

*Metaphysical Times*

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# FULL MOON

ISSUE 15 JUNE 2023

## MAGAZINE

**Poetry by**  
Alexis Childs

**Q&A with Nixie:**  
Tips to Help You Find a Deck

**Artist Spotlight:**  
Alicia 'Bene' Berbenick

**Introduction to**  
**Elements: Earth**

**Empaths and Empathy**  
**Protecting Yourself as an Empath**

**SPONTANEITY WITH**  
**LAND SPIRITS:**  
**Full Moon in Gemini**



**Metaphysical Times**  
**FULL MOON**  
MAGAZINE

# Want to write for Metaphysical Times Full Moon Magazine?

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

## What We Want for the Full Moon

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

## What We Don't Want

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

## Please read and follow the submission guidelines

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

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

\*Reader Advisory- Mature Content\*

Contact (385) 240-2822

[www.metaphysical-times.com](http://www.metaphysical-times.com)

### Publisher

Christy Mann

[publisher@metaphysical-times.com](mailto:publisher@metaphysical-times.com)

### Lead Editor

Christy Mann

[editor@metaphysical-times.com](mailto: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](mailto:ads@metaphysical-times.com)

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# FROM THE TEAM

Greetings and welcome to the latest issue of Full Moon Magazine! We are thrilled to bring you yet another captivating collection of thought-provoking and inspiring works from an array of immensely talented artists.

At Full Moon, our mission has always been to empower artists and propel them from a state of mere survival to one of thriving. By providing a platform for these exceptional individuals to showcase their work, we aim to harness the transformative power of art, which has the potential to ignite change and touch lives in profound ways. Through

the remarkable works featured in this issue, we hope to stimulate your own creative spirit and encourage you to support the arts in your community.

We urge you to take the time to explore the creations of the artists gracing our pages. Extend your support by following them on social media, sharing their work with your friends and loved ones, and even considering the possibility of owning a piece of their art. Your support is invaluable, as it can make a significant difference in the lives of these talented individuals who often lack immediate recognition and

encouragement without you.

We extend our heartfelt gratitude for being an integral part of our vibrant community and for steadfastly supporting the arts. We sincerely hope that the works presented in this issue resonate with you and that you continue to champion the artists who contribute to our publication.

Wishing you a delightful reading experience filled with inspiration and creativity.

With love and profound gratitude,  
The Full Moon Magazine Team

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# EMPATHS AND EMPATHY PROTECTING YOURSELF AS AN EMPATH

BY NIXIE VALE

One of the simplest ways to protect yourself as an empath is to withdraw yourself away from everyone, and limit the contact you have with others, but while this is easy, it is not always the healthiest option. I have put together some rudimentary ways to protect yourself when becoming a Hermit is not an option.

## Shield Yourself

Each morning after waking, place your feet flat on the floor and visualize a white light (or a color that you identify with) entering the top of your head. Imagine it filling your body as it moves towards the ground. Once it has reached your feet imagine the light coming out of the soles of your feet into the ground, then, and move up and over your body, creating a bubble.

Some people prefer to visualize a pyramid, or a cone around them, no matter the shape, the light should enter your head, move through your body, and into the ground a little, protecting you from below too. You can boost or recreate this as many times a day as you feel you need to.

## Creating a Haven

When you are an Empath having a

little space for yourself is important, but having a place where you can connect to the resonance of nature, is even better. You're a creature of nature, and having a little place you can switch off, and where you can recharge will help you. This can be a physical place in nature, it can be an image of a place like a photo of a waterfall, or forest, or beach, somewhere that when you look at it brings you a sense of peace. It





can also be a completely imaginary place; it only has to bring you a sense of peace.

### **Breathing**

Another simple way to expel what you have picked up throughout the day is to visualize a white light when you breathe in, clench your fists, visualizing the white light pushing all the negative energy to those points. Once the white light has pushed it all to your fists, unclench your hands and shake them. You are shaking off the negativity, once you have done this, wash your hands, to wash away any residue. -- You can do this as many times a day as you need to.

### **Recognising the Signs**

Something that so many forget that forward is forearmed. If you know

the signs of your gift, if you can tell what your own body is telling you, then you will be able to take the right steps to combat the effects of other people's energy.

### **Crystals**

Some people choose to carry crystals that help them with being an empath and all the highs and lows that come with it. Amethyst, Apache Tear, Black Tourmaline, Hematite, Lapis Lazuli and Smoky Quartz can all help you with being an Empath and help to protect you from the energy of others. You will need to cleanse these stones on a very regular basis, I would recommend doing it at the end of each day when you are in a safe environment. You can carry these crystals with you, as tumble stones or in jewelry, or you can have them around your home or place of work.

### **Cleansing Yourself**

Like with the above point, at the end of each day, cleanse yourself. You can use sage to smudge yourself, or you can have a shower and visualize the shower washing away anything that you might have picked up on through the day.

### **NO**

Learning to tell people "NO" can be a secret weapon for an Empath, whether it is telling people that you cannot do something, or whether it is telling yourself NO, either way, learning the power of this little word will give you back the power you feel you have lost. Put yourself before others.

As I have mentioned before, I am not an Empath, and there are people here who will happily help you if you have any questions about being an empath, or more detailed ways of protecting yourself.



# ALL THINGS RED ALBUM

We're thrilled to be covering all things related to The Red Album, a compilation album featuring 19 artists that supports reproductive rights. The making of the songs is well underway, and we've created our own fundraiser to support the album's production and promotion costs.

Artists contributing to the album have also started offering free listening opportunities to their songs, which can be watched on The Red Album's Facebook page. Don't forget to check them out and show your support!

We've created a Discount Code "THEREDALBUM" that donates 25% of each new subscription to our Meta-Moon Subscription to the album creators to use for production and promotional costs through the end of 2023.

In addition, all proceeds from the sale of the album

will go to two great causes - the National Abortion Federation and Elevated Access. The National Abortion Federation is a non-profit organization that supports abortion providers in delivering patient-centered, evidence-based care. Elevated Access, launched in April 2022, is a volunteer pilot network that flies people in private aircraft at no cost to access abortion and gender-affirming care.

Check out The Red Album's website to see all the musicians, songs, and plans for the upcoming release. And don't forget to support the album via the GoFundMe page, where donations are contributed to the causes it supports.

Thank you for your support, and stay tuned for more updates on The Red Album!



Check out The Red Album's website here:

[www.pagansong.com/the-red-album](http://www.pagansong.com/the-red-album)

to see all the musicians, songs, and plans for the upcoming release!

Support the Album via GoFundMe here:

[www.gofund.me/aec4feee](http://www.gofund.me/aec4feee)



# INTRODUCTION TO THE ELEMENTS: EARTH

BY JEDITE83

Earth is one of the five elements in Wiccan belief and practices—the others being Air, Fire, Water, and Spirit. The element of Earth is often associated with stability, grounding, and physical manifestation. In Wicca, Earth is seen as a symbol of fertility, abundance, and the cycles of life, death, and rebirth.

The Wiccan view of Earth is closely tied to nature and the natural world. It is seen as a living entity that provides sustenance and nurtures life. The Earth element is often associated with the goddess Gaia, who is regarded as the mother of all life. In Wicca, the Earth is considered a sacred space and is honored through rituals and spells that aim to balance and harmonize the energies of nature.

In Wiccan magic, the element of Earth is used to help manifest material desires and bring about stability and security. This can be achieved through spells and rituals that focus on grounding and centering the self, connecting with the Earth, and aligning with the natural cycles of the universe. Earth magic can also be used to help find lost objects, to attract abundance and prosperity, and to heal physical and emotional wounds.

The Earth element is also associated with the direction of the North, and is considered to have a cooling and stabilizing influence. In Wiccan rituals, the North is often considered the direction of stability, grounding,



Earth

and material manifestation. During rituals, Wiccans may face the North and call upon the Earth element to help them manifest their desires and connect with the natural world.

In Wiccan symbolism, the Earth element is often represented by the pentacle, which is a five-pointed star enclosed within a circle. The pentacle represents

the five elements, with each point representing one of the elements. In Earth magic, the pentacle is used as a symbol of stability and grounding, and is often incorporated into spells and rituals.

Wiccans also often use crystals and stones in their Earth magic, as they are believed to have grounding and stabilizing properties. Some common stones and crystals associated with the Earth element include black tourmaline, obsidian, and hematite. Wiccans may wear these stones or carry them with them as talismans, or place them in their homes or ritual spaces to bring the grounding energy of the Earth into their lives.

In conclusion, the element of Earth is an important part of Wiccan belief and practice. It is seen as a symbol of stability, grounding, and material manifestation, and is used in magic to help manifest desires, find lost objects, attract abundance and prosperity, and heal physical and emotional wounds. By connecting with the Earth and aligning with its natural cycles, Wiccans aim to harmonize with the natural world and bring balance to their lives.



# THE BLEEDING NUN

BY ALEXIS CHILDS

Cloaked in silent midnight air  
Nuns pray in fervor  
Make the sign of the cross  
The wild wind blows in a place  
The spirit goes  
With so loud a song  
Rosary beads drenched in blood  
Fall on behalf of you and Mother Mary  
The miasmic universe fits in  
The compass of my bleeding hand  
The blood is not mine  
I've been asking the ancient deities  
To release me for a whole year  
I must not tie myself to you in tears

You wreak havoc on the world  
You tell it, how you think it is  
Certainly, the Second Coming is at hand  
I saw stars as I fell apart  
Darkness bids me as its seer  
In the certainty of dust  
When you learn to play with demons  
Even angels cannot save you  
Abandon your heart  
You've learnt to play the part



# NIGHT VISITATIONS: LES INCUBES

BY ALEXIS CHILDS

The hunter raids dens  
Collecting nocturnal emissions  
From skins of willing prey  
In the gathering darkness  
Shapes himself a body with horns  
Thrust upwards in defiance of heaven  
Endowed with motion and icy seed  
Rouses sleeping females  
Excited as an awakening city  
Riding among the leaders in charge  
Restless and bored is the devil these days

The physician suggests trickery  
Chimera, the invention  
Of hysterical women  
Prone to perverted imaginations  
The church is concerned  
About the nature of women  
What incubi inject  
Into witches wombs  
Little, to no concern about nuns  
Devoted to the expression of gratitude  
I shan't deny giving in  
Devils need direct encouragement



# THE LIVING TORCH

BY ALEXIS CHILDS

Burn the witches  
In a blasted gaze  
Smoke-filled  
Anguished faces  
The cries they make  
Mother religious  
You'll strike the matches  
Glad to see faith among us exists

The rain is under our skin  
Let fear not be a hindrance  
You breathe pure water into cities  
As though someone waits for you  
Stop the tears from singing  
The sweet danger  
You love to make

Burn the witch in the woods  
What will you do to stay in power?  
In the name of the cross  
The wicked things they've done  
As they smirk at your misfortune  
The sins we convince ourselves are forgivable

Success is failure turned inside out  
The silver tint of the clouds of doubt  
When your heart's a shadow  
Failure is just not falling down  
Under a banner of love  
The angels cry for us  
Perhaps this witch of the woods does not wish  
To be loved so much as understood



# THE MOON WEAVER'S CURSE

BY CHRISTY MANN

Under the ominous glow of the full moon, Eldoria village stood shrouded in an eerie silence. Legends of forbidden enchantments and twisted metaphysical powers whispered through the dense fog that blanketed the land. It was a place where darkness mingled with the ethereal, and the full moon held secrets that dared not be uttered.

Within the depths of Eldoria resided a young weaver named Elara, haunted by a dreadful gift. She possessed the ability to weave the threads of nightmares and despair into macabre tapestries that held the essence of the metaphysical realm. Her creations exuded a haunting allure, drawing those who sought a glimpse into the depths of their darkest fears.

On this fateful night, Elara felt an irresistible urge to surrender to the full moon's twisted allure. Clutching her loom and threads, she ventured into the desolate moor beyond the village. In a clearing draped in the moon's ominous light, she began to weave with a morbid fascination that consumed her.

Her fingers danced with an unnatural grace, weaving the tapestry with threads of shadow and malice, infused with fragments of tormented dreams. The moon's eerie radiance seemed to seep into her creation, casting an unsettling pall over the fabric.

As the final thread was woven, Elara stepped back, her heart pounding with both terror and fascination. The tapestry loomed before her, a nightmarish tableau of twisted trees and weeping souls, a portal to a realm of perpetual darkness.

Suddenly, a figure emerged from within the tapestry, a sinister embodiment of the moon's corrupted essence. It was the Moon Weaver, but her once ethereal form had warped into a nightmarish specter.

"Elara," the Moon Weaver hissed, her voice a chilling whisper, "Your gift has twisted the balance between our realms. Your tapestries now carry the weight of suffering, and they shall inflict anguish upon those who dare to gaze upon them."

Elara's heart sank as the realization of her actions overwhelmed her. "What have I done?" she gasped, her voice trembling with remorse.

The Moon Weaver's eyes gleamed with malevolence. "You have unleashed a curse upon your village," she sneered. "The tapestries shall haunt their dreams, torment their waking hours, and strip away the light within their souls."

Filled with despair, Elara returned to Eldoria, the cursed tapestry clutched in her hands. She unveiled it in the village square, and a sinister aura enveloped the air. Villagers, drawn by a morbid curiosity, gathered to witness the dark creation, unaware of the malevolence it held.

As each person stared into the tapestry, a wave of dread washed over them. Nightmares plagued their sleep, twisting their minds and sowing seeds of despair. The cursed tapestry fed on their fears, draining their spirits until they became mere shadows of their former selves.

Eldoria became a forsaken realm, trapped in the clutches of the Moon Weaver's curse. The village withered under the weight of the haunting tapestry, its once vibrant spirit extinguished by the relentless torment it brought upon them. The metaphysical had become a nightmarish realm, forever entwined with their existence, a reminder of the insidious consequences of tampering with forbidden powers.

And so, Eldoria languished under the watchful eye of the Moon Weaver and Elara, the unwitting weaver of darkness. With each full moon, as the malevolent radiance bathed the village, the cursed tapestry loomed, a harrowing reminder of the horrors that lurked within their souls. The metaphysical had twisted into a malediction, forever entangled in their lives, weaving its grim threads into the fabric of their existence.



# MONTHLY READINGS

## WITH NIXIE VALE

**This month I have decided to use a deck I got many years ago. I don't really gel with them, but they jumped out at me with messages. I am using the Daily Guidance from your Angels deck by Doreen Virtue. I have never really felt drawn to Angels, but it got my attention for a reason.**

### **Aries**

#### **Trustworthy Guidance**

You have been given the opportunity to do something amazing, but you don't trust that will be everything it seems to be. You are waiting for the proverbial 'other shoe' to drop, and it all goes wrong. Right now, you need to let go of this attitude as you will miss this opportunity. Move forward trusting that your needs are being met.

### **Taurus**

#### **Steady Progress**

Over the last few weeks you have made amazing progress in reaching your goals, but you aren't quite where you need to be, or thought you would be. You need to keep in mind that not everyone moves at the same pace, and the effort, time and energy are being appreciated, even if you can't see that step-by-step.

### **Gemini**

#### **Heart Chakra**

Your heart is the energy center attuned with love, and right now love is at the heart of everything you do. You try each day to do loving acts for those around you, this is a time when it is safe for you to show and express this love with the world. It is important over the next few weeks that you remember to also protect your heart as well.

### **Cancer**

#### **Giving and Receiving**

You have been feeling out of balance over the last few weeks, and this has left you feeling deflated. With each breath we take, we must do the opposing action—when we inhale, we must exhale. If you have given too much of yourself to others you have 'exhaled' more energy than you are 'inhaling', leading you to imbalance. You need to understand that receiving is just as important as giving; balance will return.

### **Leo**

#### **See Only Love**

You have become stuck in a pattern of seeing everyone's faults—especially your own—and this has led to misunderstandings, errors, and mistakes along the way. Over the next few months you are going to need to look past the surface and see what lies beneath the situations you face. When you look at things with love, you can find ways toward healing you never thought possible.

### **Virgo**

#### **Reward Yourself**

You have been going above and beyond what's been asked of you in recent weeks, and right now you are feeling like you have nothing left to give. In the coming weeks you need to do a little self-care and treat yourself, you have earned rewarding yourself with something meaningful. Slowly bring yourself back into balance of work and rest to allow a consistent energy.

### **Libra**

#### **Daydream**

Over the last week or so you have felt like your wellspring of creativity has dried up. It hasn't, but you have become so focused on doing the directing of ideas, you haven't spent much time on just letting ideas flow and come to you. There are times when the things that come to you while you do nothing are messages and guidance, and this is what you need to do over the next few days and weeks. Let things flow.

### **Scorpio**

#### **Acceptance**

In recent months you have found it difficult to see yourself with any degree of love, because situations have made you doubt your worth. Over the next few weeks you take a little time each day to tell yourself you are worthy of love. It may be hard to accept yourself as you are, but this acceptance will lift you mentally, spiritually and emotionally.

### **Sagittarius**

#### **Assertiveness**

You have been facing some tough situations in the last few weeks, and while you understand that they need to be approached from a place of love, you have been forgetting that there is a level of truthfulness and honesty needed as well. Over the coming weeks and months, speak your truth and this will give you a strength you didn't think you had in you. There is a strength in gentleness.

### **Capricorn**

#### **Opportunity to Forgive**

You have been presented a situation where you have the opportunity to move past negative patterns you have fallen into. You need to acknowledge mistakes were made and forgive yourself for your part in them, and it is from this point you can move forward. In moving forward when you are presented a situation, ask yourself how you can help to resolve the situation compassionately for everyone involved.

### **Aquarius**

#### **The Ocean**

Recently you have been feeling drawn to the ocean. There is a certain vibration that the ocean has which is calling you at the moment, and even if you can't get to the ocean physically, there are ways to connect to this energy. Over the next few days and weeks, listen to the sounds of the ocean, the waves, and try visualizations and guided meditations to help you wash away the energy that is no longer needed.

### **Pisces**

#### **Listen**

Your mind has been so full and busy lately you haven't had time to disconnect and just listen, to be still and quiet. It is during these times when the Universe speaks and when you let go of the 'noise' you will find your way forward. You are going in the right direction, but you have been neglecting rest and quiet times because the quiet scares you.



# KITCHEN WITCH'S CAULDRON CANDIED GINGER

## Ingredients:

1 lb ginger root  
3 Cups white sugar  
2 Cups water  
1/2 Cup white corn syrup



## Method

Peel the skin from the ginger root completely, and chop into small pieces.

Combine 2 cups of sugar, the water and the corn syrup in a crock pot and bring to high heat, stirring occasionally. Once the sugar has melted, add the ginger to the liquid. Cover, reduce heat, and allow to simmer overnight, or for about 12 hours.

Once the ginger has simmered overnight, drain off liquid. Place ginger in a bowl with the remaining 1 cup of sugar, and toss so that it's completely coated. Pour out on a sheet of wax paper to cool (it helps to put them on a baking tray in the fridge). Store in an airtight container, and snack on whenever you need a fiery pick-me-up!

from: [www.learnreligions.com/recipes-for-the-summer-solstice-4136752](http://www.learnreligions.com/recipes-for-the-summer-solstice-4136752)





# TIPS TO HELP YOU FIND A DECK

When you are looking for a Tarot Deck here are some tips that can help you when making the decision.

## ARTWORK

The artwork is very important when you're choosing a Deck because you need to be able to connect with what the artwork is depicting/saying and how everything fits and flows together. The artwork of decks varies drastically and widely.

Some are very minimalistic.

Some have a lot going on.

Some are bright and colourful.

Some use black and white alone

My favourite artist is **Ciro Marchetti** because his artwork resonates with me, the characters are well defined and expressive. I love his use of the modern and steampunk themes with the classical meanings of the cards.



## THE MATERIAL MEDIUM

The material quality plays a role in choosing a deck because you don't want a Deck that is too flimsy and will tear easily and you don't want overly thick card or heavily laminated deck. The material can change how you feel about a Deck because the material will change the feel, thickness and how you handle the deck. You don't want something that will hurt your hands when shuffling. This can cause an inability to connect.

Personally, I like a nice card stock that isn't flimsy enough to get damaged while I'm shuffling; but I also don't want it to be so thick that it becomes hard to shuffle. For me the best test is to take a card and hold it in a 'curve' between my fingers. If it keeps its shape and bounces back to its original form that's the perfect material for me.



## SIZE MATTERS

When you are looking for a Deck, you need to take the size of the cards into consideration because if they are too big, you'll end up struggling to shuffle them.

I have very small hands and dinky fingers so larger decks can be very difficult for me to shuffle and on more than one occasion failed completely and sent cards flying around the room, which means going around making sure I have all the cards before shuffling them again.

## SYMBOLISM

Tarot is a form of divination that relies heavily on symbolism but sometimes when symbolism is used too heavily it can distract the reader from the messages in the cards. When a Deck is stripped of its esoteric meanings it allows you to freely interpret each card singularly and relating to the other cards. This also allows you to add your own feelings to the cards. You need to think which you prefer.

Stripped backed cards - Very simple decoration and symbolism.

Decorated to the Nines -

While I LOVE a brightly coloured cards, and resonate with them I can understand that some people find it distracting. I have a Deck that is stripped back and left with art that allows me to focus on the messages rather than what the art depicts.

## CONCLUSION

As I mentioned before I love the decks by Ciro Marchetti - Tarot, Oracle, or Lenormand - and I must admit the Gilded tarot is by far the simplest and most traditional deck; however, I tend to lean towards the LEGACY OF THE DIVINE or TAROT OF DREAMS decks. With the GILDED TAROT it's easier to implement your own interpretation to the cards. The later decks LOTD and TOD are more detailed, and I have been distracted how beautiful they are.... and they impart their wisdom by speaking to me.

When you are looking for a deck, your intuition is your best friend, but these tips can help you find what works for you.





# SPONTANEITY WITH LAND SPIRITS: FULL MOON IN GEMINI

JUNE 2023 RITUAL

BY ELYSE WELLES

*[NOTE: read full ritual before doing it, as you might have to research some of the local natural landmarks you have!]*

This full moon in Gemini asks you to find joy. The energy between Beltane and Litha is reserved for FUN! Love, laughter, light, new creative pursuits -- for the fun of it, not mastery -- and more, anything that ignites your inner child. Go on a date, roll down a hill, skip, watch your comfort movies. And connect with the spirit of spring. This is the last moon before the heat of summer creeps in, so enjoy nature while it's still comfortable!

This moon is traditionally called the Strawberry Moon in North America because of the harvest of these and other berries at this time. For this ritual we will be connecting to the land by using local produce. If where you live it is strawberry season (and of course you're not allergic to strawberries!) this is a great thematic fruit to use. But any food in season grown locally will do. You'll be using this as a libation you'll eat in ritual, and as an offering, so you'll need enough for you and your deities.

This is also the Honey Moon in some traditions based in Europe! So honey is a wonderful libation to use here. It is also the very essence of the land, made with the pollen of flowers from all over the landscape.



# THE RITUAL



Bring your libation to a place out in nature. No candles or fuss this moon: just connection. Gemini's energy is one of embracing spontaneity. It's a time where it's safe to be honest, fruitful to connect. Use this energy to give your inner child time to have fun in nature and sit down to a picnic together.

Once you're out in nature, settle in, lay a blanket, whatever you need to feel comfortable. Lay out your offering for them, and your portion for yourself. Once you feel ready, invite them with the following remarks:

Spirits of the air, [name birds or winged creatures in your neighborhood] I embrace your energies of new beginnings as summer comes on, and bid you welcome to this space.

Spirits of fire, great Sun who watches us all, I invite your warmth and presence here. May you bring me passion and creativity in this liminal time between spring and summer.

Water spirits of [name your nearest body of water], I invite your [gentle/rocky, depending on the water near you] flow to guide me in love and laughter with your tides/onto your banks. Join me here in this space.

Land spirits of [name nearest mountains or national parks], I invite your frolicking nature to join me here. May your lessons of joyfulness teach me in this time of fruitful excitement.

When you feel their presence around you, pick up your libation. How does it smell? How does it look? Give it a taste, chewing slowly. Feel the temperature of it, the textures. It's almost sensual, to connect with the land through local produce like this. A bonding of our Self with the land's essence. Take another bite. Focus on the notes of flavor, the way each berry or bite is slightly different. As varying as each of us.

Give gratitude for your land. The water that we too are made of. The sun that gives us warmth and comfort. The earth that gives us shelter and food. The air that gives us life.

There's no need to dismiss the land spirits when you're finished: it's their land! Just enjoy your time in nature. Take a nap or meditate if it's safe. Bring a craft to do, or a book to read. Get some fresh air for as long as you can. When you're ready to leave, give your offering to nature safely.

During your journey on this ritual, look for any gifts nature is giving you in return. If you're gifted a pinecone, rock, feather, or pressable flower, keep it on your altar at home until at least the next full moon.



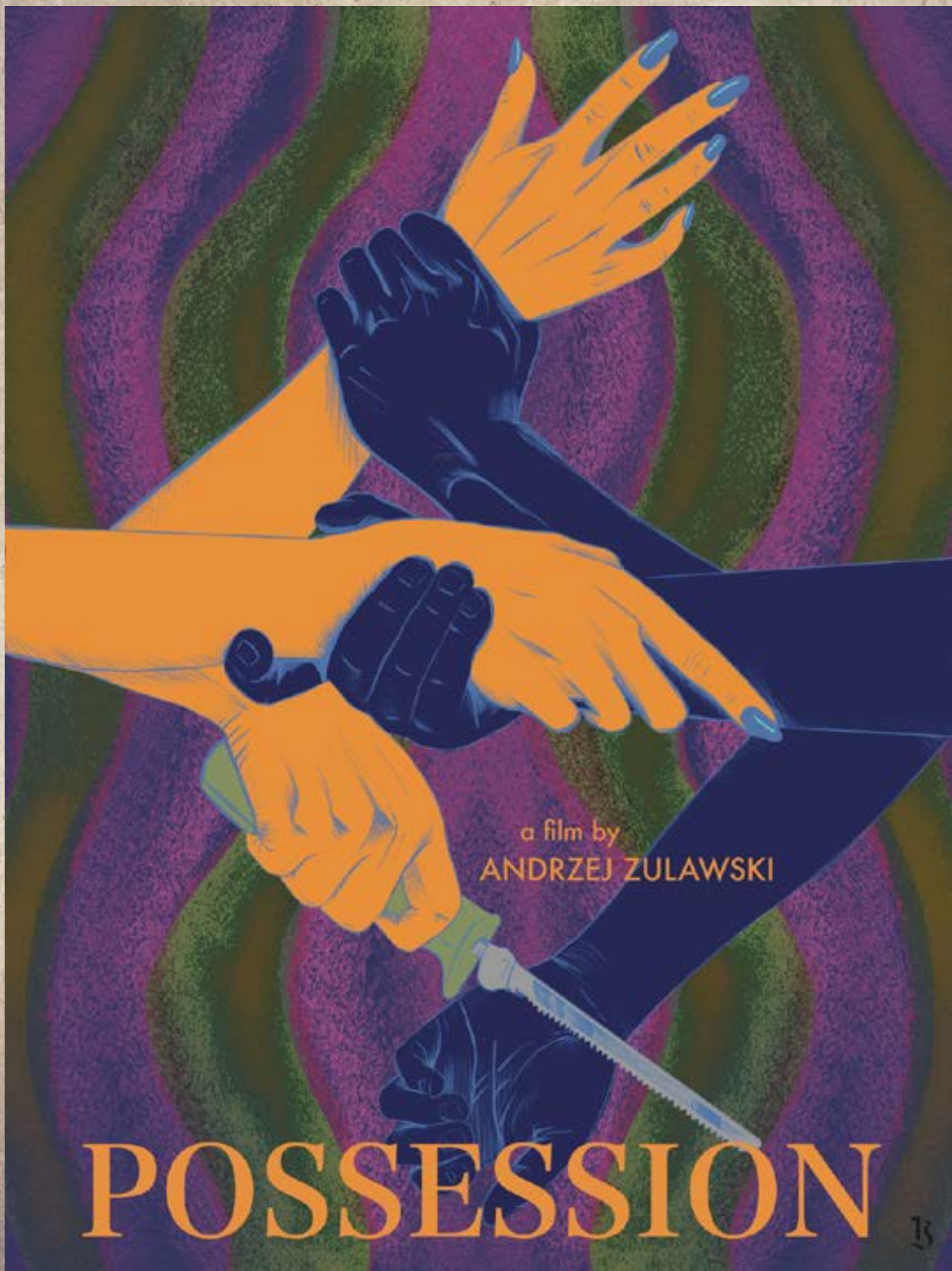
# FEATURED ARTIST: ALICIA 'BENE' BERBENICK



In a world where artistic boundaries are constantly pushed and creativity knows no limits, we are thrilled to introduce Alicia “Bene” Berbenick as the Editor in Chief of Metaphysical Times LLC, a visionary who embodies the true essence of a Renaissance woman. With an MFA in short story writing as her foundation, Berbenick has carved a remarkable path as a multi-disciplinary artist, seamlessly blending her talents in writing, music, and illustration to bring the joy of art to the world.

FIND ALICIA AT:  
[www.beneandthegesserits.com](http://www.beneandthegesserits.com)







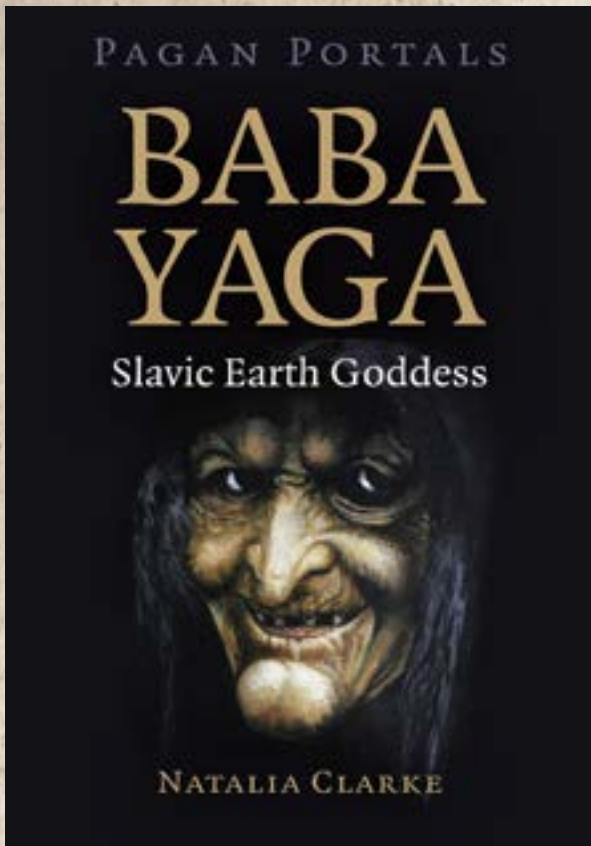
# ART OF THE WEEK



B



# BOOK SPOTLIGHT



## **Pagan Portals: Baba Yaga**

**By Natalia Clarke**

A unique perspective on working with Baba Yaga, Slavic Earth Goddess of mystery, intrigue and ambiguity, through apprenticing into her magic.

In this introductory work Baba Yaga is re-defined outside of the dogmatic portrayals and becomes one of the most powerful and influential figures in an individual spiritual practice. An accessible guide to building a devotional practice, Pagan Portals – Baba Yaga is a journey of discovery and collaboration with deity, written to aid your own psycho-spiritual progression and offer a unique presentation of how we might work with the Goddess, psychologically and spiritually.

Natalia Clarke is a transpersonal psychotherapist, writer, nature lover and an intuitive practitioner. A fiction, non-fiction and poetry writer with a passion for nature, emotions and magic, Natalia writes about intuitive living, magical practice, nature spirituality and soul relationship with the land. She lives on the outskirts of London, UK.

John Hunt Publ.LTD, Language: English, Paperback, 104 pages



## **Wild Witchcraft**

**By Rebeca Beyer**

Witchcraft is wild at heart, calling us into a relationship with the untamed world around us. Through the power of developing a relationship with plants, a witch—beginner or experienced—can practice their art more deeply and authentically by interacting with the beings that grow around us all. Bridging the gap between armchair witchcraft and the hedge witches of old, Wild Witchcraft empowers you to work directly with a wide variety of plants and trees safely and sustainably.

With Wild Witchcraft, Rebecca Beyer draws from her years of experience as an Appalachian witch and forager to give you a practical guide to herbalism and natural magic that will share:

- The history of witchcraft and Western herbalism
- How to create and maintain your own herbal garden
- Recipes for tinctures, teas, salves, and other potions to use in rites and rituals
- Spells, remedies, and rituals created with the wild green world around you, covering a range of topics, from self-healing to love to celebrating the turning of the seasons
- And much more!

S&S/Simon Element, Language: English, Hard Cover, 240 pages



# CLASSIFIEDS

## Healing Hands Metaphysical Store

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429 B Street Idaho Falls, ID ~ [healinghandsidaho.com](http://healinghandsidaho.com)

## Numina

(NOO-mih-nee) [Latin]  
noun  
Places of Divine or Spiritual Power

Seeking Numina with Flyse Willes introduces you to spiritual practices from the world's sacred places, online and in person through workshops, tours, and retreats in Greece.

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