

# Metaphysical Times

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## Fostering Empowerment and Support: Embracing Change and Overcoming Resistance

By Christy Mann

In our pursuit of personal growth and empowerment, we often find ourselves facing a peculiar challenge: resistance to our change in others, even when they genuinely support the transformation.

This resistance manifests through actions such as shunning, withdrawing support, or holding past actions against us. These behaviors hinder our progress and make it difficult for individuals to improve. To truly cultivate mindset shifts and empower others, we must confront these tendencies, opening the door for transformative change. This article explores the importance of overcoming resistance and providing support in various situations where people strive to change.

### The Weight of Transformation

Change has a ripple effect that extends beyond the individual experiencing it. Imagine a friend or family member embarking on a journey of personal growth, attempting to break free from destructive habits or seeking to make amends for past mistakes. Despite our genuine desire for their transformation, we may

unknowingly impede their progress by resisting the change they are trying to make.

### Shunning and Isolation

One common response is to shun those who are attempting to change. Perhaps their newfound path challenges our own comfort zones or exposes our own resistance to change. Instead of supporting their growth, we distance ourselves, fearing that their transformation might disrupt the dynamics of our relationship or community. In doing so, we inadvertently discourage them from continuing their journey of self-improvement.

### Withdrawing Support

Another way we hinder others' change is by withdrawing the support we once offered. We may have been there for them in their times of struggle, providing a listening ear or lending a helping hand. However, when they show signs of progress and attempt to shed their old self, we may become skeptical or unsupportive. We question the authenticity of their transformation, doubting their ability to sustain positive change.

By withdrawing our support, we undermine their efforts and make it harder for them to overcome obstacles.

### Holding Past Actions Against Them

A significant barrier to supporting others' change is our tendency to hold their past actions against them. Despite their sincere desire to grow and improve, we bring up past mistakes or missteps, using them as a reminder of their flaws. This not only prevents them from moving forward but also denies them the opportunity to be seen in a new light. By constantly reminding them of their past, we deny them the chance to evolve and become better versions of themselves.

### Creating a Supportive Environment

To empower others in their transformative journeys, we must actively work on creating a supportive environment. It starts with acknowledging our resistance and being aware of how our behaviors can hinder their progress. Instead of shunning or withdrawing support, we need to show understanding,

empathy, and forgiveness. We can offer encouragement, celebrate milestones, and remind them of their potential for growth.

Empowering others requires a conscious effort to overcome resistance and support their transformative change. By shunning, withdrawing support, or holding their past against them, we hinder their progress and make it harder for them to improve. Instead, let us create an environment of understanding and forgiveness, offering unwavering support as they navigate their journey of personal growth.

As part of our commitment to fostering a supportive environment, we encourage you to support Metaphysical Times LLC in their efforts to provide a platform for empowering content. You can make a difference by subscribing to their publication, distributing it among your networks, advertising to reach a broader audience, and even submitting your own work. Together, we can contribute to a world where transformation is celebrated, and individuals are uplifted in their pursuit of empowerment.



# FROM THE PUBLISHER

Greetings, dear readers,

As the wheel of the year turns, we find ourselves amidst the vibrant energies of Lughnasadh, a time of celebration and gratitude for the bounties of life. With this edition of Metaphysical Times, we extend our warmest wishes to you, hoping that life is embracing you with kindness and showering you with gentle blessings.

In a world that often rushes past, it is important to pause and acknowledge the beauty that surrounds us. The gentle whispers of the wind, the soothing touch of sunlight, and the harmonious melodies of nature's symphony—these are the magical elements that remind us to be present and appreciate the gifts bestowed upon us.

During these uncertain times, let us remember the power of kindness. A simple act of compassion can create ripples of positivity, touching lives and illuminating paths. As we navigate our own journeys, it is essential to extend a helping hand to those around us, for through collective kindness, we can build a world brimming with empathy and understanding.

At Metaphysical Times, we are not immune to life's challenges. We, too, face personal difficulties, but our unwavering dedication to you remains unchanged. We continue to push through these obstacles, fueled by our commitment to deliver content that is both valuable and relevant to your spiritual growth and exploration.

We believe in the power of community and we invite you to join us on this metaphysical journey. Our website, [www.metaphysical-times.com](http://www.metaphysical-times.com), serves as a portal to a world of expanded knowledge and connection. Beyond the pages of our newspaper and magazine, you will discover a treasure trove of articles, insights, and discussions that delve deeper into the metaphysical realm.

One of the exciting features we offer is the Seeker's Forum, a vibrant space where seekers like yourself can come together to ask thought-provoking questions, share wisdom, and foster genuine connections with fellow community members. In this age of digital connectivity, let us not forget the beauty of genuine human interaction and the transformative power of

shared experiences.

We encourage you to engage with the content and become an active participant in the metaphysical discourse. Comment on the articles that resonate with you, sparking meaningful conversations that ignite the collective flame of knowledge and understanding. However, let us remember to embrace civility and respect, for it is through open-mindedness and mutual respect that we can truly grow as individuals and as a community.

As you peruse the pages of this edition, I urge you to explore the fascinating articles carefully curated for your enlightenment. Delve into the ancient wisdom of the sages, unravel the mysteries of the cosmos, and uncover the hidden gems of esoteric knowledge. Let your spirit soar and your mind expand, for within these pages lie boundless possibilities waiting to be discovered.

Dear readers, take care of yourselves and one another. Embrace the beauty of this sacred season and let it inspire you to spread kindness wherever you go. Together, let us create a world



where love, compassion, and understanding reign supreme.

Thank you for your unwavering support and trust in Metaphysical Times. We are honored to be part of your metaphysical journey.

With warmth and gratitude,

♡ Christy 😊

## Metaphysical Times

The Metaphysical Times is a pagan print and online newspaper made in Northern, Utah bringing news, interests, and services to the pagan community in the US and abroad.

The paper is printed 8 times a year, coinciding with and themed based on the 8 Sabats of the Wheel of the Year. This publication is a conduit for connecting people from all walks with the new, information, and entertainment that matters to them.

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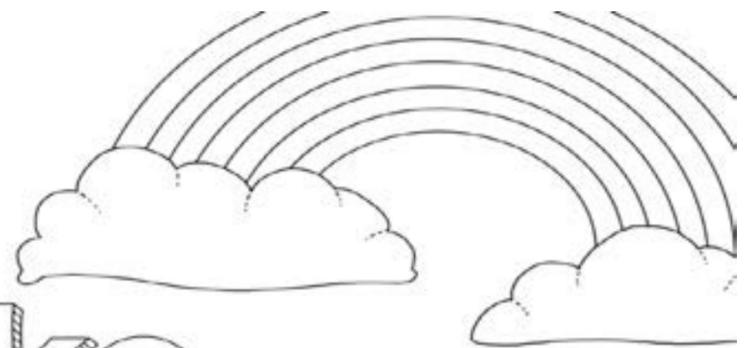
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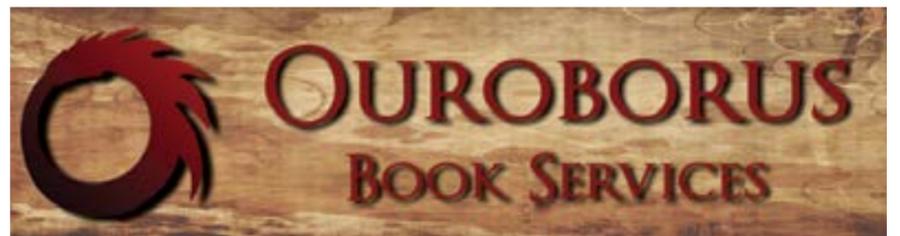
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# Lugh - The Celtic Sun God

By Nixie Vale



Lugh is one of the primary deities in Celtic Mythology and he is most notably known for his many skills. Lugh is a Sun God that is also a Patron God of the arts and skilled creativity. Lugh is a fierce warrior and wielded a powerful treasure of the Tuatha De Danann, a spear that never missed its target. Lugh is also known as a god of thunderstorms on top of all that.

He is closely associated with the Lynx, Crow, and Raven, and always had a loyal magical hound.

Lugh was the grandson of Balor of the Evil Eye who learned from a propheticess that

he would be killed by his grandson (this is a popular theme in all mythologies, the idea that the son would overthrow the father. In this case, grandson). Much like Rhea did with Zeus, Lugh was hidden from his grandfather's wrath and murderous intentions and was raised in secret by a Fire Bolt.

One story tells of Lugh journeying to join the court of Nuada, who was the High King of the Tuatha De Dannan—the race of beings that resided in Tir na NÓg. The guard at the entrance to Nuada's palace denied Much entry unless he had a skill that was of value to the King and his court. Lugh said he was

a smith, wright, craftsman, swordsman, harpist, poet, historian, sorcerer, physician, and champion; however, the guard tells him they already have experts with those skills. The guard looked at Lugh and informed him that the court already has people with those skills, but Much replied did any one man or woman possess every single one of those skills. The guard looked at him but couldn't answer, and he let Lugh pass.

During a battle Nuada is killed by Balor, and when Balor turns on his heel and sets his sights on Lugh. Balor opens his poisonous eye—which is legendary in its ability to kill all it sees—to kill Lugh, however Lugh

throws a stone from a slingshot and forces the eye out of the back of Balor's head which inevitably kills him.

Later Lugh finds Bres; the former King of the Tuatha De Dannan. Lugh swears not to kill him on the agreement that Bres teaches Lugh all that he knows about the land, about sowing seeds, harvesting and the earth in general. Lugh eventually became King and ruled for many years. During his reign he held a Harvest Festival in honor of the woman who raised him Tailtiu. The rest became known as The Feast of Lugh, which is where Lughnasadh is derived from.

# Embracing the Metaphysical Tapestry: A Call for Inclusive Metaphysical Content

By Christy Mann



The metaphysical realm has long captivated human curiosity, beckoning us to explore the profound mysteries beyond our immediate perceptions. As the Metaphysical Times embarks on a new chapter, we seek to broaden our offerings and foster a more inclusive exploration of metaphysics. While we deeply appreciate the perspectives on witchcraft and pagan practices that have graced our pages, we now extend a warm invitation to writers from all backgrounds to contribute their unique insights and diverse viewpoints. Let us weave together the rich tapestry of metaphysics by embracing its multifaceted aspects, including psychology, physics, parapsychology, and beyond, and expanding our horizons.

## Defining Metaphysics

Metaphysics serves as a bridge between the physical and the metaphysical, delving into fundamental questions about existence, reality, consciousness, and more. While it encompasses various disciplines, such as witchcraft and pagan practices, we recognize

the importance of embracing a broader scope to create a more comprehensive discourse that incorporates diverse perspectives from psychology, physics, parapsychology, and other related fields.

## Embracing Inclusivity

While honoring the invaluable contributions of witchcraft and pagan practices, we invite writers, researchers, and seekers from all walks of life to share their unique perspectives on various facets of metaphysics. We encourage the exploration of topics such as energy healing, quantum metaphysics, psychic development, shamanism, psychology, the intersection of metaphysics and physics, parapsychology, and other disciplines that shed light on the metaphysical landscape. Your insights will enrich our understanding of the multifaceted nature of metaphysics and broaden the horizons of our readers.

## Unveiling New Dimensions

As we open our pages to a wider range of metaphysical content, we encourage writers to share their experiences, research,

and knowledge from various fields. Dive into the depths of consciousness, explore the fascinating connections between metaphysics and psychology, delve into the mysteries of quantum physics and its implications for metaphysical phenomena, and delve into the study of parapsychology, exploring psychic abilities and anomalous experiences. By embracing diverse perspectives from these fields and more, we uncover new dimensions of understanding and unlock the hidden treasures within the metaphysical realm.

## Nurturing a Community of Seekers

The Metaphysical Times is not just a platform but a community of seekers united by their shared passion for metaphysics. By expanding our scope, we aim to foster connections and collaborations among individuals from different paths. Engage in respectful dialogue, participate in thought-provoking debates, and exchange ideas that challenge and inspire us to broaden our understanding of the metaphysical landscape across psychology, physics, parapsychology, and other relevant disciplines.

## Submitting Your Insights

Are you a writer passionate about metaphysics? Join us on this journey of exploration and growth. Submit your articles, interviews, personal experiences, short stories, and essays. Share your wisdom, research, and unique perspectives from psychology, physics, parapsychology, and other related fields with our community of readers. Together, let us create a space where the multifaceted aspects of metaphysics thrive, knowledge is shared, and seekers find inspiration and guidance.

As Metaphysical Times embarks on a new chapter, we extend a heartfelt call to writers worldwide. While honoring the wisdom of witchcraft and pagan practices, we seek to embrace a more inclusive discourse that encompasses diverse fields of study. Join us in weaving a tapestry of metaphysical knowledge that incorporates perspectives from psychology, physics, parapsychology, and beyond. Let us nurture a community of seekers, expanding our understanding of the metaphysical realm and unveiling its hidden wonders across a broad spectrum of disciplines.



# How to Raise Your Vibration

By Nixie Vale

There are times when you'll meet someone and they just drain you of energy, and some people call these people psychic vampires. Whatever you call them (or whether you believe they exist) I have found to deal with them is to make yourself unpalatable to them—and that's raising your vibrations. It's not always the easiest thing to do, because it takes changing how you think, how you act and more importantly how you react to people, places, and situations.

## **Breathe deeply and fill your lungs**

This helps bring more oxygen into your body which, in turn, helps raise your vibration.

## **Be honest**

Lie to others and you are causing the vibrations inside you to fall. The truth helps to raise your vibration.

## **Smile**

Even when you're not feeling good, a simple smile can help to ward off the grumpiest energy thieves.

## **Meditation**

It's scientifically proven that meditation can help heal your body. It also helps raise your vibration.

## **Get rid of what isn't working for you**

Anything that is weighing you down is holding you back and drawing you closer to the energy yuckies.

## **Exercising, dancing, singing**

Anything that gets you moving around and not sitting on your bottom.

## **The Sun**

The sun is the center of our corner of the universe for a reason. It can help raise your energy.

## **Nature**

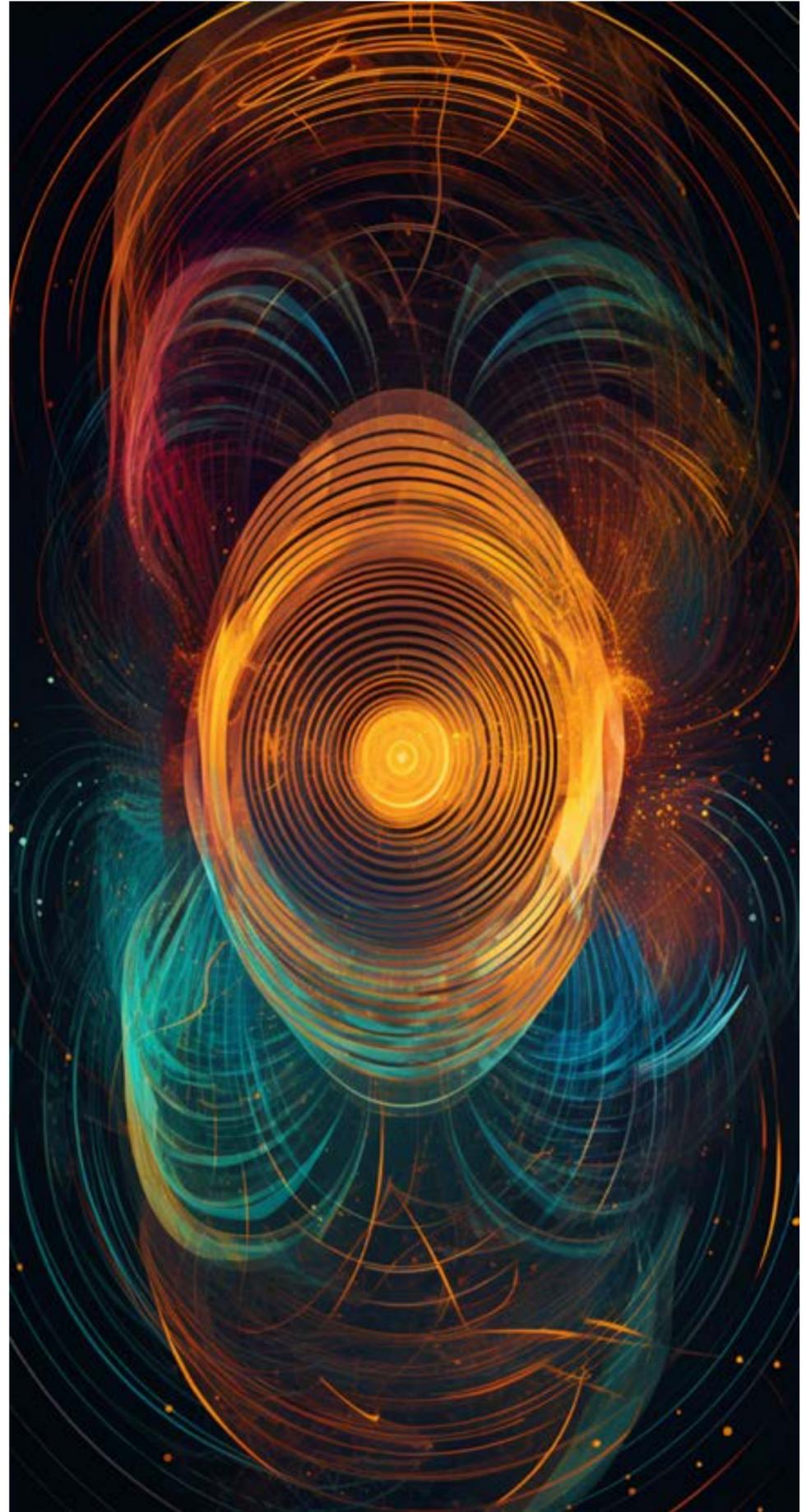
Just a little time outside can do wonders—go for a walk.

## **Stop being hard on yourself**

The harder you are, the more you expect, the less you'll achieve.

## **Do what you love**

Be creative. If you want to write, write. Draw. Paint...whatever it is. Don't put it off.



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# Merry Meet Alexian

Alexian delivers the message of the Goddess in a modern electronic style. Whether it's a big crowd like the Heartland Festival or an intimate evening at a pagan bookstore, his performances run the gamut from deep messages of Earth-centered spirituality, as in "Save Me," to fun dance tunes, like "Cool to Be a Witch." Raised on a farm in the Ozarks, Alexian felt a connection to nature from an early age. When he moved to Boston to pursue his musical education, he recognized that connection in a call to serve the Goddess.

In addition to graduating from the Berklee College of Music with triple studies for his bachelor's degree in music synthesis, songwriting/composition, and music education, he was initiated into the Alexandrian tradition of Wicca. He is High Priest and founder of the Orlando-based Alexandrian Coven Twisted Oak and also a student of Qabala and the Golden Dawn System of Magick. Alexian lives in Florida with his husband and a backyard full of carefully nurtured orchids. He founded his own label, Earth Tones Studios, and the online music store, PaganMusic.com. In addition to working on new songs and leading a coven, Alexian teaches online music lessons in voice, piano, songwriting, and more. YOU can study with him online now through his website, [www.AlexianMusic.com](http://www.AlexianMusic.com).

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

I began my study of Wicca in Boston in 1988, and soon after in 1989 was initiated into the Alexandrian Tradition of Wicca. In 1992 I began writing and recording music specifically for Pagans and have continued releasing music ever since.

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

I am inspired by Paganism's direct connection to nature and The Mother, as well as its incredible diversity of thought and practices. Within my own coven, Twisted Oak, which I founded in Orlando in 1993, I have the privilege of maintaining a sacred connection with the divine through ongoing worship and magick.

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

Within every religion there are "fundies", and those that think that they are "better than thou". If only those people could open their hearts and truly connect with the earth and each other, the power of perfect love would come flooding into their lives.

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

If I could fix the world's problems, it would be to help people understand that what truly matters is not race, religion, class, gender, gender identity, sexual orientation, or anything else outwardly visible. Instead, we should recognize that at a soul level we are all connected and ultimately, we are one.

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

There are several things actually, there's so much happening!

1) THE RED ALBUM: My latest project is participating in a Pagan compilation album called "The Red Album", which will be released in June 2023. The album is a protest against Roe vs Wade being overturned by the Supreme Court. I wrote a song for it called "Born of Crime". It's about a young woman who is raped and forced to carry her baby, only to die in childbirth. It's a truly heartbreaking tale and recording it was an emotional experience that had me breaking down in tears.

2) ONLINE CONCERT: I will be debuting "Born of Crime", in my first public performance of it, along with performing a bunch of my other songs during my first self-produced streaming online concert in May 2023. Tickets are available for purchase through my website at [www.AlexianMusic.com/store](http://www.AlexianMusic.com/store)

3) SUMMER MAGICK FEST: I will also be performing "Born of Crime" in person at the upcoming "Summer Magick Fest" in Orlando on June 8th, 2023, at 7pm.

4) COVEN OF COOL KATS: I just launched the "Coven of Cool Kats" community on my website at [AlexianMusic.com](http://AlexianMusic.com). I host interactive meetups every day, including a daily 30-min walk together on live video chat! Meditations, chanting, songwriting games, early access to my creative endeavors, complete online courses like music lessons, tarot, herbal magick, and much more! You can check it all out at [www.AlexianMusic.com/cool-kats-2](http://www.AlexianMusic.com/cool-kats-2)

5) PAGAN CONCERT SERIES: I am looking for Pagan musicians and sponsors! I am currently building a virtual stage to host a Pagan Concert Series for ALL Pagan musicians. By participating, Pagan musicians will have the opportunity to get cash directly into their pockets. Meanwhile, sponsors will have their



business marketed directly to hundreds of thousands of Pagans, all the while supporting Pagan music! If you are a Pagan musician or own a Metaphysical store, business, or service related to Paganism, please consider joining in this exciting venture! Interested Businesses can learn more at: [www.AlexianMusic.com/sponsor](http://www.AlexianMusic.com/sponsor). Interested Pagan musicians can contact me directly at [lordalexian@gmail.com](mailto:lordalexian@gmail.com)

**We hear you've got a new project coming out. Want to tell us about it?**

I am currently recording my next single, "Merry Meet", which includes the choir vocal backups of my "Spectral" members, a volunteer group that lends their voices and/or dancing to my music and/or music videos. You can join for free yourself by going to: [www.alexianmusic.com/spectral](http://www.alexianmusic.com/spectral)

"Merry Meet" is a joyful song of worship with a middle eastern belly dance beat mixed with Indian Tabla drumming as well as Latin and English lyrics.

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

"Merry Meet" will be available for purchase on my website at [www.alexianmusic.com/store](http://www.alexianmusic.com/store) after its release mid-spring 2023.

**What can people expect when they visit your website?**

When you visit my website, AlexianMusic.com, you'll find:

- My Pagan Music for download
- The Pagan Music Concert Series with other Pagan musicians
- The Coven of Cool Kats online community that is highly interactive! (family!)

My own in-depth Video Courses for Learning to Read Music, Pagan Piano Lessons, Pagan Vocal Lessons, Music Theory, Songwriting, Lyric writing, Ear Training and Solfege Lessons, Tarot, Magickal Herbalism, and so much more!

My Music Merchandise, like T-shirts, Mugs, Stickers, and Phone cases

**Thank you for taking the time to speak with us. Any special shout outs or gratitude you want to get out before we wrap this up?**

My ongoing love and gratitude to the Gracious Goddess Bast and the Horned God Pan, my husband Victor, my coven, Twisted Oak, and my followers and supporters, for without all of you, none of this would be possible. I am truly blessed.



**Where to find Alexian**  
[www.AlexianMusic.com](http://www.AlexianMusic.com)  
 TikTok: @lordalexian  
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**Where to find out more about Alexian's exciting events and projects?**

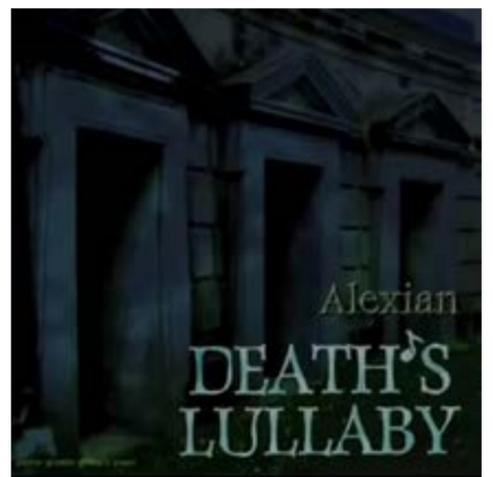
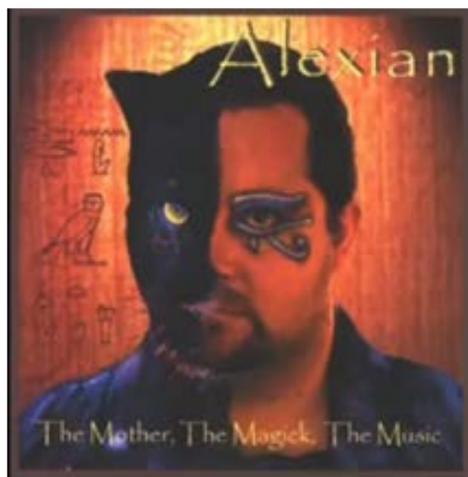
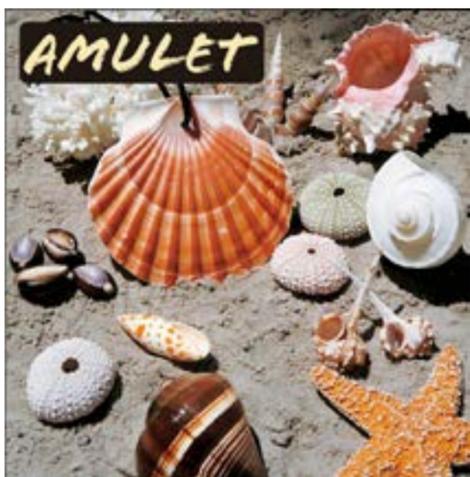
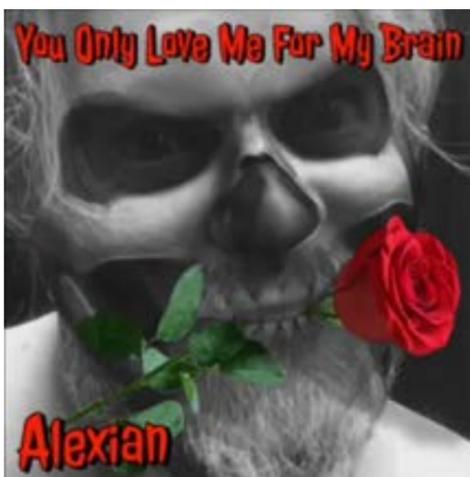
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# Navigating the Realities of Personal Transformation: Strategies for Empowerment in a Challenging World

By Christy Mann

Embarking on a journey of personal transformation requires navigating the realities of a challenging and self-centered world. While the traditional strategies of self-acceptance, seeking support, communicating intentions, and practicing resilience remain valuable, it's important to adapt them to the current landscape. In this article, we explore revised strategies that acknowledge the difficulties faced in today's world and empower individuals to overcome obstacles on their transformative journey.

## Embrace the Realities of Life

Recognize that life can be tough, and people are often self-centered and uncooperative unless it benefits them. Rather than expecting a supportive environment, accept the reality and focus on developing inner strength. Embrace the challenges as opportunities for personal growth and cultivate the ability to navigate difficult situations without losing your composure, mistreating others, or giving up on your goals.

## Letting Go and Making New Connections

Understand that transformation may lead to the loss of support from those who are resistant to change. Be open to letting go of relationships that no longer serve your growth and make space for new connections without guilt. Remorse for the loss is okay, expected, and justified, but guilt will hold you back and is self-inflicted. Accept that as you transform, your social circle may shift, and you may need to seek out individuals who align with your evolving values and aspirations. This process fosters self-reliance, self-confidence, and resilience.

## Behave Proactively

Recognize that time is limited, and people may not have the patience or inclination to listen to lengthy explanations. Demonstrate your intentions through your actions and behavior. Let your authenticity shine from the first encounter, showing others your commitment and purpose. By behaving proactively and purposefully, you increase the chances of finding supportive individuals who resonate with your transformative journey.

## Approach Professional Guidance with Caution

While seeking professional guidance can be beneficial, approach it cautiously. Understand that service providers may have their own interests, including financial considerations. Be discerning in choosing professionals who genuinely prioritize your well-being and growth. Seek recommendations, do thorough research, and trust your instincts when selecting a provider who aligns with your goals.



### Cultivate Adaptive Resilience and Flexibility

Building resilience and perseverance is undoubtedly challenging. Create symbols or reminders that represent your goals and refer to them frequently. Keep them fresh and prominent to prevent them from becoming background noise. Embrace setbacks and failures as problems to be solved and be flexible in adjusting your goals and strategies. Adaptability and the willingness to redefine success contribute to long-term empowerment.

### Account for Current Achievements and Project Future Possibilities

Instead of solely celebrating small wins, expand your perspective. Take the time to document your current achievements and progress in writing. This exercise provides a visual representation of how far you have come, reinforcing your capabilities. Additionally, project out possibilities and envision a potential future aligned with your aspirations. Refer to this vision during challenging times, allowing it to serve as a guiding light when you encounter obstacles and uncertainty.



Personal transformation in today’s challenging world requires a unique set of strategies to overcome obstacles and empower ourselves. By embracing the realities of life, fostering self-reliance, and cultivating adaptability, we can navigate the transformative journey with resilience and determination. Remember, true empowerment comes from within, and with the right mindset, you can overcome any challenges that come your way.

As you embark on your personal transformation, we invite you to support Metaphysical Times LLC in their mission to empower individuals. By subscribing to their publication, distributing it among your networks, advertising to reach a wider audience, and even considering submitting your own work, you contribute to fostering a community of empowerment and growth. Together, we can create a supportive environment where individuals are encouraged to embrace change and pursue their personal transformations.



# Gods and Goddesses of the Harvest

By Nixie Vale

Lughnasadh is the time of the wheel of the year when the fields are full and crops are abundant, and the late summer harvest is ready to be gathered. This is the time of the year when the grains are ready to be harvested, and the apples are all plump, juicy, and ready to be picked. Summer's abundant bounty is all around you, ready and waiting. In every culture around the world, this time of year held significance, and it's because of this that it became a time to celebrate and honor the gods and goddesses. Here are just a few of the deities that are connected to the first of the harvest festivals.

Adonis



Adonis is an Assyrian god. Adonis is a complex deity and appears in many cultures. Many know him as Greek, but his earliest origins are from the Assyrian traditions. Adonis is a god of the summer vegetation.

Ceres



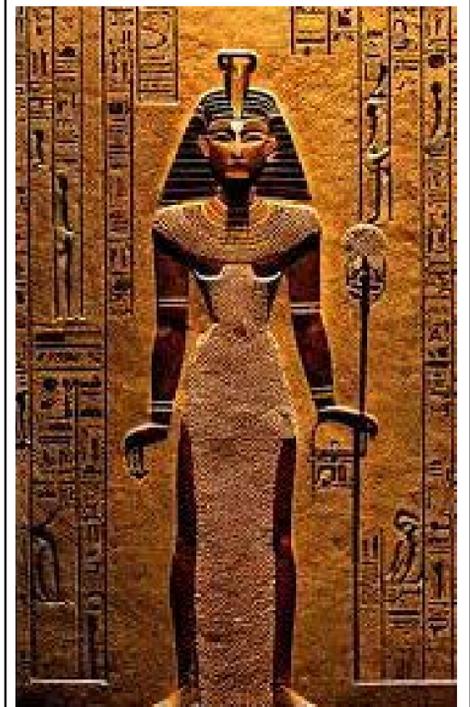
Ceres is the Roman goddess of the harvest and grain. This is where we get the word cereal from. She was the goddess who taught mankind how to preserve and prepare corn. In many areas of the Roman Empire, she was the deity responsible for the fertility of the land.

Demeter



Demeter is the Greek equivalent of the Roman Goddess Ceres. Demeter is also a Goddess that is linked to the changing of the seasons. When her daughter was kidnapped by Hades, it was said Demeter's grief that caused the earth to die for 6 months, until Persephone was returned to the surface.

Neper



Neper is the Egyptian God of Grain, and later became an aspect of Osiris. Neper was called on during times of starvation.

Attis



Attis is the lover of Cybele, and he went mad, which he then went and castrated himself. He is the Phrygian connected to regeneration and rebirth.

Dagon



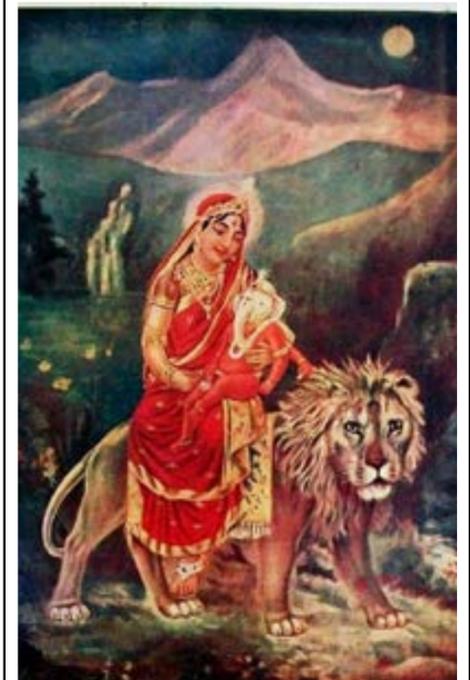
Dagon is the Semitic god of fertility and agriculture.

Lugh



Lugh is the Celtic God of skill, the distribution of talent and craftspeople. He was a deity that was closely linked to the trading of grains. Lughnasadh was named after Lugh.

Parvati



Parvati is a Hindu Goddess who was the consort of the God Shiva, and she is celebrated today as the Goddess of the Harvest and a protector of women.

Pomona



Pomona is the Roman Goddess of Apples and is the keeper of orchards and fruit trees. Unlike many of the deities named in this list, Pomona is not connected to the harvest, but to the flourishing of the fruit trees.

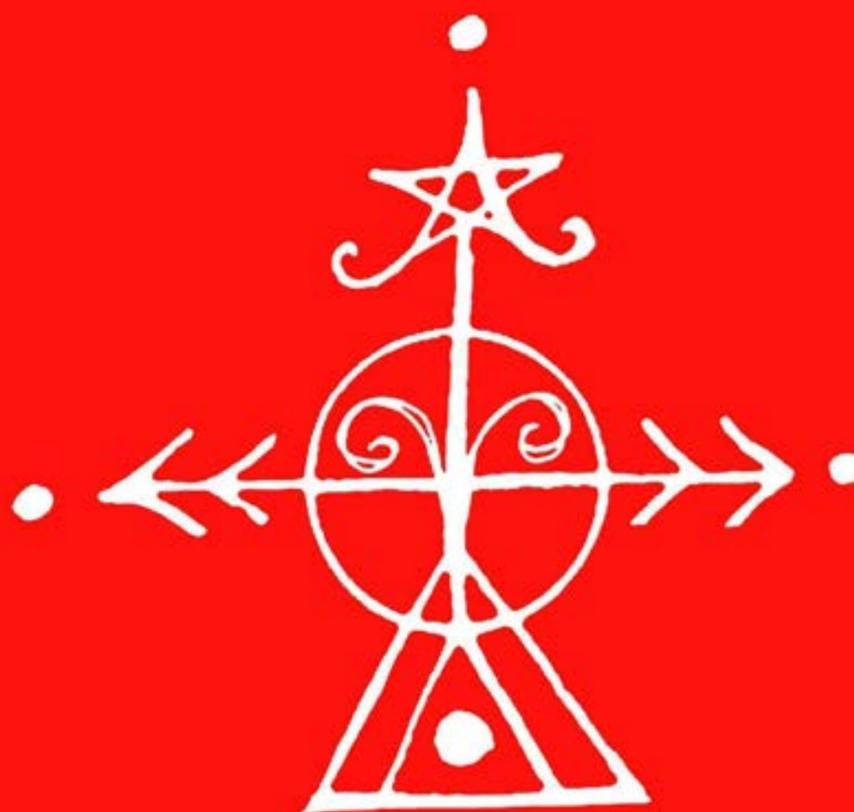
Tammuz



Tammuz is the Sumerian God of vegetation and crops. He is often connected to the cycle of life, death, and rebirth.

You can honor and venerate your own personal Gods and Goddesses at this time as well. I know some who honor the "Mother" goddesses, and "Earth" Goddesses at this time of the year as well as those linked to the harvest. After all, we live in harmony with the Earth (or we are meant to).

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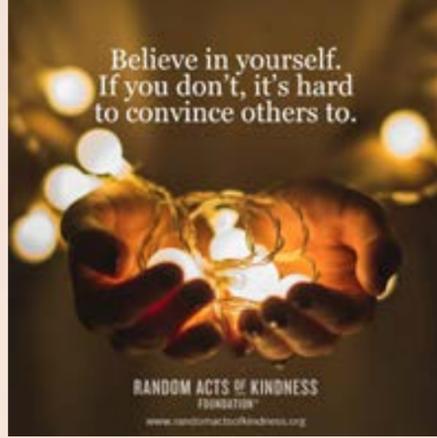
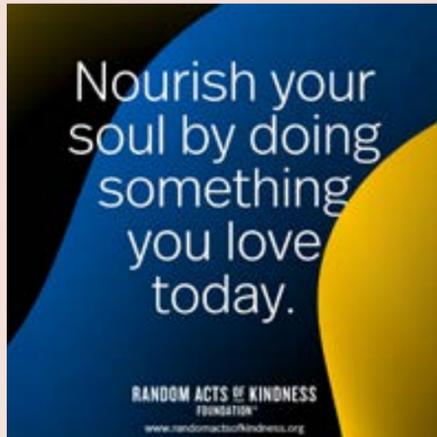
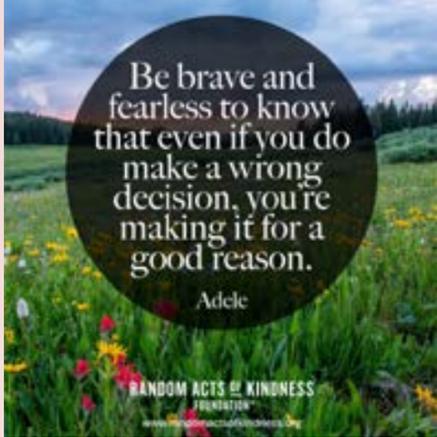
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The world can sometimes be a not so great place. But what we can do is try to be kind. Here are some suggestions to help make you and the world a better place for all. For more suggestions visit [www.randomactsofkindness.org](http://www.randomactsofkindness.org)



# Full Buck Super Moon in July

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

July's full Buck Moon rises after sunset on Monday, July 3. This is also a supermoon that will appear bigger and brighter than average.

### Behold the Full Buck Supermoon!

July's full Buck Moon orbits closer to Earth than many of the other full Moons this year, making one of the four supermoons of 2023! At its nearest point, the Buck Moon will be 224,895.4 miles (361,934 km) from Earth, which means that August's Blue Moon will be the only supermoon that is closer to our planet this year.

While a supermoon is technically bigger and brighter than a regular full Moon, it only appears about 7% larger—which can be an imperceptible difference to the human eye, depending on other conditions.

### Why Is It Called the Buck 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.

### The Buck Moon

The full Moon in July is called the Buck Moon because the antlers of male deer (bucks) are in full-growth mode at this time. Bucks shed and regrow their antlers each year, producing a larger and more impressive set as the years go by.

Several other names for this month's Moon also reference animals, including Feather Moulting Moon (Cree) and Salmon Moon, a Tlingit term indicating when fish returned to the area and were ready to be harvested.

Plants are also featured prominently in July's Moon names. Some of our favorites are Berry Moon (Anishinaabe), Moon When the Chokecherries are Ripe (Dakota), Month of the Ripe Corn Moon (Cherokee), and Raspberry Moon (Algonquin, Ojibwe).

Thunder Moon (Western Abenaki) and Halfway Summer Moon (Anishinaabe) are alternative variants that refer to the stormy weather and summer season.

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# JULY 2023

make kindness the norm.

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																																
25	26	27	28	29	30	1 FREE DAY! Do something creative!																																																																																																																
2 Wear an outfit that makes you feel great.	3 Get together with family and friends for a festive Fourth of July picnic.	4 Slow down so someone can merge in front of you in traffic.	5 Volunteer at a local animal shelter.	6 Donate your old cell phone or other electronics to charity.	7 Reconnect with a long-lost friend or family member.	8 Treat yourself to a session of acupuncture or a massage.																																																																																																																
9 Be accountable for everything you do or say today.	10 Get to work early and put a special treat on each team member's desk as a nice surprise.	11 Listen to an inspirational podcast or TED talk.	12 Treat a good friend to a sci-fi movie.	13 Leave a basket of snacks and bottled water by your front door at home and at work for delivery workers.	14 Keep in touch with your friends! Call them or suggest meeting for coffee.	15 Keep a special journal of inspiring quotes.																																																																																																																
16 Take the child in your life out for an ice cream treat today.	17 Mentor someone this month and share your expertise.	18 Change three small things about your routine that will help the environment.	19 Listen intently and don't interrupt.	20 Grow your hair out with the intention to donate to Locks of Love. (10" minimum)	21 Plan a fun night out at a comedy club with close friends.	22 Let your spouse sleep in when it's his/her turn to get up early with the kids.																																																																																																																
23 Visit your parents and make them dinner.	24 Write a list of things you love about someone and give it to them.	25 Send your aunt or uncle a thoughtful card.	26 Tape bus fare to a bus stop for someone in need.	27 Give away one of your possessions for free to someone who needs it more.	28 Do some sort of exercise that you love; ride a bike, walk, swim, or yoga. Whatever it is, do it for you.	29 Attend a veteran's funeral who does not have family.																																																																																																																
30 Take a moment to recognize your achievements no matter how small or large.	31 Make a bucket list and start by completing one thing on it by the end of next month.	1	2	<table border="1"> <thead> <tr> <th colspan="7">JUNE</th> <th colspan="7">AUGUST</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td> <td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> </tr> <tr> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> <td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> <td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> <td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td> <td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</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>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> </tr> </tbody> </table>			JUNE							AUGUST							S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	28	29	30	31	1	2	3	30	31	1	2	3	4	5	4	5	6	7	8	9	10	6	7	8	9	10	11	12	11	12	13	14	15	16	17	13	14	15	16	17	18	19	18	19	20	21	22	23	24	20	21	22	23	24	25	26	25	26	27	28	29	30	1	27	28	29	30	31	1	2	2	3	4	5	6	7	8	3	4	5	6	7	8	9
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# Anubis

## From Mythology to Gaming

By Henry Dalton

Anubis, the ancient Egyptian god of death and the afterlife, has captivated human imagination for centuries. His iconic depiction as a jackal-headed deity has also inspired various forms of artistic expression, including video games. Unreal Championship 2: Liandri Conflict, a popular sci-fi game, features a character named Anubis, who embodies the essence of the mythological figure. This article explores the fascinating correlation between the two, shedding light on the rich tapestry of mythology in gaming.

### Ancient Egyptian Mythology and Anubis

In ancient Egyptian mythology, Anubis served as the guardian of the dead and the judge of souls. He was depicted as a jackal or a jackal-headed man, representing his association with death and funerary rituals. Anubis played a pivotal role in guiding the deceased through the treacherous journey of the afterlife, ensuring their souls were protected and judged fairly. His presence was both feared and revered, embodying the delicate balance between life and death.

### Anubis in Unreal Championship 2: Liandri Conflict

In Unreal Championship 2: Liandri Conflict, Anubis is a playable character known for his formidable combat skills and unique appearance. He retains the

jackal-like features of the mythological deity, with a sleek and imposing armor design. Anubis' gameplay mechanics often revolve around his swift movements, agility, and an array of deadly attacks, fitting the god of death archetype. The game developers have expertly adapted the essence of Anubis from ancient Egyptian mythology into the virtual realm, providing players with a captivating and immersive experience.

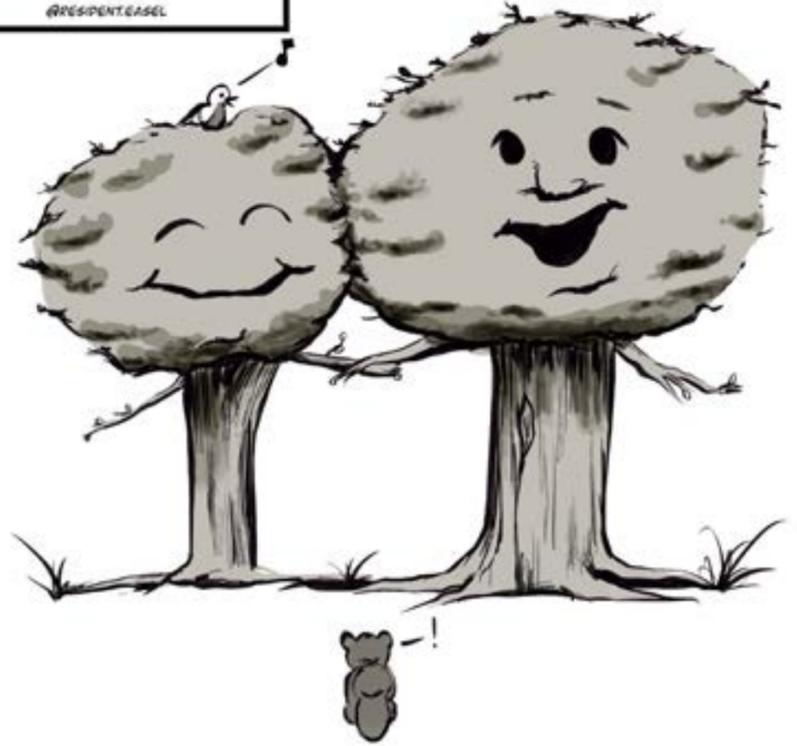
### Symbolism and Influence

The correlation between the mythological Anubis and the character in Unreal Championship 2 extends beyond mere aesthetics. Anubis in the game embodies the same sense of power, mystery, and authority associated with the ancient deity. The jackal-headed appearance signifies the character's affinity with the afterlife and death, while his gameplay mechanics and abilities capture the essence of a guardian and judge. The developers' attention to detail ensures that players can engage with the character on a deeper level, drawing from the rich mythology to enhance the overall gaming experience.

Unreal Championship 2: Liandri Conflict provides gamers with a unique opportunity to interact with the ancient Egyptian deity Anubis in a modern context. Through the character's design, abilities, and symbolism, the game successfully captures the essence of Anubis from mythology, showcasing the enduring influence and universal appeal of ancient gods in contemporary media.



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"WE MET ON TIMBER AND FELL HARD FOR EACH OTHER."

# The Triskelion or The Triskele

By Nixie Vale

VARIATIONS OF THE TRISKELION



www.theirishroadtrip.com

The Triskelion also known as a Triskele is a Celtic symbol that is represented by three spirals that all face the same way. Over the many centuries the Triskelion has symbolic and spiritual function which has given life to many different interpretations from the cycle of life, the rising and setting of the sun and a lucky charm.

The Triskelion represents movement and enthusiasm. It is an opposing force to everything that is stationary or stagnant.

The Triskelion represents the three phases of the sun—sunrise, zenith,

and sunset.

In Celtic mythology the Triskelion represents a trinity of gods—Pugh, Dagda, and Omega.

The Triskelion can also be used to represent the Goddess in her three forms—Maiden, Mother and Crone.

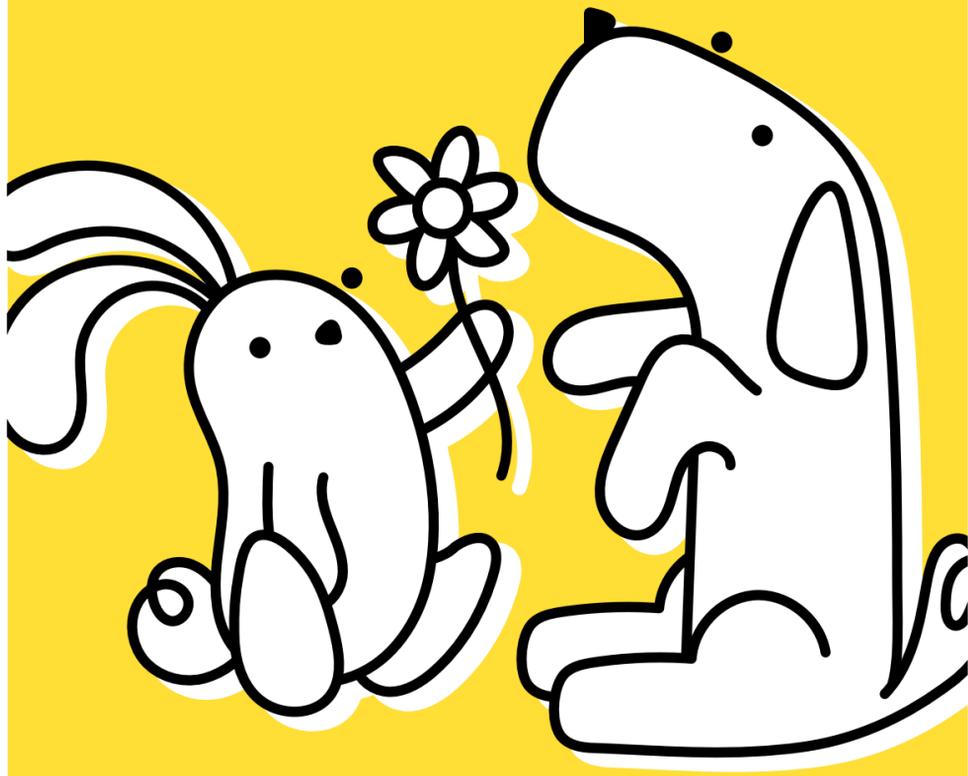
The Triskelion can represent the three phases through life, childhood, adulthood, and sage hood

The Triskelion can represent the three passages of time—the past, the present and the future.

The Triskelion can represent the three elemental states—solid, liquid and gas.

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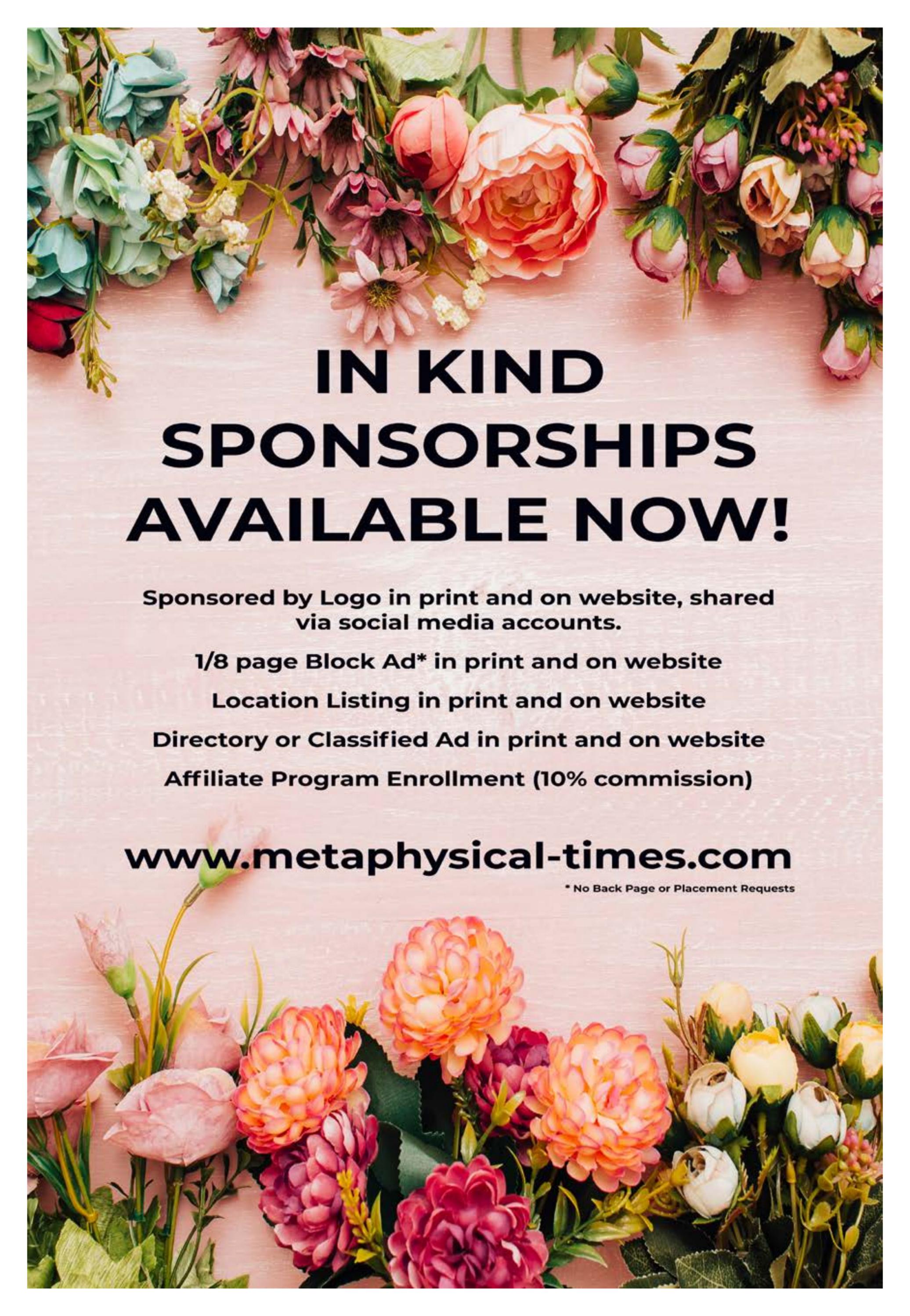
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