

FULL MOON

ISSUE 26 JUNE 2024

MAGAZINE

Featured Artist:
Tamara Von Forslun
PART 2

What If: We
Fully Embraced
Transformation?

Bloodlust at Dawn:
A Viking Saga

Full Strawberry
Moon Ritual

FATHER'S DAY
TRADITIONS

STARWOOD FESTIVAL
SPOTLIGHT

The Witch and Wizard of Oz

Metaphysical Times
FULL MOON
MAGAZINE

Want to write for Metaphysical Times Full Moon Magazine?

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

What We Want for the Full Moon

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

What We Don't Want

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

Please read and follow the submission guidelines

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

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

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

Reader Advisory- Mature Content

Contact (385) 240-2822

www.metaphysical-times.com

Publisher

Christy Mann

metaphysicaltimesidf@gmail.com

Lead Editor

Alecia Berbenick

editor@metaphysical-times.com

Layout/Design Manager

Sabrina RG Raven

enquiry@sabrinargraven.com

Logistics

Henry Dalton

henrydalton379@gmail.com

Full Moon is available the 1st of each month

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

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

Not Healthcare Advice

The products, services, and information found in the publication Metaphysical Times Full Moon Magazine, and/or its websites or social media, have not been evaluated by the United States Food And Drug Administration and are not approved to diagnose, treat, cure or prevent disease and should not be considered as a substitute for advice from a healthcare professional.

Any services, products, and claims are not intended to provide diagnosis, treatment or medical advice, and are provided for informational purposes only. Please consult with a physician or other healthcare professional regarding any medical or health related diagnosis or treatment options.

We do not recommend self-management of health issues. Contact your healthcare professional promptly should you have any health-related questions. Never disregard or delay medical advice based upon information you have read in this publication, which is not responsible for any damages for information or services provided.

FROM THE TEAM:

In my world, the Full Moon is a beacon of possibility, a time when the veil between the physical and metaphysical thins, allowing for profound insight and transformation. As we journey through June, the energies of the Full Moon illuminate our path, urging us to reflect, release, and renew.

This month, our theme is centered around "Transformation and Realignment." The Full Moon's light shines on areas of our lives that call for change, encouraging us to let go of what no longer serves us and to realign with our true desires and values. It's a time of powerful emotional cleansing, reassessment of goals, and the deepening of our spiritual connections.

In this issue, you'll find a wealth of articles and insights designed to guide you through this transformative period. From intuitive readings that offer personalized guidance, to thought-provoking "What If" explorations that challenge us to fully embrace change, our aim is to support you on your journey of growth and renewal.

Highlights of this Edition:

Intuitive Reading for June: Dive into the energies of the month and discover how to navigate the emotional and spiritual tides with grace and wisdom.

What If... We Fully Embraced Transformation?: Explore the profound possibilities that arise when we welcome change with open arms and trust in the process.

Practical Rituals and Meditations: Engage in practices designed to help you release old patterns, set new intentions, and connect with your higher self during this potent time.

Personal Stories and Insights: Read about others' experiences with transformation and realignment, offering inspiration and solidarity on your own path.

Book Reviews: Discover new reads that align with our theme of transformation. This month, we feature reviews of compelling books that promise to inspire and provoke thought.

Artists to Watch: Get to know emerging artists whose work resonates with the energies of the Full Moon. Their creativity and vision offer fresh perspectives and inspiration.

Events and Happenings: Stay informed about events and activities worthy of your attention. From local gatherings to global conferences, find opportunities to connect with like-minded souls and expand your horizons.

Special Feature: Starwood Festival Discount
We are thrilled to offer our readers an

exclusive discount code to the Starwood Festival, where a special once-in-a-lifetime event is taking place this year. Use code FULLMOON24 at checkout to enjoy a unique experience filled with magic, music, and community. This festival is renowned for its transformative atmosphere, making it the perfect complement to our theme of transformation and realignment.

As always, our mission at Metaphysical Times is to provide a sanctuary of knowledge, support, and inspiration for your metaphysical journey. We understand that transformation can be both exhilarating and daunting, and we are here to walk with you every step of the way.

In this Full Moon edition, we invite you to embrace the transformative energies with courage and curiosity. Let the light of the Full Moon guide you towards greater clarity, healing, and alignment. Remember, every challenge is an opportunity for growth, and every change brings us closer to our true selves.

Thank you for being a part of our community. May this month bring you profound insights and beautiful transformations.

Warm regards,
The Metaphysical Times Team

IN THIS ISSUE

- 2 **Father's Day Traditions**
- 4 **Starwood Festival Spotlight: The Witch and Wizard of Oz**
- 6 **Featured Artist: Tamara Von Forslun Part 2**
- 8 **Bloodlust at Dawn: A Viking Saga**
- 12 **What If: We Fully Embraced Transformation?**
- 14 **Metaphysical Times Full Moon Intuitive Reading June 2024**
- 16 **Full Moon Ritual:**
 - Full Strawberry Moon Ritual
- 18 **Kitchen Witch's Cauldron**
 - Lavender Cheesecake
- 20 **Classifieds**



FATHER'S DAY TRADITIONS: HONORING FATHERS AROUND THE WORLD

BY HENRY DALTON

Father's Day, a celebration honoring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society, has a rich history dating back over a century. The origins of Father's Day can be traced back to the early 20th century in the United States.

Early Beginnings

The first known celebration of Father's Day was organized on July 5, 1908, in Fairmont, West Virginia, after a deadly mining accident killed 361 men the previous year. Grace Golden Clayton suggested to her pastor that they hold a service to honor all fathers, especially those who had lost their lives in the disaster.

Establishment as a National Holiday

However, the most recognized origin of Father's Day took place in Spokane, Washington, in 1910. Sonora Smart Dodd, inspired by a Mother's Day

sermon, wanted to establish a similar holiday to honor fathers. Dodd's father, a Civil War veteran and a single parent who raised six children, was her primary inspiration. The first official Father's Day celebration in Spokane occurred on June 19, 1910.

Despite these early efforts, Father's Day did not become an official national holiday until much later. In 1966, President Lyndon B. Johnson issued the first presidential proclamation honoring fathers, designating the third Sunday in June as Father's Day. Finally, in 1972, President Richard Nixon signed it into law, establishing the day as a permanent national holiday.

International Recognition

Today, Father's Day is celebrated worldwide, though the dates and traditions vary. For example, in many European and Latin American countries, it is celebrated on March 19, which is St. Joseph's Day, a traditional

Catholic holiday. In Australia and New Zealand, it is celebrated on the first Sunday in September.

Why We Celebrate Father's Day

Father's Day is more than just a day for giving gifts; it is a day to recognize and appreciate the vital role fathers and father figures play in our lives. Fathers provide emotional support, protection, guidance, and love. Celebrating Father's Day acknowledges their contribution to the family unit and society as a whole. It is also an opportunity to strengthen familial bonds. By celebrating Father's Day, families come together to honor their fathers and express gratitude, reinforcing the emotional connection between parents and children.

Different Ways to Celebrate Father's Day

Father's Day celebrations vary widely depending on cultural traditions and



personal preferences. Here are some common ways people around the world celebrate:

Traditional Celebrations

Family Gatherings: Many families organize gatherings or meals to spend quality time together.

Gifts and Cards: Giving gifts, cards, and other tokens of appreciation is a widespread tradition.

Outdoor Activities: Engaging in activities like fishing, hiking, or barbecuing is popular, especially for families who enjoy the outdoors.

Special Meals: Many families treat their fathers to breakfast in bed, special dinners, or outings to their favorite restaurants.

Cultural Variations

Germany: Known as Vatertag, it coincides with Ascension Day. It is often celebrated with hikes, picnics, and drinking parties with friends.

Thailand: Celebrated on December 5, which is also the birthday of the late King Bhumibol Adulyadej. It includes public ceremonies and giving fathers canna lilies.

Mexico: Known as Día del Padre, it is marked with festive meals, music, and sometimes large public celebrations.

Personalizing Father's Day

Personalizing Father's Day makes the celebration more meaningful and memorable. Here are some ideas to tailor the day to the specific interests and preferences of the fathers in your life:

Thoughtful Gestures

Custom Gifts: Consider personalized items like engraved tools, custom-made clothing, or photo books filled with family memories.

Handwritten Letters: A heartfelt letter expressing gratitude and love can be a cherished gift.

DIY Projects: Creating something handmade, such as a photo frame or a piece of art, adds a personal touch.

Experience-Based Gifts

Activity Vouchers: Give vouchers for experiences such as golf, fishing trips,



or cooking classes that align with his hobbies.

Tickets to Events: Whether it's a sports game, concert, or theater show, tickets to a favorite event can make for an exciting gift.

Weekend Getaway: Planning a short trip or a special day out can provide a refreshing break and a chance to create new memories.

Quality Time

Family Game Night: Organize a game night with his favorite board or card games.

Movie Marathon: Plan a movie marathon with his favorite films or a series he loves.

Cooking Together: Spend the day cooking a meal together, perhaps trying out new recipes or making his favorite dishes.

Father's Day is a special occasion to honor and appreciate the fathers and father figures in our lives. By understanding its history, recognizing why we celebrate, and finding unique ways to celebrate and personalize it, we can make Father's Day a memorable and cherished day for all.

The background is a deep blue, starry night sky. It is filled with numerous small, bright white and yellow stars. Several larger, golden-yellow stars are scattered throughout, some of which are connected by thin, golden lines to form constellations. The overall effect is a magical, celestial atmosphere.

STARWOOD
FESTIVAL
SPOTLIGHT:
THE WITCH
AND
WIZARD OF OZ

In my world, festivals like Starwood are more than just gatherings—they're transformative experiences that weave together magic, community, and enlightenment. This year's Starwood Festival promises to be an extraordinary event, especially with the special feature on "The Witch and Wizard of Oz."

A Magical Reunion

Tamara von Forslun, deemed the Witch of Oz by Raymond Buckland for her wisdom and magical prowess, and Oberon Zell-Ravenheart, a Wizard known to many as Oz, are the stars of this year's Starwood Festival. Tamara is the founder of the first legally recognized Church of Wicca in Australia and a renowned author. Oberon, a legendary figure in the metaphysical community, is the founder of the Church of All Worlds, The Grey School of Wizardry, and Green Egg Magazine, among many other accomplishments.

These two luminaries have known each other for many years, but their paths have not crossed directly in a long time—until now. Both will be attending and presenting at this year's Starwood Festival, and Metaphysical Times, in collaboration with Twisted Souls Press, is thrilled to bring them together for a very special event.

A Unique Opportunity

This event is more than just a reunion; it's a once-in-a-lifetime opportunity to witness the convergence of two remarkable journeys. Tamara and Oberon, though walking similar paths, have carved out unique and influential legacies in the world of metaphysics. Attendees will have the chance to gain profound insights from their experiences and teachings.

Tamara von Forslun: Known for her deep connection to Wicca and her groundbreaking work in Australia, Tamara brings a wealth of knowledge on ancient wisdom, spiritual practices, and the empowerment of witchcraft in the modern world.

Oberon Zell-Ravenheart: A visionary and educator, Oberon has dedicated his life to exploring the mystical arts, community building, and the integration of magic into everyday life. His teachings cover a broad spectrum, from alchemy to wizardry, and his influence spans decades.

Interactive Sessions and Workshops

During the festival, Tamara and Oberon will lead various workshops and interactive sessions. These will be immersive experiences where participants can learn directly from these masters of magic. Whether you are interested in deepening your understanding of Wicca, exploring wizardry, or simply seeking inspiration, these sessions will offer invaluable knowledge and practice.

Exclusive Discount Code

To make this magical journey even more accessible, we are offering our readers an exclusive discount code for the Starwood Festival. Use code `TwistedSoulsPress` (case sensitive) at checkout to receive a special discount on your festival pass. This is your chance to be part of an event that promises to be both enlightening and transformative.

Why Attend?

The Starwood Festival is not just about learning—it's about experiencing and living the magic. It's a place where like-minded individuals come together to share knowledge, celebrate diversity, and create lasting connections. The reunion of The Witch and Wizard of Oz adds an extra layer of enchantment, providing tools and insights that will enhance your spiritual practice long after the festival ends.

Join Us

Step into a world where the mystical and the mundane intertwine, where every moment is an opportunity for growth and discovery. Join us at the Starwood Festival and be part of an unforgettable adventure. Let the wisdom of Tamara von Forslun and Oberon Zell-Ravenheart guide you on your path to transformation.

For more details and to purchase your tickets, visit the Starwood Festival website and don't forget to use your discount code `TwistedSoulsPress`.

We look forward to seeing you there!

FEATURED ARTIST: TAMARA VON FORSLUN PART 2

In the realm of metaphysical exploration and spiritual enlightenment, few names resonate as profoundly as Tamara von Forslun. Known affectionately as the Witch of Oz, Tamara's journey through Wicca, Witchcraft, and various esoteric traditions has spanned over five decades, establishing her as a beacon of knowledge and inspiration for seekers around the world. Her latest literary offering, *The Complete Teachings of Modern Wicca for the Seeker*, encapsulates her dedication to guiding others on their spiritual paths.

A Lifetime of Magick and Wisdom

Tamara's journey began in the 1960s, a time when the world was undergoing significant cultural and spiritual shifts. As a young woman, she delved into the mysteries of Wicca and Witchcraft, driven by an innate curiosity and a deep connection to the natural world. Over the years, her studies expanded to include Magick, Shamanism, Tarot, and Herbal Medicine, making her a well-rounded and knowledgeable practitioner.

Her teachings are grounded in the Old Religion of Wicca, a path that emphasizes healing, personal growth, and a profound reverence for the Mother Goddess. Tamara's approach is both contemporary



and rooted in ancient traditions, making her teachings accessible and relevant to modern seekers.

The Complete Teachings of Modern Wicca for the Seeker

Tamara's new book, *The Complete Teachings of Modern Wicca for the Seeker*, is a comprehensive guide designed for those embarking on their journey into Wicca. This revised edition combines and updates two of her previously published works, offering a cohesive and accessible resource for novices and experienced practitioners alike.



While not an exhaustive guide, this book provides a healthy-sized starter guide for beginners. It covers essential topics such as the history of Wicca, the significance of the Wheel of the Year, ritual practices, and the ethical framework that underpins Wiccan spirituality. Tamara's clear and engaging writing style makes complex concepts easy to grasp, while her deep wisdom ensures that the content is both profound and practical.

Creativity and Artistry in Writing

Tamara's writing is not merely instructional; it is an art form that weaves together the rich tapestry of Wiccan tradition with her own unique voice and creative vision. Her prose is imbued with a poetic quality that brings the ancient wisdom of Wicca to life, making her

teachings not only informative but also deeply moving and inspiring.

Her ability to transform complex spiritual concepts into accessible and engaging narratives is a testament to her skill as a writer. She uses vivid imagery and evocative language to paint a picture of the Wiccan path, allowing readers to immerse themselves fully in the experience. This artistry extends to her descriptions of rituals and practices, which are presented not just as rote actions, but as living, breathing expressions of the Wiccan faith.

A Teacher and Guide

Throughout her career, Tamara has been dedicated to teaching and mentoring others. Her workshops, lectures, and writings have inspired countless individuals to explore their spiritual potential and connect with the divine. She emphasizes the importance of personal experience and intuition, encouraging her students to trust their inner guidance as they navigate their spiritual journeys.

Tamara's role as a teacher is not limited to imparting knowledge; she also serves as a guide and mentor, helping her students to overcome challenges and embrace their true selves. Her compassionate and supportive approach has earned her a loyal following and a reputation as a trusted and beloved teacher.

Embracing the Future of Wicca

As the world continues to evolve, so too does the practice of Wicca. Tamara is at the forefront of this evolution, embracing new ideas and technologies while remaining true to the core principles of her faith. She believes that Wicca has a vital role to play in the 21st century, offering a path of healing and transformation in a world that is often disconnected from nature and spirit.

In *The Complete Teachings of Modern Wicca for the Seeker*, Tamara addresses the challenges and opportunities of practicing Wicca in the modern world. She offers guidance on integrating Wiccan practices into daily life, building a spiritual community, and using technology to connect with others and share knowledge. Her vision for the future of Wicca is one of inclusivity, adaptability, and profound spiritual growth.

Tamara von Forslun's contribution to the world of Wicca and Witchcraft is immeasurable. Her latest book, *The Complete Teachings of Modern Wicca for the Seeker*, is a testament to her enduring commitment to sharing her wisdom and guiding others on their spiritual journeys. As the Featured Artist in this issue of *Metaphysical Times' Full Moon Magazine*, we celebrate Tamara's remarkable journey and her invaluable contributions to the metaphysical community.

For more information about Tamara von Forslun and her work, visit her official website:

www.tamaravonforsslun.com

Tamara's Summer Tour Schedule

The Buckland Museum

Tamara will be giving workshops this July at the renowned Buckland Museum.

Starwood Festival

(July 9-15)

Join Tamara for her special event with Oberon Zell.

Eugene Pagan Pride

(August 4)

HexFest in New Orleans

BLOODLUST
AT DAWN:
A VIKING SAGA
A HISTORICAL FICTION DEPICTING
THE RAID ON INDISFARNE,
JUNE 8TH, 793 AD

BY HANK DAVIS

The salty scent of the sea mingled with the smoke of crackling campfires as Erik Bloodfang moved among his fellow warriors, his steps purposeful and his gaze fierce. Around him, the village buzzed with anticipation, the air thick with the clinking of metal and the murmurs of whispered prayers to the gods of war.

Erik's long, braided hair swayed with each step, his wolf clan tattoos glistening in the firelight as he checked the straps of his reindeer-hide shield and the balance of his spear. Beside him, his comrades prepared for the raid with equal fervor, their faces illuminated by the dancing flames, their voices rising in boisterous laughter and eager boasts of valor.

As the night deepened, Erik sought solitude beneath the shadow of an ancient oak tree, its gnarled branches reaching toward the star-studded sky. He leaned against the rough bark, his mind consumed by thoughts of glory and the promise of battle. The fear of dying without honor gnawed at his heart, driving him to steel his resolve and prove himself worthy of Valhalla's halls.

In the distance, the sound of waves crashing against the shore echoed like a war drum, a reminder of the impending clash between steel and flesh. But amidst the tumult of war, Erik found a sense of belonging among his clan, a bond forged in blood and bound by the ancient code of the warrior.

As he closed his eyes and offered a silent prayer to the gods, Erik's hands tightened around the haft of his spear, his spirit aflame with the fire of destiny. For on the morrow, he would carve his name into the annals of history, his deeds immortalized in the songs of bards and the whispers of the wind.

With a steely determination burning in his eyes, Erik Bloodfang rose to his feet, ready to face whatever fate the gods had woven for him on the battlefield. For tonight, beneath the watchful gaze of Odin's ravens, a Viking warrior stood poised to seize his destiny and etch his mark upon the tapestry of time.

As the night wore on, the village shaman emerged from the shadows, his presence commanding respect as he approached each warrior in turn. In his gnarled hands, he held small leather pouches, their contents a potent concoction of mushrooms and berries known only to him.

Erik watched with a mixture of reverence and curiosity as the shaman offered him one of the pouches, his weathered face etched with the wisdom of ages past. With a solemn nod of thanks, Erik accepted the offering, feeling the weight of destiny in the palm of his hand.

"May the gods grant you strength and courage, young blood," the shaman intoned, his voice a low rumble that seemed to resonate with the very earth itself.

Erik met the shaman's gaze with a fierce determination, his eyes reflecting the fire of a warrior ready to face the fray. With a quick motion, he slipped the pouch into the folds of his tunic, the promise of its contents stirring the embers of anticipation within his soul.

As the war party gathered at the water's edge, the drakkar looming tall and proud against the backdrop of the moonlit sky, Erik felt a surge of adrenaline coursing through his veins. The time for talk had passed; now was the hour of action, the moment when destiny would be decided by the swing of a blade and the strength of a warrior's heart.

With practiced efficiency, the warriors loaded their vessel with the essentials for the raid, their movements swift and sure as they made ready to set sail upon the open sea. Food and water were scarce commodities, their scarcity sacrificed in favor of the treasures that awaited them on distant shores.

As Erik took his place among his comrades, his hands steady and his gaze fixed upon the horizon, he felt the weight of expectation pressing down upon his shoulders. But beneath the burden of duty, a spark of excitement burned bright, igniting the flames of passion that fueled his warrior's soul.

With a final glance toward the village shrouded in darkness, Erik steeled himself for the journey ahead, his heart ablaze with the promise of glory and the thrill of the hunt. For on this night, beneath the watchful eyes of gods and men, a Viking warrior stood poised to carve his name into the annals of history and claim his rightful place among the legends of old.

The rhythmic splash of paddles slicing through the water echoed in the predawn stillness as Erik and his fellow warriors propelled their drakkar toward their target. The faint glow of dawn began to suffuse the eastern horizon, casting long shadows across the placid waters.

As they drew closer, the outline of Lindisfarne Monastery emerged from the darkness, its spires reaching toward the heavens like silent sentinels. In the distance, the priests of the monastery went about their morning rituals, unaware of the impending storm about to descend upon their tranquil sanctuary.

With a silent signal from their leader, Erik and his comrades consumed the contents of their pouches, the potent mixture igniting the flames of bloodlust within their veins. A primal roar rose from their throats, a fierce battle cry that echoed across the sea, heralding their arrival on the shores of Lindisfarne.

As the first rays of dawn kissed the sky, Erik leapt from the prow of the drakkar, his axe held high and his heart pounding with anticipation. With a thunderous crash, he and his fellow warriors stormed onto the beach, their eyes ablaze with the thrill of the hunt and the promise of plunder.

The priests of Lindisfarne Monastery turned in horror as the Viking raiders descended upon them like wolves among sheep, their peaceful morning shattered by the chaos of battle. Erik's axe cleaved through the air with deadly precision, each swing fueled by the frenzied ecstasy of bloodlust.

The clash of steel and the cries of the wounded filled the air, a symphony of violence that echoed across the windswept sands. Erik fought with a ferocity born of desperation, his senses heightened and his body numb to pain as he carved a path of destruction through the monastery grounds.

Amidst the chaos, Erik caught sight of a glinting treasure hoard nestled within the heart of the monastery, its riches beckoning like a siren's call. With a fierce determination, he led his fellow warriors toward their prize, their eyes alight with the promise of glory and the spoils of war.

As the sun broke free from the horizon, casting its golden light upon the blood-soaked sands, Erik and his comrades stood triumphant amid the smoldering ruins of Lindisfarne Monastery. The raid was a success, their names destined to be whispered in awe by generations yet unborn.

As the sun rose higher in the sky, casting its golden light upon the blood-soaked sands of Lindisfarne, Erik stood amidst the ruins of the monastery, his chest heaving with the exertion of battle. Around him, his fellow warriors celebrated their victory with raucous cheers and boasts of valor, their faces flushed with the thrill of conquest.

But as Erik surveyed the aftermath of the raid, his thoughts turned inward, his mind consumed by a singular question: had their deeds been worthy of the gods' favor? Would their actions on this day be enough to earn them a place among the honored dead in Valhalla's halls?

With a furrowed brow and a heart heavy with uncertainty, Erik sought solace in the familiar weight of his axe, its blade still slick with the blood of their enemies. He had fought with all the ferocity and skill he possessed, yet a nagging doubt lingered in the recesses of his mind.

“Will this be enough?” he wondered aloud, his voice barely audible above the din of celebration. “Will Odin welcome us into his hall, or must we prove ourselves yet again in battle?”

Beside him, his comrades exchanged knowing glances, their own thoughts mirroring his own. For as Viking warriors, their lives were bound by the code of the warrior, their fates entwined with the whims of fate and the judgment of the gods.

But even as doubt gnawed at his soul, Erik’s spirit burned bright with the fires of determination. He longed for a challenge worthy of his skills, a battle that would push him to the limits of his strength and courage. For it was in the heat of combat that he felt most alive, his senses sharp and his spirit aflame with the thrill of the hunt.

As he gazed out across the sea, Erik’s eyes gleamed with a fierce resolve, his heart filled with the promise of future conquests yet to come. For on this day, beneath the banner of bloodlust and the call of battle, a Viking warrior stood poised to carve his name into the annals of history, his destiny bound by the ancient laws of honor and valor.

With a silent prayer to the gods of war, Erik turned his gaze toward the horizon, his mind ablaze with visions of glory and the promise of battles yet unwon. For as long as there were foes to vanquish and challenges to overcome, he would continue to fight, his spirit unyielding and his resolve unbroken.

As the war-weary warriors returned to their village, their drakkar laden with plunder and their spirits buoyed by victory, a sense of jubilation swept through the streets like wildfire. Villagers emerged from their homes to greet the returning heroes, their faces alight with pride and admiration for their fearless warriors.

Erik Bloodfang walked at the forefront of the procession, his chest puffed out with pride and his head held high, the spoils of battle glinting in the sunlight at his side. Around him, the air buzzed with excitement, the sounds of cheering and laughter mingling with the aroma of roasting meat and freshly brewed mead.

As they reached the heart of the village, the warriors were greeted with open arms and warm embraces, their feats of valor celebrated with songs of praise and tales of bravery. Mead flowed freely, its golden liquid quenching the thirst of the victorious and fueling the fires of revelry that burned long into the night.

Amidst the feasting and merriment, Erik found himself surrounded by friends and kin, their faces familiar and their voices filled with admiration for his deeds. He shared in their laughter and their stories, his heart swelling with a sense of belonging that he had not known since the day he first set foot upon the path of the warrior.

As the hours passed and the stars wheeled overhead, Erik raised his horn of mead in a toast to his comrades, his voice ringing out clear and strong above the din of the celebration. “To victory and glory!” he cried, the words echoing like a thunderclap in the night.

The villagers cheered in response, their voices raised in a chorus of triumph that echoed across the land. For on this night, beneath the watchful gaze of the gods, a Viking village rejoiced in the spoils of conquest and the promise of future triumphs yet to come.

And as the fires burned low and the revelers drifted off to sleep, Erik Bloodfang sat by the hearth, his mind filled with visions of battles yet unwon and treasures yet undiscovered. For in the heart of every warrior beat the relentless drum of destiny, driving them ever onward in the pursuit of glory and the spoils of war.

WHAT IF: WE FULLY EMBRACED TRANSFORMATION?

BY CHRISTY MANIN

In my world, the concept of transformation often evokes images of dramatic changes and profound shifts. But what if we took a step further and fully embraced transformation, not just as a momentary change but as a continuous journey?

What if... We Let Go of Resistance?

Imagine the possibilities if we stopped resisting change and instead welcomed it with open arms. Resistance stems from fear—the fear of the unknown, the fear of losing control, and the fear of failure. But what if we reframe these fears as opportunities for growth? By letting go of resistance, we allow ourselves to flow with the natural currents of life, finding ease and grace even in the face of upheaval.

What if... We Saw Every Challenge as a Gift?

Every challenge holds a hidden gift—a lesson, a new perspective, a chance to strengthen our resilience. What if we viewed every obstacle not as a setback, but as a stepping stone towards greater wisdom and capability? This shift in perspective can transform how we navigate difficulties, turning moments of despair into opportunities for empowerment.

What if... We Fully Committed to Our Dreams?

Transformation often requires us to commit wholeheartedly to our dreams and aspirations. What if we stopped playing small and allowed ourselves to

dream big, taking bold steps towards our goals without hesitation? By fully committing to our dreams, we align our actions with our true purpose, creating a life that is not only successful but also deeply fulfilling.

What if... We Trusted the Process?

Trusting the process means having faith that everything unfolds as it should, even when the path is unclear. What if we let go of the need to control every outcome and instead trusted in the wisdom of the universe? By embracing uncertainty and surrendering to the flow, we open ourselves to unexpected blessings and synchronicities that guide us towards our highest good.

What if... We Embraced Change as a Catalyst for Growth?

Change is inevitable, but growth is a choice. What if we viewed every change as a catalyst for personal and spiritual growth? Embracing change with this mindset empowers us to continuously evolve, becoming the best versions of ourselves. It's about seeing every ending as a new beginning, every loss as a gain, and every transformation as a vital part of our journey.

In my world, fully embracing transformation means living with an open heart and mind, ready to adapt and grow with each twist and turn. It's about trusting that every experience, whether joyous or challenging, is a step towards our ultimate

evolution. So, what if we embraced transformation not with fear, but with excitement and curiosity? The possibilities are endless.

May this "What If" exploration inspire you to welcome transformation in all its forms, opening doors to a life of greater fulfillment and growth.



METAPHYSICAL TIMES FULL MOON INTUITIVE READING JUNE 2024

BY CHRISTY MANN AKA THE TWISTED WITCH

Transformation and Realignment

In my world, the energies of June are swirling like a cauldron of potential, brimming with opportunities and challenges alike. As we move through this month, the influence of the Full Moon will illuminate paths that were previously hidden, shedding light on areas of our lives that demand attention and transformation.

1. Emotional Cleansing

This Full Moon calls for a deep emotional cleanse. It's a time to release the pent-up feelings and unresolved issues that have been lingering in the shadows. Allow yourself to feel these emotions fully, without judgment. Journal, meditate, or engage in rituals that facilitate emotional purging. This is not a time to shy away from the intensity but to embrace it as a necessary step towards healing and renewal.

2. Reassessment of Goals

June's energy invites us to take a step back and reassess our goals. Are they aligned with our true desires and values, or have we been chasing dreams that no longer resonate? The clarity brought by the Full Moon will help you to realign your intentions. Consider making a vision board or writing down your aspirations anew, focusing on what truly matters to you at this stage of your journey.

3. Relationships Under the Microscope

Relationships will be a significant focus this month. The Full Moon's light will reveal the true nature of our connections. It's a time to evaluate the balance of give and take in your relationships. Are there patterns of codependency or neglect that need to be addressed? Open, honest communication is crucial now. Use this time to strengthen the bonds that uplift you and to release those that drain your energy.

4. Embracing Change

Change is a constant theme in June. Whether it's in your career, personal life, or spiritual path, expect shifts that may initially feel uncomfortable but are ultimately beneficial. The Full Moon encourages adaptability and open-mindedness. Trust in the process and remain flexible. What seems like a disruption now may very well be a blessing in disguise.

5. Spiritual Growth and Intuition

This is a powerful month for spiritual growth. The veil between the physical and metaphysical is thinner, making it an excellent time for deep meditation, divination, and connecting with your higher self. Pay attention to your dreams and intuitive nudges; they hold valuable insights. Consider setting aside time for spiritual practices that ground and center you, helping to harness the heightened energies of this period.

Affirmation for June:

"I embrace the transformative energies of this Full Moon, releasing what no longer serves me, and welcoming growth, clarity, and healing into my life."

May this reading guide you through the twists and turns of June with clarity and confidence. Embrace the changes and trust in your inner wisdom.

The Starwood Festival

Where the Mundane Transforms into the Extraordinary

July 9th-15th 2024

The magic of Starwood manifests at:
Wisteria Campground and Event Site
39825 OH-684 Pomeroy, OH 45769

StarwoodFestival.com

RosenComet Project



FULL STRAWBERRY MOON RITUAL

JUNE 2024 RITUAL

BY HANK DAVIS

HISTORY OF THE STRAWBERRY MOON

The Strawberry Moon is the name given to the full moon occurring in June, derived from the Algonquin tribes of North America. This name reflects the time of year when wild strawberries ripen and are ready to be harvested. This lunar event marks a period of abundance and the start of summer, symbolizing growth, prosperity, and the natural cycle of life. The Strawberry Moon is a time to celebrate the bounty of nature and the fruitful efforts of the growing season. It invites people to connect with the earth, appreciate its gifts, and reflect on the flourishing energy of this time of year.

In addition to being called the Strawberry Moon, this June full moon is known by several other names across different cultures. In Europe, it is often referred to as the Honey Moon, reflecting the tradition of June weddings and the sweet, “honeymoon” period that follows. This name also ties into the old practice of making mead, a honey-based alcoholic drink, during this time. Another European name is the Rose Moon, which signifies the blooming of roses in June. The term Hot Moon is used to denote the onset of the summer heat. Each of these names emphasizes a unique aspect of the June full moon, highlighting cultural practices, seasonal changes, and the natural beauty of this time.

WHY PERFORM THE RITUAL

The Strawberry Moon ritual is a time-honored practice designed to harness the energy of this auspicious full moon, focusing on letting go of the past and setting new intentions for the upcoming summer season. The ritual serves as a symbolic cleansing, providing an opportunity to release negative emotions, habits, or situations that no longer serve one's growth. This act of letting go can be powerfully symbolized by writing these burdens on a piece of paper and then burning it in a metal bowl, watching the smoke carry away the old energies. Simultaneously, the ritual is a time to set new intentions, planting seeds for personal growth, creativity, and prosperity. Participants often write down their goals and aspirations for the summer, imbuing these intentions with the moon's potent energy to help manifest them in the coming months. Additionally, the ritual may involve practices such as meditating under the moonlight, using rose petals and water for a cleansing bath, or holding a piece of rose quartz to amplify feelings of love and gratitude. These activities collectively create a sacred space for reflection, renewal, and the embrace of new possibilities.

PREPARING FOR THE RITUAL

The Strawberry Moon ritual is designed to harness the energy of abundance and renewal, offering a time to release the old and set new intentions for the summer. Here is a detailed guide to performing a Strawberry Moon ritual:

Materials Needed:

- Fresh Strawberries or Strawberry-Based Treats: To honor the moon's name and essence.
- Candles: White or pink, symbolizing purity and love.
- Crystals: Such as rose quartz (love), citrine (manifestation), or moonstone (intuition).
- Paper and Pen: For writing what you wish to release and your new intentions.
- A Metal Bowl: For burning the paper symbolizing letting go.
- A Bowl of Water: Symbolizing cleansing and renewal.
- Rose Petals: To enhance the connection with nature and beauty.
- Incense or Sage: For cleansing the space.
- A Comfortable Blanket or Cushion: (Optional) For sitting comfortably during the ritual.
- An Outdoor Space or a Window with a View of the Moon: To connect directly with the lunar energy.

THE RITUAL

Cleansing the Space:

Light incense or sage and walk around the space to cleanse it of negative energies.

Arrange your materials in a comfortable area, either outdoors or by a window with a view of the moon.

Opening the Circle:

Stand in the center of your space and take a few deep breaths.

Face each cardinal direction (North, East, South, West) and call upon the elements:

East (Air): "I call upon the element of Air, bring clarity and insight."

South (Fire): "I call upon the element of Fire, bring passion and transformation."

West (Water): "I call upon the element of Water, bring healing and renewal."

North (Earth): "I call upon the element of Earth, bring stability and grounding."

Visualize a protective circle forming around you as you summon each element.

Setting the Scene:

Place the bowl of water in the center of your space and surround it with rose petals.

Light the white or pink candle and place it near the bowl of water.

Grounding Yourself:

Sit comfortably on a blanket or cushion.

Take a few deep breaths, close your eyes, and meditate for a few minutes to center yourself and open your mind to the ritual.

Releasing the Old:

Take the paper and pen, and write down anything you wish to let go of—negative emotions, habits, or situations.

Fold the paper and, with intention, burn it in the metal bowl, watching the smoke carry away the old energies.

Setting New Intentions:

On a new piece of paper, write down your goals and aspirations for the summer.

Hold the paper close to your heart, infusing it with positive energy and intention.

Reflection and Contemplation:

Spend a few moments in quiet reflection, contemplating your new intentions and visualizing them manifesting over the summer.

Closing the Circle:

Stand and face each cardinal direction to thank the elements:

North (Earth): "Thank you, Earth, for your grounding and support."

West (Water): "Thank you, Water, for your healing and renewal."

South (Fire): "Thank you, Fire, for your passion and transformation."

East (Air): "Thank you, Air, for your clarity and insight."

Visualize the protective circle dissolving, releasing the energies back to the earth.

AFTER THE RITUAL

Cleansing Yourself:

Use the bowl of water with rose petals to wash your hands or face, symbolizing cleansing and renewal.

As you do this, focus on the freshness and new beginnings you are welcoming into your life.

Contemplation and Gratitude:

Sit quietly and reflect on the ritual, expressing gratitude for the energy and insights received.

Keep your written intentions in a safe place, revisiting them periodically throughout the summer to stay aligned with your goals.

This ritual harnesses the potent energy of the Strawberry Moon, allowing you to let go of the past and embrace new opportunities with a clear and focused mind.



KITCHEN WITCH'S CAULDRON LAVENDER CHEESECAKE

Ingredients

1½ cup Total graham cracker and or gingersnap crumbs
½ cup Melted butter
24 ounces Cream cheese; softened
1½ cup Sugar
6 Eggs
2 cups Sour cream
2 tablespoons Cornstarch
8 ounces Sour cream
1½ tablespoon Sugar
¼ cup Sugar
½ cup Chopped walnuts
1 tablespoon Lemon juice
1 tablespoon Crushed dried lavender flowers
1½ teaspoon Vanilla extract
1 teaspoon Whole dried lavender flowers
¼ teaspoon Vanilla extract



Instructions

Preheat oven to 350 F.

Combine crust ingredients and press firmly into the bottom and up 2" of the sides of a 9" spring form pan; chill.

With mixer on high speed, beat cream cheese and sugar until smooth.

With mixer on low, add eggs, sour cream, cornstarch, lemon juice, lavender flowers and vanilla.

Blend all ingredients on medium speed for 3 minutes.

Pour mixture into the chilled crust and bake for 1 hour.

Turn off the oven and leave the cake in for 30 minutes longer.

Remove and let cool in pan. Chill.

Mix sour cream with the remaining three ingredients and spread over the top of the cheesecake.

Cover and refrigerate.

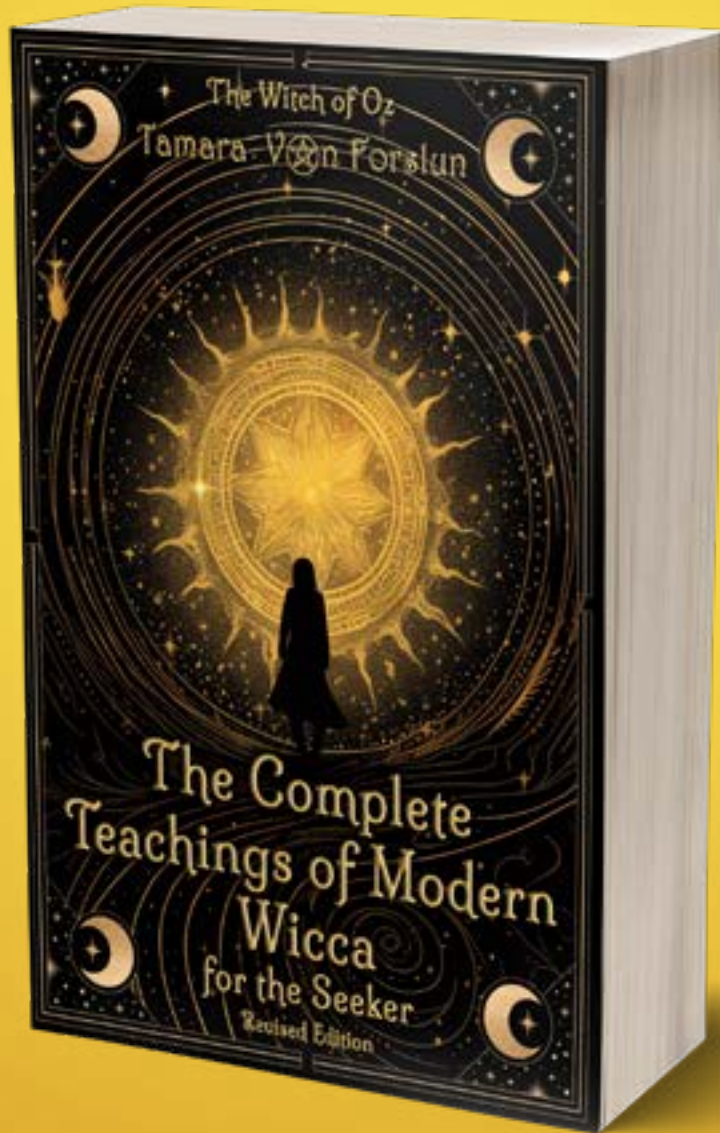
To serve, remove the rim of the pan, loosen the cheesecake from the bottom, and slide it onto a plate.



from: From Tom Bergey of Newalla, OK in Kitchen Table: Where Herbs and Spices Make a Difference column in the August/September 1994 Herb Companion. Vol. 6, No. 6. Pg. 22.

SAME GREAT WISDOM, ALL NEW LOOK
FROM THE WITCH OF OZ, TAMARA VON FORSLUN

The Complete Teachings of Modern Wicca for the Seeker



AVAILABLE NOW

BROUGHT TO YOU BY TWISTED SOULS PRESS

www.twistedsoulspress.com

Cover design by Sabrina RG Raven www.sabrinargraven.com

CLASSIFIEDS

INTUITIVE
TAROT
READINGS

with Elyse Welles
of the Magick Kitchen Podcast

FEATURING THE WILDWOOD TAROT

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


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

 @seekingnumina

PSYCARDS

The Psycards Set

Deck of Psycards & Instruction Book



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

"Set Your Psyche Free"



Psycards: An Oracle of Archetypes

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

RAVENS CRAFT
CUSTOM
TEA AND MAGIC



www.RavenscraftTea.com

Publisher
Bookstore
and
More!

TWISTED SOULS PRESS



www.twistedsoulspress.com

BUY SWAG SUPPORT THE MAG



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



DO YOU LIKE FULL MOON MAGAZINE?

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



WWW.METAPHYSICAL-TIMES.COM