

# FULL MOON

ISSUE 20 NOVEMBER 2023

## MAGAZINE

**The Connection  
Between Thankfulness  
and Self-Healing**

**What If:  
The Power of Words**

**FULLMOON RITUAL:  
Liminal Candle Magic for  
Decision Making**

**The Twisted Witch's  
Beginners Guide to  
Clairvoyance and  
Psychic Protection**

**GUY FAWKES AND THE  
BONFIRE RITUAL**

**History Significance of Burning the Effigy**

# 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 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.

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# FROM THE TEAM:

As we gather under the November moon, I find myself overwhelmed with gratitude. It's an emotion that transcends mere words; it's a deep, resonating feeling that emanates from the core of our souls. With each passing issue, your unwavering support has allowed us to explore the mystic realms, to dive into the depths of metaphysics, and to journey with you into the uncharted territories of the mind and spirit.

In these pages, we have ventured into the metaphysical, exploring the power of gratitude, the alchemy of self-healing, and the manifestation of desires. And it's because of you, our cherished readers, that we can continue this mystical journey together.

Creativity, kindness, and gratitude are not just themes in our magazine; they are guiding principles for our community. We encourage you to embrace your creative spirit, to let your imagination flow like the sacred waters of a tranquil stream. Be kind to yourself and others, for in kindness, we find healing and connection. And, of course, practice gratitude, for it is the key that unlocks the doors to a world filled with blessings.

Your continued support of Metaphysical Times not only fuels our passion for sharing these profound insights but also allows us to extend a helping hand to creatives who aspire to shine in the metaphysical universe. Through your support, we are able to offer them a platform to showcase their talents and wisdom. Your readership enables us to

amplify their voices and contribute to their growth as they share their unique visions with the world.

As we express our gratitude, we invite you to share your own stories of creativity, kindness, and the transformative power of thankfulness. Your journeys inspire us and remind us of the vast, interconnected web of energies that make up our metaphysical community.

On behalf of The Metaphysical Times Team, I extend our deepest gratitude for your continued presence in our mystical realm. Together, we embark on a journey of discovery, enlightenment, and transformation.

Many Blessings to You and Yours this Holiday Season!

The Metaphysical Times Team

# IN THIS ISSUE

- 2 The Twisted Witch's Beginner's Guide to Clairvoyance and Psychic Protection**
- 4 Guy Fawkes and the Bonfire Ritual:**
  - Historic Significance of Burning the Effigy
- 6 Hank's Enchanting Autumn: A Tale of Magic and Transformation**
- 8 The Connection Between Thankfulness and Self-Healing**
- 10 What If: The Power of Words**
- 11 Monthly Readings**
- 12 The Gratitude Ritual: A Guide to Manifesting Your Desires**
- 14 Full Moon Ritual: Liminal Candle Magic for Decision Making**
- 16 Unlocking the Power of Gratitude: A Metaphysical Perspective**
- 18 Kitchen Witch's Cauldron**
  - Homemade Toffee Apples
- 19 Book Spotlight**
  - The Real Guy Fawkes
  - 365 Days of Divine Feminine Wisdom
- 20 Classifieds**

# THE TWISTED WITCH'S BEGINNER'S GUIDE TO CLAIRVOYANCE AND PSYCHIC PROTECTION

BY THE TWISTED WITCH

The Twisted Witch is here to guide you through the mystical journey of clairvoyance. It's time to continue our journey and explore the fascinating realm of clairvoyance. As you open yourself up to this heightened perception, it's crucial to be prepared for the unexpected. In this article, we will discuss steps to recognizing messages from the divine and a powerful protection spell to guard against malevolent entities that may try to intrude on your newfound connection to the spiritual world.

## Protection First, Always

As you embark on your journey of clairvoyance, it's vital to remember that with open doors come both welcome and unwelcome guests. When you step into the realm of receiving messages from the divine, you are essentially announcing, "Here I am, and I'm listening." In this space of heightened perception, it can be challenging to apply filters to select only what you desire to receive. Therefore, protection must be your steadfast companion.

## Understanding Clairvoyance

Understanding clairvoyance is like watching a movie and being told to pay attention to the color red. Just as you'd subconsciously record every occurrence of red in the film, in the realm of clairvoyance, you are programming yourself to look for and recognize divine messages. These messages are like hidden gems, scattered throughout our everyday experiences, waiting for us to discover and decode them.

They are everywhere, all the time, and the key to mastering clairvoyance lies in your ability to recognize them. Imagine the messages as pieces of a grand puzzle, with each piece representing a unique insight, guidance, or revelation from the spiritual realm. Your journey involves not only finding these pieces but also assembling them into a coherent picture of understanding.

## Steps to Developing Clairvoyance

**Recognition:** The first step is recognition. Start by observing and acknowledging these messages without judgment. Much like spotting the color red in a movie, you'll begin to recognize patterns, symbols, and synchronicities in your life. These may come in various forms, such as recurring numbers, meaningful dreams, or unexplained intuitions.

**Sensory Experience:** Once you've recognized the presence of these messages, allow yourself to feel them on a deeper level. Clairvoyance is not just about visual cues; it encompasses a wide range of sensory experiences, including auditory, tactile, olfactory, and emotional elements. Dive into these sensations to extract the complete essence of the message.

**Intuitive Discernment:** With recognition and sensory experience, you will be better equipped to intuitively discern the messages' meaning and significance. Trust your inner wisdom to guide you. These messages are not always straightforward; they often require interpretation and introspection.

**Avoid Haste:** Do not rush from recognition to action. Taking time to process and interpret the messages is crucial. When you bypass the stage of fully understanding the message, it can lead to inaccurate or incomplete conveyance of information. This can be misleading and harm the trust people place in you as a medium or psychic.

## The Importance of Emotion and Intuition

Clairvoyance is not a sterile, mechanical process. It's an intricate dance of intuition, emotion, and perception. The emotions and personal feelings that arise when you perceive a message can be intense and captivating. Still, it's essential to learn how to set them aside temporarily to grasp the full message. You are like a translator, interpreting a message from a foreign language. Emotions are essential but must not distort the message.

Imagine the divine messages as a symphony of sensory cues, where each element, whether visual, auditory, or emotional, contributes to the harmonious composition of

understanding. It's your role to listen to the entire symphony, allowing each note to resonate in its own time, before deciding what to do with the beautiful, intricate melody you've uncovered.

In the world of clairvoyance, patience, mindfulness, and respect for the unseen forces are your greatest allies. By following these steps and taking your time to hone your skills, you will not only avoid the pitfalls that have eroded trust in mediums but also embark on a truly transformative and enlightening journey. Clairvoyance offers a unique opportunity to connect with the divine and unravel the mysteries of existence—one message at a time.

## Steps to Recognizing Messages from the Divine:

**Meditation and Mindfulness:** To enhance your clairvoyant abilities, start with regular meditation. By quieting your mind, you can create a receptive state for spiritual messages. Mindfulness practices help you tune into your inner self, making it easier to notice subtle signs and visions.

**Dream Journaling:** Pay close attention to your dreams. Often, the divine communicates through dreams, and keeping a dream journal can help you identify recurring symbols, themes, and messages.

**Trust Your Intuition:** Trust your gut feelings and instincts. Sometimes, the messages from the divine come as sudden hunches, strong intuitions, or gut feelings. Practice following these instincts to see where they lead you.

**Learn to Read Symbols:** The universe communicates through symbols and signs. Practice interpreting these symbols as they appear in your life. Keep a record of these symbols and reflect on their meaning.

**Seek Guidance:** Don't hesitate to consult with experienced psychics or mentors who can provide insights and guidance in your clairvoyant journey. They can offer valuable tips, share their experiences, and help you navigate the spiritual world.

Clairvoyance is a remarkable gift that allows you to connect with the divine and gain insights into the hidden aspects of the universe. However, as you open yourself up to this extraordinary world, it's essential to take precautions and protect yourself from malevolent forces. By following these steps to recognize messages from the divine and performing the clairvoyant protection spell, you can embark on your journey with confidence and safety. Stay tuned for more mystical insights in future issues of *Metaphysical Times*, where *The Twisted Witch* will continue to guide you on your path of spiritual discovery.

## Clairvoyant Protection Spell

As you open yourself up to the metaphysical world, it's important to protect yourself from any unwanted or malevolent energies. Here's a simple but effective protection spell to safeguard your newfound abilities:

### Ingredients

- A small, clear quartz crystal
- A white candle
- Frankincense or sage incense
- A piece of white fabric or a small pouch
- Salt

### Incantation (to be recited during the spell)

"In the presence of the divine light, I seek protection from all that is unkind. With this crystal as my guide, I cast this spell, my spirit to hide. As the smoke of incense swirls, I shield myself from all that hurls. This charm of white, this sacred amulet, wards off harm, both near and distant. Let the energy be pure and bright, guarding me through day and night."

Short Latin Phrase (for sealing the spell and reactivating as needed): "Tutela Divinitatis" (Translation: "Protection of the Divine")

### Instructions

Begin by cleansing your space. Light the white candle and the incense, allowing the smoke to fill the room. As you do this, envision a protective shield forming around you.

Hold the clear quartz crystal in your hand and charge it with your intention for protection. Imagine a bright white light surrounding you and the crystal absorbing any negative energy.

Place the crystal in the white fabric or pouch. Add a pinch of salt to the fabric or pouch as well, symbolizing purification and protection.

Tie the fabric or pouch securely, creating a small charm bag. Hold the charm bag in your hands, and once again, envision a protective energy surrounding you. Feel the safety and security it provides.

Carry the charm bag with you, whether in your pocket or as a pendant, to maintain a protective shield around you as you explore the realm of clairvoyance.

Remember that clairvoyance is a continuous journey, not a one-time event. The protection spell is not a static shield but a dynamic force. Reactivate it regularly, especially before and after engaging in clairvoyant practices.

In the world of clairvoyance, your attention and energy are valuable resources. Protect them as you would a cherished treasure. Ensure that the messages you receive are filtered through the lens of divine light, ensuring your safety and guiding your path with clarity.

With "Tutela Divinitatis" at your disposal, you can confidently traverse the spiritual realm, knowing that you have the power to shield yourself from the unsavory and the unwanted, while remaining open to the divine messages that are meant for you. Protection first, always, will be your guiding principle as you explore the profound mysteries of clairvoyance.

# GUY FAWKES AND THE BONFIRE RITUAL: HISTORIC SIGNIFICANCE OF BURNING THE EFFIGY

Guy Fawkes, a name synonymous with rebellion and the famous Gunpowder Plot of 1605, has left an indelible mark on British history and culture. Every year on November 5th, people in the United Kingdom and beyond come together to celebrate Bonfire Night. This tradition involves burning an effigy of Guy Fawkes atop a towering bonfire, accompanied by fireworks and festivities. This article explores the life of Guy Fawkes, the historical events surrounding the Gunpowder Plot, and the enduring significance of the bonfire ritual.

## **Guy Fawkes: The Man Behind the Mask**

Guy Fawkes was born in York, England, in 1570. He is best known for his involvement in the Gunpowder Plot, a conspiracy that aimed to assassinate King James I of England and Parliament. The plotters, mostly English Catholics, sought to end the persecution of Catholics by blowing up the Houses of Parliament during the State Opening on November 5, 1605. Fawkes played a critical role in this plan, as he was tasked with guarding and igniting the barrels of gunpowder placed in the cellars beneath the Parliament building.

## **The Gunpowder Plot: A Fiery Conspiracy**

The Gunpowder Plot was foiled when an anonymous tip-off led to the discovery of Guy Fawkes lurking in the cellars with the barrels of gunpowder. The authorities arrested him, and he was subsequently tortured until he revealed the names of his co-conspirators. The plotters were tried, found guilty of high treason, and executed in gruesome ways, with Fawkes himself being hanged, drawn, and quartered. The thwarting of the plot was seen as a victory for the Protestant monarchy and marked the end of widespread Catholic conspiracies against the English government.





## Bonfire Night: A National Tradition

In the aftermath of the Gunpowder Plot, the English Parliament passed the Thanksgiving Act, which declared November 5th as a day of public thanksgiving for the plot's failure. Bonfires were lit throughout the country to celebrate the safety of the King and Parliament. This tradition evolved over time, incorporating various elements such as fireworks, effigies, and the burning of an effigy of Guy Fawkes.

The bonfire ritual, with its centerpiece of the effigy of Guy Fawkes, soon became a symbol of the enduring Protestant identity and the victory over the Catholic conspirators. It allowed the English population to openly express their loyalty to the monarchy and the established Church of England.

### Historic Significance

The burning of the Guy Fawkes effigy holds several layers of historic significance:

**Religious and Political Division:** The Gunpowder Plot and the subsequent Bonfire Night tradition reflect the deep

religious and political divisions in England during the 17th century. This period was marked by the struggle between Catholics and Protestants for control of the English throne, and the celebration of Bonfire Night reinforced the message of Protestant supremacy.

**National Unity:** Bonfire Night serves as a symbol of national unity and identity, a time when people from various backgrounds come together to commemorate a historical event that reinforced the authority of the English monarchy.

**Freedom and Democracy:** The failure of the Gunpowder Plot played a pivotal role in the preservation of parliamentary democracy in England. Celebrating this event highlights the importance of parliamentary government and the protection of democratic institutions.

**Cultural Legacy:** The tradition of Bonfire Night has left an indelible mark on British culture. It continues to be a major event in the UK, characterized by fireworks displays, festive gatherings, and the burning of effigies. This cultural celebration has even influenced the arts, with references to Guy Fawkes appearing in literature, film, and

popular culture.

Guy Fawkes and the Gunpowder Plot are indelibly linked to the history and culture of the United Kingdom. The Bonfire Night ritual, with the burning of Guy Fawkes effigies, serves as a powerful reminder of the religious and political divisions of the past and the enduring importance of democracy and unity in modern society. This tradition has evolved over the centuries but remains a vibrant and significant part of British cultural heritage.

For further information on Guy Fawkes and the Gunpowder Plot, please refer to the following sources:

[Guy Fawkes - Biography](#)

[The Gunpowder Plot - An Overview](#)

[The History of Bonfire Night](#)

[Bonfire Night: Traditions and Celebrations](#)

# HANK'S ENCHANTING AUTUMN: A TALE OF MAGIC AND TRANSFORMATION

Autumn had arrived in the quaint village of Willowbrook, casting its enchanting spell on the landscape. The leaves were beginning to change color, and the trees, with their vibrant foliage, were putting on their annual show. Amidst the natural spectacle, there lived a rather unusual character, a male witch named Hank, who had a remarkable affinity for the seasons, particularly autumn.

Hank was known throughout Willowbrook for his unique abilities, inherited from a long line of witches in his family. His aging but still vibrant cottage nestled on the edge of the ancient forest, where he spent his days practicing his craft and savoring the beauty of the changing seasons. What set Hank apart from the rest, besides his exceptional magical prowess, was his constant companion, a gray and black striped cat named Hobo The Rotten.

Hobo was more than just a pet to Hank; they were kindred spirits, sharing a deep, unspoken connection. Whenever Hank embarked on his journey to witness the marvels of the changing leaves, Hobo was always by his side, their eyes filled with anticipation and curiosity.

One crisp October morning, Hank and Hobo set out into the forest as the sun's golden rays kissed the leaves, illuminating them in a mesmerizing dance of color. Hank's heart swelled with gratitude for the season's beauty, and he knew that his magical abilities would be especially potent today.

They ventured deeper into the forest, the rustling leaves and the distant songs of the birds accompanying them. Hank could feel the ancient energies of the woods coursing through him, heightening his senses. He whispered a spell that would allow him to see the leaves change not just with his eyes, but with his heart.

As if on cue, the leaves began to transform into a symphony of colors. Reds, oranges, and yellows danced through the air, spiraling down like graceful ballerinas. Hobo playfully pounced at a falling leaf, enchanting it to float in mid-air for a moment before letting it fall gently to the forest floor. Hank laughed, watching his feline friend's enchanting antics.

The forest's magic was in full bloom, and Hank couldn't resist joining in. With a graceful wave of his hand, he coaxed the leaves into a whirlwind, creating a breathtaking display of falling colors. Hank and Hobo twirled together amidst the enchanting chaos, their laughter blending with the forest's soft whispers.

After their playful dance, they settled down under a massive oak tree, its leaves transformed into fiery reds and vibrant oranges. Hank brewed a steaming cup of herbal tea, infused with his own special blend of enchantment. As they sipped the soothing brew, Hank shared stories of the forest's ancient magic with Hobo. The cat listened intently, his emerald eyes reflecting the wisdom of centuries.

Hank's bond with Hobo was a testament to the magic that existed in the world, hidden in the small

moments and the companionship shared between two souls who understood each other in ways that transcended words. As the afternoon sun bathed them in its gentle warmth, they reveled in the splendor of nature's transformation.

The sun dipped below the horizon, casting long shadows over the forest. Hank knew that it was time to return home, but not without leaving a bit of his own magic behind. With a whispered incantation, he touched the ground, causing a patch of wildflowers to bloom, their petals shimmering in vibrant hues.

Hank and Hobo made their way back to the cottage, their hearts filled with the enchantment of the day. The forest was their sanctuary, a place where magic and nature coexisted in perfect harmony. As they settled in for the night, Hank couldn't help but smile, knowing that he was truly blessed to have a companion like Hobo The Rotten by his side.

In Willowbrook, the story of Hank and Hobo The Rotten became a legend, a tale of a male witch and his magical cat who reveled in the beauty of autumn, leaving a trail of enchantment in their wake. It was a reminder that magic was not only in spells and incantations but also in the simple joys of nature and the unbreakable bonds between kindred spirits.



# THE CONNECTION BETWEEN THANKFULNESS AND SELF-HEALING

BY CHRISTY MANN

In the intricate tapestry of life, our well-being is profoundly influenced by the emotions we nurture within ourselves. Among these emotions, gratitude shines as a beacon of positivity that not only elevates our spirits but also plays a pivotal role in the process of self-healing. This article delves into the remarkable connection between thankfulness and our overall health, emphasizing how the practice of gratitude can be a potent form of self-help.

## The Healing Power of Gratitude

To understand the connection between gratitude and self-healing, it's essential to recognize the profound impact our emotions have on our physical and emotional health. Gratitude, a powerful positive emotion, can trigger a cascade of healing processes in the body. When we're thankful, our brain releases feel-good chemicals like dopamine and serotonin, which contribute to a sense of well-being and happiness.

These chemicals have a direct influence on our body's ability to heal and recover.

They boost the immune system, reduce stress, and promote relaxation, all of which are vital for self-healing. Moreover, gratitude enhances the function of the heart and lowers blood pressure, creating an environment that fosters physical and emotional recovery.

## The Mind-Body Connection

The mind and body are intricately connected, and the practice of gratitude serves as a bridge between them. When we cultivate thankfulness, we create a harmonious state within ourselves, allowing our body to function optimally. This connection is especially relevant in the realm of self-healing.

Consider a person facing a health challenge. By embracing gratitude and focusing on the positive aspects of their life, they can create a mental and emotional environment that supports the body's healing mechanisms. This isn't a substitute for medical treatment, but rather a complementary approach that accelerates the healing process.

## Gratitude as a Form of Self-Help

Practicing gratitude is a form of self-help that anyone can incorporate into their daily life. Here are some ways to make thankfulness a part of your self-healing journey:

**Gratitude Journal:** Maintain a gratitude journal, where you jot down things you're thankful for each day. This practice not only boosts your emotional well-being but also enhances your overall health.

**Mindful Reflection:** Take time to mindfully reflect on the positive

aspects of your life, especially during challenging times. Acknowledge the lessons and growth that can emerge from difficulties.

**Express Appreciation:** Don't hesitate to express your gratitude to others. Whether through words or actions, letting people know you appreciate them can create a ripple effect of positivity.

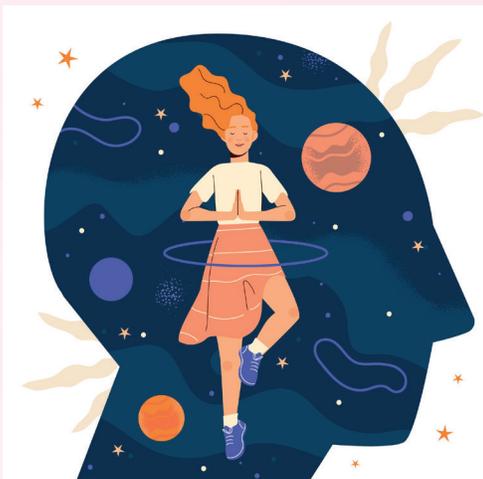
**Visualize Healing:** When faced with health issues, visualize your body healing and regaining strength. Combine this with feelings of gratitude for the progress you've made.

## Personal Insights and Stories

In my journey as an author, publisher, and a part of the metaphysical world, I've encountered numerous stories of individuals who used gratitude as a form of self-help. One remarkable example is a friend who, while facing a challenging illness, adopted a daily gratitude practice. Her recovery was marked by optimism, and she credits her gratitude journey for aiding in her self-healing process.

In conclusion, the connection between thankfulness and self-healing is a powerful and profound one. Gratitude is more than a mere emotion; it's a force that can transform our physical and emotional well-being. By practicing gratitude as a form of self-help, we tap into the extraordinary healing potential of our own minds and bodies.

So, embrace the practice of gratitude not only as a means of self-help but as a fundamental aspect of your holistic well-being journey. It's a step towards healing, nurturing your body, and experiencing the profound impact of positive emotions on your health.





# WHAT IF: THE POWER OF WORDS

BY CHRISTY MANN

## **The Magic and Mystery of Language**

Words are the building blocks of communication, the tools we use to express thoughts, emotions, and ideas. Yet, what if the words we speak and write possessed a deeper, more profound power than we ever imagined? What if the language we use had the ability to shape reality, summon supernatural forces, and wield unseen energies? In this installment of our “What If” series, we delve into the intriguing concept of the power of words.

## **The Incantations of Ancient Tongues**

What if ancient languages, often considered sacred and mystical, held the key to invoking supernatural forces? Explore the idea that words spoken in languages like Latin, Sanskrit, or Sumerian could act as potent incantations, unlocking hidden powers and stirring ancient entities from their slumber.

## **Spells, Curses, and the Written Word**

What if the written word had the power to bind, curse, or even protect? Delve into the concept of magical scripts and symbols that, when inscribed, possess the ability to alter reality, protect against malevolent forces, or bring misfortune to those who cross their path.

## **The Power of Prayer and Intention**

What if the act of prayer and focused intention held the potential to influence the supernatural realm? Explore the notion that heartfelt prayers, affirmations, and positive intentions could manifest as tangible

energies, shaping the course of events and attracting benevolent forces.

## **The Unsung Words of Prophecy**

What if the words of prophets and seers were not merely predictions but had the power to set in motion the very events they foretold? Dive into the world of prophecy and explore the idea that the spoken word could act as a catalyst for the fulfillment of destiny.

## **The Language of the Elements**

What if the elements of nature responded to the language we spoke? Contemplate the possibility that words and phrases could summon wind, rain, fire, or earth, and that nature itself might be attuned to the vibrations of spoken language.

## **The Unspoken Oaths and Pacts**

What if unspoken oaths and secret pacts bound individuals to supernatural agreements? Discover the idea that silence and implied consent might hold as much power as explicit words, sealing fates and creating unbreakable bonds.

## **The Word as a Bridge to the Unknown**

As we ponder the potential power of words, we invite you to explore the notion that language itself is a bridge between the known and the unknown. What if our words had the ability to tap into realms beyond our comprehension, to evoke the mystical, and to shape our reality in profound ways? Join us in unraveling the mysteries of language, where the ordinary becomes extraordinary, and the spoken word carries with it the potential to unlock the supernatural forces that lie just beyond our perception.

# INTUITIVE READING FOR NOVEMBER: EMBRACING THE LIGHT WITHIN

WITH CHRISTY MANN

## **Insights from Deep Meditation**

As we gather under the radiant November Full Moon, it's essential to share the unique way in which this intuitive reading has come to fruition. Unlike traditional divination methods like tarot cards, this reading is born from deep meditation, a profound connection to the energies of the universe, and a heightened awareness of the metaphysical world.

In this sacred meditative state, I tune into the subtle signals of my body, the energies of my surroundings, and the thoughts and emotions that flow through me. This practice allows me to sense the divine movements and the messages it imparts. The insights I receive are a result of this intuitive process, guiding me toward the themes and energies of this particular Full Moon.

## **The Light of Gratitude**

At the heart of this month's energies is the theme of gratitude. It's a reminder that even in the darkest of times, there is always a flicker of light within us. The practice of gratitude, as we've explored in this issue, is a powerful beacon that guides us toward a more harmonious existence. It's a reminder that no matter how challenging our journeys may be, there's always something to be thankful for.

## **Release and Renewal**

The November Full Moon encourages us to release what no longer serves us. Just as the trees shed their leaves in preparation for the winter months, we too must let go of burdens, negative emotions, and old patterns. The act of release creates space for renewal, allowing us to invite new energies and experiences into our lives.

## **Embracing Self-Healing**

Self-healing is another key theme in this lunar phase. Whether you're facing physical or emotional challenges, this is a time to tap into your inner power and initiate the healing process. The energies of gratitude can be a potent tool in self-healing, amplifying the body's innate ability to rejuvenate and recover.

## **Manifestation Through Inner Light**

The full moon, with its radiant glow, represents the fullness of potential. It illuminates the path to manifestation, reminding us that the desires we hold in our hearts can become reality. As you practice gratitude and self-healing, harness the energy of this Full Moon to focus on what you wish to manifest in your life.

## **Journey Towards Inner Wisdom**

This November, embark on a journey of self-discovery. The intuitive wisdom you possess, what you refer to as your "big picture curse," is a gift that can guide you through the maze of life. Embrace this wisdom and let it illuminate your path as you make choices and decisions.

The November Full Moon invites us to embrace the light within, to express gratitude, release the old, heal, and manifest our desires. This month, look to the heavens and let the cosmic energies guide you on your metaphysical journey. In the quiet moments of reflection and contemplation, you'll find the profound insights you seek.

May this Full Moon illuminate your path and fill your life with blessings and transformations.

Many Blessings,

Christy <3

# THE GRATITUDE RITUAL: A GUIDE TO MANIFESTING YOUR DESIRES

BY CHRISTY MANN

**In the realm of metaphysics, gratitude isn't just an attitude; it's a powerful ritual that can help you manifest your deepest desires. The act of expressing gratitude can be a transformative practice that enhances your spiritual journey and aligns you with the energies of the universe. In this article, we'll explore a practical guide to creating your own gratitude ritual for manifestation.**

## **Why a Gratitude Ritual?**

Before we delve into the steps of creating a gratitude ritual, let's understand why it's essential. A gratitude ritual is a structured way of acknowledging and appreciating the blessings in your life. It's more than just a mental exercise; it's a way to connect with the divine forces and energies of the universe. When you're in a state of gratitude, you become a powerful magnet for manifesting your desires.

## **Personal Insights and Stories**

As an author and publisher deeply involved in the metaphysical world, I've personally experienced the transformative power of gratitude rituals. I've seen individuals go from a state of uncertainty to manifesting their dreams by regularly practicing gratitude. One memorable story is of a friend who, through her gratitude rituals, attracted the perfect business opportunity that aligned with her purpose.

In conclusion, a gratitude ritual is a practical and powerful way to enhance your spiritual journey and manifest your desires. By creating a structured practice of expressing gratitude, you align your energy with the positive forces of the universe. The more consistent and heartfelt your practice, the more you'll witness the magic of manifestation unfolding in your life.

So, embrace the beauty of gratitude and let it be your guide on your metaphysical journey to manifesting your heart's desires.



# THE RITUAL

## Step 1: Create a Sacred Space

Begin by designating a sacred space for your gratitude ritual. This could be a quiet corner of your home, a garden, or any place where you can have some privacy. Ensure that this space feels peaceful and resonates with positive energy.

## Step 2: Set Your Intentions

Before you start, set your intentions for the ritual. What desires or goals do you wish to manifest? Clearly define them and visualize their achievement. Write them down on a piece of paper to make them tangible.

## Step 3: Start with a Centering Practice

To center yourself, begin with a brief meditation or deep breathing exercises. Connect with your inner self and release any tension or negative thoughts.

## Step 4: Express Gratitude

Now, it's time to express gratitude. You can do this by lighting a candle or some incense and saying a simple prayer of thanks. As you do this, visualize the things you're grateful for in your life. They can be people, experiences, or even challenges that have led to growth.

## Step 5: Affirmations and Visualization

Take the written intentions from Step 2 and read them aloud. Visualize them as already achieved. Feel the emotions associated with your desires being fulfilled. This step is crucial in sending a strong signal to the universe.

## Step 6: Gratitude Journal

Maintain a gratitude journal as part of your ritual. Write down what you're thankful for daily. This reinforces your positive mindset and keeps you aligned with the frequency of gratitude.

## Step 7: Consistency Is Key

Practice your gratitude ritual daily or as often as possible. The more consistent you are, the more powerful the results will be. As you continue, you'll notice synchronicities and opportunities aligning with your desires.

## Step 8: Trust the Universe

Finally, trust that the universe is working in your favor. Let go of any doubts or worries, and have faith that your desires are on their way to manifesting.

# LIMINAL CANDLE MAGIC FOR DECISION MAKING

FULL MOON IN GEMINI  
NOVEMBER 2023 RITUAL

BY ELYSE WELLES

This full moon in Gemini peaks in the liminal witching hours (1:16 AM for PST, and 3:16 AM for EST). Gemini is the sign of balance, and therefore exists in the liminality between times, choices, and spaces as well. When two halves come together, they form a new whole. The original halves are never the same again; they are permanently altered. But in the inbetween, in the melding and molding, in the courtship of those two halves before their joining... this is the liminal time where the whole AND the two halves exist as possibilities. Shrodinger's choice, if you will. All this philosophical pondering to say: we're going to be inhabiting and utilizing that liminal energy of being between choices tonight to make a big decision. The liminal time between learning of the choices you have before you and actually making the decision? We're going there, if you're not already there, to help you look holistically at a new decision you have to make; and you'll learn what you need to choose tonight, in this ritual.

## YOU WILL NEED

### Paper and pen

An even-sized candle of any color or size pertaining to the situation you're making a decision on, a chime candle is best since it won't take as long to burn

A pairing knife or small kitchen knife (or if you use one in your practice, a bolin (sacred cutting knife))

### A string

A place above your ritual space to hang a candle securely from

A plate or wax-safe mat for beneath your candle (paper towels works fine)

An offering (wine, coffee, tea, a cookie, a fruit, etc.)

## BEFORE YOU BEGIN

Before you begin, ponder what decision you will finally make tonight. If you feel completely at ease and have no decisions you feel you need to make anytime soon, set this aside. This ritual has to have a decision behind it. It doesn't have to be reserved for the big ones though: a simple "should I clean out my closet?" or "should I paint the kitchen?" will suffice, and you can always repeat this as needed.

Once you know your situation, pick the color with the right correspondence for this decision. If you're blocking someone or something from your life, quitting a job, moving, etc., a black candle is good. Pink for friendships or pets. Red for love or lust. Yellow for travel, new relationships in business, or new beginnings of other kinds. Purple for psychic and spirit awareness. Blue for calm, mental health, or physical illness. Green for abundance and wealth, stability and grounding. Brown also for grounding and stability. Or any other correspondences you know or use.

Yes, you will be suspending a candle over your ritual space. This is because we will be literally burning the candle at both ends. Use the knife to gently peel away the wax from the end of your candle until your wick is exposed at least a quarter inch. Then, tie a string directly in the middle of the candle, and suspend it over your ritual space CLOSE to the solid ground! Don't risk it falling down and burning anything, have fire safety at the forefront of this ritual's preparation. Before you hang your candle, you can anoint it with an oil that fits with your intention, or carve a sigil, but this is optional.

# THE RITUAL



Call the quarters or invoke deities as per your usual practice. If there's a deity you've already begun a relationship with, they're the one to call on for this decision making process. If you don't work with deities, you can simply call on the elements or invite Spirit as a whole to help you find clarity.

Once you've established sacred space and invited the elements/spirits/deities you'd like to work with, offer the offering, and begin writing a petition to those/that deity(ies), or simply Spirit if there's no one you invoke (either is fine!) A petition usually invites the deity to help you make a specific decision or carry out a specific ritual or spell, and begins with compliments and flattery to the deity. This can be as short or long as you feel comfortable. For example: "dearest Aphrodite, beautiful goddess, maiden of the sea, daughter of glistening foam, I invite your wisdom on this decision making today. In your infinite wisdom, help to guide my decision making process, as I decide..." and write out what you are choosing between. Also include, verbally or written, "The left side of the candle represents \_\_\_ decision, and the right side represents the other choice, \_\_\_\_\_. Help me to make the right decision, in this time of liminality." Continue writing your thoughts, feelings, various perspectives, or even a pro-con list. When you're ready, begin rolling up your petition. Roll towards you to invite action and wisdom towards your issue. Once it's rolled, as teensy tiny as possible, place it in the knot around the candle. Now, it's time to light it.

When you light the candle, invite the deity again outloud to help you with your decision. "As this candle burns, Aphrodite, I invite your wisdom to show me the way. Should the left side burn the petition fastest, I'll know to choose \_\_\_\_\_. If it be the right, I'll choose \_\_\_\_\_. I trust in your guidance." Watch the flames burn, and monitor for safety. Scry into the flame, all the while thinking about your needs and situation, and the decision before you. Chances are you'll start to feel the choice being made before you see which side wins the battle of burning up the petition. Write down what happened and how you've come to the decision you needed to while its fresh in your mind. When you're finished, release the deity you invoked, and then the quarters to end the ritual. Dispose of these remnants in any way you usually do, ashes in the wind, or otherwise discarded outdoors is fine.

# UNLOCKING THE POWER OF GRATITUDE: A METAPHYSICAL PERSPECTIVE

BY CHRISTY MANN

Gratitude, a simple yet profound emotion, has the power to transform our lives on a metaphysical level. It's not just about being polite or saying "thank you." Gratitude goes beyond social norms; it's a force that can elevate our vibrational energy and attract positive experiences into our lives. In this article, we'll delve into the metaphysical aspects of gratitude and explore how this practice can unlock its remarkable power.



## **The Vibration of Gratitude**

Metaphysically speaking, everything in the universe is energy, including our thoughts and emotions. Each emotion carries a unique vibrational frequency, and gratitude has one of the highest vibrations. When we experience and express gratitude, we align ourselves with the positive energies of the universe. This alignment can lead to a state of harmony, where we attract more positive experiences into our lives.

Consider a moment in your life when you felt truly grateful. Perhaps it was for a small kindness someone showed you or a significant achievement. Did you notice how your entire being felt lighter, as if a weight had been lifted? This feeling is the result of your vibration rising to a higher frequency, connecting you to the higher realms of consciousness.

## **Attracting Abundance through Gratitude**

The law of attraction is a well-known metaphysical principle. It states that like attracts like, meaning the energy you emit will attract similar energy. When you practice gratitude, you send out positive vibrations, which, in turn, draw positive experiences, people, and opportunities into your life. Gratitude acts as a magnet for abundance.

To unlock the power of gratitude, consider integrating it into your daily life. Start a gratitude journal, where you jot down things you're thankful for each day. This practice not only raises your vibrational energy but also helps you become more aware of the blessings already present in your life.

## Personal Insights and Stories

As someone deeply involved in the metaphysical and publishing world, I've witnessed numerous stories of people who have harnessed the power of gratitude. One remarkable example is an author I worked with, who, despite facing significant challenges, maintained an attitude of gratitude. She believed that her book would reach the right people at the right time. It did, and her work touched the lives of many.

Gratitude isn't just a theoretical concept; it's a practical tool for transforming our lives. When we consistently practice gratitude, we open ourselves to the infinite possibilities of the universe. Metaphysical experiences, synchronicities, and serendipities become part of our daily existence, guiding us on a path of purpose and fulfillment.

In conclusion, gratitude is a metaphysical force that can raise our vibrational energy and attract positive experiences into our lives. By integrating gratitude into our daily practices and aligning our energies with the universe's positive vibrations, we unlock its transformative power. As we journey through life with an open heart and a thankful spirit, we become co-creators of our destiny, drawing abundance, love, and joy into our existence.

Remember, it's not just about saying "thank you." It's about recognizing the profound impact gratitude has on our metaphysical journey, leading us towards a brighter and more abundant future.



# KITCHEN WITCH'S CAULDRON HOMEMADE TOFFEE APPLES

## Ingredients

8 Granny Smith apples

400g golden caster sugar

1 tsp vinegar

4 tbsp golden syrup

Wooden skewers or sticks



## Method

### STEP 1

Place the apples in a large bowl, then cover with boiling water (you may have to do this in 2 batches). This will remove the waxy coating and help the caramel to stick. Dry thoroughly and twist off any stalks. Push a wooden skewer or lolly stick into the stalk end of each apple.

### STEP 2

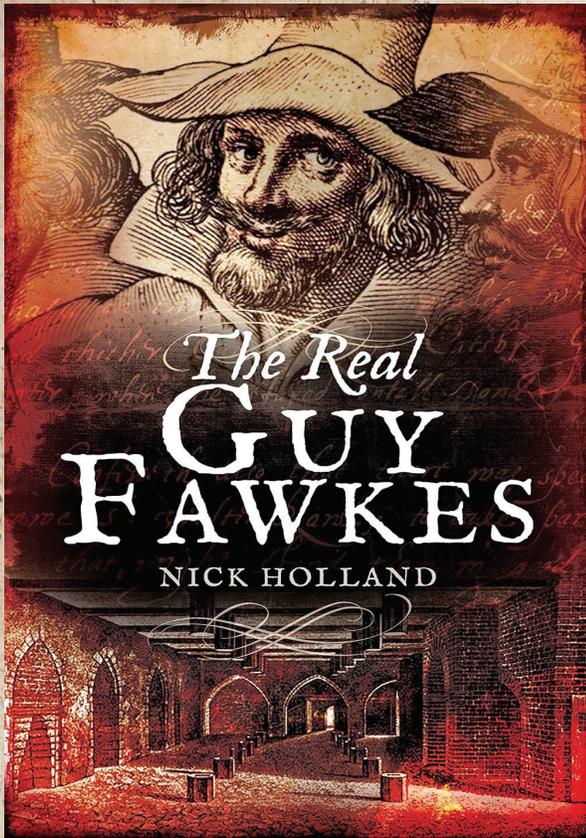
Lay out a sheet of baking parchment and place the apples on this, close to your stovetop. Tip the sugar into a pan along with 100ml water and set over a medium heat. Cook for 5 mins until the sugar dissolves, then stir in the vinegar and syrup. Set a sugar thermometer in the pan and boil to 150C or 'hard crack' stage. If you don't have a thermometer you can test the toffee by pouring a little into a bowl of cold water. It should harden instantly and, when removed, be brittle and easy to break. If you can still squish the toffee, continue to boil it.

### STEP 3

Working quickly and carefully, dip and twist each apple in the hot toffee until covered, let any excess drip away, then place on the baking parchment to harden. You may have to heat the toffee a little if the temperature drops and it starts to feel thick and viscous. Leave the toffee to cool before eating. Can be made up to 2 days in advance, stored in a dry place.



# BOOK SPOTLIGHT



## **The Real Guy Fawkes** By Nick Holland

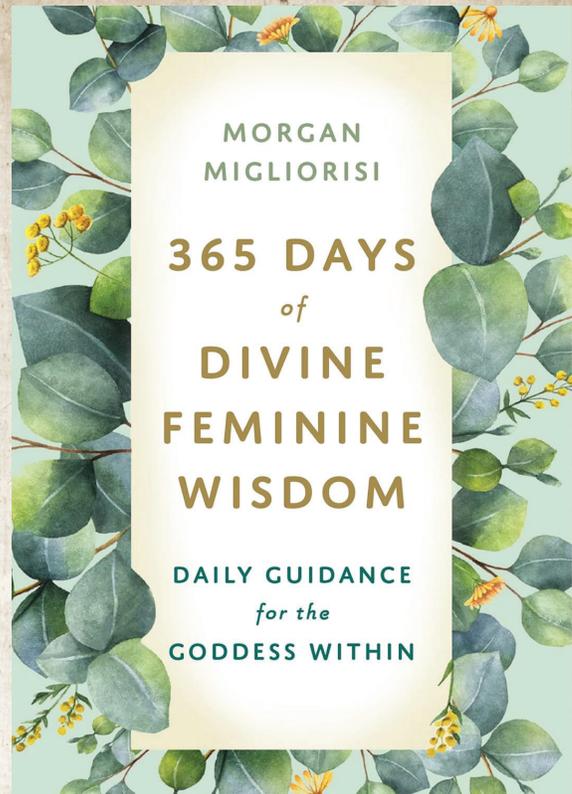
Guy Fawkes, born in York in 1570, is one of the key figures in British history, taking a central role in a plot that would have destroyed the ruling class and changed the nation forever. Today protesters wear his mask, families burn his effigy, and he is an instantly recognisable name and face. But just who was the real Guy Fawkes?

In this new book, we take an exciting look at the flesh and blood person behind the myth. We find out what radicalised the man who was born a Protestant, and yet planned mass murder for the Catholic cause.

The book takes a fresh look at Guy's early life in York and beyond, and examines how that led to him becoming a Catholic mercenary and a key member of the 1605 Gunpowder treason.

Guy and his conspirators were prepared to risk everything and endanger everyone, but were they fanatics, freedom fighters, or fools? This explosive read, accompanied with beautiful illustrations, is accessible and engaging, combining contemporary accounts with modern analysis to reveal new motivations behind Guy's actions.

CPen and Sword, Language: English, Hard Cover, 230pages



## **365 Days of Divine Feminine Wisdom** By Morgan Migliorisi

A devotional-style book for the modern seeker, intended to help them remember the wisdom they carry within and utilize it to create a life that is authentic

Are you ready to activate your inner goddess?

365 Days of Divine Feminine Wisdom is a devotional-style book for today's spiritual seeker. In it, you will learn how to deepen your connection with yourself and your spirituality, discover who you really are, and find the courage to create a life you love by using your innate gifts and power.

Each daily entry reflects upon the different aspects of Divine Feminine energy that are always active within us as women, regardless of age or experience- the Maiden, the Mother, and the Crone. These aspects are linked to the milestones that women continuously experience throughout their lives as they blossom into the goddess they have always been. These aspects are also connected to the phases of the moon, as well as the seasons.

Hay House, Language: English, Paperback, 312 pages

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of the Magick Kitchen Podcast

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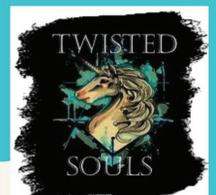
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