

Metaphysical Times

\$3.50

FULL MOON

ISSUE 19 OCTOBER 2023

MAGAZINE

**A Modern Witch's
Guide**

**What If:
Unintended Chains of
Suffering**

**FULLMOON RITUAL:
Ancestral Visitation
Dreamworking**

**Creativity Unleashed:
The Artistic Process of
Crafting Spooky Stories**



HALLOWEEN HORROR
A Look at the Origins of Spooky Traditions

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

provided on our website's Write for Us page, www.metaphysical-times.com/write-for-us, and submit using the HeyPublisher form or log into HeyPublisher.com, create an account and favorite the Metaphysical Times LLC account. Please ensure you are submitting to the Metaphysical Times LLC account. There are 2 accounts but only the LLC account will come to us.

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

Contact (385) 240-2822

www.metaphysical-times.com

Publisher

Christy Mann

metaphysicaltimesidf@gmail.com

Lead Editor

Alecia Berbenick

editor@metaphysical-times.com

Layout/Design Manager

Sabrina RG Raven

enquiry@sabrinargraven.com

Logistics

Henry Dalton

henrydalton379@gmail.com

Full Moon is available the 1st of each month

Visit www.metaphysical-times.com for information regarding advertising, subscriptions, and writing for us.

Metaphysical Times LLC is a Utah Registered Company and holds the copyright to all original content in this format for this publication. Duplication is prohibited without express written consent from the publisher. The opinions expressed by contributors are not necessarily the views of Metaphysical Times LLC.

Not Healthcare Advice

The products, services, and information found in the publication Metaphysical Times Full Moon Magazine, and/or it's 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.

FROM THE TEAM:

Dear Readers,

As the golden leaves fall and the nights grow longer, we find ourselves under the enchanting glow of October's full moon once again. The air is infused with a sense of mystery and magic, and it is with great pleasure that we welcome you to the October issue of Metaphysical Times Full Moon Magazine.

In this edition, we continue our journey through the boundless realms of metaphysics, spirituality, and the uncharted territories of human consciousness. Our magazine has always been a sanctuary for seekers, a place where authors from all walks and paths converge to share their wisdom, experiences, and insights. This month is no exception.

We are delighted to introduce you to some new contributors who bring fresh

perspectives and unique voices to our pages. Their diverse backgrounds and perspectives enrich the tapestry of this issue, adding depth to our exploration of the metaphysical.

This issue also marks the beginning of an exciting new series that will take you on a journey of discovery. Through articles, short fiction, poetry, and music, we will explore the endless possibilities that the metaphysical world offers. This series is a testament to our commitment to providing you with a holistic and immersive experience that goes beyond the ordinary.

As you peruse the pages of this October issue, we hope you find inspiration, enlightenment, and empowerment. Allow the words and images within to spark your curiosity and fuel your passion for the mysteries of existence. Whether you're

a seasoned traveler on the metaphysical path or just beginning your exploration, there's something here for everyone.

Metaphysical Times Full Moon Magazine has always been more than just a publication; it's a community of like-minded individuals who share a thirst for knowledge and a passion for the metaphysical. We are grateful for your continued support and trust in us as your guides on this journey.

May this October issue illuminate your path, deepen your understanding, and ignite your spirit. Happy reading, dear readers. Let the light of the full moon be your guide as you delve into the limitless possibilities of the metaphysical.

With warm regards,

The Metaphysical Times Team

IN THIS ISSUE

- 2 A Modern Witch's Guide**
- 4 Full Moon Literature**
 - The Enchanted Garden of Elowen**
 - Spells, Spirits, and Scares: A Haunting Collection of Halloween Poetry**
- 8 Halloween Horror: A Look at the Origins of Spooky Traditions**
- 10 Monthly Readings**
- 11 The Magical Clearing: A Druid's Memory**
- 12 Creativity Unleashed: The Artistic Process of Crafting Spooky Stories**
- 14 Full Moon Ritual: Ancestral Visitation Dreamworking**
- 16 What If: Unintended Chains of Suffering**
- 17 Reality**
- 18 Kitchen Witch's Cauldron**
 - Pumpkin Brownies**
- 19 Book Spotlight**
 - Runes for Beginners**
 - Samhain Traditions**
- 20 Classifieds**

A MODERN WITCH'S GUIDE

BY THE TWISTED WITCH

The Samhain Spirit

As the crisp autumn air envelops us and leaves turn to shades of crimson and gold, the season of Samhain approaches. For modern witches, Samhain is a time of profound significance, a bridge between the past and the present, and a celebration of life, death, and rebirth. In this guide, we will unveil the magic of Samhain, offering modern witches a glimpse into the traditions, rituals, and mystical essence of this ancient Celtic festival.

The Origins of Samhain

Samhain, pronounced “sow-in” or “sah-win,” hails from the Celtic lands and is believed to have originated over 2,000 years ago. Falling halfway between the autumn equinox and the winter solstice, Samhain marked the end of the harvest season and the beginning of the dark half of the year. It was a time when the veil between the living and the spirit world was said to be at its thinnest, allowing for easier communication with departed loved ones.

Honoring Ancestors

One of the central themes of Samhain is the veneration of ancestors. Modern witches often create ancestral altars adorned with photographs, mementos, and offerings to honor those who came before them. Lighting candles and incense during this time is a way to invite ancestors' spirits to join in the festivities and share their wisdom.



Rituals and Traditions

Modern witches have adapted and incorporated various Samhain rituals and traditions into their practices:

Divination: Samhain is an ideal time for divination, as the thin veil between worlds enhances intuitive abilities. Tarot readings, scrying, and pendulum work are popular choices.

Feasting: Just as in ancient times, feasting plays a vital role in Samhain celebrations. Witches prepare seasonal foods like apples, pumpkins, and hearty stews to share with loved ones and spirits.

Bonfires: Lighting bonfires or candles in jack-o'-lanterns symbolizes the guiding light for wandering spirits and wards off malevolent entities.

Costumes: Dressing in costumes has its roots in the belief that disguising oneself would protect from vengeful spirits. It's also an opportunity for self-expression and playfulness.

Connecting with Nature

Samhain celebrates the cyclical nature of life and death. It's a time to acknowledge the harvest's end and the earth's rest. Modern witches often take this opportunity to perform grounding rituals, connect with the natural world, and express gratitude for the Earth's abundance.

Embracing Samhain's Magic

As the wheel of the year turns, Samhain offers modern witches a chance to connect with their roots, honor their ancestors, and embrace the magic of the season. Whether you're lighting candles on your ancestral altar or donning a whimsical costume, Samhain beckons us to step into the liminal space where the mundane and the mystical converge. May your Samhain be filled with enchantment, reflection, and a deep appreciation for the ever-turning cycles of life.





THE ENCHANTED GARDEN OF ELOWEN

BY HENRY DALTON


Once upon a time, nestled deep within an ancient forest, there lived a fae princess named Elowen. She was the youngest daughter of the fae king, known for her ethereal beauty and enchanting grace. However, Elowen was not content with the extravagance of the fae realm. She longed to experience the world of humans, to understand their joys and sorrows, and to make a difference in their lives.

One moonlit night, Elowen made a daring decision. She disguised herself as a human and left her enchanted palace behind. With a heart full of curiosity and a small satchel of fae herbs, she ventured into the heart of a nearby village. She found a humble cabin on the outskirts of town and decided to make it her new home.

In the village, Elowen adopted the name Lily and began her life as a simple villager. She discovered that the villagers were kind but struggled to make ends meet. Their crops were meager, and their health suffered from malnutrition. Determined to bring joy and nourishment to their lives, Elowen put her fae magic to good use.

Each morning, as the first rays of sunlight kissed the forest, Elowen would tend to her garden. With a wave of her delicate hand, the soil beneath her fingertips transformed into a fertile oasis. She planted her fae herbs, whispering secrets of growth and vitality into their roots. The vegetables that sprouted from the earth were more vibrant and nutritious than any the villagers had ever seen.

Word of the magical garden spread through the village like wildfire. The villagers couldn't believe their eyes as their crops flourished under Lily's care. The once-dull cabbage was now bursting with flavor, and the carrots



practically glowed with vitality. The herbs she grew had the power to heal wounds and cure ailments. It wasn't long before the village prospered, and the people were no longer hungry or sick.

As the seasons passed, Lily became a beloved figure in the village. Her kindness and generosity knew no bounds. She used her fae magic to mend torn clothes, mend broken hearts, and bring smiles to the faces of children. The villagers adored her, unaware of her true identity.


However, Elowen's fae heritage could not remain hidden forever. One fateful evening, as the sun dipped below the horizon, a group of traveling minstrels arrived in the village. They sang songs of ancient legends and told tales of fae princesses who could bring miracles to the world. The villagers listened with rapt attention, and their eyes began to wander towards Lily.

Suspicion grew, and the villagers confronted Lily about her true identity. She hesitated but then decided to reveal her secret, fearing that her deception might hurt the people she had grown to love.

With tears in her eyes, she confessed, "I am not truly Lily. I am Elowen, a fae princess who chose to live among you. I only wanted to bring happiness and nourishment to your lives."

To her surprise, the villagers didn't react with anger or fear. Instead, they embraced her as one of their own, grateful for the joy and prosperity she had brought to their lives. They understood that her fae magic was a gift, and they cherished her all the more for it.

From that day forward, Elowen continued to live in the village as their beloved fae princess. She tended to her enchanted garden, sharing the bountiful harvest with everyone. She had found her true purpose, and it was not just to bring joy and nourishment to the villagers but to experience the beauty of humanity and the warmth of their hearts. And so, in the heart of the woods, Elowen, the fae princess, lived her days as a guardian of both the natural and human world, forever enchanting those who crossed her path with her magic and kindness.



SPELLS, SPIRITS, AND SCARES:

A HAUNTING COLLECTION
OF HALLOWEEN POETRY

BY THE TWISTED WITCH



THE DANCE OF SHADOWS

In the inky darkness of All Hallows' Eve,
Where moonbeams waltz with shadows, they weave,
Verse by verse, a spectral tale unfolds,
Of haunted woods, and secrets yet untold.

WHISPERS FROM BEYOND

Ghosts of yesteryears, they softly cry,
In moonlit graveyards, they wander nigh,
Their tales of sorrow, longing, and despair,
Reside within these verses, if you dare.

SPELLS OF ENCHANTMENT

With words, we craft our own eldritch brew,
A potion of verses, both old and new,
To cast a spell that lingers in the air,
To bind the reader to the poet's lair.

EERIE ELEGIES

In crypts and catacombs, the verses dwell,
Each line a dirge, a mournful tolling bell,
For lost souls and the dearly departed,
In our poetry, they're forever charted.

THE HARVEST OF FEAR

As pumpkins glow with an eerie light,
And bats take flight in the moon's pale sight,
The poet's pen becomes a wand, it seems,
To conjure nightmares and waking dreams.



HALLOWEEN HORROR:

A LOOK AT THE ORIGINS OF
SPOOKY TRADITIONS

THE HAUNTING ALLURE OF
HALLOWEEN



Halloween, with its eerie ambiance, playful spookiness, and penchant for the macabre, has captured the imagination of people around the world. It's a night when the boundary between the living and the supernatural blurs, and traditions dating back centuries come to life. In this article, we'll delve into the fascinating origins of the spooky traditions that make Halloween a truly bewitching holiday.

Ancient Roots of Halloween

The origins of Halloween can be traced back to ancient Celtic festivals, primarily Samhain. Samhain, celebrated from October 31st to November 1st, marked the end of the harvest season and the beginning of winter. It was believed that during this time, the veil between the worlds of the living and the dead was at its thinnest, allowing spirits to cross over.

Merging Pagan and Christian Traditions

When Christianity spread into Celtic regions, it absorbed and transformed Samhain into All Hallows' Eve, the night before All Saints' Day (November 1st). The merging of these traditions brought about customs like lighting candles and carving turnips (later pumpkins) to ward off malevolent spirits.

Trick-or-Treating: An Evolution of Soul Cakes

The practice of trick-or-treating has its roots in medieval Europe.

On All Souls' Day, the poor would go "souling," visiting homes and offering prayers for the deceased in exchange for "soul cakes." Over time, this evolved into the modern custom of children dressing up and going door to door for candy.

Jack-o'-Lanterns: A Tale of a Mischievous Soul

The tradition of carving jack-o'-lanterns is tied to the legend of Stingy Jack, an Irishman who outwitted the Devil. Jack was denied entry to both heaven and hell and was condemned to wander the Earth with a lantern made from a hollowed-out turnip. In the U.S., pumpkins were readily available and replaced turnips, leading to the iconic Halloween decoration we know today.

Costumes: Disguise and Protection

Wearing costumes on Halloween dates back to ancient Celtic practices. People would don masks and costumes to confuse and ward off spirits. The tradition continued with the belief that dressing up

as something scary would deter malevolent entities.

Haunted Houses: A Modern Twist

The concept of haunted houses as a form of entertainment is a relatively modern development. It gained popularity in the 20th century as a way to immerse oneself in the spine-chilling thrills of the season. Today, haunted attractions offer an adrenaline rush for those seeking a good scare.

A Tapestry of Tradition

Halloween, with its enchanting mix of ancient Celtic, Christian, and modern influences, stands as a testament to the enduring appeal of the mysterious and the supernatural. It's a night where the past and present converge, where traditions from across the ages come together in a celebration of the spooky and the spectral. As you don your costume and light your jack-o'-lantern, remember that Halloween's traditions are a reflection of our enduring fascination with the mysterious and the unknown.

MONTHLY READINGS

WITH NIXIE VALE

September is always energetically heavy, but as we move into October the energy takes a sharp U turn into a more relaxed and calmer energy. October is home to Samhain (and Beltane) hitch means the veil is thinning. This allows us to connect to our ancestors and the realms of the Fae (for the Southern Hemisphere).

Aries **Nine of Coins**

You have worked hard, you have paid your dues, and understand that it is time to enjoy the fruits of your labour. Through the recent events you have learned that your dedication, discipline and hard work bring you well deserved success, and a fantastic foundation on which to move into the future.

Taurus **The Empress (Reversed)**

You have been through the ringer over the last week or two, and right now you need to take some time to take care of you. You have been spending too much time worrying about the emotional or material needs of others that you have neglected your own mental, emotional and physical health. You need to look after yourself, because you cannot pour from an empty cup.

Gemini **The Tower (Reversed)**

Over the next few months you are going to be going through a period of transformation, and while this may be a complete upheaval to your fundamental and core beliefs, morals and values. There will be a level of resistance to these changes, but in the long run you are going to be far better off. You will come through this as a more spiritual belief.

Cancer **The Lovers**

While the Lovers can indicate a romantic love, right now it is representing the relationships with others. You have been trying to be more conscious of how you interact with your loved ones, and creating an honest and open relationship. This can be complicated, but this is a path that will lead to closer connection.

Leo **Knight of Wands**

You have experienced a spark of inspiration recently, and now you need to follow where that spark is leading. With that spark came passion, motivation and enthusiasm that feels a little scary. Don't be afraid, this energy is here to help you reach your goals. Take some time to clear your mind of doubt and take that leap into your vision.

Virgo **Ace of Coins**

We are all about new beginnings, new opportunities, and energy bringing a lot of potential. This kind of energy is best utilised for manifesting new things. There is something that has been on the back burner for a while, and now is the time to grab it and manifest your desires to reach your goal. Don't wait too long though, as energy ebbs and flows.

Libra **Two of Wands**

You have a plan, but there is something that is holding you back from putting it into action. This instinct means that you aren't ready to fully commit to that plan, refine your plan, tune everything so it is bullet proof. There is no reason to rush, everything is going to happen when it's meant to. Trust your instincts.

Scorpio **Six of Coins**

You want to share your success with others, but there is a need to be a little discerning with how you share yourself with others. You are a very charitable person, and while it may not be possible to financially help others, your time, patience and energy are all ways you can share your abundance.

Sagittarius **The World (Reversed)**

Over the last few days you have started to seek closure, to find a way to close the chapter without hurting others, or yourself. This will feel like you are climbing a mountain emotionally, because part of you is conflicted about closure, because you fear a definitive end to things. Do a little soul searching, meditation and shadow work to look at why you are resisting.

Capricorn **Ten of Coins**

You have been waiting and working for this moment for a long time, and the time is now! You have been on a long and complex journey, but you have the finish line in sight. You have a sense of accomplishment, pride and success. The future is set, but always keep in mind that gratitude for what you have honours the work you have done.

Aquarius **Five of Wands**

Over the last few weeks you have been drawn into conflicts, battles and even a sense of competition is around. You want to work with those around you towards a common goal, but they are not wanting to cooperate or listen to your ideas. You need to ask yourself is this worth it? Are you doing more harm to yourself by trying so hard?

Pisces **King of Cups**

You have reached a place of acceptance and understanding with your emotional state of being. It is okay to slip from this, because curve balls are just part of life and it takes a level of emotional maturity to identify the curve balls and have a stable foundation for facing any challenges that come your way.

THE MAGICAL CLEARING: A DRUID'S MEMORY

BY HANK DAVIS

In the heart of the enchanting forest, nestled away from the hustle and bustle of the modern world, lies a hidden gem known to only a fortunate few: the Magical Clearing of Shrub Oak. This ethereal oasis, steeped in natural wonder, beckons those who seek solace and connection with the mystical realms of nature.

As you venture deeper into the woods, a sense of quiet anticipation fills the air. The path meanders through ancient trees, their branches adorned with verdant leaves that rustle with secrets of ages past. The earth beneath your feet is soft and forgiving, covered in a lush carpet of aromatic mint that releases a sharp yet invigorating scent with every step you take.

As you round a gentle bend in the path, a breathtaking sight unfolds before you. The clearing appears as if it was plucked from the pages of a fairytale. Sunlight filters through the emerald canopy above, casting dappled patterns on the ground and imbuing the entire scene with a subtle, welcoming warmth.

At the southern edge of the clearing, your eyes are drawn to a magnificent spectacle, a towering Russian olive tree. At its base, a pristine spring emerges from the earth, forming a small, serene pool. The water gushes forth with a melodious babble, a symphony of nature's own creation. The pool, crystal clear and inviting, reflects the shimmering leaves overhead, creating a mesmerizing play of light and shadow. This magical spring feeds into a

winding stream that flows gracefully along the eastern side of the clearing. The water, cool and pure, sparkles like liquid crystal. As you cup your hands and taste the water, it surprises your senses with its extraordinary sweetness, a flavor that lingers on your tongue and soothes your soul.

It is here, in this sacred space, that water spirits come to life. Ethereal beings, born from the very essence of the spring, they flit about, their presence known through the faintest of ripples on the water's surface and the gentlest of whispers in the breeze. Their laughter tickles your senses, filling the air with a sense of wonder and delight. They are guardians of this sacred place, keepers of its secrets, and coalescing with their energy makes you feel deeply connected to the natural world around you.

Time seems to stand still in this enchanted clearing. The worries and stresses of everyday life drift away like leaves on the stream's surface, carried by the gentle current into the unknown. It is a place where one can lose themselves in the beauty of nature, where the modern world's concerns fade into insignificance, and where the heart finds respite.

As you bask in the serenity of this magical clearing, it becomes apparent that it is a place like no other. It is a place where the boundaries between the mundane and the mystical blur, where the wonders of the natural world come alive.

CREATIVITY UNLEASHED:

THE ARTISTIC PROCESS OF CRAFTING SPOOKY STORIES

BY CHRISTY MANN

The Art of Spooky Storytelling

In the eerie glow of moonlight, shadows dance, and whispers fill the night. There's something undeniably captivating about a spooky story, a tale that sends shivers down your spine and leaves you with lingering chills. Behind these chilling narratives are the creative minds of authors and artists who dare to explore the realms of the supernatural and the macabre. In this article, we'll unravel the artistic process of crafting spooky stories and delve into the minds of those who bring our darkest fears to life.

The Spark of Inspiration

Every spine-tingling tale begins with a spark of inspiration. Authors and artists draw from a wide array of sources to ignite their creativity.

It might be a childhood memory, a haunting dream, a historical event, or even a fleeting moment of curiosity that sets the creative wheels in motion.

Developing the Concept

Once the initial idea takes root, the process of fleshing out the concept begins. Authors often brainstorm characters, settings, and plot twists. Artists consider visual elements, such as mood, color schemes, and symbolism, that will evoke the desired emotional response from the audience.

Research and World-Building

Many spooky stories are grounded in reality or historical events, making research a crucial step. Authors delve into archives, read about folklore, and explore the



psychological underpinnings of fear. Artists study art history, architecture, and anatomy to create realistic and immersive visuals.

Creating Atmosphere

Atmosphere is everything in a spooky story. Authors use descriptive language to set the scene, employing elements like weather, lighting, and sensory details to immerse



readers in a haunting world. Artists use techniques like chiaroscuro (contrasting light and shadow) to create an eerie ambiance in their visuals.

Character Development

Compelling characters are at the heart of any story. Authors invest time in developing their characters' motivations, fears, and flaws. These elements help readers connect with the characters and empathize with their struggles. Artists use facial expressions, body language, and visual cues to convey character emotions and depth.

Building Suspense and Tension

The art of suspense is paramount in spooky storytelling. Authors carefully construct the narrative to build tension, using pacing, foreshadowing, and well-timed reveals to keep readers on the edge of their seats. Artists employ composition, framing, and visual cues to create suspenseful moments in their artwork.

Exploring the Unknown

Spooky stories often involve the unknown, whether it's supernatural entities, uncharted territory, or the depths of the human psyche. Authors and artists share a common love for delving into uncharted waters, exploring the mysteries of the



human condition, and confronting the darkness that resides within and beyond.

The Alchemy of Art and Imagination

The process of crafting spooky stories is a unique blend of art and imagination. It's a dance between words and visuals that invites readers and viewers to confront their fears, question their beliefs, and explore the boundaries of reality. Authors and artists are the architects of the eerie and the fantastic, weaving narratives that linger long after the final page is turned or the last brushstroke is applied. As you immerse yourself in the world of spooky stories, remember that behind every chilling tale is a creative soul who has dared to unleash their imagination and share it with the world.

Calling All Aspiring Storytellers: Share Your Spooky Tales

As we explore the intricate art of

crafting spooky stories, we want to extend an invitation to our readers. Have you ever had a chilling tale lurking in the shadows of your imagination, waiting to be told? Are you a budding author or artist with a passion for the macabre? We'd love to hear from you!

Metaphysical Times welcomes submissions of spooky stories, whether they're bone-chilling narratives, haunting poetry, or eerie artwork. Share your tales of the supernatural, the unexplained, or the downright terrifying. Let your creativity run wild and contribute to the rich tapestry of spooky storytelling.

To submit your work, please visit our Submissions Page. We can't wait to read or see what eerie wonders you've conjured from the depths of your imagination. Your story could be the next spine-tingling addition to our collection of tales that send shivers down our readers' spines.



“VISIT ME” AN ANCESTRAL VISITATION DREAMWORKING RITUAL: FULL MOON IN TAURUS OCTOBER 2023 RITUAL BY ELYSE WELLES

What is Dreamworking?

Our conscious minds are busy. Crazy. Even distracted, at the best of times. Often our ancestors, spirit guides, and deities reach us best in our state of rest. Sometimes you won't remember a dream right away: you might find yourself looking for something you thought you had, but then you'll remember that it was only in a dream; you may even remember conversations that you don't realize, sometimes for years, never actually took place, you only dreamt it.

Dreams remind us that reality is fluid, subjective, and far from simple, and it also is a reminder that the world around us is constantly being shaped by our own reality. We can use dreams as a tool and be changed by our dreams in turn.

Dreamworking is practiced in every spiritual culture and is strongest in the time of Samhain, when the veil is thinnest. This full moon comes just a few days before Samhain, so this ritual can be the opening of a gateway of greater ancestor work.

THE RITUAL

All you'll need for this ritual is a comfortable place to sleep, your dream journal, and an item that will help you connect to your ancestor that you'd like to hear from in your dreams. You can choose to ask more than one person to come to you, but it is a clearer request if you only ask one person. You can repeat this on other nights for other people.

Who are the ancestors? As a reminder, your ancestors are not just the blood relatives you have, but also the mentors, family friends, adopted family, chosen family, and past life family -- anyone who has had an impact on the you you are today.

If you've never met the ancestor you're calling on, that is ok. If you have a photo of them, or anything they owned or that is similar to what they owned or liked, like their favorite flower, that will be a good connecting item.

When you have your item and are ready for bed, place your dream journal and a pen or pencil at the ready right next to your head, so you can record anything you experience right away. Take the item and hold it in your hands. Look at every part of it, feel it fully, embrace it, kiss it even if that feels appropriate.

Then call on them. “[name of person], I am [your name, and your relationship to them]. I seek your companionship tonight, and ask that you visit me in my dreams.” Then, after some deep breaths to relax you, lay down and place the item either under your pillow, or if its too big and bulky, right next to your head. TIP: If it's jewelry, wear it! Then, as you fall asleep, repeat their name and “visit me”. You should fall asleep on the 3rd or 4th repetition.

Your visit might be long or short. It might be an adventure dream in which they're by your side, but a common dream you might experience is a simple visitation. This often feels like my ancestor is sitting on the bed with me, in my room, and I'm simply sitting and having a conversation. Sometimes there's no words: we just clasp hands, or hug. This is often the most fulfilling type of ancestral visitation.



BEYOND THE RITUAL

When you wake up the next day, you might choose to keep the item with you to further the connection and keep it alive longer. You can place this item on your altar, or better yet, create an ancestor altar of pictures of them, items of theirs, or things that remind you of them. I often place my ancestor's favorite flowers on mine when I can.

You also, as an offering to the ancestor, may wish to cook their favorite meal or bake their favorite cookies to be close to them, and then leave a portion for them on their altar. You can even set a plate for them and have a dumb supper, welcoming them to your world even further. Invite other family members if you feel called to do so. Like I said, this might become the gateway for a larger week of Samhain-themed activities. Even the non-magical might be interested to know you're having dreams and visiting with your loved ones. Visiting their grave is another way to connect, especially if you are responsible for tending the flowers or grass of that headstone like in some countries. Beautifying their resting place is another act of love for your ancestors, and will enhance their relationship with you.

However you choose to engage beyond the ritual is up to you: a dreamworking is also enough on its own to let your loved ones know you're still connected to them, still thinking of them, and always honoring their legacy.

WHAT IF: UNINTENDED CHAINS OF SUFFERING

BY CHRISTY MANN

The Cursed Ring's Dark Legacy

In the darkness of an old, dusty attic, a tale of suffering and unintended consequences unfolds. Here lies an ancient ring, an heirloom passed down through generations, its history marred by whispers of curses and a malevolent legacy. But what if the dark forces attributed to this cursed ring were not solely the result of fate or chance? What if its powers were awakened and perpetuated by the choices and actions of its wearers, forging an unintended chain of suffering?

A Family Heirloom: A Bond Through Generations

The story of the cursed ring begins with a family heirloom, treasured and handed down through the ages. What if each new generation of wearers, ignorant of the curse's existence, unwittingly fueled its malevolence through their actions? Could it be that their choices, driven by greed, ambition, or even love, unknowingly breathed life into the ring's dark history?

The First Generation: The Catalyst of Betrayal

In the annals of the ring's history, a fateful decision by its first possessor set in motion a series of events that would forever stain its legacy. What if a seemingly insignificant choice—perhaps an act of betrayal or deception—awakened the dormant curse, setting the stage for generations of suffering? The consequences of this initial act of treachery continue to haunt the ring's subsequent bearers.

The Spiral of Tragedy: A Hidden Connection

As the ring passes from parent to child, from sibling to sibling, a hidden connection emerges. What if the wearers' actions, influenced by the malevolent presence of the ring itself, unwittingly perpetuate a cycle of suffering? Perhaps their choices, often motivated by desires for power, wealth, or revenge, are inextricably linked to the eerie occurrences that seem to haunt the ring's presence.

The Unbreakable Chain: Redemption and Release

Is there a glimmer of hope for those ensnared in the cursed ring's grasp? What if, through a series of selfless acts, unexpected alliances, or a rediscovery of lost family ties, the descendants of the ring's original owner could break the unbreakable chain of suffering? We explore the possibility of redemption and the enduring power of human resilience in the face of supernatural adversity.

A Tale of Unintended Consequences

The story of the cursed ring serves as a haunting reminder that the choices we make and the actions we take can have far-reaching consequences, even beyond our understanding. What if the chain of suffering perpetuated by the ring is, in fact, a reflection of our own humanity? As we contemplate the intricate interplay between human choices and the supernatural, we are left with a thought-provoking question: What if the boundaries between our actions and the inexplicable are more porous than we ever imagined?



REALITY

BY PAUL BROMM

What is reality? This may sound like a silly question, but it is very relevant and in many ways a question that crosses dimensional barriers.

This question alone separates Physics from Quantum Physics, it is a question that can unlock the mind and cause ascension.

Is reality what we can physically see, touch, or explain with proven scientific facts and explanations? Or is reality anything that can be imagined?

I will say it is both, and I would define it as whatever can be manifested. Reality and manifestation are very much related, but it is manifestation that causes reality.

Now we need to understand that there are different degrees or levels of reality, this is where we cross into the realms of different dimensions.

The very instant a new Idea is formed, that idea has just become a manifestation, and to accommodate that manifestation a new space was created to house it, and that new space or housing, is a new dimension.

Now that new dimension may only exist within the imagination of the person that had that new idea, but nonetheless that idea is very real and the idea holder can see it and describe it and explain it, so it is a reality and it exists somewhere, and that somewhere exists because it holds that idea.

Now we are at the point of explainable science of the nonphysical - hence Quantum Physics.

Now the Idea creator or holder can explain this Idea to another person, and that new person can Imagine the description and hence just caused that new dimension with that new Idea to grow and expand, In time that idea gets shared enough and eventually someone will build off that idea and bring it to physical form into our dimension, then everyone at that point will call it a reality, when in fact its reality was formed the instant its idea was conceived.

KITCHEN WITCH'S CAULDRON PUMPKIN BROWNIES

Ingredients

3/4 cup all-purpose flour
1/2 teaspoon baking powder
1/2 teaspoon salt
1 1/2 cups granulated sugar
3/4 cup butter, melted
3 eggs
2 teaspoons vanilla extract
1/3 cup unsweetened cocoa powder
1/2 cup pumpkin puree
2 teaspoons pumpkin pie spice



Method

Gather the ingredients. Preheat oven to 350 F. Grease an 8 x 8-inch square baking pan and set aside.

In a large bowl, combine the flour, baking powder, and salt.

In a separate bowl, combine the sugar, melted butter, eggs, and vanilla extract.

Stir the flour mixture into the butter mixture.

Divide the batter evenly into two separate bowls.

In one bowl, stir in the unsweetened cocoa powder. In the other bowl, stir in the pumpkin puree and pumpkin pie spice.

Spread half of the chocolate brownie batter into the bottom of the prepared baking pan.

Gently spread half of the spiced pumpkin batter on top of the chocolate layer.

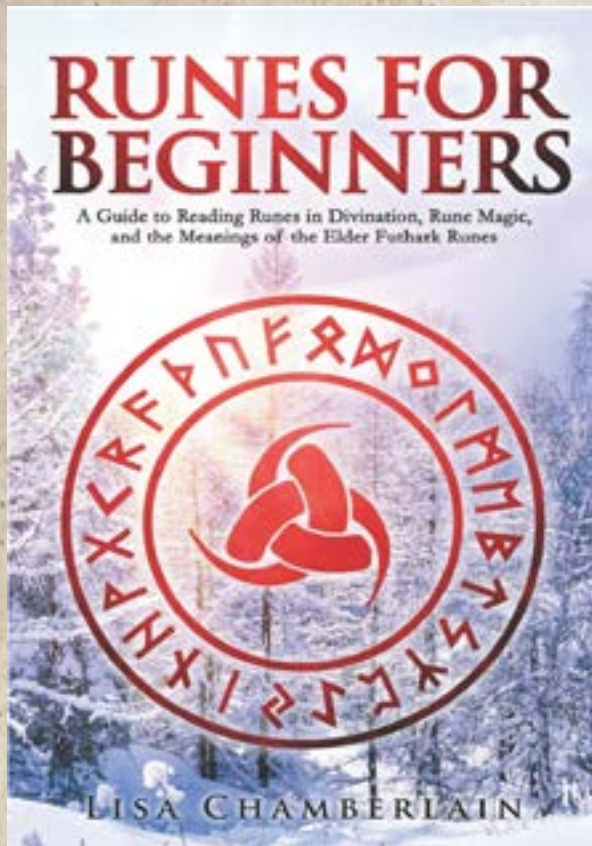
Spoon dollops of the remaining chocolate and pumpkin batters on top of the pumpkin layer.

Drag a kitchen knife back and forth through the batter dollops to create a swirl. Bake for about 45 minutes or until set.

Cool on a wire rack and then cut into squares to serve.



BOOK SPOTLIGHT



Runes for Beginners

By Lisa Chamberlain

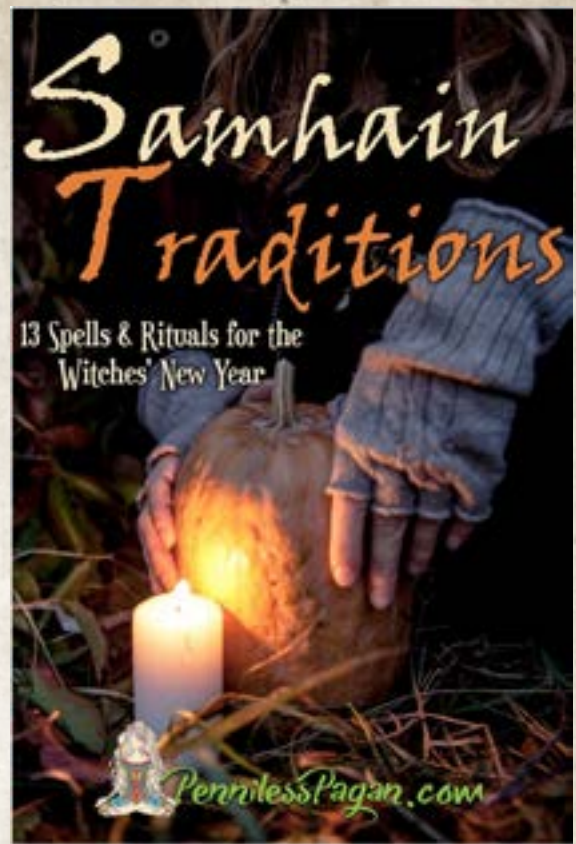
The enigmatic nature of the runes is undeniable. Even the word rune once carried the meanings of “secret,” “magic,” “mystery,” and “incantation.” As symbols, the runes mean little to the untrained eye, yet the magical energies they activate can be used for positive change in your life.

In *Runes for Beginners*, best-selling author Lisa Chamberlain shines the light on these ancient symbols, showing you how to discover and utilize their unique magical energies.

In this guide, you'll learn:

- The divinatory meanings and magical uses of each rune in the Elder Futhark
- Basic techniques of rune magic, including rune scripts, bind runes, and creating runic talismans
- How to make your own runes
- Instructions for rune-casting and interpreting the runes
- Detailed tables of correspondence for a handy magical and divinatory guide and much more!

Chamberlain Publications, Language: English, Paperback, 136 pages



Samhain Traditions

By Penniless Pagan

Slice yourself some pumpkin pie, pull on your favorite fall sweater, and join Michaela from PennilessPagan.com in celebrating Samhain with thirteen BRAND NEW Halloween spells and rituals honoring every witch's favorite time of year!

-Enjoy 13 previously unpublished spells such as Samhain Seed Spell, Aura-Cleansing Spirit Spray, Lost Souls Lighted Garland, Paper Pumpkins, Mind's Eye Divination Tea, and more.

-Most spells can be completed in less than 20 minutes!

-Includes simple ways to honor Samhain, guidance on finding your own brand of magick, herbal substitution guide, seasonal essential oil blends to imbue your home with scented magick, and much more.

-Also includes simple BONUS ritual for when your Halloween gets extra chaotic.

Treat yourself to a copy today and make your October magickal!

CreateSpace, Language: English, Paperback, 132 pages

CLASSIFIEDS

INTUITIVE
TAROT
READINGS

with Elyse Welles
of the *Magick Kitchen* Podcast

FEATURING THE WILDWOOD TAROT

With over a decade of experience with tarot and this deck, I am an **intuitive tarot reader**. That means I won't ask you any questions, I'll just ask that you focus on the issue or situation you'd like insight on.


Are you ready for clarity? View available readings & book now at seekingnumina.com/readings

 @seekingnumina

PSYCARDS

The Psycards Set

Deck of Psycards & Instruction Book



Cards developed by Nick Hobson
Illustrations by Maggie Kneen
Instruction book by Catt Foy

"Set Your Psyche Free"



Psycards: An Oracle of Archetypes

Set your psychic free with this 40-card oracle deck based on Jungian archetypes. Check out the whole range of Psycard products on the links below

RAVENS CRAFT
CUSTOM
TEA AND MAGIC



www.RavenscraftTea.com

Publisher
Bookstore
and
More!

TWISTED SOULS PRESS



www.twistedsoulspress.com

BUY SWAG SUPPORT THE MAG



EXCLUSIVE MERCHANDISE AVAILABLE AT
www.metaphysical-times.com/newsstand

DO YOU LIKE FULL MOON MAGAZINE?

Check out **Metaphysical Times**,
The Pagan Newspaper for the modern day.



Year 28 \$3.50

No More New Year, New You

IN THIS ISSUE:
 This Issue's Page
 Page 2
 The Colors of Heaven
 Page 3
 LEATHER: Heavy Metal
 Page 4
 The Burning of the Witches
 Page 5
 Being Thrifty at Work
 Page 6

- by Rhonda Wade
- Be YOU!!!
- Be Lazy
- Be Sad
- Be Happy
- Be Mad
- Be Scrupy
- Be Fine
- Be Outragous
- Be Funny
- Be Comfortable
- Be Flaky
- I think I am going to be... ME!



Year 31 \$3.50

The Quickenig

IN THIS ISSUE:
 Ancestral Pattern
 Stealer
 Page 2
 When do you start
 Page 3
 Opal Dress Craft
 Page 4
 Innate Ability
 Page 5
 Merry Meet Surprise
 Newsprint
 Page 6
 Innate Readings
 Page 10
 Gods and Goddesses of Brazil
 Page 11
 The History and Meaning of Auld Lang Syne
 Page 12



Year 32 \$3.50

The Magic of the Egg

IN THIS ISSUE:
 What is Odean?
 Page 2
 The Magic of the Egg
 Page 4
 Book Review: The Ashtabeg Success
 Page 5
 Merry Meet Cutt Fay
 Page 6
 Ooze Soapings
 Page 8
 Sewing a Sublime Vulture
 Page 9
 The Why and the How of
 Page 10
 Associated in That
 Page 11
 The Red Album
 Page 12



Year 33 \$3.50

Manifestation

IN THIS ISSUE:
 Manifestation
 Page 2
 Merry Meet Cutt Fay
 Page 3
 Ooze Soapings
 Page 4
 Sewing a Sublime Vulture
 Page 5
 The Why and the How of
 Page 6
 Associated in That
 Page 7
 The Red Album
 Page 8
 What it is and how it makes a difference
 SEE OUR FEATURE ON PAGE 8



Year 34 \$3.50

A Call for Connection for Litha

IN THIS ISSUE:
 A Call for Connection for Litha
 Page 2
 Merry Meet Cutt Fay
 Page 3
 Ooze Soapings
 Page 4
 Sewing a Sublime Vulture
 Page 5
 The Why and the How of
 Page 6
 Associated in That
 Page 7
 The Red Album
 Page 8
 What it is and how it makes a difference
 SEE OUR FEATURE ON PAGE 8

WWW.METAPHYSICAL-TIMES.COM