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Ancestors and Beloved Dead

by Nixie Vale

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As we approach Samhain and the thinning of the veil, we begin thinking about those we have lost and our ancestors. When I do any magical work at Samhain, especially my altar, I tend to divide it into different sections. One area is dedicated to my ancestors, another is dedicated to my Beloved Dead; but what do I mean by Ancestors and Beloved Dead?

What does Ancestors Mean?

According to the Oxford English Dictionary an ancestor is “a person, typically one more remote than a grandparent, from whom one is descended”, but for me something doesn’t sit right because while by mum’s grandparents aren’t that far away from my generation, I never knew them so for me, I would call them immediate ancestors because they are still close to me – my great Grandma died around 1970 (I was born 17 years later). With my ancestors I have two distinctly different heritages, Celtic (Welsh) and Germanic, and when I am creating an ancestral altar, I take this into account. When I leave offerings, I like to try to do something that would be appropriate for both, or each individually.

What does Beloved Dead Mean?

Throughout the year we honor the memory of our family, friends and

pets that are no longer with us, and Samhain is a time when this is almost solely focused on this. It can be a very somber time, but I also believe it is a time to celebrate their lives and the part they played in your life. When I refer to my beloved dead, I am referring to people and animals that I have personally known and had a relationship with – whether the relationship be short or long, they still became part of my life story. For example; my six grandparents, my biological father, other family members, my three felines, two guinea pigs, and friends from school, work or socially. These are the people and animals whose transition had an effect on me personally. Last year we lost a neighbor and friend just before Samhain, so this loss played a big part in last year’s feasts and rituals.

What if you don’t know?

This is something that can be very difficult for some, especially if they do not know their families or where they descended from. My advice here takes a few avenues, and you have to choose which you are comfortable with – don’t do anything you aren’t comfortable with or prepared for. Route one is to do research and find out where you come from, or at least where you descended from. Route two is to simply leave an offering

“to those from which my blood runs” or “ancestors from which I descend.” When it comes to your beloved dead, like I mentioned, they are people and animals that have had an impact on your life, and you don’t have to be related to any of them, the word loved is the important part here.

Creating Rituals and Altars for Samhain

When I create my altars (there is usually more than one) I try to brainstorm what I want it to look like, but when I am actually building it that plan is thrown away and I go intuitively with what feels right. While aesthetics are important to some, for me it is all about the connection and celebration not whether or not it looks pretty. Sometimes my altars are a jumbled mess because that is where I have been guided, while at other times there is a minimalist feel, both are right. One of the other rituals that is always part of my Samhain celebrations is a Silent Supper – this is where a meal is eaten in silence and a place setting and plate is made as an offering for those who you are honoring. When I am making the meal, I say prayers and add blessings for the future but I always make sure there is something for the pets I have lost as well. They have a special bowl to eat out of as well.

FROM THE PUBLISHER

I'm so excited to see more and more posts all over the place about the real stories behind witches, the last Salem Witch being exonerated, Vanessa Hudgens' Dead Hot: Season of the Witch trailer is released, and Hocus Pocus 2 has hit screens everywhere are taking our stories, practices, and lifestyles main stream. There is a whole lot about that to be excited about!

People are of 2 minds about it, though. They want to have the freedom to practice and live how they want to live

without persecution (their kids not abused by other kids at school, friends and family not cutting ties, because they are witches), but at the same time there is power in the secrecy and fear that has surrounded the practice of witchcraft for centuries. They want the freedom, but don't want to see that power go away.

We understand both sides of that coin, but don't believe it should be used to drive a wedge between people. If someone wants to learn, teach them, or let them learn from someone

else. If someone believes something works for them, let them have that. Wish them a blessed be and be happy someone learning. There is enough ugliness and pettiness in the world. Lets show the world that we are not ugly, petty, evil creatures when we are called witches.

In the words of my good friend for many years now, Miles Nelson, "Paganism truly is the 'choose your own adventure' way of life." Enjoy your adventure and allow everyone else to enjoy theirs too!



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.

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- LUCY LARCOM



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Silent Supper

by Nixie Vale

During this time of year our focus shifts to honouring those we have lost over the years, and to honour our ancestors, and one of my favourite rituals and celebrations is a meal/feast called a Silent Supper, also known as a Dumb Supper.

What is a Silent Supper?

A Silent Supper – I prefer this to the name "Dumb Supper" – is an amazing tradition where a meal is held in honour of one's ancestors and beloved dead. The thing that makes this feast different from any of the others held through the year is that it is held in complete silence. The Silent Supper is a solemn time, but it is a ritual where you can show reverence to the dead. The origins of the Silent Supper are... obscure to say the least and for whatever it is, whether it is ancient or modern it is a special ritual that I do every year; and for me it is extremely profound.

Creating a Silent Supper

If you would like to hold or host a Silent Supper here are a few things that I do to prepare for my own celebration.

The first thing I always think about who is going to be part of the ritual, this will determine many different factors from where I will host the meal, and what I am going to even make.

Next you need to plan out turning your chosen room (aka your dining room) into a sacred space by cleansing it of all negativity or stagnant energy. You can do this by smoke cleansing, using incense, a besom and lastly, raise a protective circle around the room with a "door" in which to enter and leave – for people and spirits.

While the meal is a focal part of the ritual, it doesn't have to be anything grand. Cook a meal that everyone attending will enjoy. It could even be a favorite of someone you have lost.

One of the things that make the Silent Supper different from other rituals is that you are focusing on contemplation and honoring the dead, so you will want to remove electronic equipment or devices (if you can't remove them, turn them off) as this removes distractions, disruptions, and disturbances to the energy of the space.

Set the table for each person attending the ritual, leaving the head of the table set for the Spirit of the deceased. If you have a round table then the space at the

northern most spot should be set for the spirits. If you have lost beloved pets, like I have then you may also want to set a plate for them – I always set a plate for my felines next to the setting for the deceased. I would love to set a spot for each of the people I have lost in my life, but at over 9 place settings that isn't feasible.

In the past I have debated when the silence should begin, and for me I now do the whole process from cleansing to feasting and cleaning up in silence. You may want to do some forward planning on who is going to sit where and to let your guests know what is going to happen and when. As this is a time of somber reflection, you may want to leave younger children out of it. You can include them in other rituals and celebrations though.

Lighting is a fantastic way to set the mood for the space. I like to light a tea light for each member of my beloved dead, which alone provides fantastic light. I have always found that softer light, like candles, is better than the harsh white light from some bulbs, but you will need to work with what you have and there is always room for changes – it is your ritual. If you can't have a plethora of candles, you can use a single candle with the names of your loved ones inscribed in the wax – this works for real and battery candles.

Preparing for the meal is more than just cooking, you will need to inform your guests of what is going to happen and ask them to write a note to their beloved dead and not show anyone. You may want to have a cauldron or platter ready for later in the ritual. They will also need to know that no speaking or

electronics are allowed.

When you and your guests enter the dining area, it's time for silence, and before everyone takes their seat, have them stand by the Spirit's Chair and say a little prayer for those they have loved and lost. Once everyone has their meal, including the Spirit's Chair, hold hands and say a silent prayer (this may be prepared and rehearsed beforehand). Some people serve the meals starting with the spirit chair, and then serving the food in descending age order, but that is a personal preference. There is no requirement to serve food on the Spirit's plate, by simply having it there shows that you have not forgotten them.

Once the meal is finished, and the plates cleared away, each guest should take out their note for their loved ones, then go up, one at a time, to the Spirit's Chair and find the candle they lit for their loved one(s) and burn the note saying a little prayer. This is where the platter or cauldron comes in very handy, they then return to their seat, letting the note burn. Once everyone has burned their notes, hold hands once more and say another little prayer, you can do a group prayer that you prepared before, or you can use personal ones.

Once everyone is ready to leave, each guest should stand by the Spirit Chair and say goodbye before leaving the room in silence. Once you have left the dining room, you can choose to talk to the group, or you can remain in silence for the remainder of the evening, it is your choice.

If you have served a plate of actual food for the ritual you should wait for Samhain to end then dispose of

the food – Spirit will "feed" from the energy of the offering which is why actual food is not needed.

This is a prayer that can be used for Silent Suppers if prepared beforehand. I wrote it a few years ago for the very first Silent Supper I hosted.

*Tonight, is the night that we call to you,
Tonight, is the night we honor you
Tonight, is the night when our worlds meet*

*Tonight, is the night the veil thins.
To the spirits of my fathers and mothers passed,*

I ask you to join me, in this my feast, on this night.

*You who have always walked with me,
watching me, protecting me, guiding me.*

*Tonight, I thank you, I honor you
All who have come before me.*

Your blood runs strong through my veins,

*Your spirit rules forever over my heart,
Your memories are always with me, in my soul.*

To the spirits of my fathers and mothers passed,

I ask you to join me, in this my feast, on this night.

I give you this gift, the gift of remembrance

As this night our worlds are destined to meet.

You may have passed beyond my waking sight,

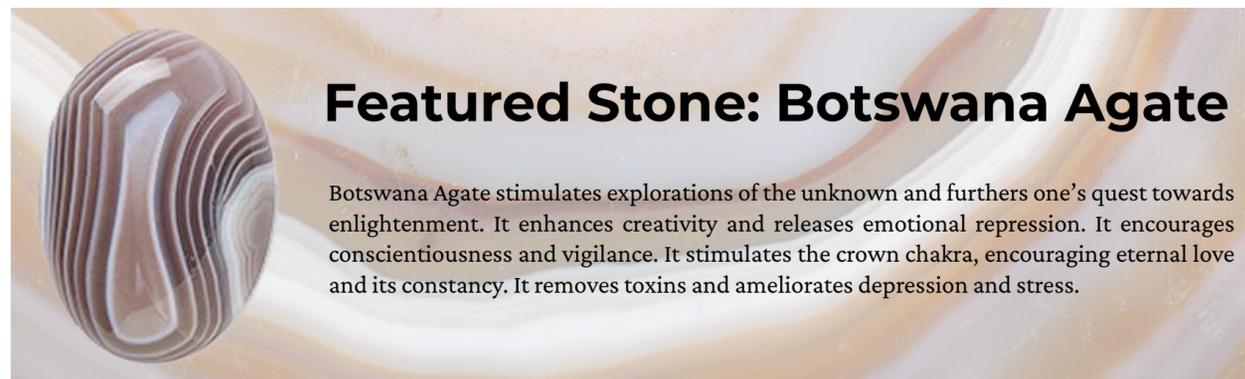
*You are never forgotten, never set aside.
For you live within me,*

*Within all your children the world over,
Within each generation that is to come.*

To the spirits of my fathers and mothers passed,

I ask you to join me, in this my feast, on this night.





Featured Stone: Botswana Agate

Botswana Agate stimulates explorations of the unknown and furthers one's quest towards enlightenment. It enhances creativity and releases emotional repression. It encourages conscientiousness and vigilance. It stimulates the crown chakra, encouraging eternal love and its constancy. It removes toxins and ameliorates depression and stress.

What is Bilocation?

by Cat Gina Cole

Bilocation in the classical sense is described as your body being seen in two places at once. Both bodies operate fully and are seen by others. The recorded cases of this are often described as coincidence or mistaken identity. Yet the phrase bilocation has been around since early Greek times.

Rosemary Ellen Guiley authored an article on bilocation in her book Harper's Encyclopedia of Mystical & Paranormal Experience. In which she documents many such occurrences among Christian saints, and many others. While bilocation is uncommon it is an ancient practice. Today most know it by another name OBE, which means Out of Body Experience.

The term OBE was not used until 1943 by Robert Monroe. He wrote the book, Journeys Out of The Body. His research is why I believe that a bilocation/OBE event is very different from an astral travel event or remote viewing. Remote viewing is traveling clairvoyantly to a location and being able to describe exactly what you see. The person doing the viewing is not seen by others while viewing as they are in



bilocation.

The bilocation I experience is technically Clairvoyance in time in space. This type of bilocation looks and feels different than those described above.

When I have an event of bilocation/clairvoyance in time and space, it usually comes as I am speaking to someone. In that moment, my clairvoyance will travel through time and space and reveal to me the long-range outcome of what is

being discussed. It shows me the outcome of a person's actions and how others will respond to them. The term bilocation applies because I have been "seen" by others while engaged in this kind of "travel".

During such an event my other skills apply themselves to what I am seeing. My Claircognizance will provide knowledge like it is fact. My empathy tells me how people will feel and why the events occur, similar to precognition. However, in precognition usually, only one

main event will be revealed. In psychic bilocation, I get to see the ripples of people's actions, how others will respond, and how they play out in much more detail.

While in a conversation my brain begins to process what I am clairvoyantly seeing, I will typically look upwards for a second. When I do that, I am seeing the events play out. That vision can span days, weeks, months, and sometimes years into the future, I receive the whole big picture of what is to come.

I class Clairvoyance in time and space as bilocation because my body is still there engaged in conversation as my mind/consciousness travels I often use the term bilocation because it is an easier term for people to comprehend than Clairvoyance through time and space or telling people I am viewing the future. Which usually freaks people out a bit, even those fairly comfortable with psychism. Possessing Clairvoyance of this magnitude is why I often tell people I walk in many worlds.

If you have similar experiences, it is not your imagination or mere coincidence, it is your psychic skills, so embrace them and enjoy the journey!

Many Blessings to All!

CULTURE CORNER

Karma in Hindu Mythology

by Shashi Kadapa

Karma is one of the three philosophies of Hinduism, along with Dharma and Moksha. The term refers to the sum of the punya (good deeds) and papaha (evil deeds) done by a person. The god of Karma is Shani, a divine personification of the planet Saturn. Bhagvan Shani uses a crow as the vehicle and delivers justice or dharma depending on the accumulated karma. All are delivered justice, irrespective of their status, such as god, beggar, or king. This article reviews the concept of karma and the metaphysical forces associated with it.

Ancient origins: The Rigveda, an ancient Sanskrit text written around 2000 BC, first mentions Karma. In smaskara, or the world, evil and good deeds done by a person act as debit or credit through the cycle of birth and death. The physical body is consumed by the fire or earth after death, but the soul experiences rebirth or punarajati, re-death, punar-mrtyu, and coming to life again, punar-asu. Thus, karma is the metaphysical force that guides the soul. A murderer, thief, traitor, or one who has done bad deeds will be reborn as a worm, snake, demon, evil spirit, or insect and undergo various punishments and miseries.

Other than bad and good karma, there are three types, and these are explained as follows. Sanchita karma includes the sum of all good and bad actions from the previous lives. A person will have done many good or bad deeds in their lives, and one portion of this is bequeathed to the next karma or prarabdha karma. Prarabdha karma is the being's current karma, but it is shaped by the actions of previous lives and karmas. In other words, you either reap the benefits or suffer from the deeds done in past incarnations. This is also called destiny or fate, and it cannot be avoided or changed. Agami karma is the sum of the present and past deeds, and they are carried into the next rebirth.

How it works: The Rigveda explains these constructs through an analogy. A hunter has a number of arrows in his quiver, and these arrows are the sanchita. He fires an arrow from the bow, and it cannot be stopped or recalled, and this arrow is prarabdha. When this arrow strikes a target, it becomes

the agami and gives the fruits of his endeavors. Through a sublime conscience, the hunter has developed his skills, sharpened and shaped the arrows, and used his experience to build the sanchita, prarabdha, and to obtain agami, and he therefore has full control over all these forces. This, however, cannot occur in real life because he has no recollection of his previous lives or the karma of his life and deeds.

Karma is not like a business and trade record where one can refer to business losses and make corrections to make profits. The scriptures say that only prarabdha is the actual presence since it is the current life and a person has to perform good deeds, surround herself with positive energy, harness the natural forces of all things, and develop the synergy to lead a better life in the next reincarnation.

Moksha: Moksha, also called mukti, nirvana, is a soteriological and eschatological release and liberation from the cycle of life and death. The cycle is unpredictable and based on voluntary and involuntary actions. People may experience happiness, misery, sorrow, diseases, illness, and other forms of mental and physical torture. When moksha is attained, then a person reaches a natural state by leaving the imposed state of the prarabdha karma. A being that has attained moksha is immersed in the contentment of the self, freedom from moral obligation, and the need to prove one's worth in samsara.

Moksha can be attained through jnana, bhakti, and karma. Jnana,

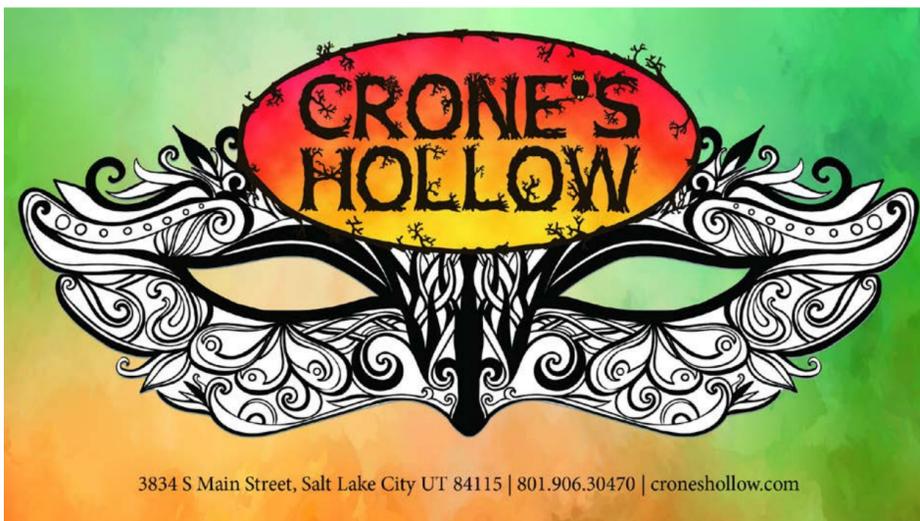
or knowledge, is obtained through rigorous studies of the Vedas, Upanishads, Brahmanas, and other texts. Many ancient and mythological rishis, such as Atri, Bharadvaja, Bhrigu, Gotama, Kashyapa, Vasishtha, and Vishvamitra, who form the seven gotras, attained moksha through study, and this may not be possible for us. Bhakti is through devotion and severe penance as seen by ascetics, and again, this route may not be possible for all. Karma is the attainment of moksha through good deeds in the present life. Thus, a person can increase karma through perceived good deeds to attain moksha. An important concept is that a person may not gain rewards or suffer punishment in the present life due to actions and deeds. Rather, the effects of these deeds are carried over to the next life. Another aspect is that birth in a specific caste does not guarantee good karma. Therefore, even a Brahmin, the highest among the Hindu classes, will suffer from evil and bad acts, while a Shudra, the lowest among the classes, can gain good karma.

The question now is, what exactly are good deeds? A dichotomy seen since moksha is about giving up desires. However, karma is about doing good deeds to attain moksha. One obvious route is to do perceived good through donations, gifts, and helping the weak, poor, and undeserving. However, the giver's intention, attitude, and desires for donation should not be selfish and designed to only attain a specific goal. Does a crooked lawyer who uses her skills to free a criminal by using her skills give her moksha? Does a corrupt politician

who donates funds obtained from corruption to help the poor give him moksha? Does a drug lord, a dictator who has killed hundreds overturn bad karma by doing good deeds as atonement for his sins?

The story of Ratnakara, a murderer dacoit who later became the scribe of the Ramayana and Sage Valmiki, exemplifies the possibility of such a dramatic transformation. He was adopted by a hunter who married and had a growing family whom he could not feed through his hunting and became a bandit. One day, Ratnakara attempted to rob and kill Narada, the musician sage of the gods, who asked him if his family accepted the fruits of his robbery and sins. Ratnakara was aghast when his wife, children, and all relatives refused him, saying that they would share the profits but not the guilt of a sin. Totally heartbroken, Ratnakara went to Narada and begged for forgiveness and a way to atone for his sins. Narada asked him to sit under a tree, do penance, become an ascetic, and pray to Bhagvan Rama to give him salvation. Eons passed and an anthill grew over the dacoit, but he kept meditating. Narada then came and freed him, giving him the name of Valmiki, the one who had emerged from an anthill and later wrote the Ramayana. Thus, it is possible for the penitent to transform if they truly regret and mend their ways.

To conclude, do not covet what is not yours, do not deceive the gullible. Work hard and obtain a just profit. This may result in good karma and help in obtaining peace of mind, benevolence, bliss, and possibly moksha.



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The Colours of Mourning

Part One

by Nixie Vale



My first experience with mourning came when I was 7 or 8 and my mum's aunt passed away just before Christmas. I didn't understand why everyone was wearing black, and the thing I remember the most of that time is asking why everyone was dressed the same. I was told "aunty Rita has gone to heaven, and when someone goes to heaven, people wear black". I was a child, so I never questioned what I was told. My next experiences of mourning came a few years later when I was 12 and 13, but even though I was still young, I saw things in a clearer light, I was much more aware of what was going on. This was the first step into understanding what colors meant in mourning.

In recent weeks England has been through a period of national mourning for the death of Queen Elizabeth II and we are moving ever forward towards Samhain, a time when we honor our ancestors and beloved dead. Now is the perfect time to discuss the colors that are worn during periods of mourning. Many countries around the world hold the custom of wearing black during times of mourning, but this isn't universal, there are cultures that have their own customary colors of mourning.

While researching this topic I found that the tradition of wearing dark colors to signify

mourning came from the Ancient Romans – the Roman Empire existed in some form from 27 BCE to 1453. At its peak the Roman Empire covered around 5 million kilometers, which was one of the largest empires in terms of landmass. They had territories in Europe, Africa, and the Middle East, which means that the customs of the Empire were spread throughout vast swaths of land.

Ancient mourners would wear the darkest coloured togas they owned to a funeral, but this wasn't necessarily black, and the deceased would also be dressed in the same manner – clothed in the darkest color they owned. Even though the Romans were amazing with

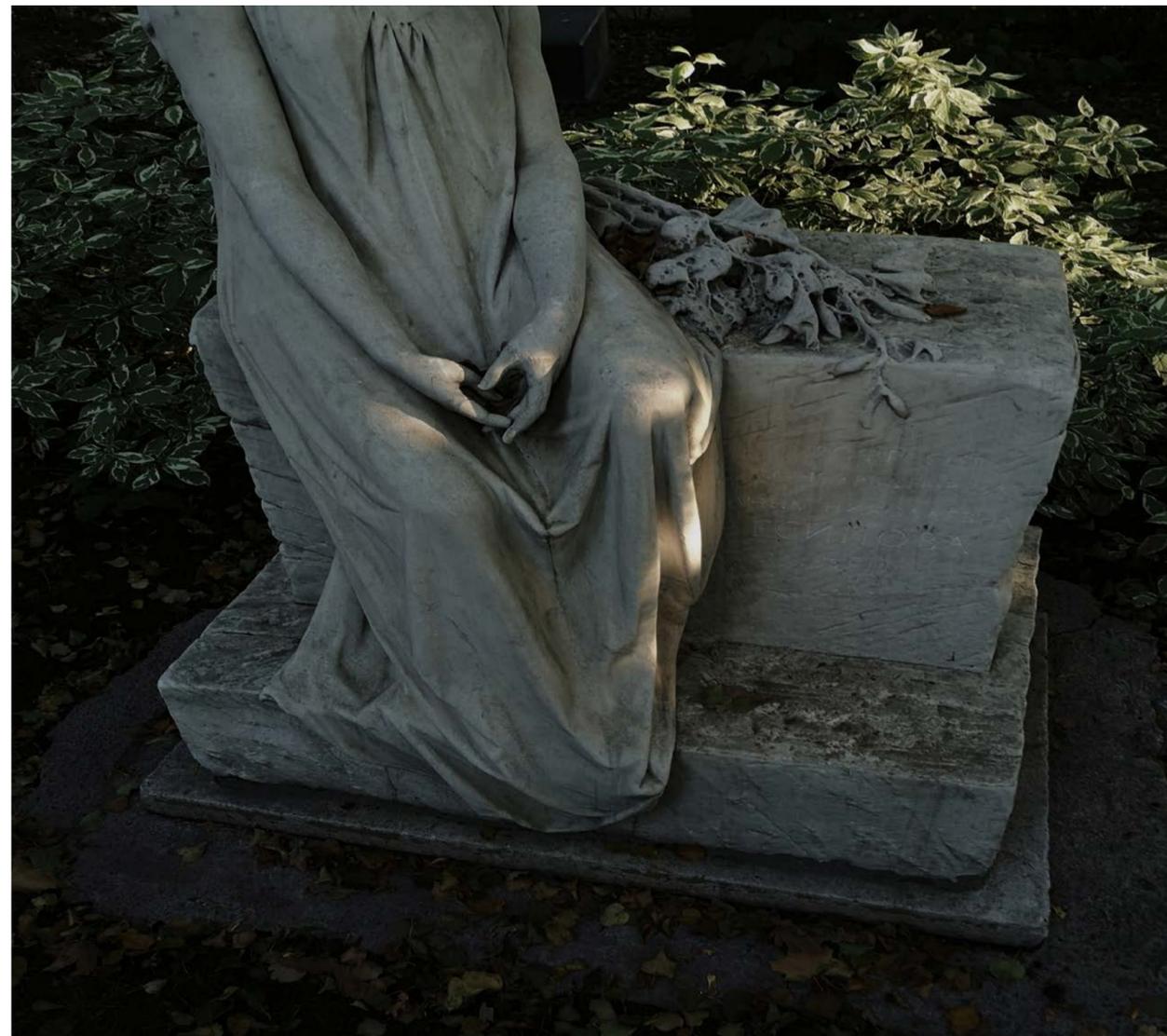
their record keeping, the rural areas were still sharing their customs orally, and as with Chinese Whispers the customs that were shared through the generations slowly become changed and what was once dark colors eventually became black, and as Europeans adventured across the distant parts of the world, they took this custom with them.

The Etiquette of Mourning

Throughout history there have been many customs adopted by cultures and societies, but the British seem to have had the strictest rules when it came to the etiquette of mourning. Wearing black during mourning became part of the sophisticated rules for showing

respect for the dead. The Victorian era made this concept into a fine art, and anyone who disrespected these rules were shunned by the family or society. Most of these rules were more strictly adhered to by the upper classes, and for the lower classes, the darkest colors they had were acceptable as not everyone could afford a set of mourning clothes. Wearing black during mourning lets others know you have suffered a loss and are in mourning without anyone having to say that they were.

If you wore any other color other than black during mourning, it was seen as the proverbial middle finger to the deceased, the family and all those in mourning.



If a woman wore black outside of mourning, she was seen as "dangerously eccentric" and could be shunned by family and society – and on rare occasions, even placed in a sanatorium for the mentally disturbed.

A widow during the Victorian era was expected to wear a 'Mourning Bonnet' and a black veil over her face for the first six months (The Queen Consort, and Princess of Wales wore black veils during the funeral of the Queen).

A widower was expected to mourn the loss of their wife for 3 to 6 months and would wear a day suit in a dark color.

One of the most famous mourners in history was Queen Victoria after the death of her husband, she wore black or 'widow's weeds' for the rest of her life, which was about 40 years. This sparked a trend with women who would wear widow's weeds for up to 2 years after the death of their husband.

The Deepest of Mourning

There are records of women who were in the deepest morning wearing white to represent their grief. This became popular in Medieval Spain and with the Queens of France but for Hindu's white is a color of purity. If a child was taking part in the funeral for any capacity, then they would wear white as a symbol of their innocence. There are some cases where white has been worn as a color of mourning in Europe.

In 1393 the funeral procession of King Leo V of Armenia wore white.

In 1962 the funeral of Wilhelmina of the Netherlands was given a White funeral, which was done in line with her spiritual beliefs.

In 1993 Queen Fabiola, the wife of King Baudouin I of Belgium wore white to symbolize the depth and purity of her grief.

In 2004 the daughters of Queen

Juliana wore white according to Dutch customs.

The color White is also a color of mourning for Buddhists as they believe that when someone dies, they are reincarnated, so the family and friends of the deceased wear white as a sign of hope, a hope for their loved one to be reborn.

Queen Victoria was quite the trend setter in her life and with her death. Before her death she wrote some very strict instructions when it came to the

color white. She had to be buried wearing her white wedding veil, and only white horses could pull the gun carriage – these horses had to play a part in the funeral proceedings. It was actually these horses that began the tradition of the Royal Navy pulling the carriage, as it was so cold during the funeral the horses ended up getting so cold and after long periods of doing nothing, they reared up.

Part 2 next issue



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Merry Meet to Debbie Broaderick of Utah Pagan Markets

Debbie Broderick is the Creator and Organizer of the Utah Pagan Markets in Ogden, Sandy, and Orem Utah. She is also a Business strategist specializing in small business success and marketing. The Utah Pagan Markets take place monthly on the last Sunday of every month, with the exception of October because she the markets are hosting a big event for Samhain at an amusement park. We sat down and had a chat with Debbie to learn more about the markets and the event.

Hi, Debbie, it's great to get to speak with you. Thanks so much for being with us. Can you tell us a little about you and how you relate to the Pagan Community?

I have been a member of the pagan community officially for only a short 5 years although I always had a fascination with the occult and witchcraft. Unknowingly, I now realize witchcraft has always been a part of who I am and comes as second nature. I have a passion for the Pagan Community and providing a safe space where we can be ourselves and meet others of like mind.

We think a lot of people who are just coming into the pagan community have really been into craft of some kind for a long time. We are glad you are part of it. Can we ask what you love most about being Pagan?

I love the freedom within Paganism to be a solitary practitioner. To learn and feel out my spirituality firsthand. Paganism is a large umbrella, covering many beautiful ancient traditions and belief systems. Many of which are nature centric, acknowledging and respecting the life bringing and creative energies that surround us. Finding the pagan path is what accelerated my spirituality and understanding of how this beautiful universe in which we exist, actually works. Humanity, life and love are central to all my magickal practices. This is where I

willingly choose to stand, and paganism is the container that enables me to practice my beliefs freely.

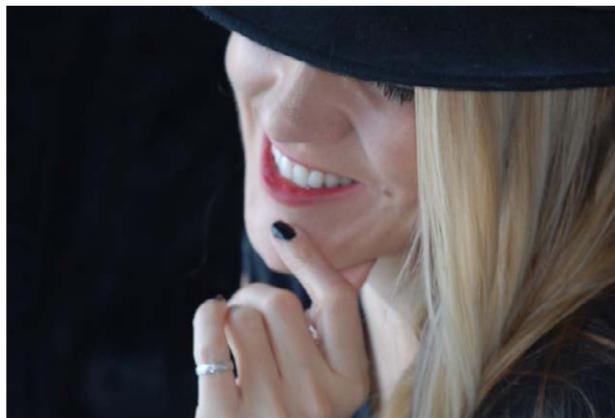
What a beautiful perspective of Paganism. We love it for all these reasons too. We have to ask though, is there anything you dislike about being Pagan?

That there is no real support within the community for pagans. Although it is recognized and protected as any other religion, little is known about paganism and a lot is misunderstood or taken out of context. Many pagans don't feel free to be genuine. They feel the need to hide their true self for fear of prejudice. The biggest tragedy is when an individual has to hide who they

It can at times be a painful place to be, when one has to choose between a relationship with their family, and being true to themselves.

are from their own family. I have experienced this personally. It can at times be a painful place to be, when one has to choose between a relationship with their family, and being true to themselves.

We hear that a lot really. It's part of what drives and motivates us to support causes and events that allow people from all walks and journeys to feel safe and a part of something. If you could do



anything to fix the world's problems, what would it be?

Increase tolerance and acceptance for individuality through education. We are all human, there is no need for prejudice, at the end of the day we all have the same fundamental needs to survive.

Amen! Couldn't have said this better ourselves. Thank you for being frank with us. We love it!

We hear you host Pagan events. Can you tell us a little about them? What kinds of events are they and where do you hold them?

Certainly. I hold two types of events. One is a small monthly local market where Pagans can regularly gather and meet other local pagans. These events are

currently ongoing in Ogden, Sandy and Orem Utah, all of them taking place at small local businesses. This provides a regular meeting place for pagans to gather in a safe and spiritually promoting atmosphere. It is also a main supporter of local small businesses, making the resources that these businesses offer more visible and available to the public.

The other type of event is a larger bi-annual pagan festival, one falling on Beltane, and the other falling on Samhain. Currently the only location hosting this event is in Pleasant Grove Utah at a renaissance style theme park called Evermore Park. At this gathering we lean heavily into the culture and tradition of Paganism. We host public rituals, open discussions about multiple paths, and have open house style meet-and-greets with local covens, collectives and clans. We try to represent as many pagan paths as we can from Wicca to Norse tradition paganism. These festivals



also serve as a culture fair, so to speak, open to the public and encouraging the general community to come and gain a clearer understanding of what paganism is and have the opportunity to have any questions answered.

We've been to a couple of the markets. Being in Utah, we were pleasantly surprised by the turnout. Are turnouts higher or lower than you expected?

We always have a high turnout. Pagan gatherings in the state of Utah are few and far

between. There is a real need for a safe gathering place in our community so not many miss the opportunity to attend. Our events are also open to all faiths, and people. Many that attend our events are curious about paganism and want to learn more about what it is we do. We love to see open minded people coming to learn and experience our traditional practices.

Curiously, do people that you had no idea were even interested in Paganism come and pleasantly surprise you?

I have not seen anyone that

I know outside the pagan community attend unless I already knew they were pagan. But my favorite thing to see is someone attending the Utah Pagan Market, who has clearly been hiding their beliefs. They come into the market, timid, quiet. Sometimes approach me and will quietly ask if there are any other people in attendance that follow the same path they find themselves quietly walking. I have seen some of the most incredibly beautiful connections occur at our markets. People finally connecting with others of like mind. It is validation for the soul, like finding your long lost home and realizing you are not alone.

That alone is truly one of the most beautiful things a person can see, isn't it? The motivation to do things that make those connections possible is motivating beyond words. So, what and when is your next event?

Our upcoming event is our largest by far, "Samhain Festival 2022" at Evermore Park (easily found on Facebook under Utah Pagan Market @utahpaganmarket). This event has been more than six months in planning and was a long standing dream of mine for years. This will be our first annual Samhain Festival and we hope to see all walks of paganism feeling supported and welcome.

Debbie, it has been great having you join us and hearing about your events for pagans in Utah. Thanks so much for being with us.

Tickets are available now and are \$3 off if you get them through the website

www.utahpaganmarket.com/event/samhain-festival-evermore-park



- Trick or Treating
- Costume Contest
- Local Vendors
- Archery Range
- Live Entertainment



Astrological Reading for Samhain

by Nixie Vale

This time I have chosen a deck with a unique energy, the Wisdom of the Hidden Realms by Colette Baron-Reid. I love this deck because it has a sensitive wisdom as the messages come as an ally or challengers to help you overcome whatever is in your way.

Aries

The Eyes of Beauty comes to you as an ally and asks you to look at the way you perceive things, after all a glass that is half full, is the same as it being half empty; the difference is how you are perceiving the glass. It's time to remove the rose-coloured glasses and look at the world around you with clarity.

Taurus

The Word Lord comes to you as an ally and asks you to be careful with your words, and choose to communicate with others clearly, but more importantly communicate kindly and with praise. This goes for when you are communicating with yourself, be kind with your words because they too can cut deep.

Gemini

Gaia's Garden comes to you as an ally and is asking you to remember that Gaia is an infinite spirit of manifestation and can be the source of prosperity and abundance. You have been working so hard, now is the time to partake in the rewards of the effort you have put in though the previous months.

Cancer

The Cosmos comes to you as an ally and is asking you to turn your mind to the vast stores of creativity that are welled within you, and this creativity can be used for good or for ill, and all this is up to you. How will you influence your creative well to create your inner and outer world?

Leo

Sisters of the Seasons are coming to you as an ally, and they are asking you to remember that everything has its own natural rhythm and is part of a greater symphony. The cycle of birth, growth, harvest, and decay are unchanging and when you allow the natural order to flow and unfold, success can be yours.

Virgo

The Lady of the Gift has come to you as an ally and is asking you to look at how you give to others and how you can be more generous, but not monetarily. She is asking you to look at how you see others and how you treat them; often the greatest act of generosity is that of the spirit, and your belief in others is of the highest value.

Libra

The Ice Queen has come to you as an ally and is asking you to pause for a moment so you can connect with your guides and assess how far you have come, how far you still must go and where your path is taking you. Her greatest wisdom is that at times you must stop in order for everything to grow as it should. Less haste and all that

Scorpio

The Arrow Master has come to you as an ally and is going to teach you how to shoot for the stars and keep your target and intentions clear in your mind. The greatest message for you is to get your intentions in alignment with that of your spirit and guides and then trust they will hit their mark.

Sagittarius

The Phoenix has come to you as an ally and is wanting to remind you that everything has its own cycle and while you may feel like something isn't working or is in a state of decay this is part of the cycle too, and after decay comes new growth and the Phoenix is a perfect representation of this.

Capricorn

The Shadow Queen has come to you as an ally, and she is asking you to look at your current situation and see what is hiding in the shadows and preventing you from moving forwards, take a moment to breathe, and for light to reveal the path you need to take, or for me to be revealed.

Aquarius

The Lady of the Mirror has come to you as an ally and challenger and is asking you to look in the mirror at the self that has been created by the events of your life. It is important to look at oneself with kindness and without blame, but with an understanding of how your actions led you to this particular place.

Pisces

The Winged Wise Ones come to you as an ally and is here to represent the help of Spirit and when you enter the realm of Spirit and offer up your prayers with an open and sincere heart will be answered by the Divine Spirit in line with your highest good; be prepared for transformation and healing to come your way.

Full Beaver Moon in November

November's full Beaver Moon reaches peak illumination in the morning hours of Tuesday, November 8. In addition, the Beaver Moon will also be plunged into a total lunar eclipse! GWhen to See November's Full Moon.

The Beaver Moon reaches peak illumination in the morning hours of Tuesday, November 8, at 6:02 A.M. EST. Of course, it will be very close to full the night before, so plan to look for it starting on Monday, November 7, just after sunset!

A "Blood Moon" Total Lunar Eclipse

This year, November's Beaver Moon is accompanied by a total lunar eclipse! During a lunar eclipse, the Moon, Sun, and Earth stand in a line with the Earth in the middle, causing our planet's shadow to be cast onto the Moon. This gives the full Moon a reddish, coppery hue, as well as the nickname "Blood Moon." Read more about what a Blood Moon is—and isn't.

This total lunar eclipse will be visible from most of North America, reaching its maximum at approximately 6:00 A.M. Eastern Time on Tuesday, November 8.

Why Is It Called the Beaver Moon?

For decades, the Almanac has referenced the monthly full Moons with names tied to early Native American, Colonial American, and European folklore. Traditionally, each full Moon name was applied to the entire lunar month in which it occurred and through all of the Moon's phases—not only the full Moon.

The Beaver Moon

Why the "Beaver" Moon? This is the time of year when beavers begin to take shelter in their lodges, having laid up sufficient stores of food for the long winter ahead. During the time of the fur trade in North America, it was also the season to trap beavers for their thick, winter-ready pelts.

Alternative November Moon Names

November's Moon names highlight the actions of animals preparing for winter and the onset of the colder days ahead. Digging (or Scratching) Moon, a Tlingit name, evokes the image of animals foraging for fallen nuts and shoots of green foliage, and of bears digging their winter dens. The Dakota and Lakota term Deer Rutting Moon refers

to the time when deer are seeking out mates and the Algonquin Whitefish Moon describes the spawning time for this fish.

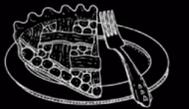
In reference to the seasonal change of November, this Moon has been called the Frost Moon by the Cree and Assiniboine peoples and the Freezing Moon by the Anishinaabe—for good reason, as winter is right around the corner!



*article from www.almanac.com

NOVEMBER 2022

make kindness the norm.



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Create a fun family time capsule of nostalgic items with shared memories to open together in the future.	Knit something for someone to cherish.	Make your voice heard and cast your vote.	Stay a little later to help a colleague struggling to finish a project.	Vanilla Cupcake Day Create a Birthday Box for someone special filled with keepsakes.	Veteran's Day Thank a veteran by donating to a worthy cause in their name or lend a hand in a VA hospital.	Send coloring books, toys, and balloons to a children's hospital.																																																																																																																
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World Kindness Day Hand out free hot coffee to commuters waiting for their bus/train.	Put your phone away while in the company of others.	Clean Out Your Refrigerator Day Make spa beauty care packages with lotion, nail polish, and nail files for the ladies in your life.	Spend today saying and thinking only nice things about everyone you encounter.	Take a Hike Day Plan a road trip to someplace new.	Hanukkah Begins Join a group that shares your own interests.	Plan to become CPR-certified next year.																																																																																																																
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Leave a \$5 bill on a Red Box with a note "some snacks on me" for the next person who rents a video or game.	Introduce yourself to your neighbors and invite them over to dinner.	Host a dinner and ask everyone to write a note about what they appreciate about each guest to read aloud before dinner.	Invite a new co-worker to lunch.	Thanksgiving FREE DAY! How can I show appreciation today?	Native American Day Donate to a charity that helps create equality.	Cakes Day Bake a cake for a friend or partner for their birthday or special occasion.																																																																																																																
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Think of how you can use your unique talents to make a positive difference.	Pay it forward to the next person in line at the movies.	Silence any negative thoughts, self-doubt, or judgments today.	Be welcoming to a new neighbor, classmate, or co-worker.	Rosa Parks Day																																																																																																																		

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Gods and Goddesses for Summer



Deities of Death

by Nixie Vale

As we approach Samhain we reflect upon the nature of death, and while our experiences today are very different from the experiences of our ancestors, who worshiped and venerated different figures associated with death and the afterlife. The deities and figures associated with death depend on culture and religion. When it comes to these figures and what they represent vary from preparing the dead for the afterlife, the underworld itself and rebirth or resurrection, and are known as deities. There is a term that is also used alongside

deities is 'Psychopomp' – psychopomps are spirits, angels or deities which guide a soul of the recently deceased to the afterlife. Anubis, Charon, Hermes, the Valkyries, and Yama are examples of psychopomps.

Death is often perceived as a personified figure known as the Grim Reaper, a skeletal being wearing robes who carries a scythe. Depending on the origin the Grim Reaper is the cause of a person's death by "reaping" the soul; or it comes to collect the soul of the already deceased. Traditionally figures associated with death tend to be male, but

there are always exceptions like Sante Meutre from Mexico.

In the Abrahamic monotheistic religions, GOD is the master of life and death, but occasionally an 'Angel of Death' is referenced, and possibly the most famous account would be from the Ten Plagues of Egypt, but other angels are mentioned as well. Abaddon, Azrael, Archangel Gabriel, Samael and Michael to name a few.

However, in Polytheistic religions across the world and through history are littered with figures who are associated

with death, the afterlife, and the actual underworld. In Norse and Greek mythology there is a trinity of female figures that are assigned the responsibility of determining a mortal's fate... but they also were feared by many of the gods. In Norse mythology these women were called the Norns and resided at the base of Yggdrasil tending to the world tree. In Greek mythology these figures were known as the Moirai, for the Fates.

Let's take a quick look at different figures and deities that are associated with death.

Anubis
Egyptian



This is the jackal headed God who is associated with mummification and dictated the fate of the soul. He would weigh the deceased person's heart against a feather [that represented Ma'at] to dictate whether the soul would ascend to the afterlife.

The Morrigan
Celtic



The Morrigan is a "great warrior queen" and goddess that is most associated with war and death. It is said she dictated who died on the battlefield, and who would survive.

Yama
Hinduism



Yama is said to have been the very first man to die, and due to this he became known as a god of the dead. He is believed to preside over the resting place of the dead.

Freya
Norse



Freya is the Norse goddess who is associated with love, fertility, battle, and death. She is the host of Sessrumnir, where she receives those who have been slain in battle, much like Odin does in Valhalla.

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Hades
Greek



Hades is the Greek god of the Underworld – which is also named Hades – and Keeper of the dead. While Hades resides in his domain, he ensures the dead remain in the Underworld. As he is God of the Underworld, he is associated with all of the riches beneath the surface.

Arawn
Welsh



Arwan is the Welsh/Celtic god of Death and is the ruler of the realm named Annwn, which is also referred to as the Underworld, or Otherworld. He is a figure that strikes fear into mortals.

Baron Samedi
Haitian



Baron Samedi is known as the Spirit of Death, who ensures that the dead stay where they are meant to and stay dead. He is associated with death, tombs, gravestones, and cemeteries.

Izanami
Japanese



Izanami is the primordial Japanese goddess of both creation and death. While she was giving birth to the Fire God, she sadly burned to death and went to the land of the dead, where her beloved searched for her, but she asked him never to look upon her... he did and saw a rotting corpse. Her husband ran from her and sealed the entrance to the underworld with a large rock. While her husband became the God of the Living, she became the Queen of the land of the dead.

Ammit
Egyptian



Ammit was the creature who had the head of a crocodile, the front end of a lion and the back end of a hippopotamus – these were all animals that were feared during this period. Ammit was the beast who would devour those not worthy to enter the afterlife.

Hel
Norse



Hel (or Hella) is believed to preside over an underworld realm of the same name at the base of Yggdrasil. It's believed that those who died in battle that didn't go to Valhalla or Sessrumnir went to Hel. She also has the honor [or not] of being a daughter of Loki.

Mictlantecuhtli
Aztec



Mictlantecuhtli is the Aztec God of Death, he is also known as the "lord of the Land of the Dead". He ruled over Mictlán – the Aztec Underworld – with his wife Mictecacihuatl.

Kali
Hinduism



Kali is a powerful goddess in Hinduism who is associated with death, doomsday, time, violence, and sexuality; she is also the wife of Shiva.

These are just a few of the gods, goddesses and other figures that associate with some aspect of death. There are so many more that I could add like the Shinigami, Pluto, Thanatos, Nephthys, Donn, Ran, Februus... and the list goes one and on.



Art Credits: Anubis, Hades, Ammit, Hel by Yliade. Arawn by Thomas LeRoy. Baron Samedi by Marie Jean-Baptiste. Mictlantecuhtli by Jon Cirión. Izanami by EnysGuerrero



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www.celticarocks.com

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Crystal Gridding Magic

by Nixie Vale

Crystal Gridding is a large aspect of my personal practice, and I have found they work well with my energy and intention. Recently I have been working with a few different grids, and I am going to share some of this work with you.

One grid was to help a friend find a job in his favored field.

One was for success and abundance on a business venture.

One was to cut any negative cords that may be holding someone back.

Each of these grids required their own intention, and I made sure that my energy was in a neutral state from which I begin. I write my intention on a piece of paper, as this helps me to stay focused on what I am creating the grid for. I am lucky to have a wide range of crystals, which can mean I get overwhelmed by what I have.

Normally I start with a focal point, which on the job grid is a golden calcite sphere. The grid for success, I knew immediately that I needed a Citrine point – the only problem was finding one in my point collection. The third grid didn't have a central crystal, rather I used one of my athames as it is for cutting cords and carving negativity. You can do this, you don't need to use a crystal as the focal point, you can use an object

Grid One

On the first grid, I used the Calcite sphere to disperse the energy of the grid in all directions, around that I made a circle of ruby pieces which give everything around it some oomph. I used Citrine, Tiger's Eye, Green Aventurine, and Pyrite as all of these attract

things to you, and I needed to balance this energy as well, and knowing that he suffered anxiety around interviews and job hunting I used Crazy Lace Agate and Terahertz to release this anxiety and remove fear from the situation.

Grid Two

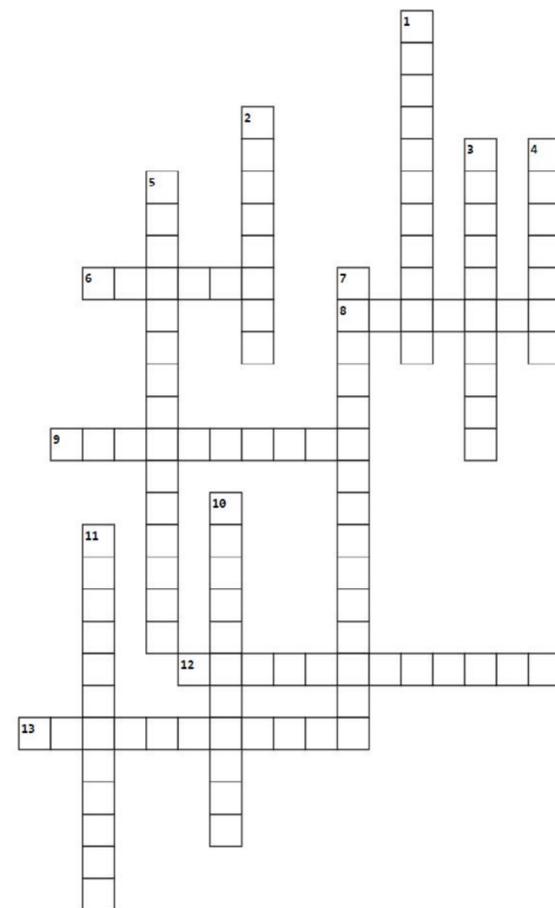
On the second grid I added something a little different, as under the grid board I placed a £5 note and added two 50p coins. This helps to attract abundance and acts much like an offering. I placed the coins at the center of the grid and on top of those I added a natural Citrine point. This will draw the energy up. Surrounding the point, I placed a ring of copper pieces as they attract luck, success, and abundance. I also used Singing Quartz, Gobi Desert Agate nodules, Ruby, Spessartine Garnet with high vibrational Herkimer Diamonds to really lift the energy and lastly a ring of Citrine surrounding the grid with candles.

Grid Three

Grid three was focusing on cord cutting and I decided that I needed to use something to represent the cutting of these attachments. I could have used scissors (but I couldn't find any), but in the end I chose to use one of my "letter opener" athames. On the very outside of the grid board I have placed Phosphosiderite which acts as a purging of these cut threads. I used Black and Pink Tourmaline to protect from the chords reforming. I also used Garnet and Terahertz which helps with anxiety that can happen when cords are cut and helps alleviate that.

Crystal Gridding is awesome, why not give it a try...

Metaquizzicle Times Crossword



Across

- 6. Another name for nirvana
- 8. She is creation and death
- 9. Ancient Sanskrit text (3,7)
- 12. A quiet meal of remembrance (6,6)
- 13. Hatian Skull faced God (5,6)

Down

- 1. Those we honor in memory (7,4)
- 2. A type of agate
- 3. Clairvoyance in time in space
- 4. Alternate name for Halloween
- 5. Magic in shapes (7,8)
- 7. Aztec God of Death
- 10. Who calls the Beaver Moon the Freezing Moon
- 11. Location of Utah Pagan Market Samhain Fest 2022 (8,4)

LAST ISSUE ANSWERS

- | | |
|---|---|
| <p>Across</p> <p>2. Sacros</p> <p>3. Maiden mother crone</p> <p>4. Crown Chakra</p> <p>5. Aghayavat</p> <p>8. Healing the Angels card creator</p> <p>9. Yggdrasil</p> <p>10. The Corn Moon</p> | <p>Down</p> <p>1. WitchsFest</p> <p>2. Mikology and moon magic</p> <p>6. Navigating through life</p> <p>7. Hestia</p> <p>11. Temple Dark Books</p> <p>12. Hellsgull</p> <p>13. The Platidian Altar</p> |
|---|---|

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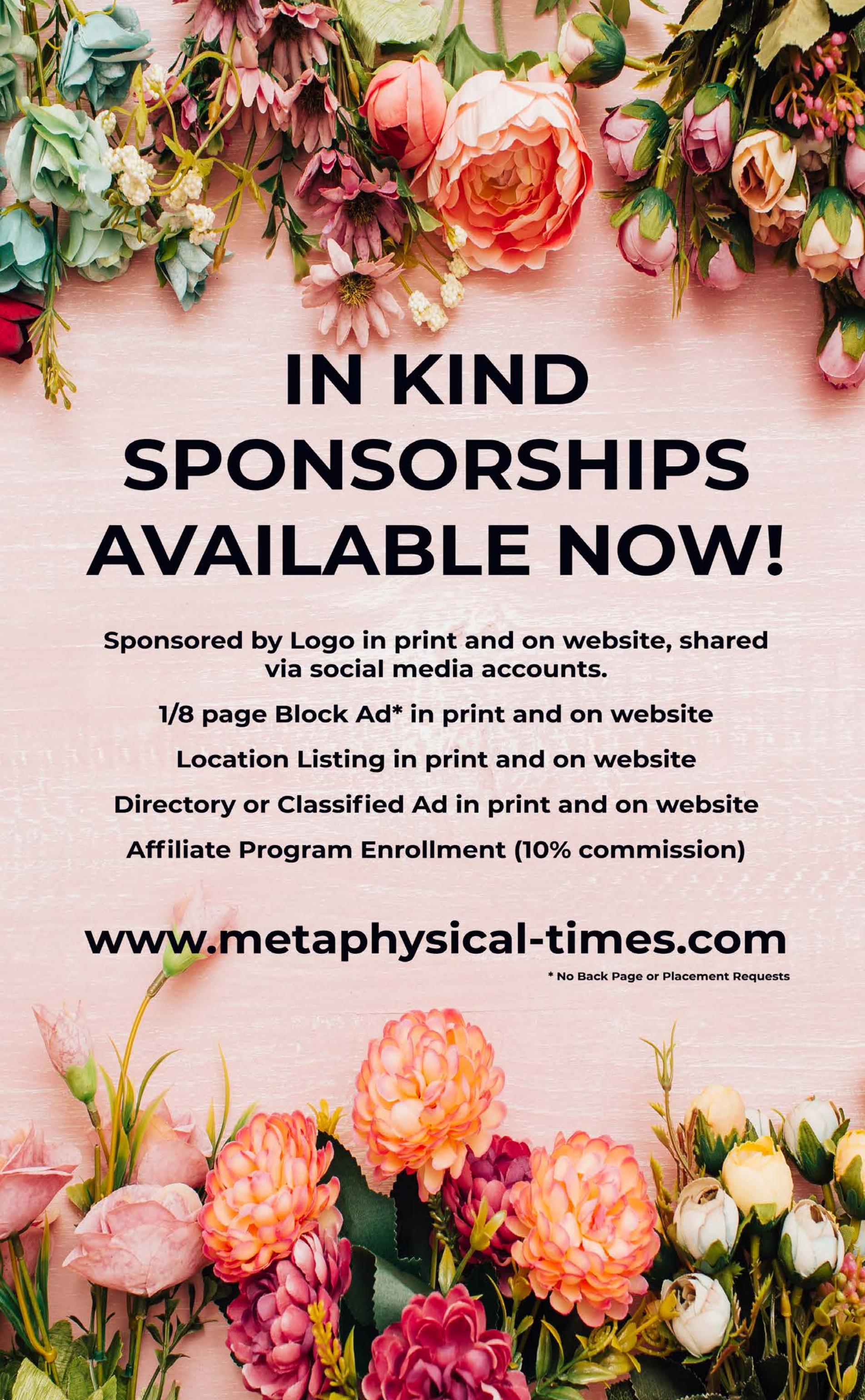
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