

*Metaphysical Times*

\$14.99

# FULL MOON

ISSUE 17 AUGUST 2023

## MAGAZINE

**In Memorium:  
Richard Madden**

**Q&A with Nixie:  
Learning to Meditate**

**Embracing Connection  
in a Digital World**

**Nurturing the Soul  
After Brokenness**

**Nurturing Creativity: Supporting  
Those Who Create**

**BAY LEAF BLESSINGS:  
A CELEBRATION OF FIRE... WITH FIRE  
LAMMAS AND FULL MOON IN AQUARIUS RITUAL**

Metaphysical Times  
**FULL MOON**  
MAGAZINE

# Want to write for Metaphysical Times Full Moon Magazine?

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

## What We Want for the Full Moon

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

## What We Don't Want

Political rants or screes, satire, stories blaming your problems on other people, articles involving cruelty as entertainment, anything comparing your life to the holocaust, articles about how everything was fine until X, articles promoting violence against any group.

## Please read and follow the submission guidelines

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

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

\*Reader Advisory- Mature Content\*

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### Full Moon is available the 1st of each month

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# FROM THE TEAM

Welcome to another captivating issue of Metaphysical Times Full Moon!

We sincerely extend our gratitude to you, our cherished readers, for embarking on this mystical journey with us. Each edition is crafted with utmost dedication, seeking to enrich your lives with the wonders of metaphysics and spirituality. As we explore the depths of the unseen, we hope you find inspiration and enlightenment within these pages.

At Metaphysical Times, we are driven by a profound mission - to uplift and support artists who bring their

visionary works to life. Within these sacred pages, we create a space where artists can transition from starving to thriving. Your appreciation and support are invaluable in their pursuit of creative fulfillment.

We encourage you to discover these gifted artists, to follow their incredible journeys, and to show them your love and encouragement. Your support makes a world of difference, as many artists often lack immediate recognition and backing without your involvement.

As the Full Moon graces the night sky,

illuminating our path, may it also guide you through the transformative tales and thought-provoking insights found in our magazine. Each piece is curated with love and care, aiming to foster personal growth and a deeper connection with the mystical realms.

Happy Reading! May the wisdom and beauty you encounter within these pages resonate in your hearts and inspire you on your own metaphysical voyage.

With heartfelt appreciation,

The Metaphysical Times Team

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# NURTURING CREATIVITY SUPPORTING THOSE WHO CREATE

BY CHRISTY MANN

In a world where productivity and efficiency often reign supreme, the pursuit of creative endeavors can be an arduous journey. Those who choose to live by their creative passions face unique challenges as they navigate the turbulent waters of self-expression. Today, more than ever, the need to support creatives in all forms has become paramount to preserve the diversity and richness of human expression.

Living a life of creative means involves more than just chasing dreams; it requires courage, resilience, and an unwavering dedication to one's craft. Artists, writers, musicians, and all creatives pour their hearts and souls into their work, often sacrificing financial stability and societal norms to follow their calling.

In recent times, the challenges have intensified, making it increasingly difficult for creatives to thrive. The digital era has brought both blessings and curses. While the internet provides a platform for global exposure, it has also perpetuated a culture of instant gratification and free content, devaluing the artistic efforts of many. As a result, creatives struggle to make a sustainable income, often juggling multiple jobs to support their artistic pursuits.

We, as a society, have a responsibility to uplift those who breathe life into our culture and imagination. Here are three ways we can support creatives, whether we know them personally or not.

## Embrace a Culture of Appreciation

Take the time to acknowledge and appreciate the creatives in your life. Attend their exhibitions, read their work, listen to their music, or watch their performances. Offer constructive feedback and encourage them to keep pushing their boundaries. Small gestures of encouragement can make a world of difference in fueling their passion.

## Advocate for Fair Compensation

Recognize the value of creative work and advocate for fair compensation. Whether it's commissioning an artist for a project or paying for music and writing subscriptions, valuing their work financially is a tangible way to show support. Understanding that creatives are not just hobbyists, but skilled professionals is essential to fostering a sustainable environment for creativity.

## Engage in Active Sharing and Promotion

Leverage the power of social media and word-of-mouth to promote the work of creatives you admire. Share their creations, recommend their services, and amplify their voices. Spreading the word about their talent can help them reach new audiences and open doors to opportunities they might not have had otherwise.

By supporting creatives, we cultivate a society that cherishes individuality, diversity, and the pursuit of passions. Remember that every piece of art or creation is an extension of the artist's soul and supporting them is an investment in a world that embraces beauty and inspiration.

# EMBRACING CONNECTION IN A DIGITAL WORLD

BY CHRISTY MANN

In today's fast-paced world, communication has evolved into a whirlwind of brief messages, emojis, and snippets of thoughts. We find ourselves crossing lines, seeking brevity, and avoiding difficult conversations in an attempt to maintain harmony. But in doing so, are we sacrificing the depth and understanding that true communication requires?

The digital age has ushered in unprecedented connectivity, but it has also led to a paradoxical disconnection. We are inundated with an overwhelming amount of information and constant distractions, leaving little time for thoughtful, nuanced communication. As a result, lines are blurred, intentions misinterpreted, and meaningful connections grow elusive.

In an era of information overload, the first step to bridging the communication gap is to slow down and become mindful of our interactions. Here are three tips to encourage more meaningful communication:

**Practice Active Listening:** In conversations, aim to be fully present and attentive. Set aside distractions and give the speaker your undivided attention. Active listening involves not only hearing the words but also understanding the emotions, concerns, and perspectives behind them. Resist the urge to interrupt or respond hastily, allowing the speaker to



express themselves fully.

**Choose Words Mindfully:** Words hold tremendous power to build bridges or burn them. Instead of opting for brevity at the cost of clarity, strive for precision and thoughtfulness in your communication. Choose words that reflect your genuine feelings and intentions, even if they require more time and consideration to formulate.

**Embrace Discomfort:** Meaningful communication often entails addressing difficult topics or acknowledging differing opinions. Avoiding uncomfortable conversations may offer short-

term relief, but it hinders growth and understanding in the long run. Embrace discomfort as an opportunity for growth, learning, and connection. Be open to diverse perspectives and engage in constructive dialogue.

True communication is an art that requires time, effort, and vulnerability. By slowing down and investing in meaningful conversations, we can bridge the gaps that digital communication often creates. Remember that the richness of human connection lies in the depth of our conversations and the willingness to understand one another fully.

# IN MEMORIAM: RICHARD MADDEN A VISIONARY ARTIST WHO TOUCHED OUR SOULS

## 1959-2023

BY CHRISTY MANN

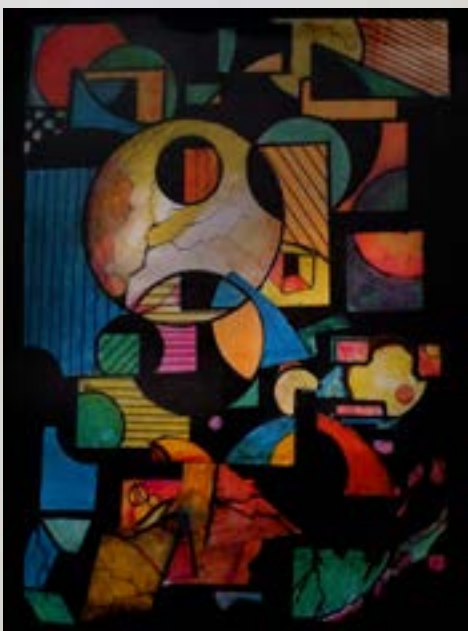
In the world of art, there are creators whose boundless imagination weaves tapestries of emotion, color, and meaning. Richard Madden was one such visionary artist, a master of collages, sketches, and a myriad of other mediums that breathed life into his captivating creations. Today, as we honor his memory, we celebrate the brilliance of an artist whose works stirred our souls and left an indelible mark on our hearts.

Richard's journey as an artist was a testament to the power of creativity as both a source of solace and a means of profound expression. Amidst the challenges of homelessness and the weight of severe depression, he found refuge in the world of art and being around friends. Through every brushstroke, every meticulous cut of paper, and every stroke of his pen, Richard

poured his heart and soul into his works, creating visual symphonies that resonated with those who had the privilege of experiencing them.

His art was more than just a collection of images; it was a mirror reflecting the depth of his emotions and the complexities of his inner world. In his collages, we witnessed fragments of his soul woven together to form a mesmerizing narrative of beauty and struggle, joy and pain, light and darkness.

In addition to his art, Richard's intellect and profound insights extended beyond the canvas. He engaged in conversations that transcended the ordinary, delving into the mysteries of the universe, the intricacies of human psychology, and the wonders of metaphysics and witchcraft. These discussions, like his art, were a testament to his





insatiable curiosity and his thirst for understanding the essence of existence.

Yet, the battles Richard faced were as real as the vibrant colors and shapes that adorned his canvases. The weight of depression and the sense of hopelessness he carried burdened his creative spirit, and despite the temporary respite his art provided, he confronted a struggle he could not overcome.

As we bid farewell to Richard, we cherish the memories of the mesmerizing art he created and



the meaningful conversations that enriched our lives. His legacy will forever be etched in our hearts and minds, a reminder of the power of art to connect, heal, and inspire and how a life without it can be no life at all.

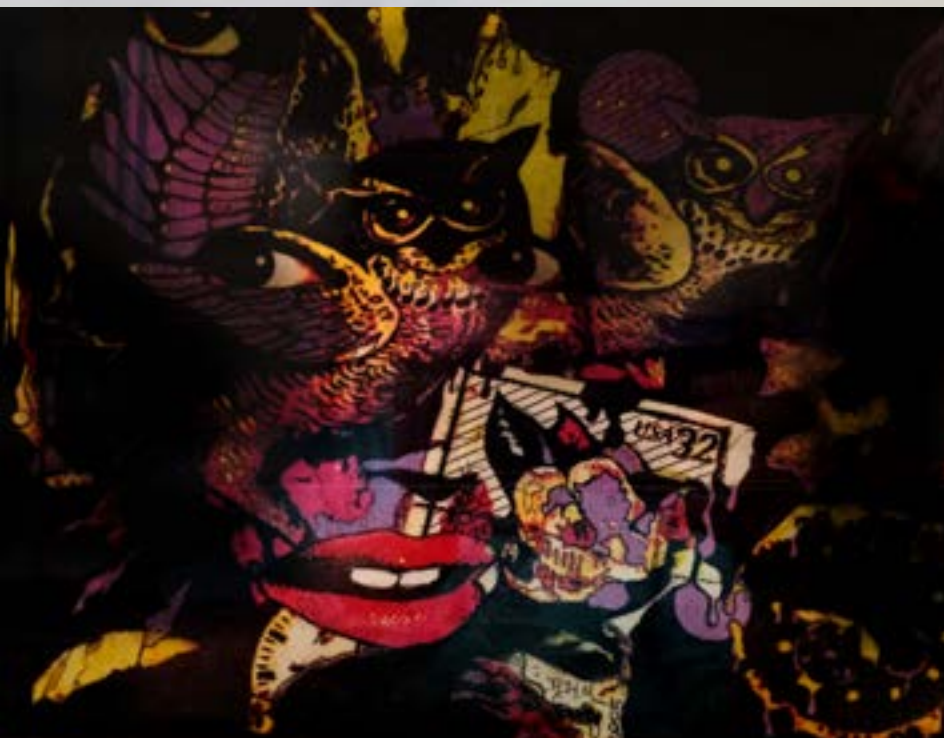
Today, we extend our deepest condolences to his family and loved ones, who now carry the weight of sorrow in the wake of his passing. We stand in solidarity with them, offering our unwavering support during this time of grief.

Let us honor Richard's memory

by celebrating the power of art and creativity in our lives. May we embrace the beauty that can emerge from even the darkest corners of the human experience, just as Richard's collages transformed fragments into breathtaking masterpieces.

As we say goodbye to Richard Madden, we release his spirit to soar among the stars, forever painting the cosmos with his unique artistry. May his soul find solace in the boundless expanse of the universe, free from the burdens that once weighed upon him.

Rest in peace, Richard, and may your art continue to touch souls and inspire creativity for generations to come.



# QUESTIONS

BY FRED BRIGGS

Questions, Always Questions

There's no good reason to be  
in the present.

After all it only lasts a moment.

There must be better places to be.

Mindfulness is so passe'.

If you're trying so hard to be mindful,  
you're not paying attention.

Don't cause my brain to laugh. Leave  
my anxiety alone.

My grandchildren need it.

It will teach them a lesson.

Why do we do these things?

I wonder what the first generation  
to get the flu did.

I think I'll become a hermit  
in a cave in Connecticut.

Probably can't afford the Taxes  
in Connecticut.

The Andes would be cheaper. But  
it's far away and commuting  
to my therapist would be expensive.

Outside my window frogs croak.

A shadowy image of Jasmine, fragrant.

I could sit and exist for hours.



# ABSTRACT 10

BY FRED BRIGGS

It wasn't the first time  
we'd stood on this Saxon hill at  
sunrise The wind stung our cheeks  
But then it slid down the side  
Asking no one  
till around noon when the  
lemon peels started to yellow  
In Mexico But the vision  
was too strong for me Nandi  
and his pards all of the saints and  
daemons sitting at the bar  
waiting for us to buy another round  
We can't wait forever said our Saxon friend  
or we'll miss the 5 O'clock coach  
I didn't see that coming as the vision  
faded away taking all our actuality  
with it.

# BEYOND THE CELESTIAL VEIL

BY CHRISTY MANN

In the distant future, humanity had colonized planets far beyond the reach of Earth. Among them, Arion-9 stood out as a celestial wonder with its glowing, amethyst-hued sky under the full moon.

The colonists of Arion-9 had developed extraordinary technology that allowed them to traverse the cosmos effortlessly. But one mystery had eluded them—the enigmatic Celestial Veil that appeared only during the full moon.

Dara Patel, a daring explorer, had a burning curiosity to uncover the secrets of the Celestial Veil. Many dismissed it as a mere atmospheric phenomenon, but she believed there was more to it.

On the night of the full moon, Dara embarked on her mission, piloting her sleek starcraft through the vibrant skies. As the moon's light intensified, so did the shimmering veil that concealed the unknown.

With a deep breath, Dara flew her starcraft straight into the heart of the Celestial Veil. It was like passing through a kaleidoscope of colors and sensations, a surreal journey beyond the boundaries of known space.

As she emerged on the other side, she found herself in a realm unlike anything she had ever seen. Glittering constellations danced around her, and the laws of physics seemed to bend at will. It was a place of dreams and impossibilities.

Dara couldn't contain her excitement, and she reached out to touch the stars

themselves. To her amazement, her hand passed through them, and she realized she was witnessing a holographic projection of the universe's past.

Among the stars, she noticed a distant planet bathed in an ethereal glow. It was Earth, as it once was, untouched by the scars of time and progress. Tears welled up in Dara's eyes as she beheld her long-lost home.

However, the Celestial Veil had a warning for her. It projected images of desolation and destruction—possible futures that awaited Earth. Humanity's hubris and disregard for nature had led to its downfall. The holographic visions served as a cautionary tale, urging Dara to change her species' fate.

Filled with newfound purpose, Dara returned to Arion-9 with the knowledge she had gained. She shared the visions of Earth's potential fate with the colonists, urging them to preserve their new worlds and respect the delicate balance of the universe.

Her revelation sparked a movement among the colonists. They devoted themselves to becoming stewards of the cosmos, cherishing each planet as a precious gem in the vast expanse of space.

And so, under the light of each full moon on Arion-9, the colonists would gather, not to fear the Celestial Veil, but to celebrate the unity of humanity and the promise of a better future among the stars.



# MONTHLY READINGS

WITH CHRISTY

## Aries

August brings a burst of energy and creativity for Aries. Your ambitious spirit is at its peak, so seize the opportunities that come your way. This month is perfect for setting new goals and chasing your dreams. However, be cautious not to let your impatience lead to hasty decisions. Focus on maintaining a healthy work-life balance to avoid burnout. Embrace change and stay open to new experiences, as they might lead you to unexpected success.

## Taurus

Taurus, August emphasizes your relationships and communication skills. You may find yourself seeking deeper connections with loved ones. This is a great time for resolving conflicts and strengthening bonds. On the career front, trust your intuition, and don't be afraid to take calculated risks. Remember to take breaks and indulge in self-care to stay balanced throughout the month.

## Gemini

August brings an air of adventure for Gemini. Your curious nature will lead you to explore new places and ideas. Embrace this wanderlust and seek inspiration from your surroundings. Professionally, you may encounter new opportunities for growth and recognition. Stay organized and focused to make the most of these chances. Keep your social life thriving, but also find moments of solitude for self-reflection.

## Cancer

For Cancer, August emphasizes self-discovery and emotional healing. Take time to introspect and address any unresolved issues. This inner work will pave the way for personal growth and improved relationships. Trust your instincts in making financial decisions. On the career front, teamwork will be crucial, so collaborate and support your colleagues. Stay attuned to your emotional well-being and practice self-compassion.

## Leo

Happy birthday, Leo! August is your time to shine, and your natural charisma will be irresistible. This is an excellent month for pursuing personal goals and making a lasting impression. However, be mindful not to let ego cloud your judgment. Seek feedback from loved ones and use it constructively. Financially, exercise caution and avoid impulsive spending. Gratitude will be your key to happiness and fulfillment this month.

## Virgo

You are coming to a junction in your life, and you need to make some decisions. You have been feeling on and off that something is changing but exactly what has been out of your reach. This is a message from Spirit/the Divine to move forward with an open mind, and without fear because that can hold you back from their amazing things that are coming.

## Libra

August brings harmony and balance for Libra. Your diplomatic nature will help you mend broken relationships and find common ground with others. Embrace your creative side and consider taking up a new artistic hobby. Professionally, you may need to make tough decisions, but trust that your judgment will lead you in the right direction. Remember to take time for relaxation and cherish moments with loved ones.

## Scorpio

Scorpio, August focuses on personal growth and introspection. You might feel a strong urge to delve into your psyche and shed old habits that no longer serve you. Embrace this transformational phase with an open heart. In the professional realm, networking will be vital, so build connections with like-minded individuals. Stay persistent in pursuing your goals, and success will be within reach.

## Sagittarius

August brings an adventurous and optimistic energy for Sagittarius. Embrace your wanderlust and explore new horizons, either physically or mentally. Your positive attitude will be infectious and attract opportunities for growth. On the career front, your leadership skills will shine, so take charge of projects with confidence. Nurture your emotional well-being by spending time with loved ones and engaging in activities that bring you joy.

## Capricorn

Capricorn, August encourages you to focus on home and family matters. Create a harmonious environment by addressing any domestic issues with patience and understanding. Professionally, be prepared for unexpected changes, and adaptability will be your greatest asset. This month calls for meticulous financial planning, so avoid impulsive decisions. Dedicate time to self-reflection and set intentions for personal growth.

## Aquarius

August brings a period of self-expression and communication for Aquarius. Your innovative ideas will gain recognition, so don't hesitate to share them with the world. Embrace your individuality and be open to diverse perspectives. In the professional realm, teamwork and collaboration will lead to success. Keep an eye on your finances and avoid overspending. Focus on nurturing your relationships to create meaningful connections.

## Pisces

For Pisces, August emphasizes self-care and emotional healing. Take time to recharge and let go of any emotional baggage. This inner work will lead to personal growth and increased self-awareness. On the career front, stay focused on your goals and be patient in achieving them. Avoid overextending yourself and prioritize your well-being. Engage in creative pursuits to foster a sense of fulfillment and joy.

# NURTURING THE SOUL AFTER BROKENNESS

BY CHRISTY MANN



Life, like the phases of the moon, is marked by cycles of light and darkness. We often encounter moments of brokenness—times when dreams shatter, relationships falter, and the world seems to spin relentlessly without regard for our pain. Picking up the pieces after experiencing such profound loss or disappointment can be an overwhelming journey. But amidst the chaos, there is hope for healing and renewal.

In the wake of brokenness, it is crucial to prioritize self-care and allow ourselves the space to heal. Here are three tips to nurture the soul during the process of gathering the pieces:

## **Grant Yourself Permission to Grieve**

Grief is a natural response to loss, and it comes in various forms—not only the loss of a loved one but also the loss of dreams, opportunities, or a sense of stability. Allow yourself to grieve without judgment or time constraints. Give space to

your emotions and remember that healing is a gradual process that cannot be rushed.

## **Engage in Mindfulness and Self-Reflection**

Amidst the turmoil, find solace in mindfulness practices. Meditation, journaling, or spending time in nature can help you gain clarity and insight. Self-reflection is an essential step toward understanding the broken pieces and discovering the lessons they hold. Embrace the vulnerability that comes with introspection, for it is a catalyst for growth.

## **Seek Support and Connection**

Remember that you do not have to traverse the path of healing alone. Reach out to loved ones, friends, or support groups who can offer empathy and understanding. Seek professional help if needed, as therapists and counselors can provide invaluable guidance during times of brokenness. Let others hold space for you as you navigate the

journey toward healing.

While the world may seem to rush ahead, recognize that healing is a process that cannot be rushed or forced. Allow yourself the time and space to mend, for just like the phases of the moon, life moves through cycles of transformation. The broken pieces will gradually come together, forming a mosaic that tells the story of your resilience and strength.

As we traverse the realms of creativity, communication, and healing, we discover the profound interconnectedness of our human experience. Let us embrace the multiple dimensions of life, honoring the beauty and challenges they bring. In supporting creatives, nurturing meaningful communication, and healing after brokenness, we can illuminate the path toward a more compassionate, vibrant, and interconnected world. Remember, the moon waxes and wanes, just as life ebbs and flows, and in these cycles, we find the rhythm of our souls.

## LEARNING TO MEDITATE

When you begin to meditate, there are some key points that you need to learn when it comes to positions, and these are called the seven points of meditation posture. These are important “cues” that help you to be successful at mastering the arts of meditation. If you do not pay attention to them, you will find you are not able to fully attain a meditative state, and you won’t reap any of the health benefits.



### THE POSITION YOU ARE SITTING IN

It is preferable to use the Lotus position, but if unable to manage this, choosing a position that suits your needs best.

### THE POSITION OF YOUR SPINE

It should be straight, but it should not be tense.

### THE POSITION OF YOUR SHOULDERS SHOULD BE BACK VERY SLIGHTLY

Raise your shoulders up to your ears, and roll your shoulders back, this moves your shoulder blades down, and this helps you to guide and manoeuvre your upper body into the right position.

## **THE POSITION OF YOUR HANDS**

The position of your hands will depend on what kind of meditation you are going for.

- a) General relaxation - this is where your hands are on your lap, with your right hand in your left, palms up and thumbs touching. You need to remember not to have them too low on your lap.
- b) Determination - this is where you place your hands flat on your knees.
- c) Stimulation - this is where the thumb on each hand touches the base of the ring finger and your fingers close firmly around the thumb, not too tight though.

## **THE POSITION OF YOUR NECK**

The neck should be held tall, while you tilt your chin towards your chest. You need to make sure your head is held by the neck - no flopping around of the head.

## **THE POSITION OF YOUR EYES**

There are a few positions where you can direct your eyes. 1) You look down, following the tip of your nose. 2) You close your eyes gently. 3) You look straight ahead, but slightly lower than the level of the horizon.

## **THE POSITION OF YOUR MOUTH AND TONGUE**

You have a couple of choices what you can do with your mouth. You can have your mouth a) closed b) slightly open, this allows air to “escape” c) keep your tongue relaxed, in its natural position d) you can move the tip of your tongue to the roof of your mouth, just behind your front teeth.

Why not try following these seven steps and you will begin to master the positioning of your body when you meditate.



# BAY LEAF BLESSINGS: A CELEBRATION OF FIRE... WITH FIRE

## LAMMAS AND FULL MOON IN AQUARIUS

### AUGUST 2023 RITUAL

#### BY ELYSE WELLES

This full moon, much like May's was, is a series of celebrations. Beginning the month, August's full moon is also the day of Lammas, also called Lughnasadh, the first of three pagan Sabbats focused on the harvest. And then one week later, we wax into the Lion's Gate, an astronomical event where the star Sirius, Earth, and the Orion constellation are all aligned. It is a gateway of rebirth and renewal, celebrating who you are and giving you the confidence to embrace that stronger. The full moon/Lammas day is also in Aquarius, the sign of fun and flight! So harness that joyous, silly energy - your inner child might really come out to play today!

For centuries these holidays have been celebrated as a time to reap reward for hard work. This moon, you'll be celebrating your achievements, particularly in regards to the crossroads of prosperity, abundance, and passion. What are the feats and treasures of your life that gives it meaning? How are you wealthy, rich, and blessed?

As this is a fire festival, we'll be using candles. If you live somewhere where it is safe to do a bonfire at this time, you may want to go bigger than a candle! Go for it!

### YOU WILL NEED:

- A yellow candle (or a bonfire!)
- Dried herbs and/or essential oils or flower essences representing prosperity, abundance, and passion
- One bay leaf (laurel) on which to write what you are celebrating
  - Fire-safe ink pen or pencil
- Consecrated oil (any will do – olive, safflower, almond, etc. I use olive as its a tree significant in my practice)
  - Salt in a dish or bowl that the candle can stand up in
  - If your candle is narrow, a candle holder to hold it up safely

### IDEAS FOR PROSPERITY HERBS TO USE:

Powdered cinnamon  
Patchouli  
Clove  
Basil  
Rosemary  
Jasmine

### IDEAS FOR PASSIONATE HERBS TO USE:

Rose petals  
Cacao  
Jasmine  
Ylang-ylang  
Liquid vanilla extract  
Hibiscus



# THE RITUAL



Set up your sacred space, making sure all the herbs and ingredients (and a lighter!) are set up and ready. The salt can be in the dish or you can pour it as part of the ritual. Mix the ground herbs you'll be using in a small dish before you start.

Breathe deeply, play ritual music, drum, hum, chant, or sit in stillness focusing on your breath. When you feel the energy start to tingle at your fingertips, call in deities, the quarters, or elements as you normally do if this is part of your practice. You can also jump right into the ritual once you're energetically ready.

With your magical tools in hand if you use them, and if you're outside with a bonfire, say:

"Selene, Goddess bold, full moon high and bright above. As you lent blessing to the harvests of old, I entreat your blessings tonight. In gratitude I raise my hands to you, and ask you to join me here in celebration."

Take the bay leaf and write what you are celebrating on the leaf. "Join me in celebration of \_\_\_\_" detail your accomplishments, speak them aloud.

If you're using a candle:

Pour the salt into the dish if you hadn't, and draw any sigils or sacred symbols (a spiral, a star, a circle, etc.) into the salt. Over the salt, coat your candle in three drops of oil, allowing any excess to fall in the salt. Rub the oil outward from the center of the candle to the ends, charging it by envisioning all that you are celebrating tonight. When it is charged, sprinkle the herb mix over the candle fully, allowing the extra to hit the salt as well. Raise more energy with your drum, your voice, dancing, or by directing it with your hands towards the candle. Place your candle in its holder on the salt and say, "I offer the warmth of this candle to the spirits of place in my home, on my land, and \_\_\_\_ [state your gods, goddesses, or simply the Universe] in gratitude, and invite them all to join me in gratitude, that we may dance together in mirth and reverence." Burn your bay leaf in the candle.

If you're using a fire:

Sprinkle some salt into the fire, dancing round it, throwing it in little by little, feeling more grounded with each toss. Then pick up the herb mix, and dance around the fire doing the same, throwing it little by little, feeling celebratory. Smile, laugh, sing, screech or howl if you feel called to! When the energy is high, say, "I invite the spirits of the land to join me around this fire, dedicated to the Moon and to the \_\_\_\_ [state your gods, goddesses, or simply the Universe] in gratitude, that we may dance together in mirth and reverence." Burn your bay leaf in the fire.

Enjoy the moment as long as you can. You don't have to end the circle right away: play your instrument, sing songs, if you're celebrating with others, talk a while. When the candle has ended and the fire has faded away, thank Selene and any other deities and spirits you called in for their presence.



# A SPECIAL INVITATION FOR FULL MOON READERS FROM CHRISTY MANN!

Are you looking for opportunities to expand your journey of creativity and storytelling? We are delighted to extend a special invitation to each of you to participate in ChristyMannAuthor.com's Weekly Flash Fiction Challenges! As a valued member of our literary community, we believe these challenges will ignite your imagination, inspire your creativity, and offer a chance to win exciting awards!

## **Unleash Your Creativity and Win!**

At ChristyMannAuthor.com, the world of storytelling knows no bounds. Each week, diverse and captivating writing prompts await, spanning genres, emotions, and captivating settings. With a word limit of 100 words or fewer, you'll learn the art of crafting concise and powerful narratives that leave a lasting impact on readers.

## **Exciting Awards Await!**

Participating in these Flash Fiction Challenges not only allows you to refine your writing skills but also opens doors to exciting rewards! Our winners receive virtual trophies to proudly display their achievements, shout-outs to celebrate their literary brilliance, personalized feedback to nurture their craft, and the opportunity to be featured in interviews and on social media platforms.

## **Anthology Publication Opportunity**

As an esteemed participant, your talent may also lead you to the prestigious opportunity of being part of an anthology publication hosted by Twisted Souls Press LLC in 2024. Imagine seeing your masterpiece among the works of other talented writers, leaving a mark on the literary world forever!



## A Thriving Writing Community

Beyond the thrill of competition, ChristyMannAuthor.com's Flash Fiction Challenges offer an opportunity to connect with fellow writers from around the globe. Our vibrant and supportive community encourages camaraderie, constructive feedback, and shared passion for storytelling. Together, we celebrate literary brilliance and inspire each other to reach new creative heights.

## Open to All - Join the Adventure!

Whether you're an aspiring writer or a seasoned wordsmith, these challenges are open to all with an insatiable appetite for creative expression. Join us as we delve into the magic of flash fiction, where every word holds weight, and every story leaves a lasting impression.

## How to Participate

Visit [www.Christymannauthor.com/flash-fiction-challenges](http://www.Christymannauthor.com/flash-fiction-challenges) for details and get the current prompt every Thursday. (The Flash Fiction Challenges Page is under the For Writers Section in the menu.)

Challenge your mind to create a compelling story with specific details in a limited amount of time. Don't forget to self-edit (at least grammar and spell check) before dropping in the comments.

Submit your masterpiece in the comments of the post by Tuesday of the next week to be part of the literary adventure!

Begin or expand your writing journey with us!

## Happy Writing!



# KITCHEN WITCH'S CAULDRON CHEDDAR QUICK BREAD

## Ingredients:

2 cups all-purpose flour  
2 teaspoons baking soda  
1-½ teaspoons dry mustard  
2 eggs  
3 tablespoons vegetable oil  
1 cup milk  
1 tablespoon sugar  
1 teaspoon salt  
2 cups shredded cheddar



## Method:

Preheat oven to 375 F (190 C) and grease a 9-inch loaf pan.

In a large mixing bowl, gently whisk together flour, baking powder, and mustard powder to combine.

In a medium mixing bowl, whisk together egg, oil, milk, sugar, and salt until combined.

Ditch your whisk, pour your wet ingredients over your dry ingredients, and gently fold together as quickly as you can with a rubber spatula. Try to get everything combined in 10 seconds or less. Some lumps are okay.

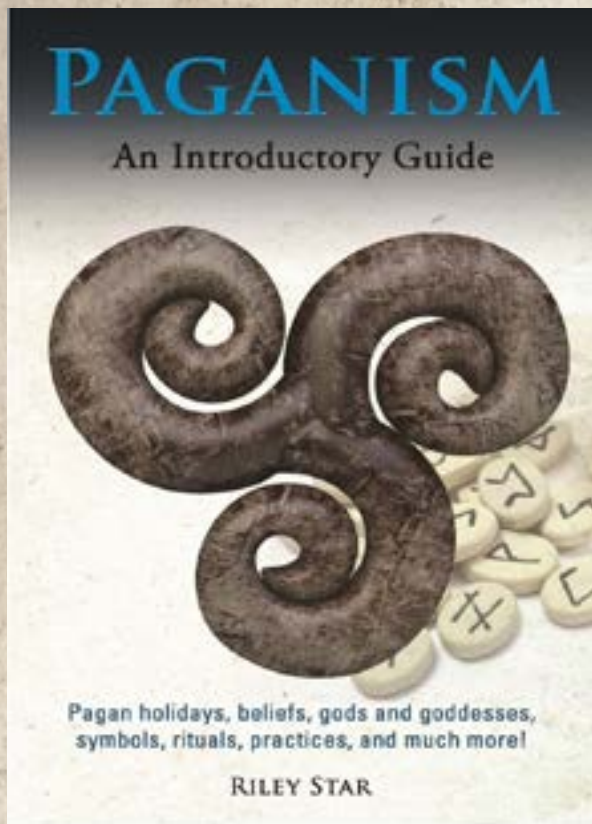
Fold in the cheese. It's going to seem like a lot. This is what makes it awesome. Try to work quickly to get it evenly dispersed.

Scrape your batter into your waiting loaf pan and smooth the top. Bake for 40 minutes or until a toothpick inserted into the center comes out clean.

Run a knife around the edge of the loaf and remove it from the pan immediately to cool. Can be served warm or saved for later. Store in an airtight container.

from: [www.awesomeon20.com/cheddar-quick-bread](http://www.awesomeon20.com/cheddar-quick-bread)

# BOOK SPOTLIGHT



## **Paganism: An Introductory Guide** By Riley Star

What is paganism? Is it an heretical faith that stands in opposition to Christianity? It is devil worship? The answer is no times three. “Paganism” does not refer to a single religion, but to a collection of earth-centric polytheistic philosophies that harken back to belief structures that pre-date Christianity.

In her latest book, author Riley Starr offers a gentle introduction to the world of earth religions aimed at the beginner. Using Wicca, Druidry, and Odinism as exemplars, Starr explains what it means to function both as a pagan within a group and as a sole practitioner. With suggestions for starting a ritualistic life and for adopting the use of protective symbols, Starr opens the door for new followers of paganism to take the first steps in their own journey and encourages them to embrace a lifelong study of the deities and symbols that speak exclusively to them. Pagan holidays, beliefs, gods and goddesses, symbols, rituals, practices, and much more!

NRB Publishing, Language: English, Paperback, 128 pages



## **Pagan Portals: Raven Goddess** By Morgan Daimler

Pagan Portals - Raven Goddess follows on from the author's earlier book, The Morrigan, to help the reader continue to get to know the Irish Goddess of war, battle, and prophecy with a particular focus on disentangling truth from common misconceptions.

As the Morrigan has grown in popularity, understandings of who she was and is have shifted and become even more nebulous. Raven Goddess is intended to clarify some common points of confusion and help people go deeper in their study of the Morrigan and assist in nurturing a devotional relationship to her.

Morgan Daimler teaches classes and writes about Irish myth and magical practices, fairies, and related subjects. Morgan's writing has appeared in a variety of magazines including Pagan Dawn and Witches & Pagans, and anthologies including Naming the Goddess and Harp, Club, & Cauldron.

John Hunt Publ.Ltd, Language: English, Paperback, 104 pages

# CLASSIFIEDS

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