the GoFundMe campaign when you enter THEREDALBUM at checkout! Your subscriptions and donations will go a long way and help save a lot of lives!

All proceeds go to



www.prochoice.org



ELEVATED ACCESS

www.elevatedaccess.org

Red Album Artist Interview

Carole McWilliams of Crow Women

Welcome Carole and thanks for joining us today. Can you tell us a little about you and how you relate to the Pagan Community?

I am a proud Crone and a practicing Witch. I've been a member of Crowwymyn since 1997. I enjoy singing with my coven sisters during our rituals, at Pagan festivals some of us attend, and on the three albums the Crow Women have recorded. I wrote several of the songs on those albums. We are in the process of recording a fourth as well as our contribution to the Red Album. I am retired and am involved with various non Pagan groups as well as the regional Pagan community. Landscape painting (desert and mountain) is one of the ways I occupy my time. Sometimes I even clean house.

Mostly I relate through our coven and through Ardantane, the Pagan retreat and learning center in New Mexico.



What do you know and love most about Paganism?

Really good people for the most part, the lack of judgmentalism toward people with different beliefs (with some exceptions). The respect for our Mother Earth, Her creatures, the Web of Life.

What do you dislike most about it?

Can't think of anything.

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

How much time and space do you have? Probably climate change first to protect our global life support system for the future for all beings.

We hear you've got a new album out/tour coming up/gig happening. Want to tell us about it?

We are in process of recording our fourth album as a coven, and a song, "How Dare You!" for the Red Album.

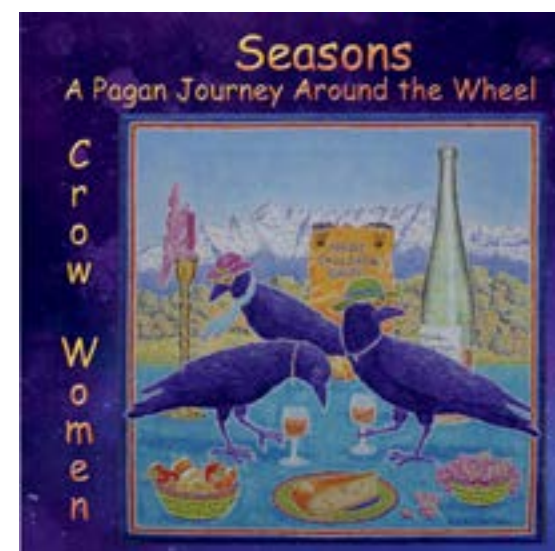
What's it called?

Our new album doesn't have a name yet. Our previous albums were Crow Goddess, Crow Magick, and Seasons. The Red Album is a compilation of Pagan artists to protest and express our outrage at the Supreme Court overturning of Roe v. Wade last year.

Can people get it online and where?

Our albums are available at Pagansong.com.

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



Living & Practicing with Brain Fog

By Nixie Vale

Over the last 5 years I have been battling with Brain Fog which came along with my Chronic illnesses, and I wanted to write this to share with you all how I work spiritually and practice magic while having Brain Fog.

Disclaimer: I am not a doctor or medical professional. If you feel you or someone you know has symptoms, you should speak to your GP or doctors. The information in this blog comes from my own research, conversations with my own medical team and alternative healers.



Brain Fog Refers to the inability to concentrate. Getting confused easily. Disorganised. The inability to put thoughts into written or spoken words. Irritability. Forgetfulness. Low motivation. Lack of creativity. Unable to hold cohesive conversations. Mood swings

What is Brain Fog?

Technically Brain Fog isn't a medical condition on its own; however, it's a term that is used to describe certain symptoms which impede the ability to think. It can feel like you're trying to wade through treacle. Brain Fog isn't consistent either; there is an ebb and flow to its severity and duration. It can last for a few hours, up to days. Can you imagine not being able to hold a cohesive conversation with someone you love?

When I am wading through the weight of Brain Fog, I can't hold a proper conversation with my fiancé; I can forget what I am saying as I am saying it – and I get so damned frustrated with myself to the point I have been known to have a tantrum; because I know this isn't like me. I can talk for England. I do I when I am writing too, there are times when I am writing an article or researching for an article, I get annoyed because I make mistakes; so I ball up the paper and throw it into my "Bad Word Bonfire" bin – a place where I put written work I have had negative feelings towards. It sounds a little crazy but it feels like my brain is actually moving slower. There are times when my fiancé has to take my medication, even though I have an alarm set I still forget. He has taken over the majority of hair care because I tend to

get distracted or I forget to do it altogether during Brain Fog periods.

When these periods happen, they cause disruptions in everyone's lives, not just the person suffering. Brain Fog isn't progressive, nor is it going to damage the structure of the brain, or the intellect. However, it does cause embarrassment, anxiety, and low self-esteem. When I first discovered Brain Fog, I was relieved to hear that my brain wasn't being damaged, or that I was getting "dumber". As a writer, I need my brain

What Causes Brain Fog?

There isn't just one cause for Brain Fog, and it can be attributed to a wide range of different, and varying illnesses.

- Electromagnetic Radiation. N
- Nutrient Deficiencies – Vitamin D, B12 etc
- Sleep Disorders.
- Stress.
- Poor Diet
- Hormonal Changes or Menopause
- Pregnancy (known as Baby Brain)
- Medication
- Thyroid Disorders
- Heavy Metal Exposure
- Cancer Treatment
- Chronic Fatigue Syndrome (CFS)
- Auto Immune Disorders – like Lupus and Coeliac Disease
- Multiple Sclerosis (MS)
- Myalgic Encephalomyelitis (ME)
- Chronic Migraines
- Systemic Pain Syndrome (Fibromyalgia)



Crystals Beneficial for the Brain, Mental Clarity, Mental Health, Memory, and Cognition

I use crystals that help with the brain, brain health and memory.

- Emerald
- Blue Lace Agate
- Green Jade
- Iolite
- Hematite
- Tiger's Eye
- White Opal
- Rose Quartz
- Sodalite
- Rainbow Fluorite
- Citrine
- Malachite
- Clear Quartz
- Amethyst
- Smoky Quartz
- Obsidian
- Amazonite
- Selenite
- Pyrite
- Lapis Lazuli
- Lepidolite
- Zoisite
- Sapphire
- Blue Scapolite

There is a long list of crystals that can be used to aid mental clarity, memory and the health of the brain in general. Finding what crystals work for you can take time. Be patient with yourself, and the process.

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

What can help with Brain Fog?

There is no "cure" for brain Fog, but there are things that you can do to POTENTIALLY help fend off the episodes, or at least the length affected.

- Correcting Nutrient Deficiencies – for me it's Vitamin D and B12
- Adjusting Length or Quality of Sleep – 8 to 9 hours of Sleep
- Avoid Excessive amounts of Alcohol and Caffeine
- Exercise
- Adjusting Diet
- Reduce time spent using technology Do something you enjoy
- Speak to your GP or a medical professional
- My Cauldron of Maladies makes Brain Fog a factor of life for me, and when it does "hit", I try to do what I can to make its presence something I am able to cope with.
- I meditate for 5 minutes multiple times a day rather than two sessions lasting a minimum of 30 minutes
- I try to stay away from my tablet, phone, and laptop – it's not always effective but I do try.
- Positive affirmations when feeling negative.

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Beltane Readings

by Nixie Vale

Beltane is one of the sacred festivals of the Pagan Wheel of the Year, and I struggled to choose a deck that fit this festival; then I remembered I got a new tarot deck for my birthday. I will be using the Diablo: The Sanctuary Tarot, this deck is based on the Diablo game series, and based on the artwork for the launch of Diablo 4.

Aries – Ten of Pentacles

Financial security means a lot to you right now, and you are wanting a stable and long-term success. The energy right now is saying that you are nearing that point, but that doesn't mean you can stop doing the work to maintain this stability and security. You have been blessed with abundance, but it is important to show gratitude and thanks for what you have. Don't take your success for granted.

Taurus – Three of Swords

In the last few weeks you have been left feeling empty, heartbroken and disappointed, leaving you feeling deeply hurt. When you hold on to this hurt you are only turning the bitterness onto yourself, and the energy of the card is saying.. nope! It's time to have a good cry about what has been happening and let that s**t go because this is all part of the cleansing process.

Gemini – Justice

This one has me split, because while I am being "told" that over the next few weeks you will be held to account for your actions, and judged accordingly. I am also getting that there is an important choice coming for you, and depending on what you choose, there will be long-term repercussions. You need to enter the next few weeks with truth and honesty, allowing yourself to be consciously aware of what future repercussions may arise.

Cancer – The Devil

Right now you are struggling with your Shadow Self and working on freeing yourself from the restraints that have been holding you back over the years. I am getting a sense that you have been looking for short-term pleasure and gratification which allows you to avoid deeper and darker feelings. It is time for you to look at your longer-term mental, spiritual, emotional, and physical wellbeing. Shadow Work is rough because it must be.

Leo – Two of Swords

In the last few weeks you have known there is a tough decision approaching, and while you have tried to avoid thinking about the decision, it is still coming. You need to look at the different options that are ahead of you, because when you have all the information in front of you, you are able to make informed decisions you do not regret making. Make a conscious decision.

Virgo – The Hermit

Taking time for yourself is not selfish. The Hermit has come to you to tell you that you need to take some time for yourself to work on you. Over the next few weeks take time each day to contemplate why you do things, what is important to you and how you can start to express your most authentic self. Introspection is healthy, and you don't need to have a week-long retreat in the mountains, all you need is some quiet time to yourself.

Libra – The Empress

The empress is the embodiment of nurturing, feminine and creative energy, and these come through many different forms, also representing abundance. Over the last few months you have felt yourself being blocked creatively, and the projects you have started have been left because you "run out" of creative energy. Take some time in the next few weeks to get in touch with your creative side without putting pressure on yourself (finger paint if you want). Use this to nurture your creative self.

Scorpio – Five of Swords

You have been experiencing conflicts over the last few weeks, but the problem is you do not know why they are conflicts because, they shouldn't have been. Now you have a feeling of confusion and loss. Right now, you need to pick your battles, and not allow yourself to be drawn into petty fights or anything you know will not be good for either party. It can

be harder to be the bigger person and not compete in an argument.

Sagittarius – Seven of Cups

Over the first few months of the year, you have been given so many opportunities that you have been overwhelmed, leaving you trying to project yourself into possible futures. Take the time over the next few weeks to make grounded decisions by doing research and choose which opportunity is best for you.

Capricorn – Eight of Wands

You have been experiencing blockages and obstacles with the plans you have been making, but now you start to experience things moving and falling into place. This is a very high-energy card and means you are going to be busy over the next few weeks. This momentum means you have the energy to reach your goals, being productive and accomplishing everything you have been wanting.

Aquarius – The High Priestess

The High Priestess is the guardian of sacred, subconscious and intangible knowledge and wisdom. Right now, you can peer beyond the veil and your intuitive work will be enhanced and heightened. It can be difficult to tune into your own intuitive abilities, but at the moment it is as easy as breathing, so spending some time each day to develop your abilities and listen to your inner voice.

Pisces – Six of Swords

You are in a state of transition and have been for a while. You have done everything to avoid this change, but it is time for you to embrace this transition and know that while you are moving into an unknown state, this is going to be better for you in the long run. Resistance to change is going to cause more harm mentally, emotionally and spiritually, more than it would to be uncomfortable for a while.

Full Flower Moon in May

*article from www.almanac.com

May's full Flower Moon reaches peak illumination on Friday, May 5. It will be below the horizon at this time, so plan to venture outdoors on the nights of the 4th and the 5th to get the best view of the bright full Flower Moon! Find a location with unobstructed views of the horizon, if possible.

Why Is It Called the Flower 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 solely to the full Moon.

May's Flower Moon name should be no surprise; flowers spring forth across North America in abundance this month!

"Flower Moon" has been attributed to Algonquin peoples, as confirmed by Christina Ruddy of The Algonquin Way Cultural Centre in Pikwakanagan, Ontario.

May's Moon was also referred to as the "Month of Flowers" by Jonathan Carver in his 1798 publication, *Travels Through the Interior Parts of North America: 1766, 1767, 1768* (pp. 250-252), as a likely Dakota name. Carver stayed with the Naudowessie (Dakota) over a period of time; his expedition covered the Great Lakes region, including Wisconsin and Minnesota areas.

Henry David Thoreau sparked the Native American Moon names as well, referencing the Flower Moon and Carver when he wrote about Native Americans.

Alternative May Moon Names

May's Moon names tend to speak to the arrival of spring and all that it entails!

The Cree names Budding Moon and Leaf Budding Moon celebrate the awakening of local flora, which really begin to leaf out now in many areas. Similarly, Planting Moon (Dakota, Lakota) marks the time when seeds should be started for the farming season ahead.

The activities of animals marked spring's arrival, too, which is highlighted by the Cree names Egg Laying Moon and Frog Moon, as well as the Oglala term Moon of the Shedding Ponies. All three names indicate that warmer weather is on the way!

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2 Do something childlike today such as, using the swing or riding a roller coaster.	3 Buy some lottery tickets and hand them out to passersby with a smile, asking them to try their luck.	4 Hand out free umbrellas to strangers in the street on a rainy day.	5 Leave an inspiring poem or painting somewhere in the community for someone to randomly discover.	6 Make a conscious effort to hydrate, exercise, and eat better more often.	7 Visit your favorite quiet place and be present.	8 Download a meditation app and try it out tonight before bed.																																																																																																																
9 Call your siblings and tell them you appreciate them.	10 Take old blankets and towels to a local animal shelter.	11 Treat everyone you meet today with respect.	12 Invite some family or friends over for a fun game of scrabble or chess.	13 Be present. Lie in the grass and stare up at the sky.	14 Support your local art community by making a purchase from a local artist.	15 Send dessert anonymously to another table in a restaurant.																																																																																																																
16 Take today to kick back, relax, and reflect on what's important in life.	17 Wake up early to exercise before going to work.	18 Send cheerful cards to lonely seniors.	19 FREE DAY! Show compassion in one way today.	20 Leave dollar bills on the shelves at a dollar store with a note that says "treat yourself to anything in the store, on me."	21 Reduce your carbon footprint! Walk or bike to work.	22 Be kind to people both online and offline; cyber-bullying hurts too.																																																																																																																
23 Check in with a friend or family member to make sure they're doing well.	24 Bring in treats to add to your office pantry for your team members to enjoy.	25 Leave a note on the public restroom mirror that says "you look great!"	26 Email a joke or funny video to a group of friends.	27 Plan a special day out with your child, niece or nephew.	28 Blast some music and dance like you just don't care.	29 Attempt to be more honest in your relationships.																																																																																																																
30 Plan your perfect day and go out and live it.	1	2	3	<table border="0"> <tr> <td colspan="7">MARCH</td> <td colspan="7">MAY</td> </tr> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> </tr> <tr> <td>26</td><td>27</td><td>28</td><td>1</td><td>2</td><td>3</td><td>4</td> <td>30</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> </tr> <tr> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> <td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td> </tr> <tr> <td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td> <td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td> </tr> <tr> <td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td> <td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td> </tr> <tr> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td> <td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td> </tr> <tr> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> </table>			MARCH							MAY							S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	26	27	28	1	2	3	4	30	1	2	3	4	5	6	5	6	7	8	9	10	11	7	8	9	10	11	12	13	12	13	14	15	16	17	18	14	15	16	17	18	19	20	19	20	21	22	23	24	25	21	22	23	24	25	26	27	26	27	28	29	30	31	1	28	29	30	31	1	2	3	2	3	4	5	6	7	8	4	5	6	7	8	9	10
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make kindness the norm.

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30	1 Write a sweet, encouraging note and put it in your child's lunch box or under their pillow.	2 Pay the toll for the driver behind you.	3 Treat the children in your life to a sci-fi movie today.	4 Plan a family camping trip	5 Invite friends over for dinner to celebrate Mexican culture and heritage today.	6 Buy the child in your life their favorite comic book.																																																																																																																
7 Gift your mother a scrapbook of shared favorite family memories.	8 Organize a "Charity Day" at work.	9 Slip a \$10 bill in with a random box of diapers at the store.	10 Eat what you want today and savor every bite.	11 Take flowers or treats to the nurses' station at your nearest hospital.	12 Spend time in nature and recharge by going on a hike.	13 Watch the sunset on a hammock with someone special.																																																																																																																
14 Deliver homemade cookies to a neighbor.	15 FREE DAY! Get creative! Make up your own random act of kindness today!	16 Donate to an endangered species charity.	17 Show your appreciation by doing a household chore that your partner normally does.	18 Bring gently used clothing and footwear to your local donation station.	19 Tip your waitstaff generously with a note thanking them for their great service.	20 Set aside some time today for self-care.																																																																																																																
21 Commit to learning how to play a new musical instrument this year.	22 Use reusable grocery bags and hand a few extras out to other shoppers.	23 Plan to attend a cultural event in your community.	24 Take a long walk on the beach or a quiet trail on a sunny day.	25 Put together a self-care basket for a stressed-out friend or relative.	26 Purchase small sunscreen bottles and pass them out to friends/ coworkers to use this summer.	27 Invite a friend, neighbor, or co-worker home for dinner.																																																																																																																
28 Shop small. Support your local mom and pop shops.	29 Have a yard sale and donate the profits to your favorite charity.	30 Volunteer with your local fire station or rescue team.	31 Ask your neighbors if they need you to pick up groceries while you shop.	<table border="0"> <tr> <td colspan="7">APRIL</td> <td colspan="7">JUNE</td> </tr> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> </tr> <tr> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td> <td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td> </tr> <tr> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> </tr> <tr> <td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> </tr> <tr> <td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td> </tr> <tr> <td>30</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> </tr> </table>			APRIL							JUNE							S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	26	27	28	29	30	31	1	28	29	30	31	1	2	3	2	3	4	5	6	7	8	4	5	6	7	8	9	10	9	10	11	12	13	14	15	11	12	13	14	15	16	17	16	17	18	19	20	21	22	18	19	20	21	22	23	24	23	24	25	26	27	28	29	25	26	27	28	29	30	1	30	1	2	3	4	5	6	2	3	4	5	6	7	8
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David Moore Eats It All!

#davidmooreeatsitall

Food is not just about sustenance; it's an experience that brings people together. The act of sharing a meal is a social event that connects us with our friends, families, and even strangers. And in the age of social media, sharing our dining experiences has become a way to connect with others and discover new culinary adventures.

David Moore, a self-proclaimed foodie, is no stranger to this phenomenon. As someone who travels frequently for work, he always makes a point to find new places to eat and discover the local cuisine. And when he finds a new spot with exceptional food and service, he shares his experience with the world on social media.

At Metaphysical Times, our purpose is to connect people with the people, places, and things they need. So when we came across David's foodie adventures, we knew we had to share them with our readers around the world. David's culinary journey takes him to different cities and countries, and his posts are not just about the food, but the entire

dining experience.

Through David's posts, we get a glimpse into the culture, atmosphere, and hospitality of each restaurant he visits. We see the creativity and passion behind the dishes and the dedication of the chefs and servers. And it's not just the fine dining establishments that catch David's attention; he also highlights hidden gems and local street vendors that offer unique and delicious cuisine.

By sharing his dining experiences, David is not only connecting with his followers, but he's also connecting with the local communities he visits. He's showcasing their food and culture and promoting tourism in a positive way. And as readers, we're not just being entertained by his posts, but we're also learning about different cuisines and expanding our culinary horizons.

Don't just take David's word for it. Try out the places he visits that are near you!

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The Dragon Bard: A Beltane Story

By Diane Vierra

The Fan

The shapes appeared slowly at first. I thought it was just the stage lights messing with my eyes. Then the air got cold, my hair stood on end, and I saw it.

Behind the guitarist, a huge electric blue dragon curled itself around her body, turning its head to look her in the eye. She stiffened and glanced up like she knew it was there but didn't want to get distracted. She smiled then, her first real smile that night, and began the guitar solo.

I had heard this song a hundred times online in the last two weeks, but hearing it live felt like the first time all over again. The crowd screamed, ecstatic and enamored. As the guitarist played, I watched this dragon lift up its head and, I swear, it sang with her. It hummed deep, guttural croons that shook the ground and thrummed inside my bones. It should have made me elated, but to my surprise, I started crying instead. The dragon's voice made me think of my family, my grieving parents...and the baby that was almost my brother.

The music made my heart ache and soothed it all at once. I laughed as I cried, and I felt my friend tug on my arm. She yelled in my ear if I was okay. I wiped my eyes and nodded, refusing to look away from the stage.



The Guitarist

My hands kept moving across the strings, but my powers pulled my astral self out of my body. I could see everything now. A thick, dark energy had settled around the crowd, like smog, covering the whole room. I saw it stick to one girl and drain something from her. She wasn't far from me, but even from where I stood, I saw her eyes glaze over.

Wake up.

I directed my spirit self over to the left hand side, so the girl could look me in the eye. I heard the cue from our drummer and dove right into the solo. Wake up, I told the girl.

I felt my dragon—Cirrus—before I saw him, but it still surprised me that he chose to step through. I glanced up at his pale blue eyes. He answered my unspoken question. I saw her, too. And you've asked me to help you before, but I ignored you. The regret in his voice hurt my heart a little. I won't let that happen again.

I couldn't cry in that astral state but I wanted to. It's an honor, seriously.

He smiled at me and turned his gaze right to the girl. With his head swaying to the music, he began to hum. I hadn't heard Cirrus sing since last Beltane, and I soaked it up. His voice sounded warm and deep, like the rumble of thunder in a summer storm, and I tried to bring that sound forth from my hands into my guitar. The girl's eyes came back into focus. She looked at us, and the smog rolled off her body in waves. She stood taller and more alert, as if she woke up from a dream. I held eye contact with her through the whole solo, until she blinked and shook herself, noticing the roaring crowd around her. She turned her gaze back to me and smiled, tears streaming down her face. I pulled my soul back into my body and let my own tears of relief fall. After tonight, she will sleep better than she has in a long time.

Metaquizzicle Times Beltane Wordsearch

C G X Y Z S A D D R A B N O G A R D P V
R T B F M A N I F E S T A T I O N B O Q
O M E A C I Z P C R O N E P W A J W F D
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WORDS

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|----------------|-------------|---------------|------------|
| dreams | goddess | manifestation | balefires |
| high priestess | flower moon | volcano | crone |
| dragonbard | beltane | redalbus | crow women |
| lori | | | |

Numina

(NOO-mih-nah) [Latin]

NOUN

Places of Divine or Spiritual Power

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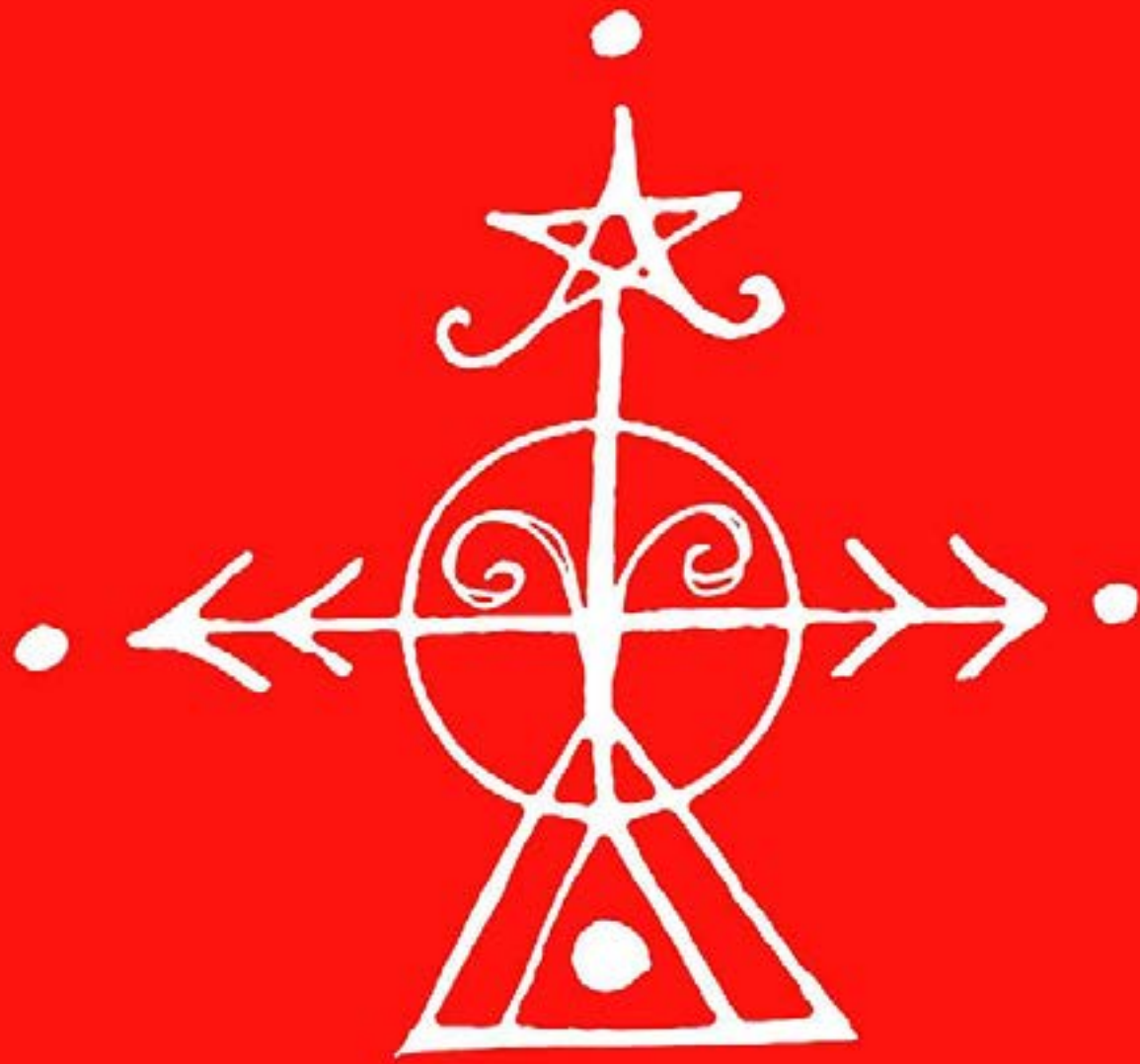
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