

# Metaphysical Times

Issue 3.4

\$3.50



## IN THIS ISSUE

**PAGE 3**  
**Harnessing the**  
**Energies of Litha for**  
**Transformation**

**PAGE 4**  
**Magical Metalwork**  
**in the Monarchy**

**PAGE 6**  
**MERRY MEET:**  
**Khaliela Wright**

**PAGE 8**  
**THE RED ALBUM ARTIST**  
**Pan Fried**

**PAGE 10**  
**Bones in Magic**

**PAGE 12**  
**Lughnasadh Readings**

**Full Strawberry Super**  
**Moon in June**

**PAGE 13**  
**Kindness Calender**

**PAGE 14**  
**The Mohs Scale**

## A Call for Connection for Litha

By Christy Mann

As the vibrant energies of Litha fill the air, we find ourselves in a time of gathering, celebration, and connection. In this season of festivals and events, it is essential to embrace and portray the qualities that unite us as a community - gentleness, kindness, and compassion. As we come together in our daily comings and goings, let us extend these qualities towards one another, creating a harmonious and uplifting atmosphere of love and understanding. This Litha, we invite you to join us in cultivating a culture of heartfelt connection through acts of gentleness, kindness, and compassion.

**The Power of Gentleness:** In a world that often values strength and assertiveness, we must not underestimate the power of gentleness. By approaching one another with tenderness and sensitivity, we create a space where trust can flourish, and deep connections can be formed. Let us remember that behind every face we encounter, there is a unique story, struggles, and joys. By embracing gentleness, we allow others to feel seen, heard, and valued, fostering an environment where understanding and empathy can thrive.

**The Transformative Nature of Kindness:** Kindness is a language that transcends boundaries and touches the deepest corners of our hearts. In our daily interactions, let us choose kindness as our guiding principle. It is through acts of kindness - a smile, a helping hand, a word of encouragement - that we have the power to brighten someone's day and uplift their spirit. Each small act of kindness creates a ripple effect, spreading positivity and inspiring others to follow suit. Let us be mindful of the opportunities presented to us to

make a difference through simple acts of kindness.

**The Healing Power of Compassion:** Compassion is a transformative force that holds the capacity to heal wounds and bridge divides. In a world often marked by divisiveness and discord, it is crucial to cultivate compassion in our interactions. When we approach others with genuine understanding and a willingness to listen, we create a safe space for vulnerability and growth. Let us suspend judgment and truly hear the experiences of others, recognizing that their journeys may be different from our own. By embracing compassion, we foster unity and promote a sense of interconnectedness among all beings.

**Practicing Mindful Presence:** In the midst of the festivities and gatherings, let us also remember the importance of being present with one another. Mindful presence involves fully immersing ourselves in the current moment, giving our undivided attention to those we engage with. By actively listening and offering our genuine presence, we convey a sense of value and respect to those around us. In this busy world, the gift of our presence can be a source of solace and reassurance to others.

**Creating a Ripple of Connection:** As we gather for festivals and events, let us carry the intention of fostering deep connections and meaningful interactions. Each encounter we have is an opportunity to create a ripple of connection that extends far beyond the initial interaction. Whether it is through a heartfelt conversation, a shared laughter, or an act of kindness, we can contribute to a tapestry of love and understanding that transcends individual moments.

Let us be conscious of the impact we have on others and embrace our role as catalysts for positive change.

This Litha, as we come together in celebration and connection, let us invite the qualities of gentleness, kindness, and compassion into our lives and spread them outward. In our daily comings and goings, let us embody these qualities and extend them to all those we encounter. By cultivating a culture of heartfelt connection, we create an atmosphere of love, understanding, and unity. Together, let us celebrate the power of gentleness, kindness, and compassion, and experience the transformative magic of these qualities in our lives.

As we navigate through our daily interactions, let us remember that every smile, every act of kindness, and every display of compassion has the potential to touch someone's heart and make a lasting impact. It is through these small but powerful gestures that we contribute to the collective well-being of our community and create a ripple effect of positivity that extends far beyond ourselves.

In the spirit of Litha, let us be mindful of the interconnectedness of all beings and the profound influence we have on one another. Whether we are attending festivals, participating in community events, or simply going about our daily routines, let us make a conscious effort to be gentle, kind, and compassionate in our words and actions. Let us take a moment to truly see and acknowledge the inherent worth and beauty in each person we encounter.

During this season of celebration, let us also extend our kindness and compassion to ourselves. Self-care and self-compassion are essential

components of our well-being, enabling us to replenish our own energy reserves so that we can continue to be a source of light and love for others. As we nurture ourselves, we set an example for those around us to do the same, creating a culture of self-love and self-acceptance.

In a world that can sometimes feel fragmented and divided, it is through the power of gentleness, kindness, and compassion that we can bridge gaps, build bridges, and foster a sense of unity. Let us transcend differences and embrace our shared humanity. By practicing empathy and seeking to understand one another, we can break down barriers and create a space where everyone feels heard, respected, and valued.

As we celebrate Litha and embrace the transformative magic of gentleness, kindness, and compassion, let us hold the intention of creating a world filled with love and harmony. Let us be the catalysts for positive change, not just during this holiday season, but every day of our lives. Together, we can create a ripple effect that spreads far and wide, touching the lives of countless individuals and bringing about a brighter and more compassionate future.

In closing, we invite you to join us in celebrating the power of gentleness, kindness, and compassion. Let us carry these qualities within us, radiating them out into the world and creating a profound impact on the lives of those we encounter. May our gatherings be filled with heartfelt connections, our festivals be infused with love and understanding, and our daily comings and goings be a testament to the transformative magic of gentleness, kindness, and compassion.



# FROM THE PUBLISHER

As we gather together to welcome the enchanting energies of Litha, I am filled with deep gratitude for your unwavering support and presence in our metaphysical community. The world around us is in a constant state of flux for everyone these days more so than usual, and navigating these changes can be both exhilarating and challenging. It is during these times of transformation that I believe we must embrace a different perspective—an understanding that negativity, to some extent, is necessary to ignite true change.

In our pursuit of spiritual growth and personal enlightenment, we often strive to set aside or overcome negativity. We seek solace and comfort for ourselves and others, longing for ease and tranquility in our lives and in the lives of others. While these aspirations are natural and valid, we must

also recognize the impact of negating the purpose of negativity itself. By merely trying to soothe and seek ease, we risk undermining our ability to make profound changes, both within ourselves and in the world.

Negativity, when channeled constructively, can serve as a catalyst for transformation. It is through acknowledging and expressing our frustrations, grievances, and discomfort that we find the motivation and determination to create meaningful change. By allowing ourselves and others to be out of sorts and expressing our struggles, we create an opportunity for growth, both individually and collectively.

However, as we navigate our own challenges, it is equally vital to extend kindness, compassion, and understanding to others who are also grappling with change in this season of transformation and adjustment.

We must recognize that they too are likely trying their best, even if their efforts are not immediately evident. Every individual's journey is unique, and we must strive to approach each other with empathy and grace.

Change requires effort. It demands that we confront difficult truths, question our beliefs, and challenge the status quo. It is through our collective determination and willingness to face adversity that true transformation emerges. By embracing the necessity of negativity as a catalyst for change, we can harness its power to create a better world—a world where understanding, growth, and compassion thrive.

As we celebrate the radiant energies of Litha, let us embark on a personal and collective journey of self-reflection and action. May we find the courage to confront



the negativity that hinders progress, while extending kindness and understanding to those around us. Together, we can make a profound impact on our lives and the world at large.

With profound gratitude and hope,

*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.

\*Reader Advisory- Mature Content\*  
Contact (385) 326-5488  
www.metaphysical-times.com

**Publisher:** Christy Mann  
publisher@metaphysical-times.com

**Lead Editor:** Emily Thornton  
editor@metaphysical-times.com

**Layout/Design Manager:** Sabrina RG Raven

**Northwest Regional Distribution Manager:**  
Rick Tschauder

**Ads and Logistics:** Henry Dalton  
ads@metaphysical-times.com

Visit [www.metaphysical-times.com](http://www.metaphysical-times.com) for information regarding advertising, subscriptions, and writing for us.

Metaphysical Times is a Utah LLC and holds the copyright to all original content. The opinions expressed by contributors are not necessarily the views of the editor or publisher.

### Not Healthcare Advice

The products, services, and information found in the publication Metaphysical Times LLC, and/or its websites or social media, have not been evaluated by the United States Food And Drug Administration and are not approved to diagnose, treat, cure or prevent disease and should not be considered as a substitute for advice from a healthcare professional.

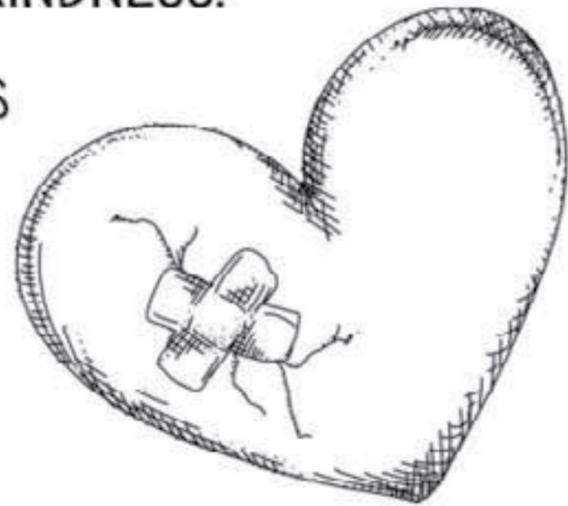
Any services, products, and claims are not intended to provide diagnosis, treatment or medical advice, and are provided for informational purposes only. Please consult with a physician or other healthcare professional regarding any medical or health related diagnosis or treatment options.

We do not recommend self-management of health issues. Contact your healthcare professional promptly should you have any health-related questions. Never disregard or delay medical advice based upon information you have read in this publication, which is not responsible for any damages for information or services provided.



"FORGET INJURIES; NEVER FORGET KINDNESS."

- CONFUCIUS



RANDOM ACTS OF KINDNESS FOUNDATION

[www.randomactsofkindness.org](http://www.randomactsofkindness.org)

## SPONSORED BY METAPHYSICAL TIMES

IAPN Radio  
Iowa Pagan News Radio  
Creating a community through unity



[www.iapnradio.net](http://www.iapnradio.net)



Pagan Rights Coalition

## Thank you to our Patrons!

Kate, Paisley Wilde and Mystic Misfits

Become a patron at

[www.patreon.com/metaphysicaltimes](http://www.patreon.com/metaphysicaltimes)



# Harnessing the Energies of Litha for Transformation

By Christy Mann

As we embrace the radiant energies of Litha, the Summer Solstice, we are presented with a powerful opportunity to tap into the transformative potential of intention-setting. At the core of metaphysical practices lies the understanding that our thoughts and intentions shape our reality and the lives of others. Here we explore the profound power of intention and how we can utilize it during the Midsummer season to manifest our desires, cultivate inner growth, and create positive change in our lives. Moreover, we will delve into the ripple effect of personal transformation and how it extends beyond ourselves, impacting the lives of others.

## The Nature of Intention

Intention is more than a fleeting thought or wish. It is a focused and deliberate act of aligning our thoughts, emotions, and energies towards a specific outcome. Our intentions act as seeds planted within the fertile soil of the universe, carrying our desires and aspirations. They serve as the compass that guides our actions, thoughts, and choices, propelling us towards the manifestation of our deepest dreams and aspirations.

## Setting Intention during Litha

Litha, with its abundance of light and vitality, provides an ideal backdrop for setting powerful intentions. As the sun reaches its zenith, we are reminded of the expansive potential that lies within us. To harness the power of intention during this auspicious time, reflection and clarity are key. Take a moment to reflect on your desires, goals, and areas of your life where you seek growth and transformation. Gain clarity on what truly resonates with your heart and soul.

Once clarity is achieved, visualize your intentions as already manifested. Close your eyes and immerse yourself in the emotions associated with their fulfillment. Feel the joy, gratitude, and fulfillment that comes with achieving them. Craft positive affirmations that align with your intentions and use empowering, present-tense language to declare your desires as already happening. Repeat these affirmations daily to reinforce your intentions and align your subconscious mind with your conscious desires.

Creating a sacred space where you can honor your intentions is another powerful practice. Light candles, use crystals, burn incense, or engage in any ritual that resonates with you. This ritual serves as a potent reminder of your commitment to your intentions and creates a space for focused intention-setting.

Aligning your energy with the frequency of your intentions is crucial. Engage in practices such as meditation, yoga, or energy healing to raise your vibration, clear any energetic blocks, and create a harmonious resonance with the manifestation of your desires.

Taking inspired action is equally important. Trust your intuition and seize the opportunities that come your way. Break your intentions into smaller, manageable steps and take consistent action towards their realization.

## The Ripple Effect of Intention

When we set intentions with pure hearts and

aligned energy, we not only create change within ourselves but also contribute to the collective consciousness. Our personal transformations have a ripple effect that extends beyond ourselves, influencing the lives of others and contributing to positive change in the world.

Imagine a pebble being dropped into a still pond. The initial splash creates ripples that expand outward, touching everything in their path. Similarly, when we transform ourselves through intention-setting and conscious growth, we send out energetic ripples that touch the lives of those around us.

Through our personal transformation, we become beacons of inspiration, radiating love, compassion, and authenticity. Our inner work influences our relationships, our communities, and the wider world. As we align with our true selves and manifest our desires, we inspire others to embark on their own journeys of self-discovery and transformation.

Moreover, our transformed way of being naturally affects the vibrational frequency of the collective consciousness. As we raise our own energetic vibrations through intentional transformation, we contribute to a higher collective vibration, which in turn has a positive impact on the world around us.

When we embody qualities such as love, compassion, gratitude, and kindness, we

emanate these energies into our immediate environment. Others are naturally drawn to the light we emit, and they may find themselves inspired to embody these qualities as well. By uplifting ourselves, we create a ripple effect of positivity that spreads far and wide.

Our transformed way of being also affects the energy dynamics within our relationships. As we cultivate self-awareness and personal growth, we become more attuned to the needs and emotions of others. We develop greater empathy and understanding, fostering deeper connections and harmonious interactions. Our intentions for personal transformation radiate outward, creating an environment that supports growth and healing for those around us.

Additionally, the positive changes we experience in our own lives become a testament to the power of intention and transformation. By sharing our stories and experiences with others, we become catalysts for change. We inspire others to believe in their own potential and ignite their own transformative journeys. Through our words and actions, we encourage others to embrace the power of intention and the possibility of positive change.

The ripple effect of personal transformation extends beyond our immediate circles. As we

radiate love, compassion, and authenticity, we contribute to the collective energy of the world. The combined intentions and transformative efforts of individuals who are committed to their own growth create a powerful wave of change. It is through these collective intentions that we can manifest a more harmonious and compassionate world.

As we celebrate Litha, let us recognize the immense power we hold to effect change through our intentions and personal transformations. By embracing the transformative energies of this season and setting our intentions for growth, we not only enhance our own lives but also create a positive impact on the lives of others and the world at large.

In conclusion, the power of intention during Litha is a profound metaphysical tool that allows us to manifest our desires and cultivate inner transformation. Through intentional growth, we create a ripple effect that extends beyond ourselves, influencing the lives of others and contributing to positive change. As we harness the energies of this sacred season, let us be mindful of the transformative potential within us and embrace the responsibility to be agents of love, compassion, and positive transformation. May our intentions ripple out and create a world filled with light, unity, and harmony.



# Magical Metalwork in the Monarchy

by Nixie Vale

Along with the spectacular gems that will be on display for the coronation, there will be a stunning display of precious metals, too. There is a glittering array of metals on display from Gold to Silver and Platinum. After the Civil War and Oliver Cromwell's time leading the country, the rulership was offered to King Charles II, but the previous Crown Jewels and Coronation Regalia were destroyed, melted down, or sold off. A new set needed to be created based on the originals, subsequently being given the same names to establish continuity.

## A Little Royal Regalia History

Items created between 1660 and 1661 form the core of the Coronation Regalia that are still used today. St Edward's Crown is possibly the most famous of all the pieces created for King Charles II and will be used to crown King Charles III in May. It is made from 22 carat gold, and as this was being created another eight items were also created, including: two scepters, a pair of armils (bracelets), a pair of spurs, an orb, and ampulla (a vessel with two handles), and a staff. In 1671 Thomas Blood, an Anglo-Irish officer, stole a crown, scepter,

and an orb. In his attempt to remove them from the Tower of London, he used a mallet to flatten the crown and there was a sizable dent in the orb.

Over the many coronations since that of King Charles II, items have been added to the Crown Regalia. In 1685 they were presented with the problem that there was no regalia to crown the wife of James II (VII). King Charles II was not married when he was crowned, so it wasn't an issue. But it presented a hiccup for the coronation council. When Queen Mary II came to the throne, she did in her own right alongside her husband James II as King and Queen Regnant (not to be confused with regent). The Scottish Crown Jewels were put away when it was decided that England and Scotland would become a United Kingdom with the Acts of Union in 1707. Today a whopping 142 objects make up the Crown Jewels, with the Scottish Crown Jewels living in Edinburgh Castle. We saw the Scottish Crown during the Laying in State in Edinburgh, as Queen Elizabeth died in Scotland.

During World War II the Crown Jewels were secreted away to Windsor Castle, and I believe there is a legend that they were hidden in a cave in the Welsh mountains. The gems were removed and kept in the vault at the Bank of England until the Jewel House of the Tower of London was repaired after bombing in the Blitz. I am not sure why this was done, aside from King George V deciding

they should be removed for ease of traveling and secrecy.

## Metals in the Crown Jewels

The Crown Jewels are primarily made from precious metals like gold, silver, and platinum; but also had gilt metals as well. Gilding jewelry—like the crowns—means a metal has been coated with gold. The difference between “gold plating” and “gilding” is the thickness of the gold applied. Coating equals at least 3 microns of 14 to 18 carat gold. Gilding equals less than 3 microns of I believe 18 to 24 carat gold. This means that Gilded metals are more delicate due to the finer coating of fine gold (perlesandco.co.uk). King Charles III's coronet from when he was invested as the Prince of Wales was electroformed and electroplated, which are processes that had never been attempted or used in creating a crown. The sphere is actually an electroplated golf ball.

The Crown Jewels are primarily made of precious metals, which means they have been prized over the centuries, and represent wealth, power, and beauty.

## Gold

Gold is a bright yellow-orange, malleable metal that can be worked easily for creating jewelry and other scientific purposes. When gold is hammered into semi-transparent sheets it can reflect infrared light, which means they can be used to create heat-resistant suits (think space suits). Gold is

good at conducting heat and electricity and is resistant to corrosion—which means it does not react with oxygen or moisture (rusting, for example). It is believed that gold was first produced when neutron stars collided, and was present when the solar system was formed. However, looking terrestrially, gold has been found all over the world and even in water ways. The Royal Family have their wedding bands made from Welsh 22 carat gold. The largest mines producing gold are found in the USA, South Africa, Australia, Indonesia, China, and Canada.

In the spiritual and metaphysical communities, gold is believed to be an incredible amplifier of energy. As gold is chemically inert (meaning it doesn't corrode or react) it is believed that wearing gold can help to prevent spiritual fatigue, negativity, and deterioration. When you pair gold with precious and semi-precious gems, the metal will amplify the energy of these stones, so this is something that you need to keep in mind when wearing jewelry. Gold is often linked to divinity, and the ancient Egyptians believed that the Gods' skin was made of gold.

Energy: Assertive and Projective

Energy Type: Masculine

Cosmic Body: The Sun

Element: Fire

Zodiac Signs: Leo and Sagittarius

Numerology: Two

Chakra(s): The Upper Chakras – Throat, Brow, and Crown Chakras

Properties: Power, Healing, Divinity, Wisdom, Wealth, Abundance, Success, Masculinity, Amplification, The God.

**Yellow Gold:** Yellow gold can be found naturally, and its most plentiful state. When working with gold on an emotional level, it helps to alleviate tension, stress and emotional balance, and purification. As gold is associated with the upper Chakras, it can help enhance mental clarity and acuity. You can work with gold if you find yourself becoming angry, tense or have feelings of being less than others. It can help to reinforce work to boost self-worth and self-belief.

**Rose Gold:** Rose gold is created when yellow gold is blended with copper, and the shade of the “rose” is dictated by the amount of copper in the mixture. Rose gold began its life in Russia with the incredible Carl Fabergé, who is renowned for making Fabergé Eggs for the Russian Imperial Family. Rose gold can be used by healers, teachers, and energy workers after working in order to replenish and balance their own energy systems. Rose gold is great for teachers because it helps to facilitate the transfer of information. If you are trying to communicate information



from the heart, rose gold will help to bring it forward.

**White Gold:** White gold is created from blending yellow gold with a white metal like nickel, palladium, or silver, causing the resulting mixture being a light gray—it's not "white" at all. As white gold is light gray in color, it is associated with both the sun (from the gold) and the moon (from the second metal). This means that you can amplify the energies associated with the moon, too. White gold is great for enhancing Intuition, psychic abilities, emotional balance, reducing negative energies, and helping you to learn new things by opening the mind. White gold can also be used to help you better communicate between yourself and others, especially family, friends, and colleagues.

**Silver**

Silver is a soft, lustrous metal that is white gray in color. Its name is believed to mean "shiny white", which describes its look. Silver is one of the few precious metals that have been used since prehistoric times, and it is a very useful material; from cutlery to solar panels, from water-filtration to jewelry and so many other things. Silver is possibly one of the most widely used precious metals with the broadest of uses, which even includes medicine. Silver is a malleable metal (though not as malleable as gold) and it can achieve an incredible polish, which makes the metal "shine". Silver is a non-reactive metal, which means it doesn't react with certain substances. Silver can be found all over the world, but the most productive places include Australia, Mexico, Peru, Bolivia, Poland, Chile, Canada, and Serbia. Silver has been mined for thousands of years and used as coins in ancient times. In spiritual and metaphysical communities silver is associated with the moon and as such is related to psychic awareness and intuition. Wearing silver can help you to expand your spiritual awareness, enhance your intuition, improve dream recall, and stimulate better dreams in general. Silver is a fantastic channeler of energy and can help you channel energy to where it needs to be, so if you are an energy worker silver is an incredible tool. Silver can also act as a stable influence when you are working energetically. If you are having trouble regulating your emotions, wearing silver can help you bring stability and concentration.

Energy: Passive and Receptive

Energy Type: Feminine

Cosmic Body: The Moon

Element: Water

Zodiac Signs: Cancer and Aquarius

Numerology: Four

Chakra(s): The Brow and Crown Chakra.



Properties: Intuition, Connection, Awareness, Compassion, The Goddess, Mirror of the Soul, Love, Protection, Clarity of the Mind

Silver can also help if you are feeling lethargic, fatigued, or creatively blocked to channel your way through these times, as they are only transient. The moon and lunar goddesses are closely connected to silver, and you can use the color to represent the metal if you do not have any on-hand.

**Platinum**

Platinum is a silvery-white metal that is malleable. Platinum is very stable and isn't affected by water or air, but it can be dissolved in acids. Like gold, it is very resistant to tarnishing and corrosion. Platinum has a range of uses but its primary use is for jewelry. It has also been used in various other industries like engineering, chemical, glass, and creating computer screens. Platinum is a rare metal and has been found in only a few places, including South Africa, Russia, Canada, the USA, and India. Interestingly platinum is more abundant on the moon and in meteorites.

The ability to process and work with platinum is a relatively modern process and was invented in 1783 by Francois Chabaneaus. Unlike other metals that have long histories, platinum is still being explored in a spiritual sense. However, platinum can be used to

break down self-imposed boundaries that are preventing you from moving forward. Platinum can also be used to help the integration and assimilation of new ways of working.

Energy: Passive and Receptive

Energy Type: Feminine

Cosmic Body: The Moon

Element: Water

Zodiac Signs: Gemini and Leo

Numerology: Seven

Chakra(s): Crown

Properties: Transformation, Activation, Ideals, Self-Esteem, Alignment, Expression, Balancing, Intuition.

When you work with platinum you are working with a high vibrational metal, which is akin to Herkimer diamonds, and the energy is very clear as it moves. You can use it when you are looking to broaden your spiritual awareness, but also the awareness of yourself. Platinum is also great to use when you feel like you are being emotionally overwhelmed, allowing you to cut through this energy and find a grounded state from which you can build.



**Sources**

- [www.wikipedia.com](http://www.wikipedia.com)
- [www.goldinvestments.co.uk](http://www.goldinvestments.co.uk)
- [www.lovetinydevotions.com/blogs](http://www.lovetinydevotions.com/blogs)
- [www.thenaturalsapphirecompany.com](http://www.thenaturalsapphirecompany.com)
- [www.crystal-information.com](http://www.crystal-information.com)
- [www.lenntech.com](http://www.lenntech.com)

- [www.charmsflight.com](http://www.charmsflight.com)
- [www.lovetinydevotions.com](http://www.lovetinydevotions.com)
- [www.sotherbys.com](http://www.sotherbys.com)
- [www.thewhitegoddess.co.uk](http://www.thewhitegoddess.co.uk)
- [www.learnreligions.com](http://www.learnreligions.com)
- [www.perlesandco.co.uk](http://www.perlesandco.co.uk)

**Metaphysical Times**

**Digital Subscription**

**\$2.50/month for 12 months**

[www.metaphysical-times.com/newsstand](http://www.metaphysical-times.com/newsstand)

**CRONE'S HOLLOW**

3834 S Main Street, Salt Lake City UT 84115 | 801.906.30470 | [croneshollow.com](http://croneshollow.com)



# Merry Meet Khalieela Wright

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

I'm mostly a Gaulish Polytheist. My main area of interest is the Hallstatt period Celtic Culture of the Continental Celts, especially of the Swiss-Bavarian basin. The deities I resonate most strongly with are Abnoba and Cernunnos and have altars to both in my house. Although, I also have special fondness for Epona, Daghdha, Danu, Lugh, Taranis, Brigid, and Belenus, too.

My mother's family was Irish. My great-grandfather was born on the boat when his mother was immigrating to America. I suppose this is where my love of Celtic culture comes from. My father's family was German and my Grandpa Nick even trained his dogs to follow German commands. Consequently, I don't feel remotely guilty about occasionally delving into Germanic Paganism.

Gaulish Polytheism allows me to combine both aspects of my heritage, enabling me to enjoy the Celtic culture and religion of southern Germany.

**What do you love most about Paganism?**

Connecting with nature. I try to complete my rituals outside as often as possible. I also find balance in the cycle of the seasons. Since my two primary deities are associated with nature, simply going for a hike becomes an act of worship and an opportunity to bask in the indulgence of the divine.

**What do you dislike most about Paganism?**

There are three intertwined areas that feed off each other: portrayals of witches and pagans in popular media, the baby witch movement, and white supremacy.

Gerald Gardner borrowed heavily from other religions when he created Wicca. Unfortunately, many "baby witches" think Wicca is the original religion and get quite nasty when encountering pagans from other traditions. Also, a lot of "baby witches" arrive with the misguided notion that paganism is tied to "bloodlines," as if this is Harry Potter and there are wizarding families. This opens them to be influenced by white supremacists who have infiltrated pagan groups.



"Baby witches" are also prone to tantrums and infantile behavior when the truths of witchcraft and paganism don't line up with their made-for-tv ideals. That's why I insist the first step toward Crone is to leave babyhood behind.

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

I would tax the shit out of second homes. In my line of work, I see a lot of vacant

houses: lake houses, hunting cabins, abandoned farmhouses, occasional-use condos, et cetera ad nauseum. It's not uncommon for me to come across someone who owns 4 or 5 houses, doesn't live in any of them, AND doesn't rent them. In resort towns, there are houses that are literally used just one week a year.

Idaho already has a homeowner's tax exemption for owner-occupied dwellings. Rental properties should be

taxed at their current rate and a new tax bracket should be created for seasonal/recreational residential properties. This would bring in additional tax revenue for the state and, if the taxes were high enough, it would encourage a lot of people to sell their 2nd, 3rd, and 4th homes. In turn, that would feed the housing market, lower home prices, and make home ownership possible for a lot more people.

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

A calendar of events has been posted on my website. This lists the dates and times of all upcoming author events, readings, and book signings. You can find me at the following events coming up soon:

Saturday, June 3rd @ 10 am, Priest River Library, Priest River, ID

Saturday, June 3rd @ 2 pm, Launch Party, Inquire Within, Sandpoint, ID (pagan & metaphysical store)

Saturday, June 17th @ 5 pm, Books & Brews, 1912 Center in Moscow, ID

Saturday, July 15th @ 7 pm, Potlatch Library, Potlatch, ID.

Saturday, July 29th @ 10 am, BookPeople, Moscow, ID

**Tell us more about your business and current projects. What's your business called and is there a story behind the name?**

I recently founded Hart & Hind Publishing Company. I wanted something that would express my Paganism and I've always felt a special kinship with deer, as is evidenced by Abnoba and Cernunnos being my favorite deities. Hart is an archaic word for a red deer stag and hind is the term for the doe. My mark is Cernunnos in stag form with the Abnoba Mountains in the background.

Klara's Journey, will be the first book released from my publishing house. I'm already working with two other authors, with hopes of publishing them in the future. In order to raise the funds to publish Klara's Journey, I launched a Kickstarter on February 28th and have been delighted with the reception it's received. The book's official publication date is set for June 2, 2023.

The inspiration for my novel, Klara's Journey, started with a song. My son and I were listening to Imaginary Lovers by the Atlanta Rhythm Section. The song contains the line, "Imaginary lovers never disagree." I looked at my son and said, "I don't know about you, but my imaginary lover argues with me all the time. My imaginary lover's brother, though, I get along great with him." And that was the genesis of the story.

The next day I sat down and began writing about a woman, her argumentative lover, and her lover's brother. Five weeks later I had a completed draft of approximately 105,000 words. That draft was just the

first book in what I knew in my heart would be a trilogy.

**That sounds brilliant. Where can people purchase a copy?**

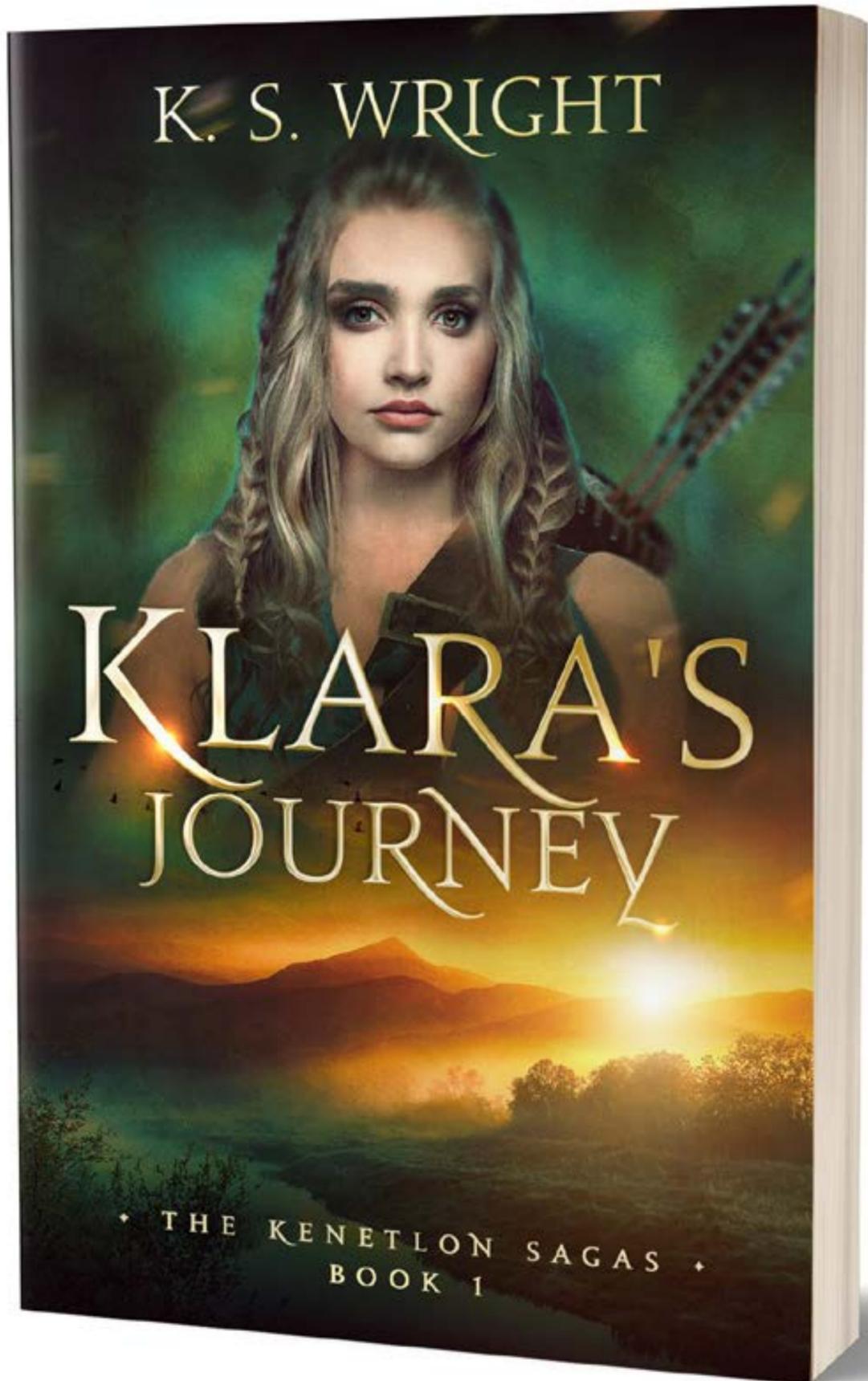
Klara's Journey is distributed through Ingram, so starting May 1st it'll be available for pre-order wherever books are sold. If the book is not in the bookstore, the manager should be able to order it. If not, there's always Amazon.

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

I have two websites: one personal, the other for the publishing company. The Hart & Hind website is pretty boring—the only thing there is information about Klara's Journey. My personal website has a lot more information and has a mix of topics ranging from Paganism to book reviews to writing and publishing advice.

I'm also happy to meet with book clubs and writers' groups (in person if they are close or via Zoom if they're not.) I taught for many years, so speaking to a crowd is second nature and I'm not the least bit shy.

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



If you're interested in learning more about Khaliela Wright, you can find her at the following online places:

Personal Website: [www.khalielawright.com](http://www.khalielawright.com)

Publishing House Website: Hart and Hind Publishing Company  
[www.hartandhindpc.com](http://www.hartandhindpc.com)

Facebook: [www.facebook.com/khaliela.wright](http://www.facebook.com/khaliela.wright)

# THE RED ALBUM ARTISTS

## Pan Fried

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

Pan Fried is a duo consisting of the two of us: Alane (Aly) Brown and Jeff Hibshman.

Alane: I'm a member of the women's circle Crow Women, which just celebrated our 30 year anniversary as a coven. Our tradition is feminist Wicca. We love (and irritate) one another like sisters. We're all very musical—songs have always been sprinkled liberally into our rituals. Back in the 90s, we started performing, and became a pagan band in parallel to our life as a coven. Today, we're working on our 4th album. For more about Crow Women, check out the article <insert info about your interview with Crow Women here. It was uploaded to you by Carole McWilliams> I'm very active in the Albuquerque regional pagan community, teaching workshops, coordinating music at festivals, and doing other priestess work. Being a witch is a pretty central part of who I am.

Jeff and I met at a (non-pagan) music festival, in a bluegrass picking circle. He was playing upright bass, I was playing guitar, our eyes met across the circle, and boom, two months later we moved to Mexico to spend the winter together. After most of a year of bonding, I took the risk of bringing Jeff along to PSG (Pagan Spirit Gathering). It worked out great. He played nice with my friends and even wore a sarong for the first time.

Jeff: My first real pagan experience was PSG. I enjoyed the palpable energy there, of people coming together to celebrate. I could feel the energy when we arrived—there was something going on there that I liked.

Aly's friend Louis Garou stopped by our camp the first day and we jammed on guitar, and the next thing I knew, he'd invited me to play in his acoustic concert that night. Aly and I were camped next to Wendy Rule, and we got to playing, and soon she invited me to play electric bass in her Mainstage concert. Then, we heard Arthur Hinds playing a tune in his merchant booth and Aly said, "go take your fiddle over there, it would fit in." So, I did that, too.

Soon everyone was inviting me to play in their songs for Bardapalooza, the musical mashup that happens the last night of PSG. I played mandolin with Meren King, and fiddle, bass or guitar with kind of everyone, whatever they wanted. I've played a lot of styles of music with a lot of bands over my whole lifetime. It turns out that playing with pagan musicians is fun. And, if it's not, I'm not doing it.

Now Aly and I are having a great time putting together our own duo. It's called Pan Fried. (That name was my idea.) So, now, I'm a pagan musician, too.

### What do you know and love most about Paganism?



Jeff: I like its inclusiveness.

Alane: I was drawn in by its feminism as a teenager and have stayed because I feel at home. I like being a witchy woman. I love the freedom to dance exuberantly around the fire and sing pagan chants all night long. I love this religion. It's fun. And if it's not fun, I'm not doing it.

### What do you dislike most about it?

Alane: I'm a social psychologist and I know all groups have their conflicts. It's inevitable. In the pagan community, I've seen some doozies.

Jeff: I'm too new to say anything about not being paid enough to do pagan music.

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

Jeff: The world would be a better place if people would just get along and respect each other's beliefs and not try to pound their beliefs into your head.

Alane: I agree with Jeff. I'd encourage the peoples of the world to respect one another. You have to be willing to listen and to accept.

I did a midlife Peace Corps service in Peru about a decade ago, and living in my village in the Andes really helped me see the world through a new perspective. If more people could immerse themselves in a different culture, with an open mind and heart, that would help us all treat one another with more dignity.

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

Alane: This year, Pan Fried has moved up to being in the PSG lineup in our own right. I've taught workshops there in the past, but now I get to take on the role of a performer. Having a full concert to prepare for has helped Pan Fried tighten up our arrangements. It's really our debut as a band. It'll be a lot of fun. And, as usual, I'll lead a workshop. I was a college professor a long time and it's a hoot to use those skills to teach pagan chants, songwriting, ritual skills, and other witchy matters.

Jeff: I'm excited to reconnect with the people

I met and enjoyed at PSG last year. And, I'm excited to do this gig with Aly, as Pan Fried. She's very supportive of my music in the other bands I'm in (blues, rock & roll, country). Now we get to support each other. We live in Baja in the winter, and in summer we're in the States. We'll do PSG, and we're talking to some other pagan gigs we're hoping will Pan out.

### How do we find out more about it?

You can go to the Pagan Spirit Gathering website. Sign up, come celebrate solstice in Missouri with the pagankin, and listen to lots of great pagan music, including ours. [www.circlesanctuary.org/index.php/pagan-spirit-gathering/musicians](http://www.circlesanctuary.org/index.php/pagan-spirit-gathering/musicians)

### We hear you've got a new release coming. What is it?

Alane: Pan Fried has a song on the upcoming release: The Red Album: Pagan Voices for Reproductive Rights. There are 19 different

What's it called and is there a story behind the name? What is it?

pagan bands who have each donated a song to the compilation. Some years ago, The Green Album came out, with songs about environmentalism. The Red Album was motivated by the artists' outrage at the overturning of Roe v. Wade, and the proceeds from the album will go to organizations that support abortion access. Our contribution is A Song for Emmeline. It's a sweet little folk song about the way a life can be derailed by an unexpected pregnancy. Emmeline is so clear in my mind. I wanted to give her the voice she'd never had.

Jeff: The message of the Red Album is "mind you own business". The song Aly wrote is about a poor girl not having a choice. I feel privileged to be part of The Red Album because it's something I strongly believe in. I think I'm the only guy playing mandolin on the record. I like that there's a variety of musical styles and everyone's working together on a common goal. Aly's one of the producers, too. Being around her, I've seen how hard she's worked on this thing. It's a big undertaking.

**Can people get it online and where?**

You can find information about The Red Album at [www.pagansong.com/the-red-album](http://www.pagansong.com/the-red-album)

In June, you'll be able to buy the album on the Red Album bandcamp site, and from Pan Fried and the other bands at our gigs and on our websites.

**Tell us about Pan Fried and your music.**

We've only been collaborating for about a year. We've been discovering our style as we play. Since we live together, we play music most days. Getting ready for pagan gigs keeps us focused. We're starting to record tracks, and plan to put out our first album in 2024. Our style is folkish, with all acoustic instruments. We wander into bluegrass, blues, Irish and other styles as the mood strikes us. We play mostly songs Aly wrote. She's been a pagan musician for a long time, so a lot of her material is pagan. But there are also songs about laundry, coffee, babies, snowplows and other aspects of everyday life.

A lot of our songs are lighthearted, because if it's not fun, we don't do it.

**Where can people find you online?**

Alane runs "Pagan Song", which is a blog about pagan music written by a whole lineup of pagan musicians. At the moment, Pan Fried is a small part of the music scene there, but as we develop and start putting out recordings, you'll be able to find us on the website, too. We definitely recommend you visit Pagan Song, where you're sure to find many of your favorite pagan artists writing about their music. The blog specializes in showing how music can enhance your spiritual practice, with lots of tips for musical magic. We hope you'll check it out, and subscribe to the weekly blog. It's at [www.pagansong.com](http://www.pagansong.com)

# The Red Album is coming...



[www.pagansong.com/the-red-album](http://www.pagansong.com/the-red-album)

FIND OUT MORE AT

**Pan Fried: [www.pagansong.com/about-pan-fried](http://www.pagansong.com/about-pan-fried)**

**Alane's Pagan Song: [www.pagansong.com/about-us/about-alane](http://www.pagansong.com/about-us/about-alane)**

# Bones in Magic

By Nixie Vale

One subject that I have seen being glossed over in many witchcraft communities is the use of remains in the craft. When I say remains, I am talking about anything that has come from an animal.\*\* This can be broken into two categories:

## Naturally Shed

These are things that come from an animal that are shed while the animal is alive. Examples: feathers, claw casings, whiskers, antlers, reptile skin, and teeth (if they fall out naturally).

## Transitionally Sourced

These are parts of animals that have been collected after the animal has passed on. Examples: bones, skulls, wings, fur, feet etc...

Some sea life will shed shells throughout their lives (many do not) and will fall into the Transitionally Sourced. This classification includes pearls as well.

The use of bones in magical practices are as old as magic itself, and it is very likely witches of old used them in some way. Our modern aversion and distancing from death has meant that we don't have the same connections to items that come from living animals (or deceased animals). One of the most important things to users of bones in witchcraft is that they are ethically sourced. An animal should never be harmed to collect these items, as this may have adverse effects on the magic.

**\*\*NOTE – Animal Materials are not for everyone, and if you are not comfortable with them, you do not need to use them. If you do work with animal materials, do not try and shame those who don't.**

## Bones in Magic

When you want to start working with bones or other animal materials, there are a few things that you need to keep in mind.



## Bones should be Respected and Honored

Whether you have collected the piece from a living animal or one that has passed on, you need to remember that it was once part of a living creature that deserves the same respect you offer to living animals.

## Bones and Spirit

Bones were once a part of an animal which has its own spirit. By using the material, you can access the wisdom of the animal's experiences. This is more associated with animals that have passed on, as they are now in Spirit form.

## Bones and DNA

When you work with bones or shed materials, not only are you working with that specific animal, but you are also working with each of its ancestors, too.

## Bones Need Cleansing

Like with many other tools, bones will need cleansing as they pick up and hold on to energy—some of which may be unwanted.

## Bones and Communication

When you work with bones, you will be working with another creature's energy and communication can be key. You need to understand the creature that the

material comes from, but you also need to communicate what you wish from the Spirit.

## Bones and Ethics

This is a subject that I have touched on above, but it is so important that it bears repeating. Whatever remains and animal material you are working with, you should always do so ethically, meaning that they should be naturally shed or found naturally. The harming of animals of any kind is unethical and disrespectful, which may have a negative impact on your magic. The animal materials I have personally collected have been found in my local area or have been carefully and ethically sourced. This brings me to the subject of human remains – I DO NOT encourage or endorse the use of human remains, because it is likely to have been sourced through unethical and illegal means.

**\*\*NOTE—I have used one of my own teeth before in a spell, but that is as far as I would venture into human bones.**

## Bones and Energy

The bones or animal materials you work with will carry the energy of that animal, as well as the qualities that animal possessed in life. This list is based on the items that I personally have:

### Badger

The badger represents determination, persistence, resourcefulness, ferocity, and endurance.





**Crow**

The crow represents mystery, messages, destiny, adaptability, intelligence, transformation, and change.

**Cat**

The cat represents intelligence, cunning, independence, fertility, protection, agility, and stealth.

**Plesiosaur**

The plesiosaur represents the subconscious, navigation, transformation, solitude, and unpredictability.

**Ammonite**

The ammonite represents continuity, change, evolution.

**Trilobite**

The trilobite represents longevity, transition, growth, transformation, strength, and perseverance.

**Bones in Witchcraft**

Bones and other animal materials act as effigies (a sculpture or model of a person or animal) or a fetish (representations of the animal and its spirit), which you can make yourself, or purchase. However, those you make yourself are said to be more potent as your energy is connected to the object. These objects then tap into the energy of the living animal and the Spirit of the animal. It will facilitate communication between

you and the Spirit, and it can even help you reach back to the energy of your ancestors, protecting you through all kinds of ancestral work. When you work with animal spirits in your craft, they can help you protect your energy and sacred space from unwanted and negative energies during your magical working.

Christy mentioned an article she read about how King Charles II had a special additive to his wine, something called The King's Drops, which contained the powder of human skulls. This concoction was created by a doctor named Jonathan Goddard, who peddled this as a "cure for all ailments and ills". Did King Charles II know that he was

imbibing the powder of human bones?

King Charles II was known as an amateur chemist and was enthusiastic about it, as far as he had his own laboratory where he would do experiments and create his own distillations. Before his death, he paid a lot of money to Goddard for the tincture and tried to make his own variations based on what he could glean from the drops. As the king was dying, his attendants would give him up to 40 drops each day. It is likely that this concoction was what hastened his end, as there was no medical proof that this mixture did anything. Thanks to modern science, today we know it is more harmful than helpful.



# Litha Readings

by Nixie Vale

Recently I got a new deck which focuses on crystals, their wisdom, and meanings and how these crystals can help you through this period. I decided to use this deck so if you have this crystal in your collection you can work with it, or as an indicator that at Litha this is the energy you will be needing in your life. This deck also uses the Mohs Scale of hardness to indicate how fast a crystal will act in your life.

**Aries**

**Sodalite – Come to Calm**

Your energy system has been under a lot of stress lately, and you are needing to relax so you can start to patterns that you have been missing or ignoring. When you bring yourself to a place of calm you can gain perspective and learn things about yourself which have been hidden. Sodalite can help quieten your mind, bringing a sense of calm which allows you to communicate to feel stable. Sodalite is a 5.5-6 on the Mohs scale, so it will act as quick as you do.

**Taurus**

**Salt - Fundamentals of Humanness**

You are being asked if you know the difference between what you need, and what you want? We are often drawn to things that sparkle and shine but ignore what we need. Look at what is drawing your eye away from what is necessary and essential in your life. Salt sits at a 2 on the Mohs scale, so it will work quickly with you, so be prepared to do some work.

**Gemini**

**Lepidolite – Breathe in your Trueness**

Recently you have been looking at things in your life and not truly believing they're happening or have been denying their reality. When you accept the truth of who you are, you will find the feelings of anxiety and stress will begin to face. Lepidolite is a 2.5 on the Mohs scale, which means it is going to work quickly and you may need to work to keep up.

**Cancer**

**Almandine Garnet – Lessons in Blood**

Our blood stretches back to our ancestors and Almandine Garnet knows that this blood hold knowledge, wisdom, and lessons from our pasts and that which our ancestors learned. You can look back gain wisdom from your ancestors. Almandine Garnet is a 7-7.5 on the Mohs scale and works over a longer period, knowledge takes time.

**Leo**

**Emerald – Choose your Intention**

Emerald is a tough cookie and has come to you as a challenger. She is asking you if you want to take the past, let it go and then grow... or are you going to stew in your own toxicity? This is your choice, and no one else can make it for you. Emerald sits at 7.5 – 8 on the Mohs scale, which means the world its doing is going to take time.

**Virgo**

**Chrysocolla – What do you need?**

You are in a period of change and transformation, but you have been forgetting to ask yourself, what do I need... because you have just been enjoying flow and movements. At times we need to stand above the flow and look at what we need to make meaningful growth. Chrysocolla sits at a 2.5-3.5 on the Mohs scale which means it is going to work quickly so you need to keep up.

**Libra**

**Carnelian – Get Curious**

You are being encouraged to get curious, to discover new things and follow wherever you are drawn. Travel, adventure, wanderings, and destinations are full of possibilities, the question is... will you let yourself follow the journey? Carnelian sits at a 7 on the Mohs scale, which means it will work with you over a longer period, allowing you to adjust to this impulsivity.

**Scorpio**

**Blue Topaz – Be Soft and Listen**

Life has been crazy for you lately, and you have forgotten the gifts that you have within. You have a deep well of intuition and insight which is just sitting there. You can navigate this crazy and don't need instructions or some kind of guide; you just must look within and connect to your inner well. Blue Topaz sits at an 8 on the Mohs scale, so it is going to work with you longer term.

**Sagittarius**

**Ammonite – Better with Time**

Time can change everything. Long ago the Ammonite swam the oceans but after the waters receded, it is now an opalescent fossil. What in your life needs to have a little space to truly shine and bloom? The Ammonite sits at a 3.5-4 on the Mohs scale, so it will be working fast.

**Capricorn**

**Elestial Quartz – Become Inimitable**

You have been trying to fit into a box that society has said you must fit into. You are a truly unique being and your life is a work of art that can't be copied. The lessons you have learned and understanding gained has meant your path is impossible to copy. It is time to accept that you are a unique being. Elestial Quartz sit at 7 on the Mohs scale, so it is going to be with you for a while.

**Aquarius**

**Morganite – Fill Yourself**

You have begun a journey within yourself for understanding the different facets of your own heart, and how these facets change with different things – people, animals, and even inanimate objects. You need to open yourself up revelations that will come to light. Morganite sits at a 7.5-8 on the Mohs scale, and will work with you long term, helping you through these revelations.

**Pisces**

**Moonstone – Ebb and Flow**

You have been disorientated in recent weeks, which has left you feeling like you need to control your direction, the opposite is true. The more you try to control your path, the less control you will have. Allow your flow to return and just ride the waves of change. Moonstone is sitting at 6-6.5 on the Mohs scale, so it will work with you at a pace you are comfortable with.

## Full Strawberry Super Moon in June

article from [www.almanac.com](http://www.almanac.com)

The full Strawberry Moon rises on Saturday, June 3, 2023. Will it be pink?

**Why Is It Called the Strawberry Moon?**

June's full Moon—typically the last full Moon of spring or the first of summer—has traditionally been called the Strawberry Moon. While strawberries certainly are a reddish-pink color and are roundish in shape, the origin of the name “Strawberry Moon” has nothing to do with the Moon's hue or appearance, despite the evocative imagery.

This “Strawberry Moon” name has been used by Native American Algonquian tribes that live in the northeastern United States as well as the Ojibwe, Dakota, and Lakota peoples to mark the ripening of “June-bearing” strawberries that are ready to be gathered. The Haida term Berries Ripen Moon reflects this as well. As flowers bloom and early fruit ripens, June is a time of great abundance for many.

**Alternative June Moon Names**

Many cultures over time have used different names for the 12 full moons experienced each year. Usually, they're not based on a color, but on a common activity that takes place that time of year.

Blooming Moon (Anishinaabe) is indicative of the flowering season, while Green Corn Moon (Cherokee) and Hoer Moon (Western Abenaki) suggest that it's time to tend to young crops.

Other names highlight that this is a time of new life: The Tlingit have used the term Birth Moon, referring to the time when certain animals are born in their region (the Pacific Northwest). Egg Laying Moon and Hatching Moon are Cree terms that also hint at a time of many animal babies.

Alternative European names for this Moon include the Honey Moon and the Mead Moon. June was traditionally the month of marriage, and is even named after the Roman goddess of marriage, Juno. Following marriage comes the “honeymoon,” which may be tied to this alternative Moon name!

# Missed an issue?

Get your own pdf copy of the next 8 issues delivered right to you.

[www.metaphysical-times.com/newsstand](http://www.metaphysical-times.com/newsstand)

# JUNE 2023

make kindness the norm.

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
<p>MAY</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> </table>	S	M	T	W	Th	F	S	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	<p>JULY</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> </table>	S	M	T	W	Th	F	S	25	26	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5		31	1	2	3
S	M	T	W	Th	F	S																																																																																																		
30	1	2	3	4	5	6																																																																																																		
7	8	9	10	11	12	13																																																																																																		
14	15	16	17	18	19	20																																																																																																		
21	22	23	24	25	26	27																																																																																																		
28	29	30	31	1	2	3																																																																																																		
4	5	6	7	8	9	10																																																																																																		
S	M	T	W	Th	F	S																																																																																																		
25	26	27	28	29	30	1																																																																																																		
2	3	4	5	6	7	8																																																																																																		
9	10	11	12	13	14	15																																																																																																		
16	17	18	19	20	21	22																																																																																																		
23	24	25	26	27	28	29																																																																																																		
30	31	1	2	3	4	5																																																																																																		
4	5	6	7	8	9	10																																																																																																		
11	12	13	14	15	16	17																																																																																																		
18	19	20	21	22	23	24																																																																																																		
25	26	27	28	29	30	1																																																																																																		

Visit [www.randomactsofkindness.org](http://www.randomactsofkindness.org) for more kindness ideas.

RANDOM ACTS OF KINDNESS FOUNDATION\*

© The Random Acts of Kindness Foundation

## Directory

### Art and Design

**Sabrina RG Raven**

Custom art and design - paintings, logos, books and layouts

[www.sabrinargraven.com](http://www.sabrinargraven.com)

[www.facebook.com/sabrinargraven](https://www.facebook.com/sabrinargraven)

### Astrological Collection and Art Work

Artist, Astrologist and Psychic

[www.facebook.com/Karma2Alice](https://www.facebook.com/Karma2Alice)

### Reiki

**Inner You Healing- Sara Shipley**

[sarashipley0302@gmail.com](mailto:sarashipley0302@gmail.com)

208-201-4742

## Classifieds

**Utah Pagan Market**

Sandy Utah 111 W 9000 S, Sandy, Utah

Debbie Broaderick 801-888-1657

Numina

(NOO-mih-nah) [Latin]

NOUN  
Places of Divine or Spiritual Power

Seeking Numina with Elyse Welles introduces you to spiritual practices from the world's sacred places online and in person through workshops, tours, and retreats in Greece.

Get a **free guide to energy protection** when you visit [seekingnumina.com](http://seekingnumina.com) and sign up for our newsletter.

@ f @seekingnumina

## Bard Directory

**Brian Henke**

[www.reverbnation.com/brianhenke](http://www.reverbnation.com/brianhenke)

**Celtica Pipes Rock**

[www.facebook.com/CELTICA-Pipes-rock-110758404049380](https://www.facebook.com/CELTICA-Pipes-rock-110758404049380)

[www.celticarocks.com](http://www.celticarocks.com)

**Krista Chapman Green**

[www.facebook.com/krista.chapman.16](https://www.facebook.com/krista.chapman.16)

[kristachapmangreen.bandcamp.com](http://kristachapmangreen.bandcamp.com)

**Tempest**

Band Leader Lief Sorbye

[www.tempestmusic.com](http://www.tempestmusic.com)

[facebook.com/tempestcelticrockband](https://facebook.com/tempestcelticrockband)

**Louis Garou**

[louisgarou.bandcamp.com](http://louisgarou.bandcamp.com)

[www.facebook.com/louis.garou.54](https://www.facebook.com/louis.garou.54)

**Sencha Skene**

[senchaskene.bandcamp.com](http://senchaskene.bandcamp.com)

[www.facebook.com/sencha.skene.3](https://www.facebook.com/sencha.skene.3)

**Touch The Earth Band**

[www.facebook.com/TouchTheEarth](https://www.facebook.com/TouchTheEarth)

[www.touchtheearthuk.com](http://www.touchtheearthuk.com)

**Tuatha Dea**

[www.facebook.com/tuatha.dea](https://www.facebook.com/tuatha.dea)

[www.tuathadea.net](http://www.tuathadea.net)

**Virginia Ackley**

[www.gingerackley.com](http://www.gingerackley.com)

[gingerackley.bandcamp.com](http://gingerackley.bandcamp.com)

**Wakefire**

[www.facebook.com/wakefiremusic](https://www.facebook.com/wakefiremusic)

[www.wakefiremusic.com](http://www.wakefiremusic.com)



FULL MOON

MAGAZINE

SUBSCRIBE NOW

SABRINA RG RAVEN

ART AND DESIGN

[www.sabrinargraven.com](http://www.sabrinargraven.com)



# The Mohs Scale

by Nixie Vale

When you have a crystal or gem that you don't know, there are a few ways in which you can identify it—one being its visual characteristics, another is by testing its hardness, which will give you an idea to which family it belongs to. When you are testing its hardness, you are looking at where to place it on the Mohs Scale.

What is the Mohs Scale?

The Mohs Scale is a system by which you can classify gems and crystals based on their hardness. When you test a crystal's hardness you are, in fact, testing its resistance to being scratched by minerals (as referenced by Friedrich Mohs, who developed this method in the 19th Century). The minerals chosen have distinct hardness features. The Mohs scale begins with Talc (the softest) and moves through various minerals up to diamond (the hardest).

## The History

The Mohs Scale was invented in 1812 by a German scientist Friedrich Mohs. At the time there was little known about minerals, so Mr Mohs took a selection of minerals and began to classify them based on their physical ability to withstand damage. Mohs gave diamond the value of 10, as it could withstand damage, but scratched other minerals. He placed talc at the value of 1 because it was so soft and had no resistance to scratching. Once he had the lowest and highest value, he took other minerals and gave them values depending on their ability to scratch another mineral. The Mohs Scale has stood the test of time and is still in use today because of its simplicity. You do not need any specialist or scientific equipment required, and testing can be done at home.

## Using the Mohs Scale

When you are trying to determine the hardness of a mineral, you are looking for that mineral's resistance to being marked. To mark the crystal, you are essentially going through a process of elimination as to where it lands on the Mohs scale. If the mineral you use leaves a mark on the crystal, it means that the crystal is softer than the mineral.

**The Mohs Scale**

- Talc
- Gypsum
- Calcite
- Fluorite
- Apatite
- Feldspar
- Quartz
- Topaz
- Corundum
- Diamond



## Placing Crystals on the Mohs Scale

Let's have a look at different examples of how the Mohs Scale works.

If you take a quartz point and scratch fluorite, it will leave a mark—meaning quartz is harder than fluorite.

If you take a ruby and scratch quartz, it will leave a mark—meaning ruby (a type of corundum) is harder than quartz.

If you take a hematite and a rhodonite and rub them together, you may find no marks appear, as they are equal in hardness.

If you take a calcite and try to scratch selenite (gypsum), no marks will appear, as selenite is softer than calcite. However, if you scratch calcite with fluorite, marks will appear on the calcite, as fluorite is harder.

You don't have to use another crystal for the test to work. Household items, like a copper penny, fingernail, a steel knife, and glass, can be used, as they all have places on the Mohs scale, too. Once you get to the upper tiers of the Mohs Scale, it becomes harder to find items that will scratch topaz, corundum and diamond. You will need to use a diamond to affect those at the 9th and 10th places.

There is a Twist

There are some minerals that are harder than diamonds and softer than talc that do not fit on the 200-year-old scale. Traditionally we consider diamond to be the hardest mineral on the planet, but minerals such as wurtzite (1861) and lonsdaleite (1967) can be harder than a diamond. These minerals are extremely rare and were unknown in the early 1800's. When it comes to softer, that is usually applied to metals softer than talc, rather than minerals.

## Mohs Test Instructions

If you have an unknown crystal and want to test it to find its hardness, you will need:

**Crystal A – This is the crystal you want to know about**

**Crystal B or Item – This is what you are going to use to test Crystal A. You may need a few different items with different hardness.**

**A Mat or Cardboard – This helps to keep Crystal A stable and protect the flat surface.**

**Step 1: Place the mat or cardboard on a flat surface, like a desk or countertop.**

**Step 2: Place Crystal A on this mat or cardboard.**

**Step 3: Hold Crystal A in your (passive) hand, and the item/Crystal B in the other hand (your writing hand).**

**Step 4: Press the Item/Crystal B against Crystal A and drag it along the surface, to create a mark.**

**Step 5: Examine Crystal A to see if there is a scratch on the surface. You may need to use other items or crystals to retest Crystal A to find a definitive place on the Mohs Scale.**

### Household Objects on the Mohs Scale

If you don't want to use your crystal to scratch one another, you can use a variety of easily obtained items, and some of them are common household things.

- Fingernail – sits at 2-2.5
- 100% Copper Coin – sits at 3

- Nails – sits between 4 and 7
- Glass – sits at between 4 and 7
- Knife or Blade – sits between 5 and 6.5
- Steel File – sits between 5 and 6.5
- Streak Plate (Unglazed Tile) – sits between 6.5 and 7
- Masonry Drill "Bit" – sits between 8 and 8.5
- Diamond Tip Drill Bit – can sit up to 9.5

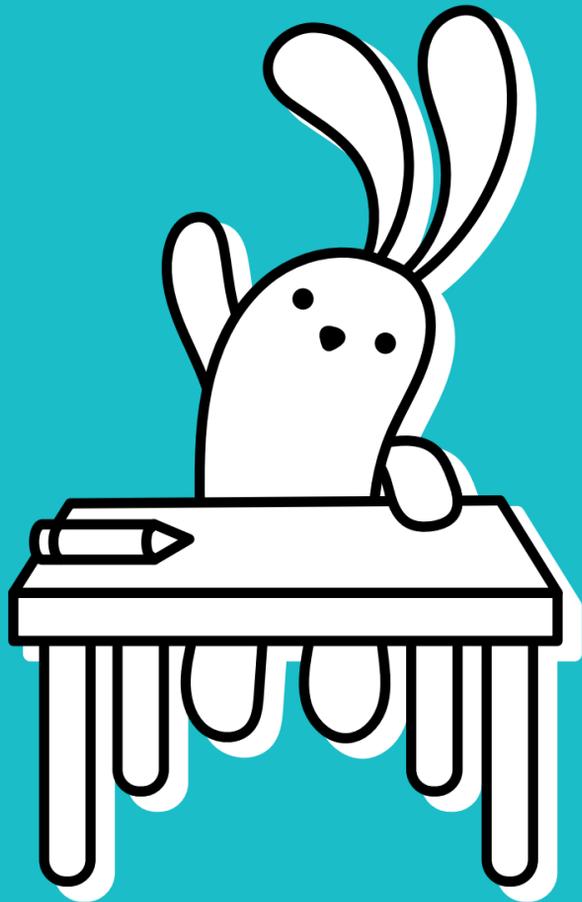
### Caution

When you're testing for hardness, you are looking for the crystal's resistance to being scratched but not everything can go perfectly every time. Sometimes things go wrong. The tested crystal could be damaged, begin crumbling, experience deeper marks, deformation and even cracks. When you do a hardness test, keep in mind that you are not trying to physically mark the crystal—only the very surface. You are not trying to damage either item or gemstone.



# RESPECT

Treating people, places,  
and things with kindness.



RANDOM ACTS OF KINDNESS  
FOUNDATION  
www.randomactsofkindness.org

## Metaquizzicle Times Litha Wordsearch

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

### WORDS

- |            |           |            |            |
|------------|-----------|------------|------------|
| Mohs Scale | Trilobite | Pagan Song | Intention  |
| Respect    | Pan Fried | Platinum   | Khaliela   |
| Strawberry | Kenetlon  | Monarchy   | Connection |
| Ammonite   |           |            |            |

## Support Metaphysical Times and get Patreon Exclusive Content and Swag!

Support Metaphysical Times on Patreon. From *Good Karma* to *Imbue Your Energy*, we have a tier for every budget!

- Get a free crystal or stone from Healing Hands Metaphysical Store
- Get voting rights on cover images
- Get behind the scenes videos, stories, and information
- Get sneak peeks at upcoming issues
- Get a Free Print copy delivered right to you
- Mentioned as a Patreon Supporter in the paper and online

New additions and test products from our advertisers and distributors!  
Help us keep things moving and be a part of building something great!

[www.patreon.com/metaphysicaltimes](http://www.patreon.com/metaphysicaltimes)



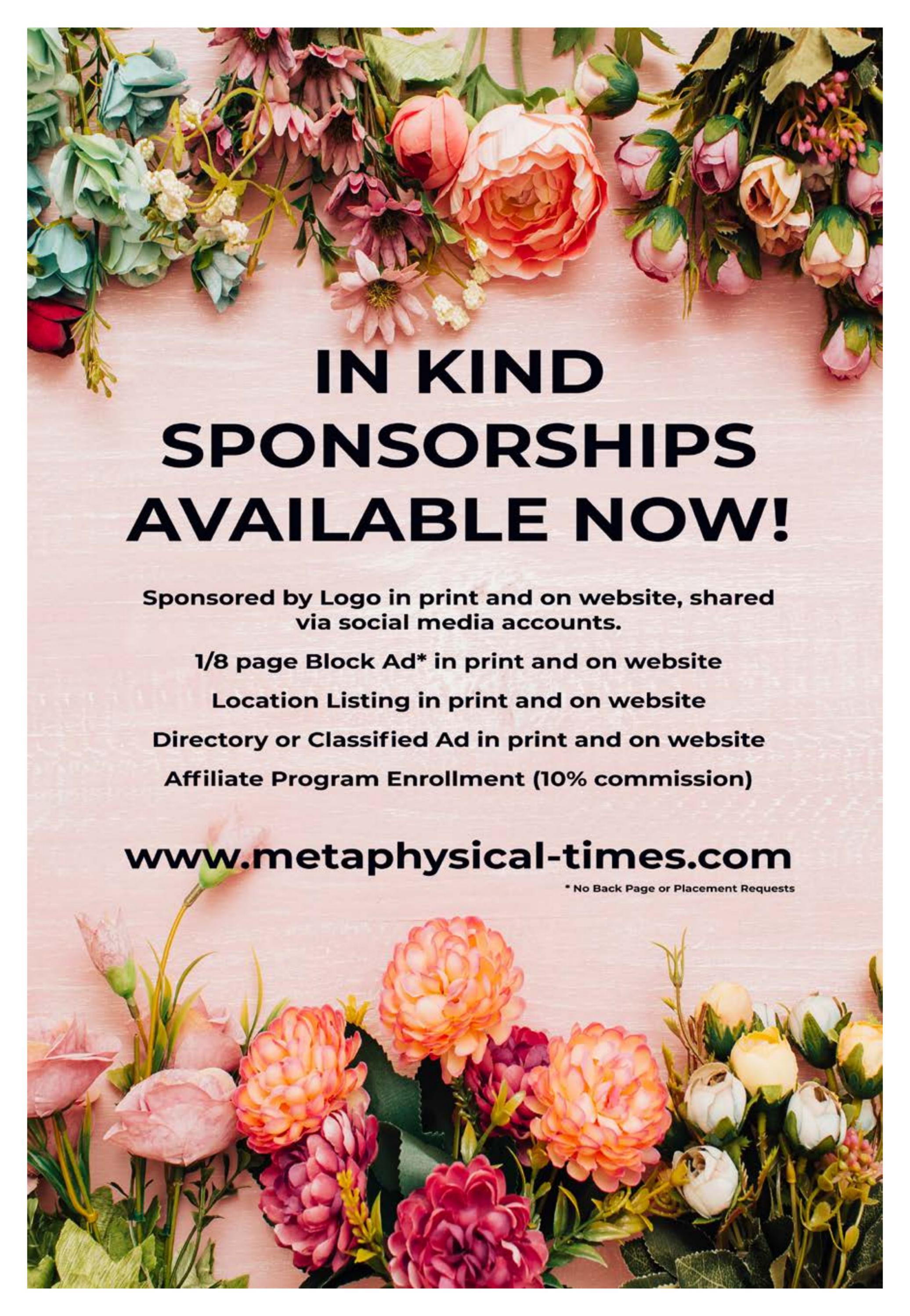
# Metaphysical Times

## Digital Subscription

\$2.50/month for 12 months

[www.metaphysical-times.com/newsstand](http://www.metaphysical-times.com/newsstand)





# **IN KIND SPONSORSHIPS AVAILABLE NOW!**

**Sponsored by Logo in print and on website, shared  
via social media accounts.**

**1/8 page Block Ad\* in print and on website**

**Location Listing in print and on website**

**Directory or Classified Ad in print and on website**

**Affiliate Program Enrollment (10% commission)**

**[www.metaphysical-times.com](http://www.metaphysical-times.com)**

\* No Back Page or Placement Requests