

Metaphysical Times

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FULL MOON

ISSUE 28 AUGUST 2024

MAGAZINE

The Transference
of Wisdom Across
Generations

What If: Mental
Health Issues
as Spiritual
Connections?

Understanding Reiki
Healing: Harnessing
Energy for Wellness

The Birth of the
Berlin Wall

THE POWER OF LETTING GO
Navigating Bipolar Disorder
Through Witchcraft

FULL MOON MAGAZINE

Want to write for Metaphysical Times Full Moon Magazine?

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

What We Want for the Full Moon

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

What We Don't Want

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

Please read and follow the submission guidelines

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

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

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FROM THE TEAM:

Greetings, Metaphysical Times Readers!

As the summer winds down and we prepare for the vibrant energies of autumn, we find ourselves reflecting on the journeys and transformations that this year has brought us. Each issue of the Metaphysical Times aims to explore the depths of human experience, spirituality, and the unseen realms that influence our daily lives. We are grateful for your continued support and engagement with our content, and we are excited to share what's on the horizon.

Celebrating Our Contributors

This month, we are particularly thrilled to feature the work of Richard Hanus, a talented artist whose unique perspective and self-taught journey have brought fresh inspiration to our pages. Richard's art, grounded in both experimentation and emotional depth, invites us all to view the world through a different lens. His story reminds us of the beauty in embracing our authentic selves and the power of creativity in navigating life's challenges.

Exploring the "What If" of Mental Health

Our "What If" series continues to push

boundaries and challenge conventional thinking. In this issue, we delve into the provocative idea that mental health issues might be spiritual connections misunderstood by modern science. Inspired by the narrative of *Terrible Friend*, a book by our very own Christy Mann, we explore the intersection of mental health and spirituality. Albert's journey in the book serves as a case study, encouraging us to consider the profound implications of viewing mental health through a spiritual lens.

A Holistic Approach

At the Metaphysical Times, we believe in the importance of a holistic approach to well-being. Whether it's through integrating spiritual practices into mental health care, fostering supportive communities, or promoting educational initiatives, our goal is to provide you with insights and resources that honor both the mind and spirit. We are committed to exploring these themes in depth and bringing you diverse perspectives that enrich your understanding and growth.

Looking Ahead

As we move forward, we have a host of

exciting features, interviews, and articles lined up for you. From exploring ancient wisdom and modern-day spiritual practices to highlighting the work of emerging artists and thinkers, we strive to keep you informed and inspired. Your feedback and contributions are invaluable to us, and we encourage you to share your thoughts, ideas, and experiences with our team.

Stay Connected

We invite you to stay connected with us through our website and social media channels. Join the conversation, share your stories, and connect with like-minded individuals who are on their own spiritual journeys. Together, we can create a vibrant, supportive community that fosters growth, understanding, and transformation.

Thank you for being a part of the Metaphysical Times family. We look forward to continuing this journey with you, exploring the mysteries of life, and uncovering the truths that lie beyond the surface.

With warmth and light,

The Full Moon Magazine Team

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THE TRANSFERENCE OF WISDOM ACROSS GENERATIONS

BY CHRISTY MANN

In a recent discussion, I reflected on the fear many of us have about our knowledge and experiences being forgotten after we are gone. While this fear is understandable, I believe it is ultimately unfounded. Wisdom is not solely a treasure to be bestowed upon others; it is something each person can acquire through their own experiences and unique journey through life.

The idea that our personal insights might vanish with us can be daunting. Yet, every generation has faced this, and every generation has found its way, just as ours has. The lessons I've imparted to my children will live on when they, in turn, teach their own. These teachings may evolve, reflecting their individuality, but the essence remains. Life is about living through experiences, and wisdom is how we've navigated these experiences in ways that worked for us in our time. It serves as guidance that may be accepted or

ignored, applicable in some contexts but not others, resonating with some people but not all.

It's our ego that compels us to believe our way is the only way, the definitive solution for everyone. This is a misconception. Our methods are simply one way among many. When we present them as such, the fear of their "loss" dissipates. Recognizing that someone, somewhere, at some time, will benefit from our wisdom replaces fear with a sense of joy and fulfillment.

I believe this understanding is what makes someone an Elder. Elders have learned to see their wisdom as a part of a larger tapestry, contributing to the collective human experience without the need for recognition or validation. While I am still striving to reach this level of understanding, I am working towards it every day. I am not an Elder yet, but I offer this perspective for whatever it may be worth.

Reflecting on this, I recall a specific lesson I taught my children about the importance of kindness. Over the years, I've seen them interpret and apply this lesson in their own unique ways. Watching them pass on this value, slightly altered yet fundamentally the same, to their children is a testament to the enduring nature of wisdom.

Wisdom is often seen as a static body of knowledge passed from one person to another, but in reality, it is dynamic and ever-evolving. Each generation takes the wisdom of the previous one and adapts it to their own context and circumstances. This adaptation is crucial for the continued relevance and application of wisdom. The core principles may remain the same, but their manifestations can change significantly over time.

Consider the wisdom of patience. In our grandparents' time, patience might have been exemplified through the



slow and steady work on a farm or in a factory. Today, patience might manifest in the ability to wait for a long-term project to bear fruit or to remain calm in the face of constant digital distractions. The essence of patience remains, but its applications have shifted with the times.

The transfer of wisdom is also deeply personal. Each individual's unique experiences color the wisdom they pass on, making it richer and more nuanced. This personalization ensures that wisdom is not just a set of rigid rules but a living, breathing guide that can adapt to different situations and challenges. It's in the sharing of these personal stories and lessons that wisdom truly comes to life.

Take, for instance, the value of resilience. My own journey with resilience has been shaped by personal struggles and triumphs. When I share my stories of overcoming adversity, they resonate with others in ways that abstract advice never could. These stories provide context and inspiration, showing how resilience can be applied in real-life scenarios.

We all have wisdom to share, drawn from our personal experiences and perspectives. I invite you to consider the wisdom you've gained and how it might continue to ripple through future generations. Share your thoughts in the comments below. What piece of wisdom have you received or passed on? How do you see it evolving in those who follow?

Furthermore, the act of sharing wisdom itself is transformative. It requires introspection and a willingness to be vulnerable. When we share our lessons learned, we open ourselves up to others, fostering deeper connections and mutual understanding. This sharing is not just for the benefit of the recipient but also for the giver. It reinforces our own understanding and appreciation of the wisdom we hold.

The concept of legacy is often tied to tangible achievements or material wealth, but the true legacy we leave behind is the impact we have on others. The wisdom we impart, the values we instill, and the lessons we share form the foundation of this legacy.



It's a legacy that can't be measured in conventional terms but is profoundly felt in the lives we touch.

Together, we create a legacy of knowledge and experience that transcends time, enriching the lives of those who come after us. This legacy is not confined to our family or immediate circle but extends to the broader community and beyond. As our wisdom spreads, it contributes to the collective growth and evolution of humanity.

In conclusion, while the fear of our

knowledge being forgotten is natural, it is also unfounded. Wisdom is a living entity that continues to grow and evolve through the generations. By sharing our experiences and lessons, we ensure that our wisdom lives on, adapted and applied in new and meaningful ways. Let us embrace the opportunity to contribute to this ever-growing tapestry of human knowledge, knowing that our wisdom will continue to shine through the lives of those who follow us.

THE BIRTH OF THE BERLIN WALL

BY HANK DAVIS

On August 13, 1961, the city of Berlin woke up to a new reality that would shape the course of history for the next 28 years. In the dead of night, under the cover of darkness, the East German government had begun the construction of what would become one of the most potent symbols of the Cold War—the Berlin Wall. This barrier, initially made of barbed wire, was erected to stem the tide of emigration from East to West Germany, a human exodus that threatened the stability and existence of the socialist state.

The Context: A City Divided

Berlin, once the proud capital of a unified Germany, found itself at the epicenter of geopolitical tensions after World War II. The city was divided into four sectors, each controlled by one of the victorious Allied powers: the United States, the United Kingdom, France, and the Soviet Union. This arrangement mirrored the division of Germany itself.

As ideological differences between the Western Allies and the Soviet Union deepened, Berlin became a microcosm of the Cold War, a frontline city where the struggle between democracy and communism played out in stark relief.

By the late 1950s, the economic and social disparities between East and West Berlin were glaring. West Berlin, under the influence of the Western Allies, was a vibrant, prosperous enclave of capitalism, while East Berlin, controlled by the German Democratic Republic (GDR), lagged behind in economic development. The GDR's restrictive policies, lack of political freedoms, and economic hardships drove many East Germans to seek a better life in the West. By 1961, an estimated 2.7 million East Germans had fled to the West, a trend that was both embarrassing and destabilizing for the GDR.

The Night of Division

In response to this crisis, Walter Ulbricht, the head of the East German state, sought and received the approval of Soviet Premier Nikita Khrushchev to close the border. At midnight on August 13, 1961, East German troops and workers began the operation. Barbed wire and fences sprang up across Berlin, dividing neighborhoods, streets, and families. The residents of Berlin, who had gone to sleep in a divided city, awoke to find that the division had become physical and much more forbidding.

The initial barrier was rudimentary, but over time, it evolved into a complex and formidable structure. The barbed wire was soon replaced with concrete walls up to 12 feet high, topped with smooth pipe to make climbing nearly impossible. The Wall was reinforced with guard towers, bunkers, and a wide “death strip” filled with sand to expose



footprints, patrolled by armed guards with orders to shoot to kill.

Life in the Shadow of the Wall

The impact of the Berlin Wall on the daily lives of Berliners was immediate and profound. Families were separated, sometimes for decades, as the Wall cut through the heart of the city. Friends and relatives found themselves on opposite sides, unable to visit or communicate freely. The Wall not only divided Berlin physically but also psychologically, symbolizing the broader East-West divide.

For those in East Berlin, the Wall represented the iron grip of the GDR regime. Escape attempts were perilous, and many paid with their lives. Over the years, an estimated 140 to 245 people were killed trying to cross the Wall, though the exact number remains disputed. Despite the danger, the desire for freedom spurred numerous daring escapes, with some individuals using tunnels, hot air balloons, and even zip lines to reach the West.

In West Berlin, the Wall was a constant reminder of the fragility of freedom. It became a canvas for protest and art, with graffiti and murals covering its western face. The Wall's presence underscored the city's unique status as an island of democracy surrounded by communist East Germany, a frontline outpost in the Cold War.

The Wall Comes Down

The Berlin Wall stood as a grim

symbol of division for nearly three decades. However, the winds of change began to blow in the 1980s. The Soviet Union, under the leadership of Mikhail Gorbachev, embraced policies of glasnost (openness) and perestroika (restructuring), leading to a thaw in East-West relations. Eastern European countries, inspired by these reforms, started to challenge their own authoritarian regimes.

In East Germany, widespread protests and a burgeoning reform movement put pressure on the government. On November 9, 1989, amid mounting internal and external pressure, the GDR announced that East Germans could freely travel to the West. That evening, thousands of Berliners gathered at the Wall, and in an astonishing and spontaneous act of defiance, they began to tear it down. The Wall, which had long been a symbol of oppression, was dismantled by the very people it sought to contain.

Legacy of the Berlin Wall

The fall of the Berlin Wall marked the beginning of the end for the Cold War. It was a triumph of human spirit and a testament to the desire for freedom and unity. The reunification of Germany, formally completed on October 3, 1990, was a direct result of the Wall's collapse, heralding a new era for Europe and the world.

Today, fragments of the Berlin Wall stand as reminders of a divided past

and symbols of hope for a united future. Museums, memorials, and educational programs ensure that the lessons of this period are not forgotten. The story of the Berlin Wall serves as a powerful reminder of the resilience of the human spirit and the enduring quest for freedom and unity.

On August 13, 1961, the Berlin Wall came into existence, casting a long shadow over Berlin and the world. Yet, it is also a story of hope and redemption, demonstrating that even in the darkest of times, the desire for freedom can overcome the strongest of barriers.

Here are four reference links that provide further information on the Berlin Wall and its history:

1. History.com - *Berlin Wall*

www.history.com/topics/cold-war/berlin-wall

2. BBC - *The Berlin Wall: 13 August 1961*

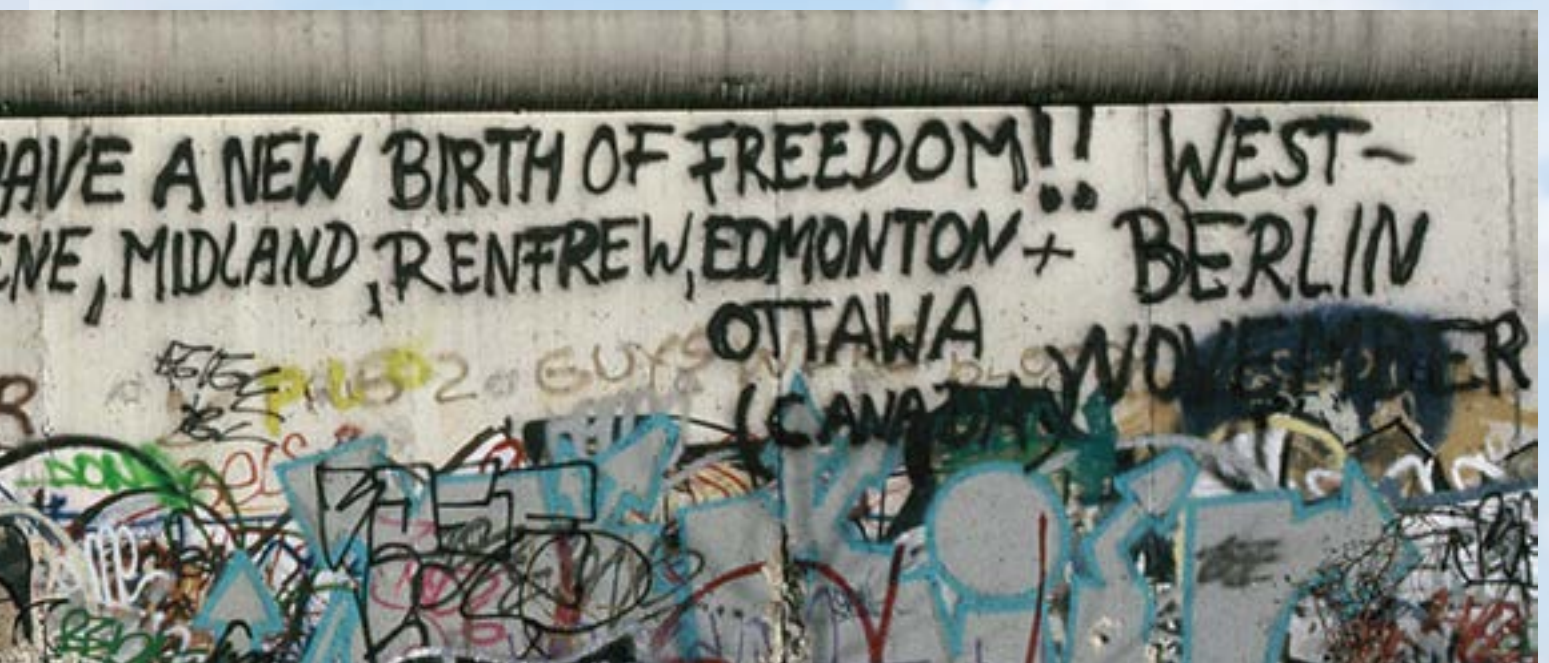
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3. DW - *The Berlin Wall: A Dividing Line*

www.dw.com/en/the-berlin-wall-a-dividing-line/a-19409938

4. Smithsonian Magazine - *The Rise and Fall of the Berlin Wall*

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UNDERSTANDING REIKI HEALING: HARNESSING ENERGY FOR WELLNESS

BY HENRY DALTON

In today's world of holistic healing practices, Reiki stands out as a gentle yet powerful technique that taps into the body's natural ability to heal itself. Originating from Japan, Reiki has gained popularity globally for its therapeutic benefits and its unique approach to energy healing.

What is Reiki Healing?

At its core, Reiki is based on the principle that energy flows through all living things. This energy, often referred to as "life force energy" or "ki" in Japanese (similar to "chi" in Chinese traditions), is believed to nourish and sustain life. When this energy is low or blocked, it can lead to physical, emotional, or spiritual imbalances, manifesting as stress, pain, or illness.

Reiki practitioners channel this energy through their hands, acting as conduits to facilitate healing in the recipient. The technique involves placing hands lightly on or just above the body, allowing

the energy to flow where it is most needed. It is a non-invasive practice that can complement traditional medical treatments and therapies.

How Does Reiki Work?

The mechanism behind Reiki is rooted in the idea that the practitioner acts as a vessel for universal energy. By laying their hands on specific areas of the body, they aim to clear blockages and promote the smooth flow of energy throughout the body's energy centers, known as chakras in Eastern traditions. Each chakra corresponds to different aspects of physical,

emotional, and spiritual well-being. During a Reiki session, recipients often experience sensations of warmth, tingling, or deep relaxation. These sensations are indicative of energy moving and rebalancing within the body. Reiki is not affiliated with any religious belief system and can be practiced by people of all backgrounds and faiths.

The Benefits of Reiki Healing

The benefits of Reiki are multifaceted and can extend beyond physical healing:



Stress Reduction:

Reiki promotes relaxation and helps to reduce stress levels, which can contribute to overall well-being.

Pain Management:

Many individuals report relief from chronic pain conditions through regular Reiki sessions.

Emotional Healing:

Reiki can aid in emotional release and healing, fostering a sense of peace and emotional clarity.

Enhanced Spiritual Connection:

For some, Reiki deepens their spiritual awareness and connection to their inner selves.

The Role of Intention and Mindfulness

Central to Reiki practice is the intention of the practitioner. Intention directs the flow of energy and can influence the healing process. Practitioners often cultivate mindfulness and presence during sessions, creating a safe and nurturing environment for healing to occur.

Incorporating Reiki into Your Wellness Routine

Reiki sessions can vary in length from 30 minutes to an hour or more, depending on individual needs and preferences. Many practitioners recommend regular sessions to maintain balance and support ongoing health goals. Some individuals also learn Reiki to practice self-care techniques at home, enhancing their daily wellness routines.

In conclusion, Reiki healing offers a gentle yet profound approach to

holistic wellness. By harnessing universal life force energy, practitioners support the body's innate ability to heal itself on physical, emotional, and spiritual levels. Whether used as a standalone therapy or in conjunction with other treatments, Reiki continues to

inspire and empower individuals on their journey to optimal health and well-being.

In exploring Reiki, one discovers not only a healing modality but also a pathway to deeper self-awareness and connection to the universal energy that surrounds us all.



MODERN WITCH'S GUIDE TO GROUNDING RITUALS FOR MENTAL WELLNESS

BY THE TWISTED WITCH

In the whirlwind of daily life, it's easy to feel overwhelmed, anxious, or disconnected. As witches, we have a unique toolkit to help us navigate these challenges. This month, we delve into grounding rituals—practices that can anchor us in the present moment, soothe our minds, and reconnect us with the earth. These rituals are not just about finding calm; they are powerful acts of self-care and magic.

The Importance of Grounding

Grounding, also known as earthing, is the practice of connecting with the earth's energy to stabilize and center ourselves. It is particularly beneficial for those struggling with mental health symptoms, as it can help alleviate anxiety, depression, and stress. By grounding, we can dispel negative energy, regain focus, and enhance our overall well-being.

Simple Grounding Techniques

Barefoot Walks

One of the simplest ways to ground yourself is to walk barefoot on natural surfaces like grass, sand, or soil. This direct contact with the earth allows you to absorb its stabilizing energy.

Tree Hugging

Find a tree that resonates with



you and spend a few moments hugging it. Visualize the tree's roots extending deep into the earth, and imagine yourself drawing up that grounded, nurturing energy.

Breathwork

Practice deep breathing exercises while visualizing roots growing from your feet into the earth. Inhale deeply, drawing in earth energy, and exhale, releasing any tension or negative thoughts.

Rituals to Incorporate

Grounding Meditation

Sit comfortably on the ground, close your eyes, and take several deep breaths. Visualize a white light entering the top of your head, traveling down your spine, and exiting through your feet into the earth. Spend a few minutes feeling this connection.

Salt Bath Ritual

Salt is a natural purifier and grounding agent. Draw a warm bath, add a handful of sea salt, and soak while visualizing the water washing away negativity and stress, leaving you feeling centered and calm.

Crystal Work

Use grounding crystals like hematite, black tourmaline, or smoky quartz. Hold the crystal in your hand, close your eyes, and focus on its energy. Carry it with you throughout the day to maintain your grounded state.

Nature Altar

Create a small altar with items that symbolize the earth, such as stones, leaves, and soil. Spend a few minutes each day tending to your altar, arranging the items mindfully, and connecting with their energy.

Personalized Grounding Ritual

Finding Your Anchor Object

Choose an object that makes you feel safe and connected. It could be a piece of jewelry, a small stone, or even a favorite piece of clothing. Infuse it with your intent during a simple ritual, and carry or wear it when you need extra grounding.

Grounding rituals are a cornerstone of both witchcraft and mental wellness practices. By incorporating these rituals into your daily life, you can create a sanctuary of calm and stability amidst the chaos. Remember, grounding is not just about connecting with the earth—it's about connecting with yourself and finding peace in the present moment.

Embrace these practices, and may they bring you the balance and serenity you seek.

Blessed be, The Twisted Witch



FEATURED ARTIST RICHARD HANUS

In this month's issue, we are thrilled to feature the captivating work of Richard Hanus, an artist whose journey and creations embody a unique blend of innovation and emotional depth.

A Self-Taught Visionary

Richard Hanus embarked on his artistic journey as a self-taught creator, beginning with his first formal art class in 1998. Despite being mostly self-taught, Richard's work demonstrates a profound mastery of various media, including oil paintings, chemical blends, and watercolor. His approach to art is characterized by an openness to experimentation and a preference for accidental creation over deliberate design. This unique method often involves using dice to select colors and their sequences, allowing chance to play a significant role in his artistic process.

Inspirations and Influences

While Richard admires artists like Salvador Dalí, Vincent van Gogh, Edward Hopper, Ivan Albright, and George Grosz, he consciously avoids letting their styles influence his work directly. Instead, his creations reflect a blend of abstract and representational elements, showcasing his willingness to innovate and embrace failure as part of the creative process.

Personal Touches

Richard's personal life has also deeply influenced his work. In his brief bio, he poignantly notes, "Had 4 kids now have 3. Zen and Love," a testament to his personal experiences and emotional resilience. His message, "Stay safe," resonates with his approach to life and art—grounded in a deep sense of empathy and care for others.

Artistic Philosophy

Richard's philosophy towards art is one of continuous experimentation and growth. He acknowledges the challenges he faces, such as moderate representational ability, but compensates through innovation and a relentless drive to push boundaries. This mindset is reminiscent of Michael Jordan's famous quote about



missing thousands of shots throughout his career, emphasizing the importance of perseverance and learning from failure.

A Glimpse into His Work

Richard has shared four of his remarkable works with us, each piece reflecting his dynamic use of color and form. His art invites viewers into a world where the intentional meets the accidental, and where every piece tells a story of both struggle and triumph. We are honored to feature Richard Hanus in this month's Full Moon Magazine and encourage you to explore his work, which is a testament to the power of creativity and resilience.



Viewing Richard Hanus's Art

To see more of Richard Hanus's work, visit his profile on ArtQuid at www.artquid.com/99341 or check out his feature on The Pine Cone Review at www.thepineconereview.com/glissade-cover-artist-feature-richard-hanus/.



WHAT IF: MENTAL HEALTH ISSUES AS SPIRITUAL CONNECTIONS?

BY CHRISTY MANN

In this month's "What If" series, we delve into the intriguing notion that mental health issues might be spiritual connections misunderstood by modern science. Drawing inspiration from the narrative of my book, *Terrible Friend*, we explore the profound implications of reinterpreting mental health through a spiritual lens.

Albert's Journey: A Case Study

In *Terrible Friend*, we follow Albert, a man diagnosed with schizophrenia at a young age. Throughout his life, Albert has heard numerous voices, which modern medicine attributes to his mental health condition. However, his uncanny ability to find lost things suggests a deeper, hidden talent. The turning point in Albert's life occurs when he meets a witch who reveals that the voices in his head are not mere hallucinations but the bound spirit of a demon named Jaxalox.

This revelation forces Albert to reevaluate everything he has known about his condition. When the witch separates him from Jaxalox, Albert must confront the reality of a world filled with paranormal entities—spirits, demons, witches—that the "normies" are oblivious to. This journey is not just about saving the world but also about Albert coming to terms with his true nature and the source of his voices.

The Intersection of Mental Health and Spirituality

Albert's story raises compelling questions about the nature of mental health. What if those diagnosed with schizophrenia or other mental health issues are not suffering from a disorder but are, in fact, attuned to spiritual realms? This perspective is not new; many cultures historically viewed individuals with such experiences as gifted, capable of communicating with the divine or traversing spiritual dimensions.

Spiritual Emergencies: A Framework for Understanding

The concept of a “spiritual emergency” offers a framework for understanding these experiences. Pioneered by Stanislav Grof, this idea suggests that intense psychological crises can be periods of profound spiritual transformation. In this view, what is often diagnosed as a mental disorder might actually be a call to spiritual awakening, requiring not just medical intervention but also spiritual guidance and support.

Practical Applications and Support

Integrated Care

A holistic approach to mental health would involve mental health professionals working alongside spiritual advisors to provide comprehensive care. This means recognizing the potential spiritual dimensions of mental health issues

and offering support that addresses both the mind and spirit.

Community and Education

Establishing communities and educational programs where individuals can share their experiences without fear of stigma, fostering an environment that values both mental and spiritual health.

Therapeutic Practices

Incorporating spiritual practices such as meditation, energy healing, and shamanic journeying into therapeutic settings to help individuals navigate their experiences.

Challenges and Considerations

While this integrated approach offers promising avenues for understanding and healing, it must be approached with care. Distinguishing between genuine spiritual experiences and symptoms

of severe mental illness that require medical treatment is crucial. This balance ensures that individuals receive the appropriate care for their unique situations.

Conclusion

Albert’s journey in *Terrible Friend* challenges us to rethink our understanding of mental health. What if the voices and visions are not symptoms to be silenced but messages to be interpreted? By embracing a perspective that values the spiritual dimensions of mental health, we can create a more compassionate and holistic world where every individual’s journey is honored and supported.

AUGUST'S FULL MOON READING: EMBRACE THE LIGHT WITHIN

BY CHRISTY MANN



As August's Full Moon rises, it casts a luminous glow on our inner realms, inviting us to embrace the light within ourselves. This Full Moon, often referred to as the Sturgeon Moon, signifies a time of culmination and reflection, as it marks the peak of summer and the readiness of nature's harvest. It is a potent period to assess our personal growth and harvest the fruits of our spiritual labor.

Illumination and Clarity

This Full Moon invites us to illuminate the shadows we've kept hidden within our hearts. It's a time to confront lingering doubts, fears, or unresolved issues. The bright light of the Full Moon will reveal the areas in our lives that need healing or transformation. Approach this revelation with compassion and curiosity, rather than judgment.

Integration of Dualities

August's Full Moon encourages us to integrate and balance the dualities within us. We may find ourselves

navigating between the realms of light and shadow, joy and sorrow, strength and vulnerability. Embrace these contrasts as integral parts of your journey. By acknowledging and accepting these opposing forces, you create harmony within yourself and your life.

Nurturing Your Inner Wisdom

During this time, your intuition and inner wisdom are heightened. Trust the messages that come from within, whether they appear as dreams, synchronicities, or sudden insights. The Full Moon's energy amplifies your connection to higher guidance, helping you gain clarity on the path ahead. Take time to meditate, journal, or engage in reflective practices that allow you to connect deeply with your inner self.

Manifestation and Release

The Full Moon is a powerful time for both manifestation and release. Reflect on what you wish to bring

into your life and what you need to let go of. Write down your intentions and desires, and visualize them coming to fruition. Simultaneously, release any old patterns, beliefs, or attachments that no longer serve you. This act of releasing creates space for new growth and opportunities.

Community and Connection

August's Full Moon also highlights the importance of community and connection. Reach out to loved ones, share your insights, and support one another in your spiritual journeys. The collective energy of mutual support and understanding can enhance your own growth and create a ripple effect of positivity and healing.

As the Full Moon graces us with its radiant light, let it inspire you to explore the depths of your soul, embrace your inner wisdom, and connect with others on a deeper level. May this lunar cycle bring you clarity, balance, and abundant blessings.

THE POWER OF LETTING GO: NAVIGATING BIPOLAR DISORDER THROUGH WITCHCRAFT

BY CHRISTY MANN

In my world, thoughts float around my mind like sticky words and phrases in a boundless night sky. Picture a cosmic dance of words and phrases, drifting through space like stars in a 3D screensaver animation. As an observer beneath this vast expanse, I watch them move, bounce, and cluster together, a shimmering tapestry of mental clutter.

When all is calm, there's a clear space between me and this swirling cosmos. I can reach up, pluck out individual thoughts, and bring them into focus. I work with them, examining, understanding, and then gently releasing them back into the void, where they float away, mingling with the rest.

But when I'm symptomatic, whether deeply depressed or severely manic, this relationship changes dramatically. During a depressive state, the space between me and these thoughts narrows. They cling to me, smothering my senses. I feel overwhelmed, as if these sticky words have invaded my eyes and nose, leaving me with an unsettling, "icky" feeling.

In a manic phase, the thoughts surround me but become motionless. I feel like I have superhuman speed, able to grab, work on, and release thoughts with unprecedented efficiency. But despite this seeming control, the stillness of the thoughts creates a disorienting sense of stagnation, a paradox of speed without progress.

Lately, there's been a new challenge. Thoughts are both around me and in constant flux. Some drift freely, while others are stagnant, merging with a sense of sensory overload. The clinging black splotches obscure my ability to see or understand them clearly. They impede my senses, except for touch, which becomes heightened, almost painfully so.

This is where my letting go ritual comes into play. Long before I embraced witchcraft, I began this practice. When the mental space becomes too cluttered, I would write down these overwhelming thoughts on slips of paper and burn them. This act of destruction would clear the clutter, allowing the remaining thoughts to

move and bounce freely once more.

When I started practicing witchcraft, my ritual evolved. The burning remains, but now there's an additional step. Before releasing these thoughts into the ether, I transmute their energy into something positive. I channel healing and supportive energy, not only for myself but also for those I know need it and those I might not be aware of. It's akin to a spiritual "prayer request," asking for blessings and support for my loved ones and the broader community.

Through this ritual, letting go becomes an act of transformation and healing. It's not just about clearing space but about shifting and releasing energy in a way that fosters positivity and support. It helps me manage the complexities of bipolar disorder, providing a sense of control and purpose amidst the chaos.

In this process, I've learned that letting go is not merely an act of discarding but a powerful practice of transmutation and renewal. It's a reminder that even in the midst of mental turmoil, there is an opportunity to transform and heal, both for myself and for others.



THE STURGEON FULL MOON RITUAL

AUGUST 2024 RITUAL

BY HANK DAVIS

HISTORY OF THE STURGEON MOON

The Sturgeon Moon, occurring in August, is named after the large, ancient fish that were most readily caught during this time in North America. Indigenous tribes, particularly those around the Great Lakes and other large bodies of water, observed this natural abundance and named the moon accordingly. Early European settlers adopted these names and the traditions surrounding them. The Sturgeon Moon is also known as the Green Corn Moon or Grain Moon, highlighting its connection to the late summer harvest.

WHY PERFORM THE RITUAL

Performing a Sturgeon Moon ritual allows us to connect deeply with the themes of abundance, perseverance, and gratitude. This is a time to celebrate the bounty in our lives, both physically and spiritually, and to reflect on the strength and resilience needed to reach this point. By aligning ourselves with the natural cycles, we can harness the energy of the Sturgeon Moon to enhance our personal and spiritual growth.

WHAT YOU'LL NEED

- Outdoor Space: A quiet, natural setting where you can see the full moon.
- Candles: Preferably white or silver to represent the moon's light.
- Crystals: Such as moonstone, clear quartz, or emerald to enhance the moon's energy.
- Journal and Pen: For writing intentions and reflections.
- Herbs or Incense: Sage, lavender, or sandalwood for cleansing.
- A Bowl of Water: Symbolizing the element of water and the moon's connection to tides.
- Personal Tokens: Items that symbolize abundance or personal strength (e.g., a small object representing a goal).
- Representation of the Elements: Stones for earth, a feather for air, a candle for fire, and a bowl of water for water.

THE RITUAL

PREPARATION:

Find a quiet outdoor space where you can see the full moon. If this is not possible, a quiet indoor space near a window will suffice.

Arrange your candles, crystals, and bowl of water in a circle. Place the representations of the elements at the four cardinal directions: north (earth), east (air), south (fire), and west (water). Light the candles.

Light the herbs or incense and let the smoke cleanse the space around you.

CALLING THE ELEMENTS:

Stand in the center of your circle. Facing east, raise your arms and say: "I call upon the element of Air, breath of life, wind of change. Be with me in this ritual."

Turn to the south and say: "I call upon the element of Fire, spark of inspiration, flame of transformation. Be with me in this ritual."

Turn to the west and say: "I call upon the element of Water, flow of emotions, waves of intuition. Be with me in this ritual."

Turn to the north and say: "I call upon the element of Earth, foundation of strength, soil of growth. Be with me in this ritual."



GROUNDING:

Sit comfortably within your circle. Close your eyes and take deep breaths.

Visualize roots growing from your body into the earth, grounding and connecting you to the planet.

REFLECTION:

Open your journal and reflect on the past lunar cycle. Consider what you have achieved, what you have learned, and what you are ready to release.

Write down any burdens or negative patterns you wish to let go of. Speak them aloud, offering them to the elements for transformation.

CLEANSING:

Take the bowl of water and, as you reflect on what you wrote, imagine the water cleansing away the negative energies. You can also wash your hands or face with the water as a physical act of purification.

SETTING INTENTIONS:

Write down your intentions for the upcoming lunar cycle. What do you want to achieve? How do you want to grow?

Speak these intentions aloud, focusing on the energy of the Sturgeon Moon to help manifest your goals.

VOCAL MAGIC:

Create a chant or affirmation that encapsulates your intentions. For example: "As the sturgeon swims through the depths, so do my intentions grow and strengthen. Under the Sturgeon Moon's light, I thrive and reach new heights."

Repeat this chant several times, feeling the power of your words and intentions.

MEDITATION:

Hold the crystals in your hands or place them around you. Spend a few minutes in silent meditation, visualizing your intentions coming to fruition.

THANKING THE ELEMENTS:

Stand and face each direction, thanking the elements: "I thank the element of Air for your presence and insight." "I thank the element of Fire for your passion and transformation." "I thank the element of Water for your intuition and cleansing." "I thank the element of Earth for your strength and grounding."

CLOSING:

Thank the moon and the natural elements for their guidance and support.

Extinguish the candles and incense, feeling the closure of the ritual while keeping the energy and intentions alive within you.

AFTERWARD: PONDERING ON THE RITUAL AND MOVING FORWARD

After completing the ritual, take some time to sit quietly and ponder your experience. Reflect on how the ritual made you feel and any insights or messages you received. Write down any additional thoughts or feelings in your journal.

Moving forward, keep your written intentions somewhere visible as a reminder of your goals and the energies you harnessed during the Sturgeon Moon. Regularly revisit them to stay aligned with your aspirations. Engage in practices that support your growth, such as meditation, journaling, or spending time in nature. Remember that like the sturgeon, personal growth is a journey of resilience and perseverance. Embrace each step with patience and gratitude.

KITCHEN WITCH'S CAULDRON GREEN SMOOTHIE

Ingredients

250ml milk of your choice (we used unsweetened almond milk)

1 tbsp ground flaxseed

1 tsp maca powder (optional)

pinch ground cinnamon

1 medjool date, stoned

1 small ripe banana

handful cavolo nero or spinach

1 tbsp almond butter



Instructions

Pour the milk into a high-speed blender

Add the ground flaxseed, maca powder (if using) and the cinnamon.

Add the remaining ingredients then blitz until smooth.

Pour into glasses and serve.

Storing your smoothie

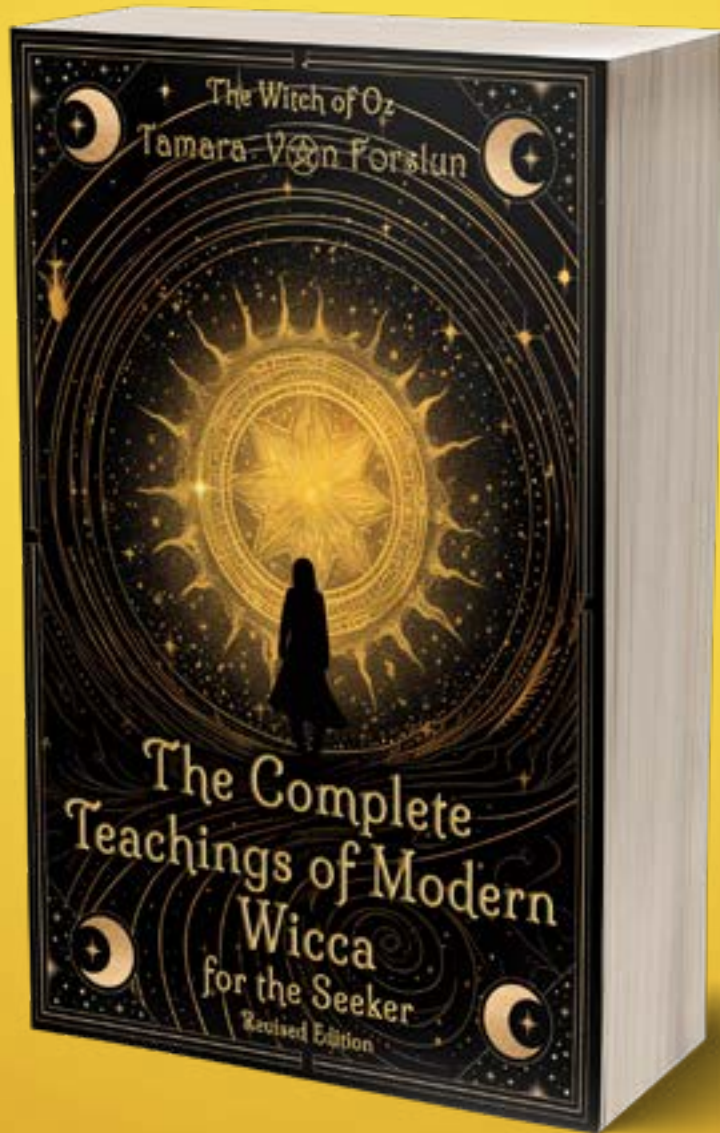
Is it OK to make a smoothie the day before or should I drink it straight away? Enjoying it immediately is the healthier option as everything is fresh, but a pre-prepped smoothie is a far better choice than a muffin or croissant on the way to work. If you do make it the night before you might notice that the flavours change (depending on the ingredients), but many people prefer a slightly earthier taste. A squeeze of lemon or lime juice will help prevent oxidation and stop it going brown. Always cover or store it in a sealed jar in the fridge to preserve the nutrients as much as possible. An easier option, if you know you're going to be short of time is to prepare the fruit and veg in advance and freeze immediately in portion-sized bags. In the morning tip the frozen ingredients into the blender with your liquid and whizz.



from: www.bbcgoodfood.com/recipes/clean-green-smoothie

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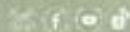
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