

*Metaphysical Times*

# FULL MOON

ISSUE 8 NOVEMBER 2022

## MAGAZINE

**Full Moon Fiction:  
A Lonely Heart**

**Kitchen Witch's Cauldron:  
Vegan lentil, sweet potato  
and chickpea stew**



**The  
Wanderer**



# Metaphysical Times

# FULL MOON

## MAGAZINE

### Want to write for Metaphysical Times and Full Moon Magazine?

Metaphysical Times and Full Moon Magazine are looking for quality metaphysical and pagan content for our paper. We serve a large pagan audience and would like to be the pagan community's #1 News Source.

**What We Want:** Neutral news based articles relating to pagan holidays, metaphysical shop openings, new services available, and reports about and from events that are open to and accepting of the pagan community. Text based interviews with pagan business owners, musicians, artists, and authors are also acceptable.

Column writers are welcome to submit a request to write a column for the Metaphysical Times by emailing [editor@metaphysical-times.com](mailto:editor@metaphysical-times.com) with Column Offer in the subject line. Do not send article submissions to [editor@metaphysical-times.com](mailto:editor@metaphysical-times.com). They will be rejected.

**What We Don't Want:** political rants or screes, satire, stories blaming your problems on other people, articles involving cruelty as entertainment, anything comparing your life to the holocaust, articles about how everything was fine until X, articles promoting violence against any group.

We are creating a new space for art, personal narratives, and articles with topics about the moon, its deities, fictional stories, and poetry.

The submission process and the rate of pay for these submissions published in the new space will be the same.

You will be notified upon acceptance where your article is going to be placed (in the newspaper or in the new space) with more information about the new space.

Readings of any kind are no longer being accepted for the print version of the newspaper. If you do astrology, runes, or other types of readings and have interest in writing a column in an upcoming monthly space, please email [editor@metaphysical-times.com](mailto:editor@metaphysical-times.com) and put Reading Column Request in the subject line. Do not send article submissions to [editor@metaphysical-times.com](mailto:editor@metaphysical-times.com). They will be rejected.

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**Artwork/Photos:** Art or photos should be submitted at 300 dpi in jpg format to [editor@metaphysical-times.com](mailto:editor@metaphysical-times.com). DO NOT PUT IMAGES IN YOUR SUBMISSION. You will need to ensure that you either own the rights to, or have permission from the image's creator to be used in print and digital formats by Metaphysical Times upon acceptance.

### Submission Guidelines

**Submissions:** We will only accept submissions online and according to these submission guidelines. **Submissions should be 300 to 1000 words. Include a bio, your pronouns, and one link to where readers can connect with you.** Format your submission in standard manuscript format and include your physical and email address in the body of your emailed submission. Submissions without this information will be rejected. Please add [editor@metaphysical-times.com](mailto:editor@metaphysical-times.com) and [MetTimesSubmissions@gmail.com](mailto:MetTimesSubmissions@gmail.com) to your whitelist otherwise our emails to you may go to spam. This is for acceptances and follow up correspondence only. Do not send article submissions to [editor@metaphysical-times.com](mailto:editor@metaphysical-times.com). They will be rejected.

You will get an email on acceptance for the current publication. Due to print limitations, articles may be held to be published in a later issue or other format, if the current issue is full.

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### Metaphysical Times Full Moon Submission Deadlines 2022

2022 Issues	Publication Date	Contributor & Ad Deadline
Seed Moon	April 1st	March 15th
Hare Moon	May 1st	April 15th
Dyad Moon	June 1st	May 15th
Mead Moon	July 1st	June 15th
Wyrt Moon	August 1st	July 15th
Barley Moon	September	1st August 15th
Blood Moon	October 1st	September 15th
Snow Moon	November 1st	September 15th
Oak Moon	December 1st	November 15th



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

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

\*Reader Advisory- Mature Content\*

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The Dandelion

**The Dandelion by Sabrina RG Raven**



# THE WANDERER

BY NIXIE VALE

“Not all those who wander are lost” a quote written by JRR Tolkien and it’s true...

There are those who have high callings, callings they cannot deny that sits deep within their soul.

They are our doctors and nurses, our teachers, and carers, they are our soldiers, police, and protectors of the lands we call home. Without these people in the world, we wouldn’t have the freedoms and safety we enjoy, we wouldn’t have the medical care or educational opportunities.

However, not all those who wander are lost, and some that seem to walk aimlessly through life are, in fact, not wandering or lost. They are a Wanderer. They are the ones who guide, aid, and teach us lessons that we otherwise wouldn’t know. We meet the Wanderer purely by chance, they

appear in our lives when we are most in need, lost, broken, and defeated. They may inhabit a shell of flesh and bone, but they are pure light, that no shell can dim, it is a light of pure love that is as bright as the Sun.

They can traverse through every plane of this world, for they are the “Keeper of the Keys”, guardian and gate masters and the end at the light of the tunnel. They bring light, laughter, joy and happiness to those whose lives they touch. Nothing is a coincidence when it comes to a Wanderer, all those they meet on their long journey, they met with purpose and reason. Once their job is done, they depart and leave nothing by happiness, light, joy, and healing in their wake.

To be a Wanderer, is to be denied that

which they give to others, or how they enrich the lives of those they meet. To be a Wanderer is to never know true happiness, never to know what true joy is. For their calling is the betterment and healing of others, not the self. They are the most selfless of beings.

Once they have wandered all they must, travelled all the paths they needed to walk, they begin their last journey, the last path they will walk. Once they have given their light to, they have walked alongside, they dim what is left of their light, so the light of their home can be seen. Only then can they know the joys they have helped to bring to the lives of others. They know the many miles of wandering was not for naught. As they approach their home, they pass their light to the next wanderer,





shining brightly for one final time. It is only when their light completely fades can they say.

"I have come home; I wander no more. My light has been passed on to the next soul.

May they use the light wisely as I have done these past years. I say goodnight to the long roads. One last time, I thank you for leading me home".

Before I go, I ask you to have a look at

your friends list or contacts, you may find a wanderer among them, but you have never noticed. For that is the nature of a Wanderer. They are always there but seldom seen.



# I AM A WANDERER

BY NIXIE VALE

"I stand before you, my light dimmed for all to see who I am, for I am on my final journey. My light has been shared each time I have been born, each time I have lived. Now I make my last trip, my final wandering. I am on my way home. I can finally know love, finally know joy, finally take a piece of what I have given others for myself.

My mate is another Wanderer, a rare feat, two Wanderers meet. I believe you and I have met many times before, been denied, but now we are on the path.

My light will burn for eternity within each life I have touched, whether it be for a moment or a lifetime. They bear my mark; they bear my light. They are my reward, my legacy. They are blessed."









# A LONELY HEART



A lonely heart stands at the crossroads of life, looking ahead to see that there is nothing but the vast expanse of possibility and the never-ending stretch of the future reaching out in front of them. A lonely heart sees much more than they would like to, they see the happiness all around them, whirling and dancing around, caught in the music and the sinew of life. A lonely heart is the one that bears the weight of the problems of their loved ones, they do so without thought or complaint. They make no noise, no fuss and no commotion about their path or the route they take. They just take it one step at a time.

The lonely heart has a love that is deep and endless, but no one wants to take part in it. They are the passion that no one sees, they are the desire and devotion that no one takes notice of. They are the strength that is never used. They are the hearts that bleed yet never die, they are the ones that stand the tallest and hold their heads the highest for that is all for them.

A lonely heart stands in a crowd and feels out of place, a lonely heart cries in the dead of night for a lost love that will never know. They are the ones that sacrifice all that they have for the happiness of those they love. They are the ones who walk away, and look back with regret.

You may know a lonely heart, you may be a lonely heart yourself and know what it is like to disappear, and no one notices you. But, I will notice, I will look for you, I will stand with you, for I am a lonely heart, and a lonely heart I will always be. Until the end of my days, until the ending of the world. For I have given all of me over to love and devotion, over to desire and destruction, over to you and them, him and her... I have given the very core of my being over and my heart beats its lonely lament, its lonely chorus.

by The Rainbow Witch



# KITCHEN WITCH'S CAULDRON VEGAN LENTIL, SWEET POTATO AND CHICKPEA STEW

## Ingredients

¼ cup extra virgin olive oil, plus extra for drizzling

3 French shallots, thinly sliced

1 tbsp finely chopped rosemary sprigs

1 medium sweet potato, chopped into 3cm pieces

1 cup French green lentils

750ml vegetable stock

1 tin of chickpeas, well-drained and rinsed

baby spinach, to serve



## Instructions

1. Heat oil in a large saucepan over medium heat.
2. Add the shallots and rosemary sprigs and cook for around 3–4 minutes to soften.
3. Add the sweet potato and cook for a further minute.
4. Add the lentils, the stock and enough water to submerge the vegetables by 3–4 cm.
5. Simmer on medium-low heat for around 35–40 minutes or until the sweet potato is soft and the lentils are cooked.
6. Add the chickpeas in the last 10 minutes. Season to taste.
7. Transfer to a large serving bowl and top with plenty of baby spinach and a drizzle of extra virgin olive oil.

Serves 6.



# CRYPTOZOÖLOGY CORNER

## Unicorn

Origin: Various

Although considered European in origin, similar creatures appear in Hebrew, Egyptian and Chinese mythology

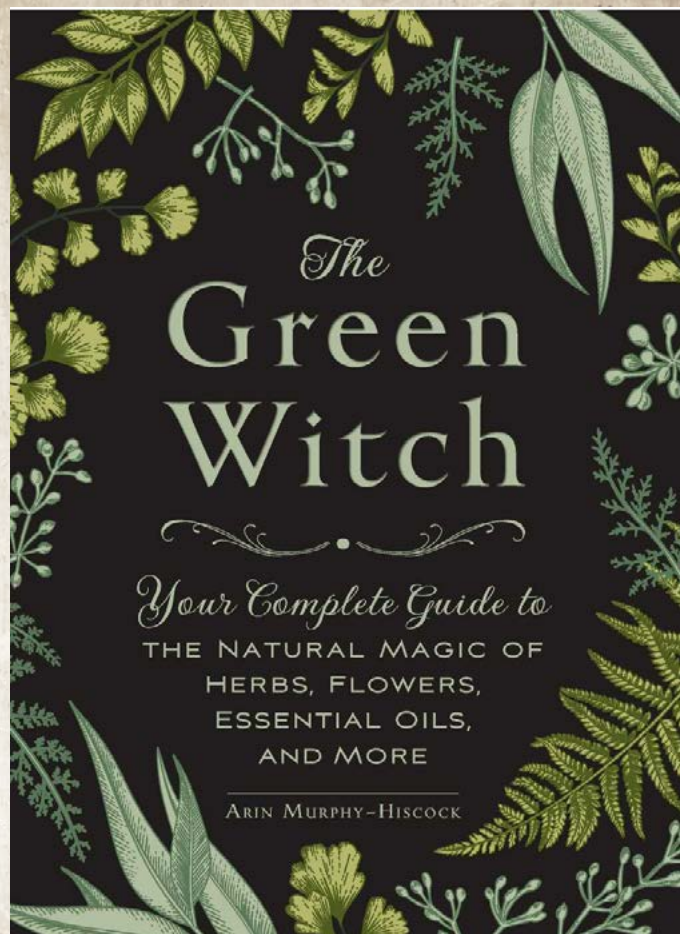
Appearance: Most commonly known as a horse sporting a singular horn on its forehead. It has also been recorded as a goat or bovine creature. The Chinese Qilin however has with the body of a deer, the head of a lion, green scales and a long, forwardly-curved horn.

Skills: The horns, and sometimes blood of the unicorn were said to hold magical and medicinal properties. They are also symbols of purity so harming one was often seen as a horrific act. If one could manage to ride one, they were swift but safe to ride.



BY SABRINA R. RAVEN

# BOOK SPOTLIGHT



## The Green Witch

By Arin Murphy-Hiscock

Discover the power of natural magic and healing through herbs, flowers, and essential oils in this new guide to green witchcraft.

At her core, the green witch is a naturalist, an herbalist, a wise woman, and a healer. She embraces the power of nature; she draws energy from the Earth and the Universe; she relies on natural objects like stones and gems to commune with the land she lives off of; she uses plants, flowers, oils, and herbs for healing; she calls on nature for guidance; and she respects every living being no matter how small.

In *The Green Witch*, you will learn the way of the green witch, from how to use herbs, plants, and flowers to make potions and oils for everyday healing as well as how crystals, gems, stones, and even twigs can help you find balance within. You'll discover how to find harmony in Earth's great elements and connect your soul to every living creature. This guide also contains directions for herbal blends and potions, ritual suggestions, recipes for sacred foods, and information on how to listen to and commune with nature. Embrace the world of the green witch and discover what the power of nature has in store for you.

Adams Media Language: English Hardcover: 256 pages



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