

# Metaphysical Times

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# Discover the Magic: A Journey with The Blessed Bee

By Metaphysical Times

In a world filled with bustling noise and constant distractions, finding moments of serenity and connection to the mystical can feel like a rare gift. Yet, nestled within the digital expanse, there exists a haven where seekers of all paths can gather to explore the depths of the metaphysical realm. Welcome to The Blessed Bee—an online sanctuary that transcends the ordinary and delves deep into the mysteries of spirituality, witchcraft, and all things metaphysical.

For over 25 years, The Blessed Bee has stood as a beacon of wisdom and inspiration in the ever-evolving landscape of spiritual exploration. More than just an online metaphysical shop, it serves as a sacred space where seekers and practitioners alike can find

solace, guidance, and a wealth of knowledge to fuel their spiritual journey.

Step into The Blessed Bee's digital realm, and you'll discover a treasure trove of resources waiting to be unearthed. From meticulously crafted ritual tools and enchanting adornments to an expansive collection of herbs, crystals, and magical ingredients, every item curated by The Blessed Bee carries with it a whisper of ancient wisdom and intention.

Yet, The Blessed Bee offers far more than just tangible offerings. It serves as a veritable library of esoteric knowledge, with an extensive blog brimming with articles, guides, and insights on a myriad of topics. Dive into the properties of crystals and

metals, explore the intricacies of herbal magic, or learn the art of crafting potent spells and rituals—whatever your quest may be, The Blessed Bee is here to illuminate your path.

But perhaps the true magic of The Blessed Bee lies in its community—a vibrant tapestry woven together by kindred spirits and seekers from all walks of life. Through their online platforms on Facebook, Etsy, and Instagram, The Blessed Bee fosters a space for connection, collaboration, and shared wisdom. Here, questions are welcomed, experiences are celebrated, and friendships are forged on the shared journey of spiritual growth.

So whether you're a seasoned practitioner or a curious new

comer, take a moment to bask in the enchantment of The Blessed Bee. Let its offerings inspire your practice, its insights deepen your understanding, and its community uplift your spirit. For in this digital sanctuary, the magic of the metaphysical awaits, ready to embrace you in its boundless embrace.

Join The Blessed Bee on their journey of discovery, and awaken to the infinite possibilities that lie within the mystical realms. Visit their website at [www.theblessedbee.com](http://www.theblessedbee.com) and connect with them on Facebook, Etsy, and Instagram to embark on a transformative adventure unlike any other.

Embrace the magic.

Embrace The Blessed Bee.

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





# FROM THE PUBLISHER



As the sun reaches its zenith and nature hums with vibrant energy, we find ourselves once again at the threshold of Midsummer. It's a time of bonfires, revelry, and the whispering of ancient secrets carried on the warm breeze. In the heart of this season, as we gather around fires and dance under the stars, let us embrace the magic that surrounds us and celebrate the boundless potential within ourselves.

Midsummer is not just a point on the calendar; it's a reminder of the eternal dance between light

and dark, growth and rest, joy and introspection. It beckons us to pause, to reflect, and to ask questions that lead us deeper into the labyrinth of our own existence.

In my world, Midsummer is a time of transformation—a time to shed old patterns, release stagnant energy, and welcome the light of new possibilities. It's a time to honor the journey we've traveled so far and to set our sights on the path ahead, knowing that every step we take brings us closer to our true selves.

As you celebrate Midsummer, I

encourage you to embrace the spirit of curiosity and exploration. Ask questions that challenge your assumptions, seek answers that resonate with your soul, and dare to venture into the unknown. For it is in the asking and the seeking that we uncover the hidden truths that shape our lives.

May your Midsummer celebrations be filled with laughter, love, and the joy of discovery. And may you continue on your personal journey with courage, curiosity, and an unwavering belief in the magic that resides within you.

With warmest wishes,

Christy



## Metaphysical Times LLC: Your Gateway to Metaphysical Exploration

Metaphysical Times LLC is a metaphysical media platform based in Northern Utah with a global reach. We are dedicated to covering all aspects of metaphysics, from psychology and physics to witchcraft and paranormal studies. Our mission is to bring news, education, and information to seekers of all kinds.

### Our Offerings:

**Metaphysical Times Full Moon Magazine:** Delve into the depths of metaphysical knowledge with our monthly magazine, exploring a wide range of topics.

**Metaphysical Times Newspaper:** Our newspaper aligns with the Pagan Wheel of the Year in theme, offering in-depth insights into metaphysical practices and beliefs.

**Seeker's Forum:** Visit our website to engage with the Metaphysical Times Team and connect with members of the community in our Seeker's Forum.

### Inclusivity and Freedom of Expression:

At Metaphysical Times LLC, we believe that everyone is entitled to have their opinions and beliefs publicized at their discretion.

We do not discriminate or censor content. Our platform is a space for open dialogue and exploration of diverse metaphysical perspectives.

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"THE BEST INDEX TO A PERSON'S CHARACTER IS HOW HE TREATS PEOPLE WHO CAN'T DO HIM ANY GOOD AND HOW HE TREATS PEOPLE WHO CAN'T FIGHT BACK."

- ABIGAIL VAN BUREN

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# Bran’s Druidic Midsummer Solar Festival: A Past Life Regression

By Henry Dalton

In the heart of ancient Britannia, amidst the verdant splendor of the forest, Bran Woodward, a young member of the Belgae Tribe, prepared for a momentous occasion—the Midsummer Solar Festival. As a guardian of the sacred woods surrounding Stonehenge, Bran held a pivotal role within his tribe’s Druidic circle. Clad in a simple robe woven from the hues of the forest—greens and browns—he stood poised to embrace his rite of passage, marking his journey into manhood amidst the sacred solstice celebration.

For Bran, the path to manhood was intertwined with nature’s own rhythms. To fulfill his ceremonial duty, he embarked on a sacred quest to obtain a staff—a symbol of his authority and connection to the land. Venturing to the riverbank, Bran sought a suitable branch, guided not by his own will but by the whispering voices of the ancient trees. With reverence, he selected a sturdy limb, knowing it would serve as his companion on his journey forward.

With meticulous care, Bran set about the

task of transforming the rough bark-covered branch into a polished staff fit for a forest warder. Armed with a piece of leather and sand from the sacred river, he meticulously sanded the wood, shaping it into a form dictated by the spirits of the forest. Each stroke of his hand was a tribute to the wisdom of the ancient ones, a testament to his bond with the natural world.

As the sun reached its zenith on the day of the summer solstice, Bran carved the ancient runes of protection and guidance into the staff, invoking the blessings of the woodland deities. With reverence, he anointed the wood with pine sap refined into pine tar, sealing the essence of the forest within its grain. Thus adorned, the staff pulsated with the energy of the earth, a conduit between Bran and the forces that governed his world.

With his staff in hand, Bran made his way to the sacred clearing near Stonehenge, where the Midsummer Festival was already in full swing. Bright sunbursts and fragrant flowers adorned the ceremonial space, casting a kaleidoscope of colors against the ancient

stones. The air was alive with anticipation as the tribe gathered to witness the alignment of light within the sacred structure, heralding the changing of the seasons and the pivotal moment in the agricultural cycle.

Amidst the festivities, honeyed mead flowed freely, its golden hue a symbol of abundance and prosperity. Wooden platters laden with delicacies adorned the makeshift tables—gravlax glistening in the sunlight, rye crackers crisp and fragrant, goat cheese creamy and decadent, dilled havarti exuding a tantalizing aroma. Each morsel was a celebration of the earth’s bounty, a testament to the skill and dedication of the tribe’s hunters and gatherers.

As the sun dipped below the horizon, casting a warm glow over the gathered assembly, Bran stepped forward to lead the ceremonial prayers. With words steeped in ancient wisdom, he beseeched the gods of the land to bless their crops, to ensure a bountiful harvest in the months to come. The air thrummed with the power of his invocation, a chorus of voices rising in harmony with his

own, united in their reverence for the natural world.

As the last echoes of the prayers faded into the night, the tribe embraced the moment, savoring the sense of unity and belonging that permeated the air. Around the flickering flames of the bonfire, they danced and sang, their voices rising in joyful celebration of life and all its mysteries. And amidst the revelry, Bran stood tall, his staff held high, a symbol of his newfound role as guardian of the forest, protector of his people, and steward of the land.

In that moment, as the stars twinkled overhead and the ancient stones of Stonehenge bore witness to their jubilant festivities, Bran knew that he had truly come of age—that he was ready to embrace the challenges and responsibilities that lay ahead. For in the heart of the forest, amidst the timeless rhythms of nature, he had found his purpose, his place in the tapestry of life—a guardian of the earth, bound by duty and honor to protect and preserve it for generations to come.





# In Praise of the Pause:

## Learning to Appreciate the Spaces in Between

By Christy Mann

In the fast-paced whirlwind of modern life, it's easy to get caught up in the relentless rhythm of the hustle. We glorify busyness, celebrating those who work tirelessly to climb the ladder of success, often at the expense of their own well-being. But what if I told you that there's power in the pause? That sometimes, the most revolutionary act we can undertake is to simply stop, breathe, and appreciate the spaces in between?

In my world, the rise of Hustle Culture has brought with it a host of unintended consequences. We live in a society where a staggering number of Americans rely on medication to cope with the stress and strain of daily life. Mental health crises have reached alarming levels, and emotional breakdowns have become all too common. We've sacrificed our health, our happiness, and our humanity on the altar of productivity, and the toll is clear for all to see.

Part of the problem lies in our insatiable appetite for instant gratification. We've become accustomed to a world where everything is available at the touch of a button, where convenience reigns supreme and patience is a virtue in short supply. But behind every instant delivery, every on-demand service, every "right now" demand,

are real people—people who need time to rest, to recharge, and to simply be.

We've forgotten that it's okay to slow down, to take a breath, to allow ourselves and others the space to pause when needed. We've forgotten the value of empathy, of compassion, of recognizing the humanity in those around us. We've become so focused on our own needs and desires that we've lost sight of the fact that we are all in this together.

So, what can we do differently? How can we shift our perspective and learn to appreciate the pause? Here are a few simple steps we can take as individuals to cultivate a culture of compassion and understanding:

**Practice empathy:** Take a moment to put yourself in someone else's shoes. Recognize that everyone has their own struggles and challenges, and be mindful of the impact your actions and words may have on those around you.

**Extend grace:** Understand that perfection is an impossible standard. Allow yourself and others the space to make mistakes, to learn, and to grow without judgment or condemnation.

**Prioritize well-being:** Make self-care a

priority, and encourage others to do the same. Remember that rest is not a luxury—it's a necessity. Take breaks when needed, and don't be afraid to ask for help when you need it.

**Practice patience:** Cultivate patience in your interactions with others. Recognize that good things take time, and that rushing rarely leads to the best outcomes.

**Express gratitude:** Take the time to express gratitude for the people in your life who work tirelessly behind the scenes to make things happen. Whether it's a kind word, a simple thank you, or a small act of kindness, let them know that their efforts are appreciated.

In the end, it's up to each of us to create a world where the pause is not only accepted but celebrated. Where kindness, empathy, and understanding are the guiding principles of our interactions. Where we recognize that true success is not measured in productivity or achievement, but in the depth of our connections and the richness of our experiences.

So, let us pause. Let us breathe. Let us appreciate the spaces in between. For it is in these moments of stillness that we find our truest selves and our deepest connections to one another.





# The Modern Witch's Guide: The Power of Grace

By The Twisted Witch

Greetings, fellow seekers of magic and wisdom! Today, let us delve into a topic that is both profound and essential to our craft: grace. In the swirling cauldron of spells and rituals, it is easy to become lost in the pursuit of power and mastery. But true magic, my friends, lies not in the wielding of wands or the casting of incantations, but in the gentle embrace of grace.

In my world, grace is more than just a fleeting moment of elegance or poise. It is a force—a powerful and transformative energy that flows through all things, connecting us to the vast tapestry of existence. It is the quiet strength that allows us to weather life's storms with dignity and resilience, the gentle hand that guides us through moments of darkness and uncertainty.

But what, you may ask, does grace have to do with our spell work? The answer, dear friends, is everything. For it is grace that infuses our magic with depth and meaning, elevating our spells from mere incantations to sacred acts of intention and manifestation. It is grace that opens the channels of communication between ourselves and the unseen forces of the universe, allowing our desires to take root and flourish.

So how can we cultivate grace in our practice? The answer lies not in the complexity of our rituals or the potency of our potions, but in the simplicity of our intentions and the sincerity of our hearts. It is in the small acts of kindness, the moments of forgiveness, and the willingness to see the beauty in every being that grace finds its truest expression.

And now, my fellow witches, I invite you to embark on a crafty project that will serve as a tangible reminder of the power of grace in our lives. Gather your materials—a piece of driftwood, a length of twine, and a small crystal or charm—and let us create a spell charm to hang

in our sacred spaces.

**Find Your Driftwood:** Venture into nature and seek out a piece of driftwood that speaks to you. Allow your intuition to guide you as you search for the perfect vessel for your spell.

**Charge Your Crystal or Charm:** Hold your chosen crystal or charm in your hands and visualize it filling with radiant light. Speak words of intention, infusing the object with the energy of grace and compassion.

**Assemble Your Charm:** Using the twine, affix the crystal or charm to the driftwood, creating a loop for hanging. As you work, focus on the intention of your spell, allowing the energy of grace to flow through your hands and into your creation.

**Empower Your Spell:** Once your charm is assembled, hold it in your hands and recite the following incantation:

*"By earth and sea, by fire and air,  
I weave this charm with love and care.*

*May grace be my guide, in all I do,  
Blessed be, and so it is true."*

**Hang Your Charm:** Find a sacred space in your home where your charm can be displayed. As you hang it, visualize the energy of grace radiating outward, filling the space with light and love.

And there you have it, my dear witches—a simple yet powerful spell charm to remind us of the importance of grace in our lives. May it serve as a beacon of light in the darkness, guiding us ever onward on our magical journey.

Until next time, may your cauldrons bubble and your broomsticks fly true.

Blessed be,

The Twisted Witch



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Join Us at

# Starwood Festival

## for a Magical Meet and Greet with the Witch and Wizard of Oz!

By Christy Mann

Calling all seekers of magic and wonder! We are thrilled to announce a special event at this year's Starwood Festival—a once-in-a-lifetime opportunity to meet the legendary Witch and Wizard of Oz in person!

Tamara Von Forslun, known affectionately as The Witch of Oz, and Oberon Zell, revered as The Wizard of Oz or simply Oz, are coming together for a magical gathering like no

other. As international authors and pioneers in the realms of alternative spirituality, consciousness exploration, and magic, their presence promises to illuminate and inspire all who attend.

Tamara Von Forslun, recently signed with Twisted Souls Press, is set to share her wisdom and insights as she embarks on a journey across the United States, spreading the magic of

her acclaimed books under the Twisted Souls Press imprint. Raymond Buckland, curator of The Buckland Museum, bestowed upon her the title of The Witch of Oz many years ago, recognizing her as a beacon of light in the world of magic and mysticism.

Oberon Zell, known far and wide as The Wizard of Oz, needs no introduction to those familiar with the realms of alternative spirituality and paganism. A visionary thinker, author, and co-founder of the Church of All Worlds, Oberon has dedicated his life to exploring the mysteries of the universe and sharing his knowledge with others.

At the Starwood Festival, Tamara and Oberon will come together in a rare and magical reunion, sharing stories, insights, and wisdom gleaned from a lifetime of exploration and discovery. This meet and greet is a unique

opportunity to connect with two luminaries of the magical community, to ask questions, share experiences, and bask in the light of their wisdom.

The details of this enchanting event are still being finalized, but mark your calendars for July 9th through 15th, 2024, and prepare to embark on a journey of discovery and enchantment at the Starwood Festival. Stay tuned for updates and exclusive promotions in our publications leading up to the festival, including a special discount code for our readers!

Don't miss your chance to meet the Witch and Wizard of Oz in person and experience the magic for yourself. Join us at Starwood Festival and let the adventure begin!

Blessed be,  
Metaphysical Times Newspaper



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







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# Midsummer’s Evolution in Japan

By Hank Davis

Midsummer, a celebration deeply rooted in European traditions, holds a distinct charm as the longest day of the year approaches. However, what about its resonance in the Land of the Rising Sun? In Japan, where ancient customs blend with modern lifestyles, Midsummer finds its own unique manifestation, echoing the nation’s rich history and cultural tapestry. Let’s delve into the journey of Midsummer in Japan, from its historical roots to its contemporary expressions, and perhaps catch a glimpse of its allure through the eyes of Tatsu, a girl in feudal Japan.

### Historical Roots of Midsummer in Japan

To understand Midsummer’s presence in Japan, we must trace its historical footsteps. While not native to Japanese tradition, Midsummer’s influence gradually seeped into the cultural landscape through various channels. One significant avenue was the introduction of Christianity by Portuguese missionaries in the 16th century. With it came observances of Christian festivals, including Midsummer celebrations. Though Christianity didn’t take deep root, the cultural exchanges left an imprint on Japanese society.

Moreover, Japan’s reverence for nature and the changing seasons intertwined with Midsummer’s essence. The summer solstice marked an important juncture in the agricultural calendar, signaling the peak of the growing season. Ancient rituals and festivals such as the Obon Festival, dedicated to honoring ancestors’ spirits, coincided with this period, adding layers of significance to the summer solstice.

### Evolution of Midsummer Celebrations in Japan:

Over the centuries, Midsummer evolved in Japan, blending with indigenous customs and adopting new forms. While the traditional bonfires and maypole dances of European Midsummer may not have direct counterparts in Japan, the spirit of community, celebration, and connection with nature found resonance in various Japanese festivities.

One such example is Tanabata, the Star Festival, celebrated on the seventh day of the seventh lunar month. Originating from Chinese folklore, Tanabata celebrates the annual meeting of the deities Orihime and Hikoboshi (represented by the stars Vega and Altair, respectively). People write their wishes on colorful strips of paper (tanzaku) and hang them on bamboo branches, adorning streets and homes with vibrant decorations.

Another notable influence is the Hydrangea Festival (Ajisai Matsuri), held in June when hydrangeas bloom across the country. This picturesque festival combines elements of nature appreciation with community gatherings, as people flock to gardens and temples adorned with hydrangea displays.

### Modern Expressions of Midsummer in Japan:

In contemporary Japan, Midsummer continues to evolve, intertwining tradition with modern sensibilities. Urbanization and technological advancements have reshaped the way people celebrate, yet the essence of Midsummer perseveres through various cultural outlets.

Summer festivals (matsuri) across Japan exemplify this fusion of old and new. From the iconic Gion Matsuri in Kyoto to local neighborhood festivities, these events blend traditional rituals like mikoshi (portable

shrines) processions with modern attractions such as food stalls, music performances, and fireworks displays. Midsummer becomes a time for communities to come together, revel in the season’s bounty, and honor cultural heritage.

### Tatsu’s Midsummer Tale:

In the rural outskirts of feudal Japan, nestled beneath the shadow of Mount Fuji, young Tatsu eagerly awaited the arrival of Midsummer. The village buzzed with anticipation as preparations began for the annual festival. Tatsu’s heart danced with excitement, for this year, she had a special task bestowed upon her.

Adorned in a kimono of azure blue, embroidered with delicate motifs of blooming hydrangeas, Tatsu stood before her family’s ancestral altar, preparing the offerings for the local samurai, Jinsin. The fabric, dyed using traditional indigo







techniques, shimmered in the soft light of dawn, reflecting the hues of the summer sky. As the daughter of the village elder, Tatsu bore the responsibility of presenting offerings to Jinsin, who safeguarded the village from bandits and other threats. Clutching a lacquered tray adorned with fresh fruits, fragrant incense, and intricately folded origami cranes, Tatsu made her way to Jinsin's residence, a traditional wooden structure adorned with lanterns and banners.

With reverence, Tatsu placed the offerings before Jinsin, who greeted her with a warm smile. "Thank you, Tatsu," he said, his voice carrying the weight of years spent in service to the village. "Your family's generosity honors us all." As dusk descended upon the village, lanterns flickered to life, casting a soft glow upon the festivities. Tatsu's kimono, now aglow with the hues of sunset, caught the eye of fellow revelers as she joined the traditional Bon Odori dance, her movements graceful and

fluid like the gentle sway of summer grass. The rhythmic beat of taiko drums filled the air, setting the pace for the lively dance that unfolded beneath the star-studded sky. Tatsu's feet moved in harmony with the music, her laughter mingling with the chorus of voices that echoed through the night. Amidst the festivities, Tatsu found herself drawn to a secluded corner of the village square, where a canopy of bamboo branches intertwined with paper lanterns created a makeshift sanctuary. Here, she paused to

offer prayers of gratitude to the spirits of her ancestors, whose presence lingered in the whispering breeze. In that fleeting moment, amidst the flickering lanterns and the distant echo of drums, Tatsu felt the timeless essence of Midsummer envelop her, transcending centuries of tradition and change. Here, beneath the canopy of stars, she understood the enduring power of community, the beauty of cultural heritage, and the magic of Midsummer's embrace.





# The Magic of Shopping Local: Grounds For Coffee and Divine Encounters

In my world, there are places that hold a special kind of magic, where the air is alive with the hum of conversations and the aroma of freshly brewed coffee. Grounds For Coffee, nestled on Harrison Blvd in Ogden, Utah, is one such treasure, a haven of warmth and connection in the heart of our city.

## A Tale of Resilience and Community

Grounds For Coffee isn't just a coffee shop; it's a story of resilience and community. From its humble beginnings to its current standing, it embodies the spirit of local entrepreneurship. The owner of the 25th street location, Sadie Clifford, is a living testament to this spirit. Starting as a barista at the location I visit, Sadie worked her way up to owning the franchise location in downtown Ogden. Her journey is just one of many stories that Grounds For Coffee holds within its walls.

As I've come to learn, Grounds For Coffee is a place where stories are woven into the fabric of its existence. It's not just about the coffee; it's about the people and the journeys they embark on within these walls. Each sip of coffee carries with it a tale of determination, hope, and community. It's this unspoken theme that makes Grounds For Coffee a true gem for me.

## An Unexpected Prayer Answered

I first found my way to Grounds For Coffee just before the pandemic hit. It became my refuge, my place of work and contemplation, as I lacked internet at home. When the pandemic forced its closure, I found myself saying a prayer for its survival. There was something special about this place, something I couldn't quite articulate but knew I would deeply miss.

## A Reunion of Sorts

When Grounds For Coffee reopened its doors, I felt a sense of relief. It was more than just a coffee shop reopening; it was the return of a place of comfort and inspiration for me. A place I can go to and work on me, with an amazing cup of white chocolate, raspberry, and coffee. I resumed my visits recently, becoming a bit of a regular with my case manager every Friday, settling into a corner to work, write, and maybe engage with others.

## Divine Synchronicities Unfold

Yesterday marked our fifth visit with my mental health case manager, Kami. I arrived with gifts in hand—a gesture of gratitude for her unwavering support. As we settled in, an unexpected energy filled the air, a mix of nervousness and excitement that I couldn't quite explain. I'd had a sense that something unexpected was going to happen all morning. I was really anxious and nervous.

Our usual table was taken, nudging us to a cozy couch corner. I presented Kami with tangible products from Metaphysical Times and Twisted Souls Press as gifts. As she delved into the newspapers, I shared stories of their creation, our shared excitement palpable.



GROUND  
for coffee





Unexpected Conversations and Divine Encounters

Mid-conversation, a patron across from us sparked a dialogue that lasted hours. I was initially nervous, feeling torn between engaging with this stranger and focusing on Kami. But she encouraged me to embrace the moment, to let the conversation flow. And flow it did, like a river of ideas and connections.

Embracing the Magic of Local Shops

Afterward, as we sat in the car, the intensity of the experience lingered. Kami’s words of encouragement dispelled any doubts or negative thoughts. She saw the synchronicities, the divine intervention, and assured me that it was all perfect, two steps ahead of her planned therapy approach.

The Ripple Effect of Local Support

The effects of that day lingered, a mix of exhilaration and calm. Today, I’m planning

another outing—to a local store for makeup, a step towards feeling more presentable and confident. I’ve ordered name tags for future outings, a small gesture to ease social interactions. And I’m finally taking steps to address my dental concerns, a long-overdue act of self-care.

A Call to Support Local

In sharing this, I invite you to discover your own Grounds For Coffee, your local treasure trove. These places hold magic, not just in their products and atmospheres, but in the connections and synchronicities they inspire. Shop local, support businesses like Grounds For Coffee, and let the magic unfold. Share your experiences at them with others, so they can go and experience the magic also.

In my world, Grounds For Coffee isn’t just a coffee shop; it’s a reminder of the beauty and resilience of local businesses, and the unexpected encounters that can change the course of a day. A home where magic happens.



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www.groundsforcoffee.com





# Reflections of Insight: A Journey of Self-Assessment

In my world, where the tapestry of existence unfurls in myriad hues, the journey of self-assessment beckons like a beacon in the night. As the custodian of Metaphysical Times LLC, I am tasked with guiding seekers on a quest of introspection, unraveling the threads of their own being to reveal the hidden truths within.

Through the lens of intuitive insight, I embark on a voyage of self-discovery, delving deep into the recesses of consciousness to uncover the facets of the soul. Here, amidst the ebb and flow of inner tides, I navigate the labyrinth of self-assessment, seeking clarity and illumination along the way.

## Week 1: The Mirror of Truth

In the first week of our journey, I invite you to gaze into the mirror of truth and behold the reflection of your essence. Allow yourself to be seen, without judgment or reservation, as you confront the raw authenticity of your being. Embrace the revelations that surface, for within them lies the key to unlocking your true potential.

## Week 2: The Depths of the Soul

As we delve deeper into self-assessment, venture into the depths of your soul, where the waters run deep, and ancient truths lie dormant. Dive fearlessly into the abyss, surrendering to the currents that carry you towards self-awareness and enlightenment. Explore the hidden recesses of your psyche, unearthing the buried treasures that await discovery.

## Week 3: The Patterns of Experience

In the third week, turn your gaze towards the patterns woven into the fabric of your existence. Examine the tapestry of your life with discerning eyes, tracing the threads of past experiences, and discerning the lessons they hold. Recognize the recurring motifs that shape your journey and glean insight from their deeper meaning.

## Week 4: Embracing Vulnerability

As we journey into the fourth week, embrace the vulnerability that accompanies honest self-assessment. Strip away the layers of pretense and ego, allowing yourself to stand naked before the mirror of truth. Embrace your flaws and imperfections, for they are the steppingstones on the path to self-growth and transformation.

## Week 5: Embracing Change

In the fifth week, confront the inevitability of change and transformation. Embrace the fluidity of existence, surrendering to the ebb and flow of life's currents. Release the grip of attachment and embrace the freedom that comes with letting go. Embrace change as a catalyst for growth and renewal, welcoming its transformative power into your life.

## Week 6: Integration and Evolution

In the final week of our journey, reflect on the insights gleaned from your voyage of self-assessment. Integrate these revelations into the tapestry of your being, weaving them into the fabric of your life with intention and purpose. Embrace the evolution that comes with self-awareness, and step boldly into the next chapter of your journey.

As we traverse this journey of self-assessment together, may we heed the call to introspection and reflection. For in the stillness of self-examination, amidst the whispers of our own souls, lie the keys to unlocking the wisdom and potential that reside within.

# Full Strawberry Moon in June

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

On the evening of Friday, June 21 —just after sunset—look towards the southeast to watch the full Moon rise gently above the horizon. There, it will appear large and golden-hued.

## Why Is It Called the Strawberry Moon?

The full Moon names used by The Old Farmer's Almanac come from a number of places, including Native American, Colonial American, and European sources. Historically, names for the full or new Moons were used to track the seasons. Today, we think of Moon names as "nicknames" for the Moon.

June's full Moon—typically the last full Moon of spring or the first of summer—has traditionally been called the Strawberry Moon. While strawberries certainly are a reddish-pink color and are roundish in shape, the origin of the name "Strawberry Moon" has nothing to do with the Moon's hue or appearance, despite the evocative imagery. A Moon usually appears reddish when it's close to the horizon because the light rays must pass through the densest layers of the atmosphere.

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

## Alternative June Moon Names

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

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

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



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JUNE 2024

make kindness the norm.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

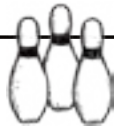
FRIDAY

SATURDAY



Take fresh baked goods to a police or fire station with a note of thanks for their service.

1



Invite a small group of friends out for a fun night of bowling.

3

Have each guest at the dinner table say aloud one thing they are grateful for.

4

Participate in the cleanup of a local river, pond, or lake.

5

Donate a vacation or sick day to a colleague who's struggling with an illness or caring for a sick loved one.

6

Set up a free flower stand in your neighborhood.



7

Send your best friend a framed picture of a special moment between you both.

8



Leave bottles of bubbles at a children's park for them to find with a note that says "FREE BUBBLES".

9

Reach out to an old friend you haven't spoken to in a while.

10

Offer a glass of iced tea to a neighbor doing yard work.

11



Find time to read an inspiring book.

12

Be mindful of the energy you bring to your workplace.

13

Register to become a donor this year.

14

Spend time in nature and take pictures.

15

Attend a caring support group or make new friends by attending a local event at meetup.com.

16

Let someone else take a primo parking spot.

17

Plan a picnic with your family or friends.

18

Treat your father figure to dinner at his favorite restaurant.

19

Acknowledge all your co-workers with a big smile and warm greeting.

20

Write a letter to yourself at futureme.org about your positive attributes to read at a later date.

21

Put aside your own viewpoint and try to view things from the other person's perspective.

22

Leave a basket of food for a family who is struggling financially.

23

Make dinner for a neighbor who has just had a baby or surgery.

24

Go star gazing in the evening.

25

Mow a neighbor's lawn, rake their leaves, or sweep their sidewalk as a surprise.

26

Be courteous and give up your seat on the train or bus to another.

27

Donate "like new" stuffed animals and toys to charities or shelters for children to enjoy.

28

When others are gossiping, be the one to chime in with something positive.

29

Offer a cold drink of water to someone working outside in the heat.

30



MAY

S	M	T	W	Th	F	S
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

JULY

S	M	T	W	Th	F	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

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# Let's Celebrate: 10 Years of The Outer Limits of Inner Truth Podcast

By Christy Mann

In the realm of metaphysics and spiritual exploration, certain voices resonate deeply, guiding seekers on their journey of self-discovery. Today, we gather to celebrate one such beacon of enlightenment: The Outer Limits of Inner Truth Podcast, as it marks a decade of profound service to the metaphysical community.

When Ryan emailed me with the news of the Podcast's 10th year, and I went digging, I knew it was something to really celebrate. His message underscored the importance of this milestone, prompting me to share in the celebration through Metaphysical Times. The podcast resonates deeply with our vision to empower and encourage people to seek their truths, making it all the more significant for me to highlight and commemorate. I extend a heartfelt shout of congratulations from Metaphysical Times LLC to Ryan and his team on 10 great years, and raise a toast to many more of inspiring and transformative work.

With over 435 episodes and two million downloads to date, The Outer Limits of Inner Truth Podcast has established itself as a trusted source of wisdom and insight in the realm of metaphysics. Led by Ryan McCormick and his dedicated team, the podcast has been a steadfast companion on the spiritual journey for countless listeners.

At its core, The Outer Limits of Inner Truth Podcast serves as a gateway to deeper understanding and enlightenment. Through thought-provoking discussions and explorations of consciousness, the program empowers listeners to delve into the mysteries of the universe and uncover the truths that resonate within their souls.

As we come together to celebrate this milestone, we honor The Outer Limits of Inner Truth Podcast for its unwavering commitment to the metaphysical community. For a decade, Ryan McCormick and his team have tirelessly pursued their mission of illuminating the path to self-discovery and spiritual growth.

We encourage our readers to join in this celebration and to embrace their own journey of self-exploration and mastery. By engaging with the insightful content provided by The Outer Limits of Inner Truth Podcast, listeners can deepen their understanding of themselves and the world around them, fostering personal growth and transformation.

From exploring the depths of soul analysis to delving into the intricacies of global consciousness, The Outer Limits of Inner Truth Podcast has enriched the lives of its listeners with each passing episode. It is a testament to the power of knowledge and the transformative journey of self-discovery that the podcast has facilitated over the past decade.

As we reflect on the impact of The Outer Limits of Inner Truth Podcast, we extend our deepest gratitude to Ryan McCormick and his team for their dedication and vision. May their continued service to the metaphysical community inspire and uplift all who seek truth and enlightenment.

## Host Bio

Ryan McCormick is the Host & Executive Producer of the Outer Limits of Inner Truth Radio Show.

Ryan McCormick is a metaphysical, spiritual, and philosophical investigative journalist. Born and raised on in Long Island New York, Ryan knew at an early age that he was a Fringe Dweller and thought much differently than "normal people." Ryan has a insatiable curiosity, voracious appetite for freedom & learning, and a rebellious nature.

One of Ryan's most influential teachers was the late Metaphysical Visionary & Author, Stuart Wilde. On the journey of self-discovery, Ryan became a passionate animal rights activist who has spectacularly failed at stand up comedy, dating, having patience, and taking life seriously.

NOTE: In 2016, Ryan had a past life analysis done by two globally respected metaphysical teachers. Despite the analysis' being done on separate days and the teachers not knowing each other, both revealed in great detail the same seven past lives that Ryan had plus his mission for the current physical life incarnation. Ryan also turned 40 year old on January 31st, 2018 – It turns out to be an astrologically historical date of significance.

To learn more about The Outer Limits of Inner Truth Podcast and join in the celebration of its 10th anniversary, visit their website at

**[www.outerlimitsradio.com](http://www.outerlimitsradio.com)**





Metaquizzical Word Search Midsummer

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

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