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The Power of a Name

by Sabrina RG Raven

Labels. We, as a society, love them. Man, woman, trans, gay, straight, bisexual, parent, CEO, store clerk, doctor. Some labels are chosen by us, and others are thrust upon us, but when it comes to those who walk the paths of magic, do those labels really hold any power anymore?

I have never claimed to have a set label for my path, although kitchen witch and pagan have bounced around in my head. I read through people's accounts of their journeys and see so many labels that once brought to mind power but now are relegated to fiction despite us living our real lives right here.

Witch, wiccan, pagan, wizard, warlock, mage, druid, shaman, healer, or whatever words you attach yourself to are your right. You can self-identify or hold titles in a like-minded group. You can have a name that has been passed down through the generations, or steer clear of titles and labels altogether. But would a rose by any other name smell as sweet?

The power these words held, outside of fiction, may no longer be a title to revere or fear to the

general populace. Could it be that maybe the power we give these labels ourselves is what emboldens our spirit to adhere to the path we find ourselves on at any given point?

Through self-reflection we must find our true spirit and as part of that recognition of self we choose to label, or name ourselves or don't. That is a freedom that we as a modern society get that our ancestors did not. Once upon a time, witch was a slur (some try to use it that way still, to a much lesser negative effect) rather than a label for the path one chose to follow.

So, we must contemplate our words. Magic is, at its essence, accepting that words and intentions have power, much like prayer does, so is that what we must focus on instead?

Should the true essence of words be wrapped solely in the intentions that are behind them when spoken is? Personally, I believe yes. Intention is powerful, both in how we self-talk, and label ourselves just as much as how we react to others, when they state their opinions

of us. But again, where does the power truly lie?

The ability to choose how we grasp the words and spin them to suit us, as a passionate battle cry or a knife in the back, depends not on the intentions they were spoken with, but the freedom we have to choose how they affect us, in the end.

We have the power to take words once used to hurt us and make us small and embrace them. We can throw them back as bold acceptance and a badge of strength that empowers us.

We can make them a rallying cry to all who have been harmed by hot words that crushed and battered. We can turn those words, and those who spoke them of us on their heads, we can instead embrace the energy and use it for what our minds and bodies need.

The power for all people, regardless of their path, is ownership of the labels and names that apply and the shaking off of the ones that don't.

So is it the word that has power, or have we been the true source of power all along?

FROM THE PUBLISHER



Pagan People Helping People through Political Tough Times

As a newspaper, we have a responsibility to report on topics that are relevant and important to our readers. Sometimes topics are tough. As a metaphysical/pagan newspaper with a focus on honoring the beliefs of all, when something happens that affects our entire readership, we have to talk about and cover things that we wouldn't ordinarily. Like politics.

With yesterday's court ruling, we are all working to wrap our heads around what happened, what it means exactly, and what can be done about it now.

We all have daughters, granddaughters, and nieces that will be directly affected by this. However, we also have husbands, sons, grandsons, and nephews

that support the women in their lives that will also feel the pain of this situation and may feel powerless to do anything about it.

A customary "Our hearts go out to the women and their families that are directly affected by this news" is appropriate and we say it with our whole hearts, but it isn't enough. We know it isn't enough. People need to know what to do now. They need to know who they can turn to. They need to know who is there to help them do what is best for them. That is what we are here to cover and provide.

Our whole modern day pagan belief system (regardless of the paths we as individuals walk) is built around people being able to decide what they believe and don't

believe and how they live their lives. The rest of us honor and respect their right to make choices that work for them.

That has not changed. The respect we have for the right for each of us to make our own choices as individuals, despite us being a collective of people with similar beliefs has not changed. It never will.

We have chosen to focus on the people and places who are actively working to keep an individual's right to make choices for themselves. Despite the legal changes that have arisen, instead of the political mess that caused a need for it.

We are actively looking for

resources, businesses, and individuals all around the country and world helping people get what they need to live the best life for them as individuals. If this is you or someone you know, please reach out to us. We would gladly share the information with the people that need it.

♥ Christy 😊

Metaphysical Times

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

The paper is printed 8 times a year, coinciding with and themed based on the 8 Sabats of the Wheel of the Year. This publication is a conduit for connecting people from all walks with the new, information, and entertainment that matters to them.

Reader Advisory- Mature Content

Contact (385) 326-5488

www.metaphysical-times.com

Publisher: Christy Mann

publisher@metaphysical-times.com

Lead Editor: Emily Thornton

editor@metaphysical-times.com

Layout/Design Manager: Sabrina RG Raven

Webmaster: Michael Slosson

Northwest Regional Distribution Manager: Rick Tschauder

Ads and Logistics: Henry Dalton

ads@metaphysical-times.com

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Celebrating Lughnasadh

by Nixie Vale

Lughnasadh is the first of the harvest festivals and is most associated with “grape and grain”, bread and wine are synonymous with this celebration. Lughnasadh is also known as Lammas, or Loaf Mass as this is the time of year when the wheat, corn and barley are ready to be harvested and made into bread, cakes, and pies. It is the time when the vineyards are ready to be made into wine. Aside from making bread, drinking wine (only if you are of age) there are lots of things you can do to mark this festival.



Baking Bread

Baking bread is a central part of traditional Lughnasadh festivals. I like to make the braided bread with a touch of garlic butter, but that is just me.

Making Wine

If you are legally allowed you can try your hand making wine. There are a plethora of kits online that help you make wine, ale, or mead.

Local Produce Markets

Many farmers markets sell locally grown produce means you can get great tasting food and support your local economy. I am lucky enough to live in a rural town surrounded by farms and the bounty of local fare is amazing.

Gather Herbs and Flowers

Nature is abundant, and you can find edible or magical plants in the wild spaces around you. Remember not to trespass on private property or ask permission before collection. Research what plants you have in your region that are edible, magical properties and possible poisonous plants and trees. This information benefits your magical knowledge and can also be added to your Book of Shadows.

Your Garden

If you have a garden then it is no doubt in full bloom. Knowing

what plants surround you in the wild and knowing what is in your garden and tending to your plants can help you connect to the energies of Lughnasadh. Harvest any herbs, flowers or plants that are in season.

Enjoy the Sun

Even though the strength of the sun has begun to wane, that does not mean you cannot enjoy it still. This time of year is often known as the “dog days of summer” because the Greek and Romans believed that when Sirius is alongside the Sun, and the days are the hottest of the year. The sun is also considered a powerful aspect of Lughnasadh. Icons, ornaments, pictures, colors of candles, ribbons and cloths that represent the sun are yellow, orange, and gold, can be used to represent the Sun.

Feasting

This time of year is often a time when people gather and have a good time. In my family it is BBQ season. Food and drink that are associated with Lughnasadh include: bread, corn, pies, pastries, grapes, wine, ale, mead, beer, blackberries, raspberries, cherries, crab-apples, pears, garlic, onions, nuts. Herbal teas, smoothies and juices are also popular

Making Preserves

This is the time of year when my

Nan would begin making the first jams and other preserves of the year. Apricots, Blackberries, Blueberries, Cherries, Kiwis Peaches and Strawberries are in season and ready for jam making.

Creating Corn Dollies

Make figures from the husks of corn (sweetcorn) which represent the harvest time.

Incense, Herbs, and Flowers

The herbs that are associated with Lughnasadh are: Basil, Frankincense, Rose, Rosemary, Sandalwood, Apple leaf, Blackthorn, Clover, Heather, Ivy, Peony, Marigold, Sunflower, Vervain, and Yarrow. Making incense and drying these herbs are a way to celebrate this time of year. One of the ways I mark this festival is with flowers which include: Roses, Peony Sunflower, Calendula, and Heather.

Creating an Altar

Lughnasadh stands on the backs of both Summer and Autumn and the colors associated are fiery reds, oranges and yellows which capture the sun’s power and the coming of the Autumn. However you can also have greens and browns which represent the earth and harvest being collected. Personally I like to use golds as they remind me of the rolling gold fields of wheat

which are being harvested at the moment. Cover your altar in a cloth (or cloths) that you think symbolizes this change of season. Rich colors are very good to mix with greens and golds.

Handfastings

Some choose Lughnasadh for their handfasting as it is a time of gratitude.

Showing Gratitude

Being grateful for everything you have in your life whether it be big or small.

Donate to Charity

Sharing what you have or donating what you no longer need to charity.

Have a Bonfire

Gather friends and family around a bonfire to celebrate the last of the longest days of summer

Create a Besom

Make a besom from wheat stalks to cleanse your home and magical spaces.

Add to your Book of Shadows

Adding information about Lughnasadh and how you can or do celebrate this festival. You can add bread, preserves, cakes, or pie recipes.

I hope you all have a blessed Lughnasadh

Rainbow Love, Light and Blessings

The Color of Money Magic

by Eve Morton

Most of us reading probably think of two things when money magic is brought up: basil and the color green. Even people outside of the New Age and Spiritual communities often associate these items with money, fortune, and wealth.

Basil is a Greek word (from basilikos) which means royal or fit for a king, giving it place in money magic. Similarly, the phrase 'green-eyed monster' is originally from Shakespeare's Othello when Iago warns of the dangers of jealousy. The association with green and jealousy also occurred in Shakespeare's Merchant of Venice, when Portia warns her father against his greed. Whether good or bad, money and wealth can conjure such interesting reactions in people. It's no wonder witches and other neo-pagans have used these symbolic objects and colors in spells.

While the shade of US currency is green, it's a potent color with a large symbolic history and meaning behind it. When each denomination is a similar shade means that a witch could easily conjure a one dollar boon rather than that \$10,000 one wants and needs. Having everything be the same can flatten overall desire - which does not go well for any kind of manifesting at all! There are alternatives to using green colors in money magic.



Gold as well as silver, and other precious metals are a great choice. Looking at the currency colors for other nations can help revive different colors for money magic. Some options are red or brown (Canadian higher denominations) or even pink (2000 Indian rupee) and orange (Venezuela's higher currency). These vibrant colors may embody the type of wealth you want to accrue since many people do not want to be a Scrooge figure but someone with a keen eye to the future.

One doesn't have to stop at bill colors either. The bills and

coins we use every day are yet another type of talisman while our bank statements are a kind of charm or spell we believe in. Whenever we spend those bills or ones and zeros through a computer screen, we exchange it to manifest something else. So instead of using the color of money in your rituals, cut out the middle step. Consider the exact color of the car you want (Cherry Red, anyone?) or even use a paint color card from the local hardware store as a way to conjure your dream house and/or car. Not only is it far

more fun gathering these items, the spell you write will be a lot more creative, and potentially more powerful too.

Money magic isn't just green. It's every color of the rainbow, if you want it to be. Even if you still stick with good old green and basil leaves, knowing how they work, their history, and what else is out there will broaden your practice and give you more wealth in the form of knowledge.

Just remember to ward off that green-eyed monster while you're at it.



CULTURE CORNER

Hinduism and the Chakras

by Shashi Kadapa

In Hinduism, Chakra represents energy points in the human body. The term was mentioned in the Rig-Veda, written around 2000 BC, and was later used in several ancient Sanskrit texts. A trained yogi can control these energy points to overcome disease, desires and gain control over the body to display greater strength. Ancient Hindu practices suggest that humans exist in two dimensions: These are the sukshma sarira or the "subtle body" which is neither physical nor spiritual and the sthula sarira or the "physical body."

The subtle body is linked to the physical body and each has an effect on the other. Nadi are energy channels that make up the subtle body whereas the chakras connect with psychic energy. A rishi - sage, tantric or a yogi has full control over the Nadi through chakra channeling. One can control the subtle body through types of meditation, yoga poses, and concentration.

Types of chakras

According to ancient texts, the human body has 72,000 Nadis and 114 Chakras. Out of these, seven chakras are considered the focal points as they connect to the whole body through the Nadi. The seven chakras are arranged along the bottom of the spine and end at the crown or top of the head.

The color scheme of chakras is a newer aspect of chakra study (as

there is no mention of a color scheme in ancient texts.) Translations by western authors have assigned one of the rainbow colors to a chakra. Each chakra is represented as a lotus and the number of petals varies from two to one thousand and a person can enhance these chakras with specific yoga asana or "posture." A novice should start with the Muladhara Chakra (root chakra) and as she gains control over the specified part, she should move to the higher state. Each chakra has a residing male deity and a Shakti or "goddess."

Muladhara Chakra-Root: Is represented in the form of a red lotus with four petals with a square in the center and coincides with the earth element. The presiding deity is Bhagvan Ganesha and Dakini is the Shakti. It is said to control the adrenal glands and manages the food, sleep, sex, and self-preservation or fight/flight response when under threat. It also influences confidence and self esteem.

Svadhishthana-Sacral: This chakra (where self is established) is identified with Brahma or Vishnu as its presiding deity and Rakini as his Shakti. The color is an orange lotus with six petals. It is related to the water element and is located at the root of the reproductive organs. It influences fluidity, emotions, creativity, adaptability, sexual power, and the unconscious state

of mind. When stimulated it can help gain control of desires and emotions.

Manipura Chakra-Solar Plexus: Which is considered the "jewel city" and is located in the navel or the solar plexus or below the breast bone. It is illustrated with a downward pointing bright yellow triangle indicating fire in the middle of a lotus with ten petals. The presiding deity is Braddha Rudra, with Lakini as the Shakti. The chakra maximizes energy to face obstacles with determination and self confidence.

Anahata Chakra-Heart: This means "unstruck or imperishable" in Sanskrit. The chakra is green and in the form of an intersecting hexagram with 12 petals. It is located in the center of the heart and represents the union of female and male. The presiding deity is Rudra Shiva and Kakini is the shakti. The chakra is linked with openness, peace, and unconditional love. The element associated with this chakra is air.

Vishuddha-Throat: In Sanskrit means "purest" and it is situated in the throat. It is in the form of a lotus with 16 petals with a blue or turquoise color. A silver moon is inside and refers to the element of space. The chakra influences speaking the truth and finding genuine self expression. Residing deity is Panchavakra Shiva having

five heads and four arms, and the Shakti is Shakini.

Ajna Chakra-Third Eye: This is the guru or command chakra, third eye chakra and is located between the eyebrows. It is the subtle energy and control center. It is in the form of an indigo lotus with two petals and represents "Ohm," the dual state of Shiva and Shakti. The chakra is not linked with any element and is taken to be above the bodily elements. It serves as the center of vision, intuition, prophecy, inner knowledge, imagination and helps to sustain a person emotionally and spiritually.

Sahasrara Chakra-Crown: The crown chakra also called the thousand petal lotus chakra. It is represented with a violet color. It is located on the tip of the head and it gives pure consciousness that has neither subject or object. It controls all other chakras and it is the destination of finding a state of unified consciousness. The 1000 petal lotus called Mahasukha or the great bliss represents the fourth state of the four noble truths. Only sages, mystics and saints of mythology and later day noble souls have attained mastery of this chakra. Many charlatans claim to be in this state. However, ancient texts suggest that intense penance and renouncement of all worldly pleasures may help a person to reach this stage.

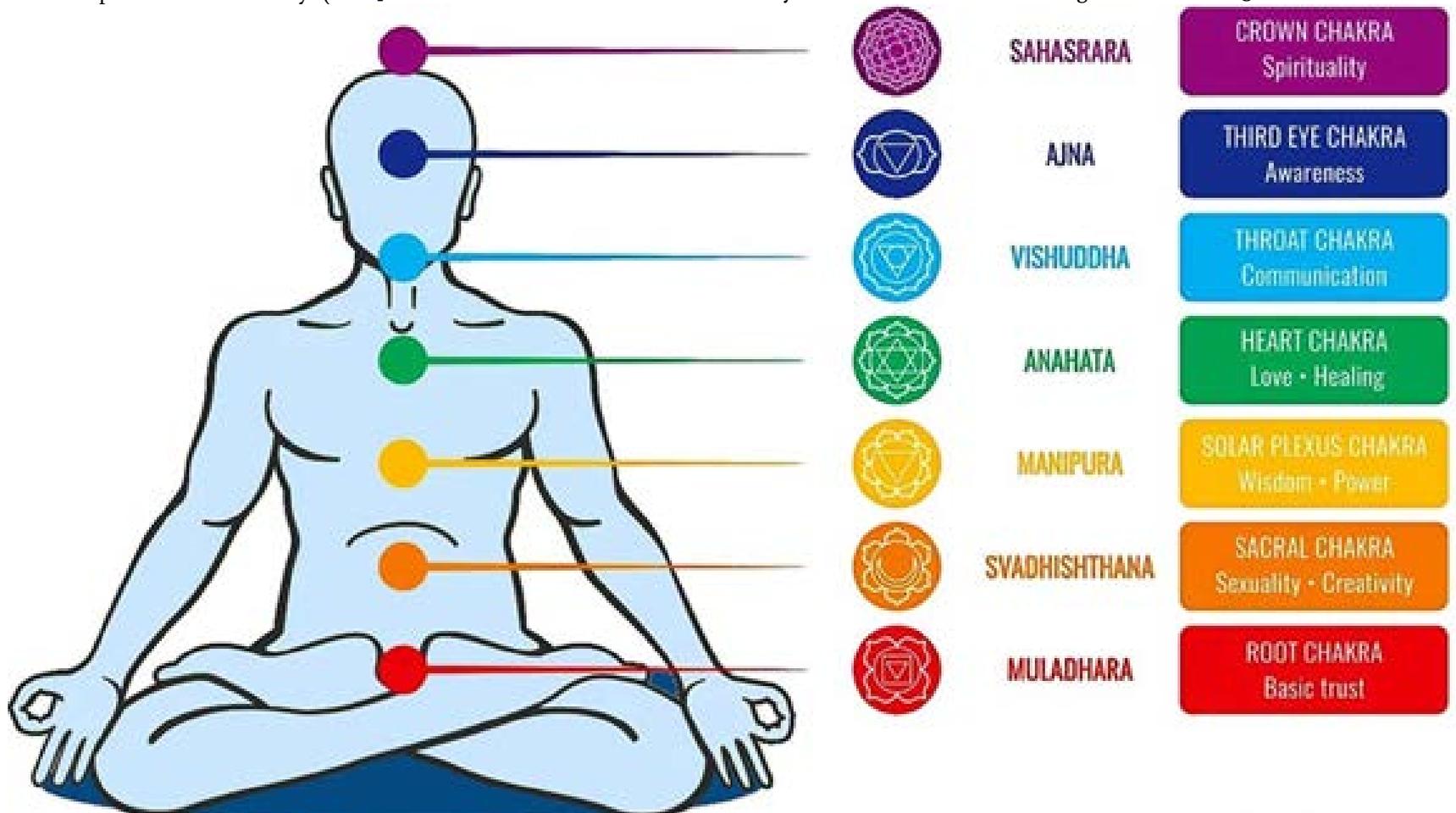


Figure 1. Seven key chakras and their significance



Featured Stone: Aventurine

Aventurine balances and aligns the physical, emotional, intellectual, and auric bodies, making the optimal structure and action inherent in one's being. The green version clears, activates, and protects the Heart Chakra. It balances the Male/Female energies, enhancing creativity and motivation. It reinforces decisiveness and amplifies leadership abilities.

Astrological Inspirational Guidance

by Robert Vecchio

Aries

Your three cards are acceptance, personal transformation and be candid. Allow yourself time to go through what you are going through. Life teaches us lessons in order for us to move forward. Speak your truth in order to move forward. The world is at your fingertips so you can do anything that you put your mind to. You will find tranquility. It is within you.

Taurus

Your three cards are spiritual practice, understanding and childlike expression. Practice what you preach. Practice makes perfect. Keep your eye on the prize. Have fun and enjoy the journey because it can be crazy at times. Through those times comes rewarding experiences. Take time to meditate and really think of what you are doing and what you are going after.

Gemini

Your three cards are blessings, generosity and nurture. The Universe is sending you everything that you need. It will come to you in the most unexpected ways. Allow yourself to grow with each day and each experience that you have. People come in and out of

your life for a reason. Meeting them serves a purpose for your journey. Stay calm in all that you do.

Cancer

Your three cards are cultivation, priorities and sustenance. It is so important to put your needs in front of everything. If you do not take care of yourself, you can't take care of others. Your hard work is going to pay off. Listen to the Universe for the advice that it will give you. You have everything that you need to move forward and are capable of doing anything you want.

Leo

Your three cards are perseverance, divine support and wholeness. You need to believe that anything is possible in order for you to get what you want. You have the support from the Universe and they will guide you accordingly. Keep moving forward and have the strength like the lion that you are. Use that fire within you to make your dreams come true.

Virgo

Your three cards are drive, achievement and spiritual; quest. Things are coming to an end for you so you can move

forward. Change is inevitable. Be open to it. Remember the small things that you have accomplished along the way in order for you to be where you want to be. Your quest to get there is ongoing because you keep learning different things along the way.

Libra

Your three cards are innocence, positive outlook and guidance. Clear your mind before you make any important decisions. Look to the Universe in order for the answer to appear to you. Stay in the now. Forget the past and do not worry about the future. The only thing that you can control is what you do at this very moment. Balance is key to a happy life.

Scorpio

Your three cards are be candid, inner knowing and insight. It is so important to stay in the moment and listen to you intuition. It will never steer you wrong. Allow your opinion to be heard and speak your mind. Calmness and serenity can be attained through stilling your mind and thoughts. Think before you speak. Your words are very powerful tools.

Sagittarius

Your three cards are determination, sustenance and harmony. You are the most powerful tool that you have available. Go after that dream that you have. You do not need permission to do it. The tools that you need to obtain it are all within you. Through hard work and determination anything is possible. Believe in yourself and success is yours.

Capricorn

Your three cards are be candid, revelation and acceptance. There are things in life that you can and can't change. Make the necessary changes in your life in order to move forward. Information will be provided to you in order for you to start those changes. Now is the perfect time to speak your truth. Not doing so will hold you back from achieving anything.

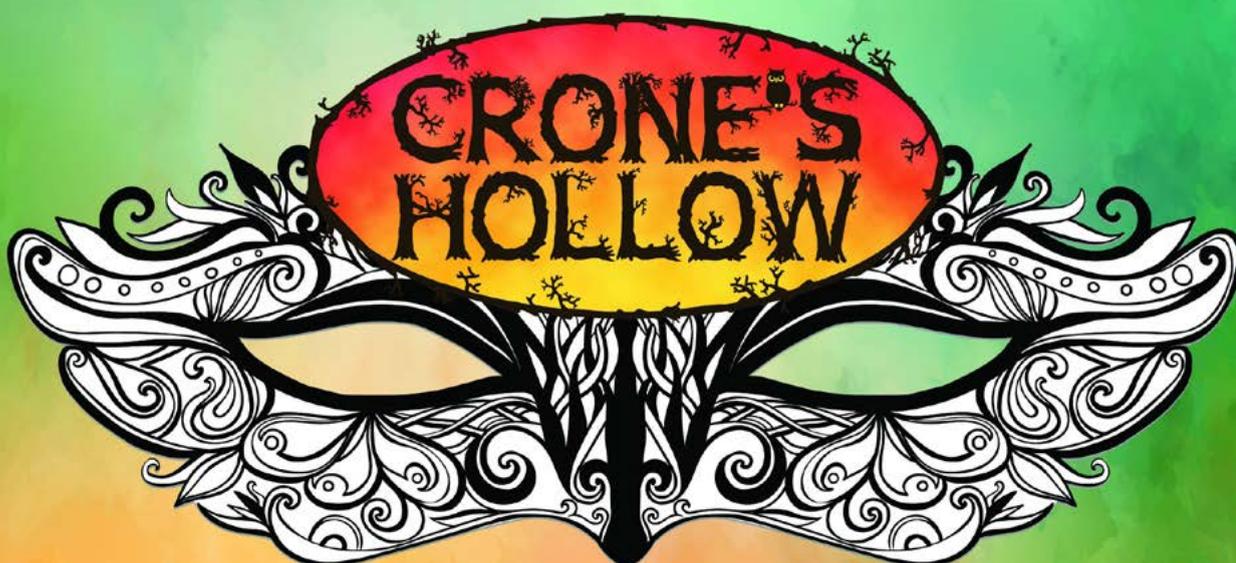
Aquarius

Your three cards are prosperity, achievement and sustenance. Stop worrying about what could have been. Focus on what you are doing right now. Everything happens for a reason. The little steps that you have taken are important to achieving the big goal. There are a lot of resources and opportunities around you. Open your eyes to see them all.

Pisces

Your three cards are fulfillment, determination and harmony. In order to have your dreams come true, you must have peace and harmony within you. You have the strength and stamina to push through any obstacle that is put in front of you. Your self-worth needs to be strengthened by believing in yourself. Once you do so, the sky's the limit.

The cards used are "Whispers of Lord Ganesha" oracle cards by Angela Hartfield with artwork by Ekaterina Golovanova and published by Blue Angel.



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A Toad by Any Other Name: Part 2

by Catt Foy

In our last issue, we explored the ingredients in Shakespeare's witches' brew from his famous play *Macbeth*. We saw that many of the ingredients were actually common names for herbs, but others still elude clear understanding. Here are the remaining ingredients and some of the more mysterious ones.

Tooth of Wolf

Wolfsbane, monkshood, friar's cap—this herb contains powerful alkaloids, is highly poisonous, and was once used to kill wolves. Magically, it was used to stave off werewolves, prevent shape-shifting, or to harm via sympathetic magic.

Witches' Mummy

One source suggests that the ashes from dead witches were added to spells to add power. Another source reveals that the consumption of powders made from actual mummies were considered aphrodisiacal and medicinal from Medieval times through the Renaissance.

Maw and Gulf of the Ravin'd Sea Shark

This is a real mystery ingredient. "Maw and gulf" refers to the shark's head, which would include the mouth and throat. "Ravin'd" means hungry and the shark is likely in predatory mode. Sharks do live off the coast of Scotland, so this could be a literal ingredient. Magically, it would be reasonable to assume that a shark's head would be used sympathetically to create a kind of psychic attack.

Root of Hemlock

Hemlock (*Conium maculatum*) is, of course, poisonous, and was implicated in the death of Socrates. The leaves are used for healing purposes, but the root contains an alkaloid that may produce hallucinations, convulsions, and death.

Liver of a Blaspheming Jew

Anti-Semitism was a deeply ingrained trait of European cultures of the time, and I found no references to any plant whose common name alludes to "Jew" and "liver." There is a "Jew's ear"—a kind of fungus that grows on elder trees. It might also refer to Jew's myrtle, also known as Butcher's broom, used to make stiff brooms like those associated with witches. There is no clear answer as to what this ingredient might actually be. But knowing Shakespeare, it could simply be a literary device added for drama.

Gall of Goat

This is a term for St. John's Wort (*Hypericum perforatum*). St. John's Wort has mild psychoactive properties, which has made it a natural treatment for depression. "Gall of goat" also refers to honeysuckle, also known as goat's leaf. Modern witches burn honeysuckle in rituals to gather psychic power, attract money, or promote healing. However, witchcraft in Renaissance Scotland also often included actual goat parts and the gall of goats was used occasionally in herbal concoctions of the time.



Slips of yew

"No tree is more associated with the history and legends of Great Britain than the yew...it was a sacred tree favored by the Druids," writes Grieve. One British legend says the yew tree grows a root into the open mouth of each corpse buried in the graveyard. Yew is also associated with Hecate and the Crone aspect of the goddess, appropriate for these Scottish witches. Yew is also a great protection against evil.

Nose of Turk

This likely applied to Turk's cap, another aconite, like wolfsbane, with active alkaloids.

Tatar's lips

This could be a reference to ginseng, also known as Tartar root. Ginseng has long been considered to be an aphrodisiac.

Finger of a birth-strangled babe

This is a bit obscure, although foxglove (*Digitalis purpurea*), another psychoactive plant, is sometimes called "bloody fingers." But we cannot overlook the possibility that there were sorcerers in Scotland that practiced dark arts and any midwife could easily

obtain the remains of a "birth-strangled babe." While rare, some unwed mothers would smother or strangle the child at birth to hide her shame. A child who died at birth was unbaptized and would be just as damned as the Turk, the Tartar, and the Jew.

Tiger's chaudron

This is equated with the lady's mantle (*Alchemilla vulgaris*) in one source. Lady's mantle was common, especially in Scotland, where it was strongly associated with alchemy and was included in

Blood of a bat

Bats, associated with night and the underground, are considered by many cultures, including the Celtic, to be very powerful animals. In 16th century Europe, bats were considered to be the familiars or alter egos of witches.

Leopard's bane

Also called "wolf bane"—and not to be confused with wolfsbane—this is the species *Arnica montana*. *Arnica* also contains a poisonous toxin, helenalin.

many mystic potions. "Chaudron" can mean "entrails" and is also the French equivalent of "cauldron."

Baboon's blood

Most experts agree that this is one of several ingredients added as a literary device, for added drama. However, according to *The Greek Magical Papyri in Translation*, the blood of a Hamadryas baboon is considered equivalent to the blood of a spotted gecko. While Scotland does not have geckos, the blood of either the gecko or the baboon could have been imported from the Mediterranean.

Juice of toad, oil of adder, and three ounces of a red-haired wench

These final three ingredients are names which are lost to obscurity, are literal ingredients, or are once again the poetic license of the Bard.

Despite the uncertainty surrounding some of the items in this witches' brew, it is clear that most of them were herbs commonly used by both healers and witches. Some were medicinal, others hallucinogenic, still others quite toxic. But they were all herbs known by other names.



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MERRY MEET TO RICHARD MADDEN

In working to improve our community outreach and awareness of Metaphysical Times locally, we are taking time to get to know some of the people around us. Connection is a two-way street and if we aren't reaching out and getting to know people, they are never going to know us and we won't be able to connect people and help each other live happy, comfortable, and successful lives. That is what community is all about, after all.

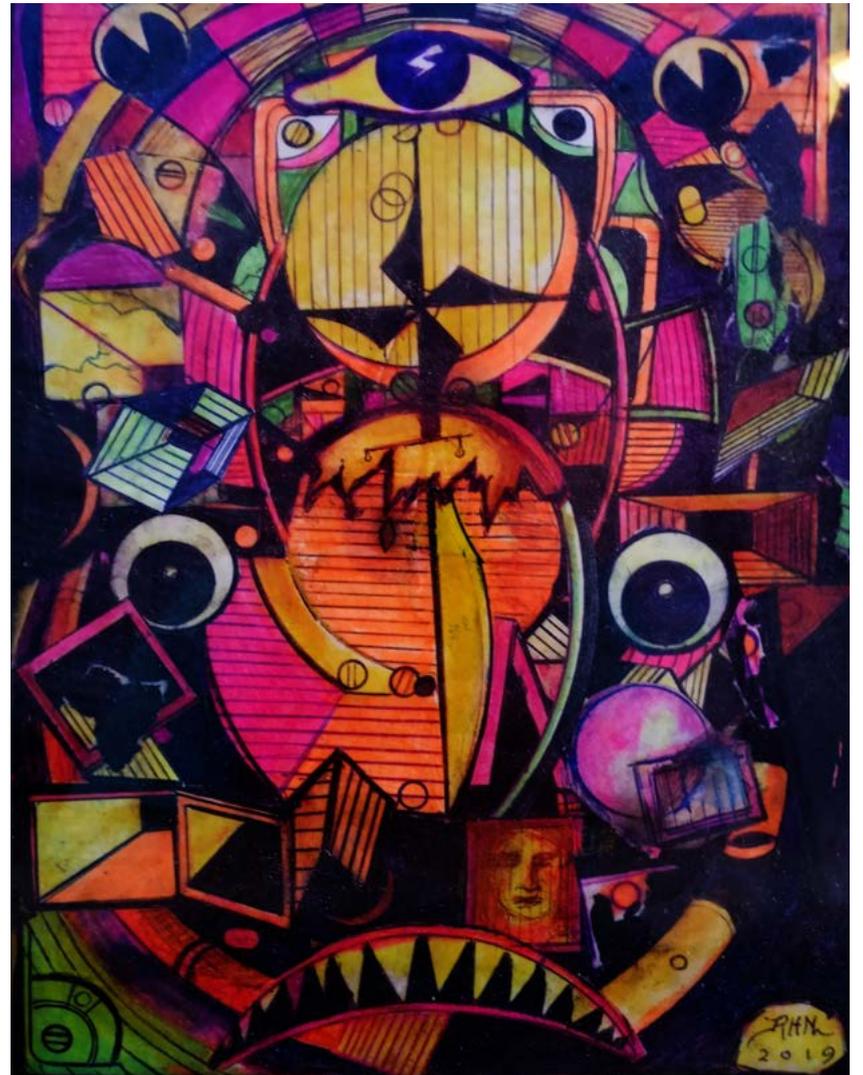
When individual members of a community thrive, the community as a whole thrives. If we only nod in passing, we don't know if people are thriving or struggling. We make assumptions and go on about our business. This has created a massive disconnect within entire communities. Bringing them back together is an integral part of our purpose.

It sparked a new idea for me, speaking with and getting to know our neighbors gives us an opportunity to share some of their stories (with their permission of course) with our readers, which is great, but for us it's about being able to also make a difference in their lives. Finding out where there are needs that we can fill, and doing what we can to fill them with the help of our larger community of readers all around the country. We are kicking it off with a local

artist who happens to be our neighbor, Richard Madden.

Richard Madden is a Utah Native. He was born right here in Ogden almost 65 years ago, and grew up in a different time from what life is like here today. Since I'm not a native Utahn, it is fun for me to meet people from here and listen to them talk about how it used to be. We share stories and compare it to where I grew up in Phoenix, and what it is like living here now. Historical stories about places have always fascinated me.

Richard has been our neighbor for the past 8 months and we just started getting to know each other over the past several weeks. That is one of the things I've noticed about Ogden. We are neighborly, nod hello while passing by, but we rarely stop and speak to each other. It is a bit unusual when compared to all the other places I've lived



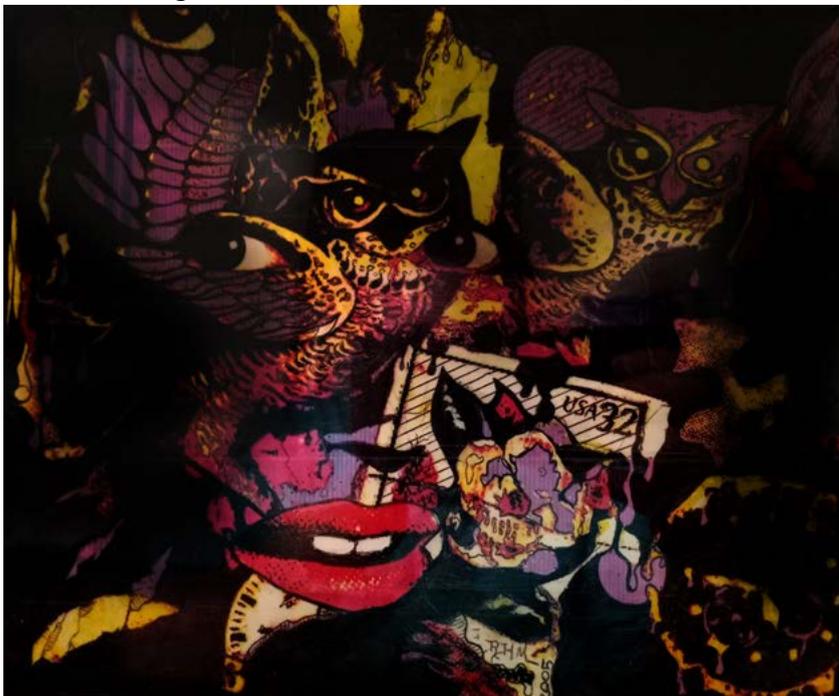
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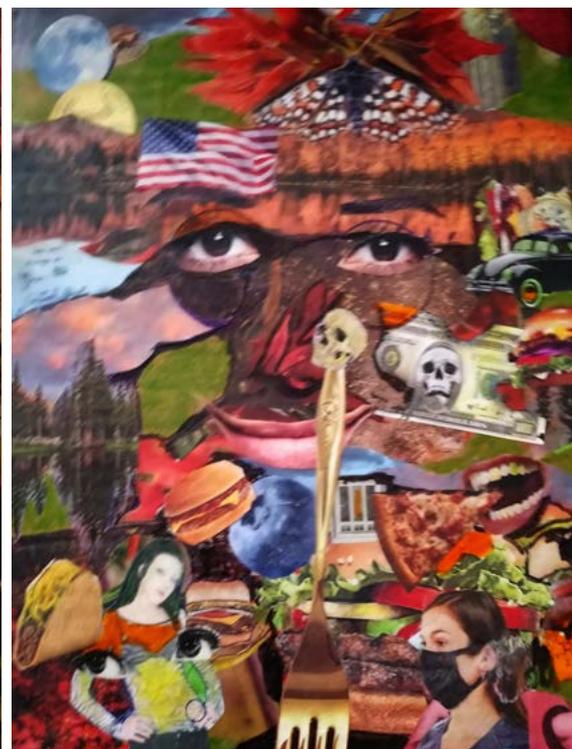
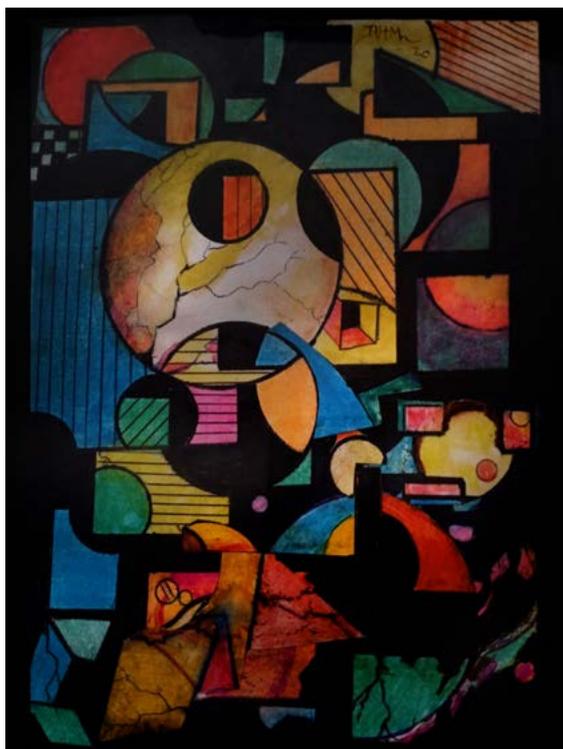
Anyway, we've broken the ice and have had several conversations over the past several weeks. We have found that we have a lot in common, despite there being a 22-year age gap between us and my being pagan and him leaning more towards agnostic.

We've learned that we similarly enjoy Pink Floyd, billiards, a disdain for the arbitrary, a love of science, and creative abilities and they are just the tip of the iceberg, we are sure. A sincere and deep desire to

help people around us any way that we can also tops the list. Our love for science gives us a lot to talk about. Metaphysical understanding gives us a lot to debate and theorize about in fun, and creative ways and learn more about each other.

He's traveled around the country over the years and spent much of his most memorable time on the North Rim of the Grand Canyon in my home state of Arizona. He's experienced a lot of things that he has yet to be able to explain from a purely scientific





or physical perspective, so he's open to exploring, but doesn't know that he will ever move completely in one direction over the other. He's told me a few stories and told me I could share a bit with our readers.

The most interesting to me as a witch and student of metaphysics was a story he told me about a bar he used to frequent back in the day. There was a woman that was always there. She passed away, but later, he was at the bar again and a conversation about her came up. Her being there always livened the place up and since she wasn't there anymore, she was missed. She went so suddenly, at least from their perspective, that they didn't get a chance to say goodbye.

In the middle of that conversation, his beer mug slid across the table suddenly. He was stunned. He asked his friend that was there with him if he saw it, and it slid back the other way. Almost like she was making sure he wasn't the only one to experience her presence. They talked about it for a moment, but blew it off, as we often do when we can't explain something and are having a good time doing other things. They went and played another game of pool and called it a night. He says he's got a great backspin pool shot he can teach me if we ever play pool together.

He's thought about that day from every possible angle ever since. He can't wrap his head around what it could have been. From a physical and scientific standpoint, he explored the ideas of hydroplaning and building lean. Neither explain the mug moving in the opposite direction the 2nd time.

A huge part of him believes it was her spirit, making her presence known and saying she heard them talking about her, but he can't physically prove it. This thought plagues him, not necessarily in a bad way, he enjoys the memories thinking about it brings. Those were some good times in his life, but not having a solid answer to whether it was actually her, or something else that his brain will accept and move on from can get a bit overwhelming in quiet times.

We've had several conversations about it and other things. Being a universal witch, I can tell him what I know to be about the spiritual realm and visits being possible, but it doesn't give him the proof his mind needs to be satisfied with an answer. He's ok with that, but he would like to have a verifiable answer one day.

In the progress of our conversations, he revealed that he is an artist and asked if I would like to see his work. He

brought some of it over to show me. He also mentioned he's fallen on some hard times and would really like to sell some of his art to help make ends meet. He asked if I knew of a way to do that. He has no phone or computer, but his art isn't half bad. Hearing the stories behind each piece gave me an even deeper appreciation after the first glance.

I asked him to give me a couple of days to think about it and get back to him. I came up with an idea for a fundraiser auction for his art. He loved it so we have moved forward with it. I've run fundraiser auctions before. They can be a lot of fun and the funds are always for a good cause. In this case, it's keeping an artist from starving to death in some tough times. If we can't help our local community members, what are we doing?

I've set up a Facebook group where the auction will be held. It's called the Fundraiser Auction Group. Here is the link to it. www.facebook.com/groups/525203752628177. Feel

free to pay a visit to the site and read the stories behind the art from the artist's perspective while deciding to bid on each piece. If things go well, we will likely keep the group open and do fundraiser auctions for people of the pagan and their friends and family. It's just one way we can help and take care of each other.

High quality individual prints of the artwork displayed here will be auctioned off. Multiple prints are available, so if you are outpriced on one print, check the others. We want as many people to get their hands on this art as possible, but they are limited editions. After this auction, no other prints will be created, and the funds will go directly to the artist (minus a small commission for our auction hosting services at the artist's insistence).

Opening bids are listed on each post. Bidding will begin at 9am on August 1st and end at 5pm on August 15th. Winning bidders

will be notified via email directly and announced in the Facebook group, on our website, and in the Mabon issue of the paper. Payments will be processed via PayPal on August 16th. Prints will be mailed within the week to the address provided at payment processing.

Help a neighbor out. We grow stronger as a community when we work together and help each other out.



The Van Gogh Extravaganza

by Gita Rash

Many have read of the Van Gogh exhibit being reproduced in cities across the globe. During these turbulent times it is no wonder many people are drawn to the artist's life. The success of the exhibition, despite the global pandemic, had me thinking on a deeper level. I was eventually able to visit the much talked about art experience recently. Upon entering the sunflower themed archway, you find framed panels with snippets of art history and auction prices including the astronomically priced sold pieces of Van Gogh. The "Vase with Carnations" greets you in the next space, a beautifully rendered three-dimensional version depicting all the colorful versions of the original painting. With brilliant lighting, and special effects, it felt like one could hold the vase and smell the flowers. All around the room, one can find illuminated reproductions of Van Gogh's most popular works, a vast number of florals. There are sunflowers galore in all sizes and variations paying tribute to the abundantly found flower in the Provence area Van Gogh loved so much.

In a corner is a recreation of Van Gogh's bedroom in Arles, in the yellow house. Sitting in the chair placed in the room was an experience and a good photo opportunity. This was one of the thrills of the exhibition. This was a room Van Gogh adored. He deliberately distorted it in a trapezoid shape, to give the corner wall a skewed appearance. Perhaps to acknowledge a challenge he faced as an artist, of drawing perfectly straight lines. This was a place he had created to welcome fellow artists in an intimate atmosphere, and to honor them. Van Gogh was extremely proud of his rendition. In his own words, "I think this bedroom is my best work" His love of color is evident in the choices he made for the walls, furniture, pillows etc. The original bedroom had walls of



The only time I feel alive is when I'm painting.
-Vincent Van Gogh.

purple, windows painted green and the furniture a golden hue reflective of the lavender fields of Provence in Southern France. In fact, he loved this painting so much, he recreated it two more times with subtle changes. This bedroom has rapidly become the most famous bedroom in art history. I found the paintings on the bedroom wall very interesting. These were paintings of his close friends Eugene Boch and Paul-Eugene Milliet.

At the end of the exhibits, in the large open space, the immersive

version of the art is displayed on all four walls, a 360-degree projection including the carpeted floor, the benches, lounge chairs and floor poufs. Music and narration accompany the immersive experience, as the light, color, and movement extravaganza take your breath away. For a minute it was so easy to forget that we were in the midst of a serious pandemic, as we surreally visited 19th century Europe. The letters Van Gogh wrote to his brother Theo are narrated throughout the projection, to give it a realistic feel.

Although Van Gogh is known for his artistic talent, not much is said about his literary skills. What an extraordinary experience it was to feel bathed in colors as each painting is displayed and rotated in a stunning manner to arrest the senses, with glorious images of flowers, stars, and galaxies under your feet.

Nature comes to life in a remarkably surreal way, whether you are transported to the starlit galaxy of "The Starry Night" or the haystacks in rural Europe or swaying among the almond trees, you feel the exhilaration of being alive. If you are a fan of purple as I am, you will enjoy the profusion of this color, and the sheer delight of being one with nature, a truly unforgettable experience. You feel the anguish of the sorrowing old man as he shakes in the corner, a reminder of Van Gogh's own frustration and struggle with his illness and mental collapse. This painting titled "At Eternity's Gate" seems a reflection of his agony, although conveying a message of hope and life. Whatever the mystery surrounding his death, the artwork he produced so rapidly during his abbreviated lifetime is a great source of joy and inspiration.

Midway through the presentation I was moved to tears, I started sobbing silently and uncontrollably. This is so unlike me as I am not a crier. Was it an overwhelming emotion that swept me away as an artist myself? Or was it a reflection of the genius Van Gogh, who faced critical abuse during his lifetime and is posthumously being celebrated and appreciated as the greatest post-impressionists of all time. Witnessing the total awe and wonder of fellow attendees seemed such a contrast to the rejection and contempt that Van Gogh experienced: A life of starvation, loneliness, and condemnation in his own native land, resulting in a tragic end.



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The Morrigan: The Phantom Queen

by Liz Law

The Morrigan is a being beyond fear, as she has mastered it as a tool and a practice. Her energy is the call of ravens and the howl of a wolf carried on mist through dark woods. She is the promise that fear and death are real and facing them is a requirement, not a request. In the realm of spirits and terror, she walks as a queen.

Her scream is powerful enough to drop warriors to their knees, trembling under the knowledge that the battle is already lost. Her foresight allows her to start preparations for the soon-to-be dead and inform them of their fate. Those who are marked for passage to the next realm spot her washing their armor and know they are fated to meet their end.

It is at the stream where she met her husband the Dagda, a mighty king of the Tuatha De Danann. He bears a staff that could give life with one end and death with the other, a harp that holds power over emotions, and a cauldron that never runs empty. He happened upon her bathing during Samhain and after their initial union, she agreed to assist him in battle. Every Samhain he returns to join her in the stream.

The Morrigan is a triple goddess and can be symbolized by the triple spiral. The name Morrigan itself means "Great Queen" or "Phantom Queen" and she is often portrayed as one or more of the sisters Badb, Macha, Nemain, and Anu. An adept shapeshifter, she frequently appears as a crow or a wolf. These figures can be used to symbolize her presence on an altar.

Those who wish to stitch together the worlds of the living and the dead through mediumship and those who desire to develop the gift of prophecy would do well to invite her favor and ask for her wisdom. Those who wish to stitch worlds together in other ways, such as through writing, would also do well to invite her to share her gifts. She is fiercely protective of those she chooses to guide and she will show them how to protect themselves when exploring new realms. She will also assure that she knows where weakness lives and will rapidly lose patience with those who indulge it.

Connecting with her can be done by placing a drawing or statue on



an altar and making an offering of clean water, silver, whiskey, or Dragon's blood incense; befriending the local crows, choosing to do shadow work, and most of all, by researching and learning about her.

Those who invite her presence and those who are called to work with her should follow through with any promises made, as she does not take rejection well.

Missing or ignoring messages given, will ensure the messages become unignorable, and as a high priestess and goddess of terror, she knows how to get someone to pay attention.

The Morrigan is at her core a battle goddess and she calls warriors to her service. Those who hear it would be wise to take heed and begin preparing.

Her call is a message to develop and share talents and gifts and step onto the battlefield either to fight, to care for those who fight, or to clean up the aftermath. She does not ask us to be heroes. She asks us to contribute our skills and abilities and prompts us to make spiritual practice a priority. She demands from us persistence in keeping our spirits burning and ourselves ready.

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Accessing the Fire of the Goddess

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Full details:

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August 6, 2022 2:00-4:00pm MST

Contact our office for details on joining!

Email: support@morrighanlynnne.com

**Presented by Morrighan Lynne
Intuitive Life Coach, SafeSpace® Trauma
Facilitator, Psychic Empath, & Author**

Full Buck Moon in July

July's full Buck Moon will rise on Wednesday, July 13, reaching peak illumination at 2:38 P.M. Eastern Time. It will be below the horizon at that time, so plan to look towards the southeast after sunset to watch it rise into the sky.

July's full Buck Moon orbits closer to Earth than any other full Moon this year, making it the biggest and brightest supermoon of 2022! At its nearest point, the Buck Moon will be 222,089.3 miles (357,418 km) from Earth so it just edges out June's Strawberry Moon by 200km.

While a supermoon is technically bigger and brighter than a regular full Moon, it only appears about 7% larger—which can be an imperceptible difference to the human eye, depending on other conditions. Nonetheless, it's fun to know that the full Moon you're looking at is the

closest, biggest, and brightest of the year.

The July 2022 supermoon also appears slightly farther south, so lower in the sky than a month before; when a Moon is lower in the sky or nearer the horizon, it can also appear bigger.

Why Is It Called the Buck Moon?

The full Moon names used by The Old Farmer's Almanac come from a number of places, including Native American, Colonial American, and European sources. Traditionally, each full Moon name was applied to the entire lunar month in which it occurred, not solely to the full Moon.

The Buck Moon

The full Moon in July is called the Buck Moon because the antlers of male deer (bucks) are in full-growth mode at this time. Bucks shed and regrow their antlers each year, producing a larger and more impressive set as the years go by.

Alternative July Moon Names

Several other names for this month's Moon also reference animals, including Feather Moulting Moon (Cree) and Salmon Moon, a Tlingit term indicating when fish returned to the area and were ready to be harvested.

Plants are also featured prominently in July's Moon names. Some of our favorites are Berry Moon

(Anishinaabe), Moon When the Chokecherries are Ripe (Dakota), Month of the Ripe Corn Moon (Cherokee), and Raspberry Moon (Algonquin, Ojibwe).

Thunder Moon (Western Abenaki) and Halfway Summer Moon (Anishinaabe) are alternative variants that refer to the stormy weather and summer season.

Courtesy of www.almanac.com



AUGUST 2022

make kindness the norm.



| SUN | MON | TUE | WED | THU | FRI | SAT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | Donate, volunteer, or raise awareness for a charity that helps a cause you're passionate about. | Help someone who is carrying a heavy load. | calendar Ride a bicycle! Spend the day riding with friends or family in a park or on a scenic bike path. | Build a "Little Free Library" box in your yard for neighbors to borrow from or donate to. | Anonymously pay for someone else's bill at a café or restaurant. | Shop at your local farmer's market. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| FREE DAY! How can you show respect today? | When paying bills, add a fun message along with your payments. | Book Lover's Day Send a friend a book you think they might enjoy. | Ride a bicycle! Spend the day riding with friends or family in a park or on a scenic bike path. | Son and Daughter Day Spend the afternoon going to the zoo with the children in your life. | Tape coins or hide small toys around a playground for kids to find. | Give your partner more affection and attention today. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Make a simple bird feeder and hang it outdoors for local wildlife to enjoy. | Relaxation Day Pamper yourself! Get a manicure, pedicure, or your hair done. | Get Involved! Sign up to join a community-related cause. | Become a "Big Brother" or "Big Sister". | Purchase a dozen stem roses and randomly hand them to passersby to brighten their day. | World Humanitarian Day Start a free fresh food pantry in your local community where neighbors could donate to or take from when needed. | Spend time today journaling or visualizing what you would like your life to look like in the future. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Set up a booth offering free lemonade. | Leave an inspiring book on the train or bus with a note to pass it on. | Take your change to a Coinstar machine and donate your collection to charity. | Apologize to someone with whom you've had a past conflict. | Plant a tree in memory of someone. | Dog Appreciation Day Purchase a new toy for your pet. | Treat yourself and a good friend to a spa day. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 31 | 1 | 2 | 3 | 4 | 5 | 6 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Refrain from complaining today. | Donate video games to your local children's hospital. | Sign up for a shift at your local soup kitchen. | Eat Outside Day Host an outdoor dinner on a warm evening with family or friends. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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Darker and Darker Brews: On the Magic of Coffee and Spices

by Eve Morton

Coffee is probably one of the most potent and powerful magical elixirs there can be. Within the US and Canada, every single busy corner has a place where any random person with enough pocket change can get a cup, and most stores also carry grounds or beans in some form. The big question is can you add items to your coffee to make its magic even more powerful?

First things first: let's get the materials right. Personally, I have used a cafe press in order to mix in the spice(s) with the grounds. One can still complete this task with a traditional coffee pot, and many other ways of making coffee. Single use coffee pods are not recommended, try getting used to the grounds.

When adding spices to coffee, the spices should be in their whole form. Such as cinnamon sticks, cardamom pods, whole cloves, star anise, and actual nutmeg. You will need some tools if you decide to use nutmeg, such as a grater or a sharp knife to split it, but resist the urge to get ground for any of these spices. Whole ingredients lead to holistic intentions according to many practitioners.

Other than hot water for the coffee, and something to put the coffee in as you drink it, you don't need any further materials. It's now about what intention you'd like to create with your spice combination before you add them to the grounds and make coffee as you typically would.

Cinnamon, cardamom, and cloves are the easiest of these spices to combine. All of them have some form of antibacterial or antifungal protection, leading

them to make the strongest form of purification coffee. For best results, use one stick of cinnamon (five inches, thereabouts), 3-5 cardamom pods (adjust for taste, size, and preference), and three cloves. This may seem like a small amount, but these are potent in their whole forms and you will not need any more than this (unless, of course, your spices are stale). Note that cinnamon and cardamom both have folk and (potentially) scientific associations with sexuality and fertility--so be aware that if you'd like to downplay or tweak this element, adjust the other spices accordingly. Adding more of these elements will not turn this into a fertility drink, however. It will most likely upset the balance of the blend and otherwise make undrinkable coffee.

Another good combination is star anise and cinnamon, since anise has antiviral, antibacterial, and antifungal properties--but be aware that it also has a strong licorice aftertaste that is not everyone's cup of coffee. It's a better alternative if you'd like to remove the sexuality/fertility associations with the cardamom pods and if you're looking for something to protect you from hurtful words or messages. Nutmeg, with its sweet and nutty aftertaste (it's the spice associated with eggnog), may also work well in this brew too.

One quick note about nutmeg: it's a powerful and potentially dangerous spice with similar protection and purification properties as cinnamon, but it also produces powerful psychotropic effects. Medical recommendations are to not exceed any more than 1 teaspoon

in any meal or drink.. Dosing should be carefully monitored to insure one does not reach toxic levels. Reach out to your medical practitioner if you are concerned about overdose symptoms. Nutmeg Uses, Benefits & Dosage - Drugs.com Herbal Database can help one understand the benefits as well as the issues. Cinnamon and Nutmeg have great properties including: antibiotic, antimicrobial, antiemetic, analgesic, antifungal, nervine, sedative, spasmolytic, and can also be used on work with hot foot powders, relief of skin irritations, salves, and connections with the Crown, Third Eye, Sacral, Root Chakras. If one is planning on using it for internal properties (beyond a few shakes in your coffee), please contact a local herbalist or internist to understand how it can affect your body.

From here, experiment! Like one flavor more than another? Add a little bit more. Take away something else. Just be sure that you're checking the properties of each spice. And as always, be sure that as you add your spice mixes to the grounds, you're of a clear mind and complete the act with intention. You may also want to stir the coffee (even black coffee) in a particular direction to make your intention even stronger.

Coffee is not just a drink that will wake up even the most tired, it is a remedy for keeping all kinds of evil away if you just know what to add. Whether it is warding off a cold or flu, exhaustion, or a literal demon, keep a small pouch of cinnamon sticks, star anise, cardamom pods, whole cloves, and nutmeg to help guard you against the world.



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Runes

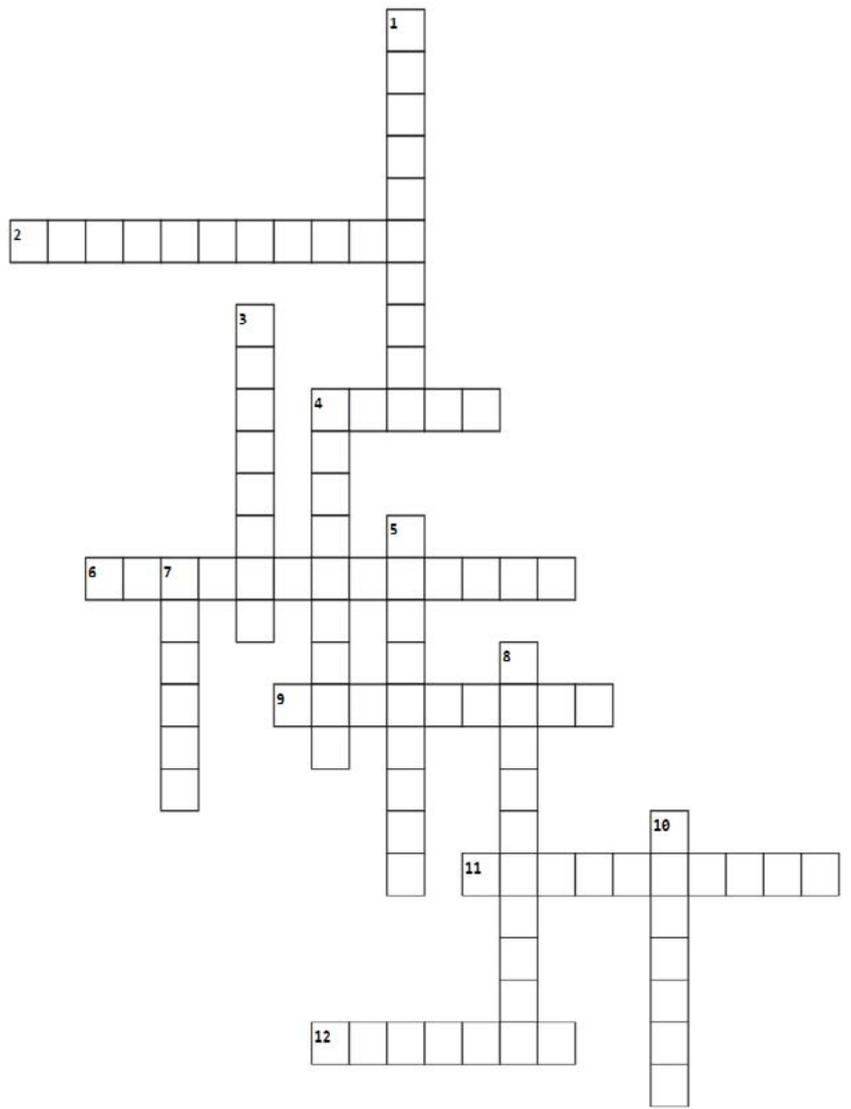
By Terri Ireland

Runes are divination tools similar to the I Ching, Tarot Cards or reading tea leaves. They are ancient oracles known mostly to those of Scandinavian descent or readers of Tolkien, an ancient alphabetic script, each of whose letters possess a meaningful name and sound. Runes were employed for poetry, inscriptions and divination. Consulting an oracle is not the same as having your fortune told. An oracle does not give you instruction as to what to do next, nor does it predict future events. Instead, runes reflect to us the knowledge of our subconscious minds.

Consulting an oracle is like holding a mirror up to your subconscious to reveal your hidden fears, motivations and belief systems that silently shape your future. Once seen and recognized, these subconscious elements become a part of your conscious choice-making. Oracles help you to select your future. They shine a light on your previously unknown inner characteristics that may be the most important elements in determining your future. I have been using the guidance of the Runes for twenty-five years, and am fascinated by their history and ease of illumination.



Metaquizzicle Times Crossword



Across

- 2. Also known as Gall of Goat
- 4. coloured pieces of plastic or paper for trade
- 6. Our artist of feature
- 9. Something to make at this time of year
- 11. Other name for Lammas
- 12. Help you to select your future.

Down

- 1. Herb associated with Lammas
- 3. The phantom queen
- 4. Chakra root
- 5. Chakra crown
- 7. the most potent and powerful magical elixirs there can be
- 8. Clears, activates, and protects the Heart Chakra
- 10. Creator of Vase with Carnations

LAST ISSUE ANSWERS

- 1. Diana I. Paxson
- 3. Essential Astaru
- 4. Fair Folk
- 5. Wicca Plus
- 8. Sunbathing
- 9. Introspection
- 12. Technology

- 2. Anachronism
- 6. Turquoise
- 7. Mandala
- 10. Strawberry
- 11. Fluorite
- 12. Toe of Frog

Down

Across

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