

*Metaphysical Times*

\$3.50

# FULL MOON

ISSUE 18 SEPTEMBER 2023

## MAGAZINE

**Harnessing Nature's  
Essence**

**What If:  
Exploring the Origins of  
Things That Go Bump  
in the Night**

**Navigating Life with  
Schizoaffective Disorder**

**Wizards: Guardians of  
Ancient Wisdom and  
Knowledge**

**Full Moon Ritual**  
**The Harvest Jar**

**THE MYSTERIOUS CONNECTION**  
**Paranormal Entities and Their Force**  
**on Physical Objects**



**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

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

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

### Northwest Regional Distribution Manager

Rick Tschauder

### Ads and Logistics

Henry Dalton

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

### Full Moon is available the 1st of each month

Visit [www.metaphysical-times.com](http://www.metaphysical-times.com) for information regarding advertising, subscriptions, and writing for us.

Metaphysical Times LLC is a Utah Registered Company and holds the copyright to all original content in this format for this publication. Duplication is prohibited without express written consent from the publisher. The opinions expressed by contributors are not necessarily the views of Metaphysical Times LLC.

### Not Healthcare Advice

The products, services, and information found in the publication Metaphysical Times Full Moon Magazine, and/or it's websites or social media, have not been evaluated by the United States Food And Drug Administration and are not approved to diagnose, treat, cure or prevent disease and should not be considered as a substitute for advice from a healthcare professional.

Any services, products, and claims are not intended to provide diagnosis, treatment or medical advice, and are provided for informational purposes only. Please consult with a physician or other healthcare professional regarding any medical or health related diagnosis or treatment options.

We do not recommend self-management of health issues. Contact your healthcare professional promptly should you have any health-related questions. Never disregard or delay medical advice based upon information you have read in this publication, which is not responsible for any damages for information or services provided.



# FROM THE PUBLISHER: EMBRACING THE MYSTIQUE OF SEPTEMBER'S FULL MOON

Dear Readers,

As the vibrant hues of summer begin to transition into the warm and earthy tones of fall, we find ourselves once again under the enchanting glow of September's full moon. This celestial spectacle holds a timeless allure, casting its silvery light upon the world and inspiring us to reflect on the beauty of change and the mysteries that lie beyond our reach.

In this September issue of Full Moon Magazine, we embark on a journey of exploration, delving into the rich tapestry of human imagination and cultural heritage. Our pages are adorned with stories that celebrate the diverse myths, legends, and tales that have been woven around the moon for centuries. From the ancient tales of Chinese goddesses to the haunting echoes of African folklore, we invite you to immerse yourself in the captivating narratives that have shaped our understanding of the luminous orb in

the night sky.

In "Lunar Legends: Myths and Stories About the Moon from Different Cultures," we traverse the globe, uncovering the magic of lunar myths that have captivated generations. These stories serve as a reminder that, despite our geographical differences, our collective fascination with the moon unites us in a shared human experience. As you read, may you find inspiration in the ways cultures have used storytelling to preserve their unique perspectives on the world.

But that's not all – we also dare to venture into the realm of the unknown with our thought-provoking "What If" article. Join us as we explore the intriguing possibilities behind the things that go bump in the night. From quantum realities to psychic echoes, these speculative musings invite you to ponder the mysteries that dance at the edge of our understanding.

As the moon waxes and wanes, casting its gentle light upon us, we encourage you to embrace the spirit of transition and renewal that September embodies. Just as the seasons shift, so do our perceptions and interpretations of the world around us. The stories within these pages are an invitation to explore the mysteries that lie both within and beyond our grasp, to seek connections with cultures that enrich our own, and to embrace the unknown with open hearts and minds.

Thank you for joining us on this journey of discovery. As the full moon graces our skies, let us embrace the beauty of change and the boundless wonder that lies in the spaces between.

Wishing you a month filled with inspiration, connection, and the magic of the full moon.

Warmest regards,

Christy Mann

Publisher, Full Moon Magazine

## IN THIS ISSUE

- 2 Embracing Equilibrium:**
- 4 Navigating Life with Schizoaffective Disorder**
- 6 Full Moon Literature**
  - The Shadows That Dance by Christy Mann**
- 7 Lunar Legends**
- 8 Wizards: Guardians of Ancient Wisdom and Knowledge**
- 9 The Mysterious Connection:**
  - Paranormal Entities and Their Force on Physical Objects**
- 10 Monthly Readings**
- 11 Harnessing Nature's Essence**
- 12 Exploring the Mystical Realms**
- 14 Full Moon Ritual: Ancestral Visitation Dreamworking**
- 16 What If: Exploring the Origins of Things That Go Bump in the Night**
- 17 Embrace Collabortation**
- 18 Kitchen Witch's Cauldron**
  - Creamy Chicken and Wild Rice Soup**
- 19 Book Spotlight**
  - Pagan Britain**
  - The Sea Witch's Companion**



# EMBRACING EQUILIBRIUM:

## EXPLORING THE RICH HERITAGE AND MODERN SIGNIFICANCE OF THE FALL EQUINOX CELEBRATION

BY HANK DAVIS

As summer's vibrant hues gradually fade into the warm embrace of autumn, the world prepares to welcome the Fall Equinox, a moment of celestial equilibrium when day and night stand in harmonious balance. This astronomical event has captivated human imagination for millennia, inspiring cultures around the world to mark its arrival with festivities that honor nature's rhythm and the changing seasons. In this article, we embark on a journey to uncover the origins and evolution of Fall Equinox celebrations, from ancient rituals to modern interpretations.

### Ancient Origins

The roots of Fall Equinox celebrations trace back to the dawn of civilization when ancient cultures observed the Earth's dance with the cosmos. Many societies viewed the equinoxes as crucial moments of equilibrium, where the power of light and darkness balanced precariously. In Egypt, the Fall Equinox marked the beginning of the harvest season, celebrated as the feast of Wag, symbolizing the return of abundance after the scorching summer months.

The Mayans held a reverence for the equinoxes, constructing awe-inspiring structures such as El Castillo in Chichen Itza, which casts a shadow resembling a serpent slithering down its steps during the equinox—a representation of the serpent deity Kukulcan's descent to Earth. In ancient Greece, the Fall Equinox was associated with the goddess Persephone's return to the underworld, symbolizing the transition from warmth to cold, life to death.

### Harvest Celebrations and Modern Traditions

Throughout history, Fall Equinox celebrations have been closely linked with agricultural cycles and the bounties of the harvest. The transition from summer's growth to autumn's reaping has inspired a myriad of cultural practices. One of the most iconic examples is the American Thanksgiving, which is deeply rooted in



the harvest celebrations of indigenous peoples and early European settlers. This holiday reflects a shared appreciation for the earth's abundance and a spirit of communal gratitude.

In Japan, the Fall Equinox is honored through the observance of Higan, a Buddhist custom focusing on self-reflection and spiritual growth. The term "Higan" translates to "the other shore," symbolizing the journey to enlightenment. During this time, families visit ancestral graves, clean them, and offer prayers, fostering a connection between the living and the departed.

### Modern Significance and Interpretations

As societies have evolved, so too have the

meanings and ways in which Fall Equinox celebrations are observed. In today's fast-paced world, these celebrations often take on a new significance, serving as reminders to pause, appreciate nature's beauty, and seek balance in our lives.

One modern interpretation is the growing trend of eco-centric celebrations. Many individuals and communities now use the Fall Equinox as an opportunity to engage in environmental activities such as tree planting, beach cleanups, and conservation efforts. These actions embody a desire to restore the equilibrium between humanity and the natural world.

Moreover, the Fall Equinox has taken on symbolic significance in diverse spiritual and cultural contexts. In



Wiccan traditions, the equinox is celebrated as Mabon, a time to reflect on personal harvests—both literal and metaphorical—and express gratitude for the blessings received. Similarly, the Chinese Mid-Autumn Festival, which falls close to the equinox, centers around family reunion and moon appreciation, fostering connections across generations.

## Global Unity in Equilibrium

While cultural nuances and practices may differ, Fall Equinox celebrations underscore a common thread that unites humanity—the deep-seated connection between our lives and the cycles of nature. As our world grapples with environmental challenges, these celebrations serve as powerful reminders of the delicate equilibrium that sustains our planet.

In an era where technological advancement can sometimes disconnect us from nature's rhythms, Fall Equinox celebrations offer an opportunity to realign with the world

around us. Whether through meditation, communal feasts, or the simple act of stargazing, these traditions encourage us to pause, reflect, and honor the cyclical beauty of life.

## Conclusion

As the sun dips lower on the horizon, casting a warm glow across the landscape, the Fall Equinox arrives, bestowing upon us a moment of celestial harmony. Through the ages, the celebration of this event has evolved from ancient rituals rooted in nature's cycles to modern interpretations that honor balance, gratitude, and interconnectedness. Whether through Thanksgiving feasts, Higan observances, or eco-conscious initiatives, Fall Equinox celebrations continue to remind us that, in a world of constant change, embracing equilibrium is essential to our well-being and the health of our planet.





# NAVIGATING LIFE WITH SCHIZOAFFECTIVE DISORDER: UNVEILING THE DAILY STRUGGLE

BY HENRY DALTON

Schizoaffective disorder, a complex mental health condition that combines elements of both schizophrenia and mood disorders, is a formidable challenge for those who live with it. Often misunderstood and stigmatized, this disorder can significantly impact an individual's everyday life, affecting their thoughts, emotions, behaviors, and interactions. In this article, we will delve into the world of schizoaffective disorder, shedding light on the struggles faced by those who live with it and raising awareness about the importance of empathy and support.

## The Juggling Act of Symptoms

One of the defining characteristics of schizoaffective disorder is the presence of two distinct sets of symptoms: psychotic symptoms (hallucinations, delusions, disorganized thinking) and mood symptoms (depression or mania). The intricate interplay between these symptoms creates a daily juggling act that individuals must manage. Imagine dealing with not only the confusion and distress caused by hallucinations and delusions but also the emotional roller coaster of severe mood swings. Such challenges often make even simple tasks a monumental effort.

## Social Isolation and Stigma

The stigma surrounding mental health disorders, including schizoaffective disorder, remains a significant barrier to living a fulfilling life. Many individuals



with schizoaffective disorder encounter discrimination and misunderstanding from their peers, family members, and even healthcare professionals. This stigma can lead to social isolation, further exacerbating the already daunting struggles of the disorder. As a result, individuals may withdraw from their social circles and miss out on important opportunities for connection and growth.

## Impact on Daily Functioning

The impact of schizoaffective disorder on daily life cannot be overstated. From holding down a job to maintaining relationships, every facet of life can be affected. Concentration and focus may be impaired due to disorganized thinking, making even the simplest tasks at work or school a challenge. The mood swings can lead to a loss of interest in activities



that once brought joy, contributing to a downward spiral of isolation and despair. Additionally, medication regimens and therapy appointments can consume a significant amount of time, making it difficult to balance daily responsibilities.

### **The Strain on Relationships**

Healthy relationships require open communication, empathy, and understanding. However, schizoaffective disorder can strain these very qualities. Loved ones might struggle to comprehend the erratic behavior, sudden mood shifts, and alarming delusions that the individual is experiencing. This strain can lead to misunderstandings, frustration, and emotional exhaustion for both parties. Education and open dialogue about the disorder are crucial for building a support system that can weather these challenges.

### **Seeking Treatment: A Glimmer of Hope**

While living with schizoaffective disorder presents numerous challenges, it's important to emphasize that effective treatments and strategies do exist. A combination of medication, psychotherapy, and support from mental health professionals can significantly improve an individual's quality of life. By working closely with healthcare providers and a support network, those with schizoaffective disorder can learn to manage their symptoms, reduce the impact on daily functioning, and strive for a more balanced and fulfilling life.

### **Raising Awareness and Cultivating Empathy**

Raising awareness about schizoaffective disorder is pivotal in dismantling stigma and fostering empathy. By dispelling misconceptions and sharing real stories of those who have navigated

this challenging journey, society can begin to recognize the humanity and resilience of individuals living with the disorder. Empathy plays a crucial role in building a more inclusive and supportive community, allowing those with schizoaffective disorder to feel validated and understood.

### **Conclusion**

Living with schizoaffective disorder is a complex and multifaceted experience that touches every aspect of a person's life. From the daily struggle of managing symptoms to the challenges of maintaining relationships and pursuing personal goals, the impact is profound. As a society, it is our responsibility to listen, learn, and empathize with those who face these challenges. By raising awareness, fostering understanding, and providing support, we can contribute to a more compassionate world where individuals with schizoaffective disorder are empowered to live their lives to the fullest.





# THE SHADOWS THAT DANCE

BY CHRISTY MANN

The old mansion stood atop the hill, its decaying walls casting eerie shadows in the moonlight. It had been abandoned for decades, ever since the tragic incident that claimed the lives of the entire family who once called it home.

Rumors of hauntings and malevolent spirits surrounded the place, but Emma was drawn to it like a moth to a flame. She couldn't resist the urge to explore the secrets hidden within its walls. Tonight, under the full moon's watchful gaze, she ventured inside.

As she stepped over the threshold, an icy chill wrapped around her, and the air seemed to thicken with each breath. Undeterred, Emma pressed on, her flashlight guiding the way through the darkness.

A sudden creak echoed through the hall, making her heart race. She turned around, but the beam of her flashlight revealed nothing but empty space. Shaking off her unease, she continued deeper into the mansion.

In a forgotten room, she discovered an old journal, its pages yellowed with age. As she read the entries, a tale of despair and madness unfolded before her. The family's patriarch, driven by grief over his wife's untimely death, had conducted twisted experiments in a desperate attempt to bring her back to life. The experiments led to a darkness that consumed them all, turning them into vengeful spirits bound to the mansion.

Emma felt a presence watching her, and the temperature dropped further. Shadows danced along the walls, taking eerie shapes that sent shivers down her spine. She knew she should leave, but an irresistible urge compelled her to confront the spirits.

In the heart of the mansion, she found a hidden chamber. The walls were adorned with sinister symbols, and a sense of foreboding filled the air. Emma's heart pounded as she recited an incantation she had stumbled upon in the journal.

At first, nothing happened, but then the ground trembled, and an otherworldly moan filled the chamber. The spirits awakened, their eyes glowing with malice. Regret washed over Emma as she realized the gravity of her mistake.

The spirits lunged at her, their ghostly forms passing through her body. Agonizing pain consumed her as the darkness seeped into her soul. She had unleashed forces beyond her control, and now she was doomed to join them in their eternal torment.

Full Moon Magazine would never hear from Emma again, but the legends surrounding the mansion grew. Locals warned visitors of the malevolent spirits that roamed its halls, preying on the curious souls who dared to seek its secrets under the watchful gaze of the full moon.



# LUNAR LEGENDS:

## MYTHS AND STORIES ABOUT THE MOON FROM DIFFERENT CULTURES

BY CHRISTY MANN

The moon, that celestial wanderer that graces our night sky, has captivated human imagination for millennia. Across cultures and continents, people have woven intricate tales, myths, and stories around the moon's mysterious glow. These lunar legends offer us a glimpse into the diverse ways in which humanity has interpreted and revered this luminous orb.

### **Chinese Culture:**

#### **Chang'e and the Moon Goddess**

In the vast tapestry of Chinese mythology, one story stands out like a radiant lunar jewel – the tale of Chang'e and the Moon Goddess. The legend narrates the story of Chang'e, a mortal woman who consumed an elixir of immortality, causing her to ascend to the moon. This tale is intimately tied to the Mid-Autumn Festival, also known as the Moon Festival, celebrated by millions every year.

Chang'e's story embodies themes of sacrifice, love, and the longing for transcendence. She resides on the moon with her jade rabbit companion, a symbol of longevity, endlessly pounding the elixir of immortality. The festival's mooncakes, round pastries with various fillings, symbolize family unity and the moon's completeness.

### **Greek Mythology:**

#### **The Moon and Artemis**

In the realm of ancient Greek mythology, the moon's radiance was often associated with Artemis, the goddess of the hunt and wilderness. As the twin sister of Apollo, the sun god, Artemis held a unique position in Greek culture. She was both a protector of nature and a guardian of women during childbirth.

The moon's waxing and waning mirrored Artemis' dual nature – gentle and fierce. She was believed to guide sailors through the night, illuminating their paths with her silvery light. The Artemis-inspired fascination with the moon continues

to influence art, literature, and modern interpretations of female strength.

### **Native American Lore:**

#### **The Rabbit and the Moon**

Indigenous cultures in North America, too, have their own lunar tales. Among them is the heartwarming story of the rabbit on the moon. Various tribes share versions of this tale where the rabbit's image is said to be imprinted on the lunar surface, often attributed to its selflessness or an act of sacrifice.

The rabbit's lunar presence represents the importance of communal values and the significance of storytelling. This lunar myth underscores the oral tradition and the role of storytelling in preserving cultural identity among Native American tribes.

### **Hindu Mythology:**

#### **Chandra, the Moon Deity**

In Hindu mythology, the moon is personified as Chandra, a god with deep spiritual significance. Chandra is often depicted as a young man adorning a crescent moon on his forehead. He is both a deity and a symbol of the mind and emotions.

Chandra's journey through the night sky, waxing and waning, is analogous to the human experience of ups and downs. His portrayal in Hindu texts, such as the "Mahabharata," offers profound insights into the complexities of human emotions. The moon's soft glow inspires devotion and introspection among millions of Hindus.

### **Japanese Legend:**

#### **Tsukuyomi, the Moon God**

In Japan, Tsukuyomi, the moon god of Shinto mythology, holds a central role. Tsukuyomi's tale revolves around his separation from Amaterasu, the sun goddess, after a disagreement. This separation marked the division between

day and night, an event of fundamental importance in Japanese cosmology.

Tsukuyomi's presence symbolizes the cyclical nature of existence, where light and darkness coexist and complement one another. This concept is deeply rooted in Japanese culture and philosophy, shaping their approach to harmony and balance in life.

### **African Folklore: Anansi and the Moon**

Africa's rich oral tradition weaves captivating stories about the moon as well. One such tale features Anansi the spider, a trickster figure in West African folklore. Anansi's quest to capture stories stored on the moon's surface embodies the importance of storytelling in African societies.

The tale of Anansi underscores the value of passing down knowledge through generations. It celebrates the role of stories in connecting communities and preserving cultural heritage. The moon, in this story, becomes a repository of wisdom and tales that transcend time.

### **Conclusion:**

#### **A Tapestry of Lunar Legends**

As we gaze upon the moon's ethereal glow, we are reminded of the intricate narratives that humans have crafted to make sense of its beauty and mystery. From China's Chang'e to Africa's Anansi, these lunar legends paint a portrait of our shared humanity and the myriad ways in which cultures have found meaning in the moon's luminous embrace.

These stories transcend borders, inviting us to reflect on our interconnectedness and the universal themes that unite us across time and space. Whether they speak of sacrifice, duality, or the importance of storytelling, these lunar legends remind us that the moon's light is not only a beacon in the night sky but also a source of inspiration and wonder in the tapestry of human culture.



# WIZARDS: GUARDIANS OF ANCIENT WISDOM AND KNOWLEDGE

BY HENRY DALTON

Wizards, often envisioned as enigmatic figures possessing mysterious powers, have long been associated with the role of custodians of ancient wisdom and knowledge. Tracing their origins back to the earliest civilizations, these individuals emerged as learned individuals who delved into the realms of understanding, preserving essential teachings for generations to come.

## Origins in Ancient Civilizations

The origins of wizards can be found in the annals of ancient civilizations, where the pursuit of knowledge was deeply intertwined with societal development. In ancient Mesopotamia, the priests of temples were not only spiritual guides but also harbored a deep understanding of celestial phenomena, mathematics, and natural occurrences. Their role was to interpret omens, predict events, and offer practical advice based on accumulated insights, laying the foundation for what we now recognize as the role of wizards.

## Custodians of Practical and Mystical Knowledge

Throughout history, societies have regarded those who possessed advanced knowledge as vital resources. In ancient Egypt, the priesthood held expertise in areas ranging from architecture and engineering to medicine and astronomy. These knowledgeable figures stood as vital pillars of society, contributing to the advancement of various fields that



shaped civilizations. Their insights, often intertwined with spiritual beliefs, created a synthesis of practical and mystical wisdom.

## The Philosophical Underpinnings

The philosophical inclinations of civilizations like ancient Greece further molded the concept of wizards. Philosophers such as Pythagoras explored the depths of mathematics and the universe, seeking to understand the underlying principles of existence. While not traditionally seen as wizards, their pursuits had a profound influence on the melding of knowledge and mysticism that characterizes the role of wizards.

## Alchemy and the Pursuit of Transformation

The transition to the Middle Ages witnessed the rise of alchemy, a precursor to modern chemistry that sought not only to transform

materials but also to unveil hidden truths. Alchemists, often perceived as predecessors to wizards, engaged in experiments to discover the secrets of matter and its properties. This pursuit aligned with the broader quest for understanding the natural world and its underlying principles.

## Continuity in Modern Interpretations

While the modern portrayal of wizards is often steeped in fantasy literature and pop culture, the core essence of their role as custodians of knowledge persists. Contemporary societies, characterized by rapid technological advancements, still value those who delve into the depths of understanding, whether in scientific research, academia, or specialized fields.

Wizards, as the historical guardians of ancient wisdom and knowledge, trace their origins to the earliest civilizations. They evolved from the priests and philosophers of ancient times who delved into various domains of understanding, be it practical skills, celestial observations, or the exploration of fundamental truths. These keepers of knowledge, whether in ancient Egypt, Mesopotamia, or medieval alchemy, contributed to the growth and development of societies by preserving and passing on essential insights. As we navigate the complexities of the modern world, the legacy of these early guardians continues to resonate, reminding us of the timeless value of wisdom and knowledge.



# THE MYSTERIOUS CONNECTION: PARANORMAL ENTITIES AND THEIR FORCE ON PHYSICAL OBJECTS

BY MICHAEL J. E. LEWIS

Paranormal entities have long captured human imagination, often depicted as ethereal beings with the ability to influence the physical world. While skepticism surrounds such claims, there are numerous anecdotes and experiences that suggest a potential connection between these entities and the manipulation of objects.

Instances of alleged paranormal activity often involve objects moving or behaving in ways that defy conventional explanations. Poltergeist phenomena, for example, have been reported in various cultures for centuries. Objects seemingly moving on their own, doors opening and closing inexplicably, and unexplained noises are commonly attributed to these mischievous spirits.

Although scientific understanding of such occurrences is limited, some theories propose that electromagnetic fields, energy fluctuations, or even repressed emotions could play a role.

One intriguing case of paranormal force on physical objects is the phenomenon of “apports.” This refers to objects that seemingly appear out of thin air, often attributed to spirits or entities. Witness accounts of apports range from small trinkets to complex items, suggesting a level of control that extends beyond our current understanding of reality.

Moreover, certain individuals claim to possess psychic or mediumistic abilities that allow them to interact with paranormal entities. These individuals assert that they can communicate with spirits and channel their energy to manipulate objects. While scientific scrutiny is necessary to validate such claims, the anecdotes provide a glimpse into the potential interplay between the metaphysical and the physical.

However, skepticism persists due to the lack of consistent empirical evidence. Critics argue that many paranormal events can be explained through psychological factors, environmental conditions, or simple misunderstandings. The human mind’s propensity to seek patterns and meanings



might also contribute to the perception of paranormal forces at play.

In recent years, advancements in technology have allowed for more comprehensive investigations into alleged paranormal phenomena. Researchers are employing tools such as electromagnetic field detectors, temperature sensors, and high-resolution cameras to capture and analyze instances of reported activity. While these efforts are shedding light on some aspects of the paranormal, conclusive evidence remains elusive.

In conclusion, the force a paranormal entity might have on a physical object remains a topic of intrigue and debate. The anecdotes and experiences shared by individuals suggest a potential connection, but scientific understanding is still in its infancy. As we continue to explore the boundaries of our understanding of the universe, the relationship between the ethereal and the physical may become clearer, offering new insights into the mysterious forces that may exist beyond our current comprehension.



# MONTHLY READINGS

WITH NIXIE VALE

Chaos is reigning in my home right now, so most of decks have been packed away for safety, so I will be using my trusted Gilded Tarot deck by Ciro Marchetti. Much of the imagery of this deck is based on the Rider-Waite deck, but more colourful, and I like lots of colour. One thing I noticed in this reading, is the Swords are prevalent. Right now the Swords are indicating we are searching for solutions, coping mechanisms and ways of doing things that make for change.

## **Aries** **Page of Wands**

Right now you are up for anything, and will give everything a go, at least once. You are being guided to new opportunities, but your need to be in control or have everything worked out is nagging at you, but the energy you are feeling is restless and needs to just be embraced and enjoyed.

## **Taurus** **Strength**

Determination, Strength and Power is what this card is all about, and right now we are talking about your own personal power and your ability to overcome the obstacles that are keeping you tied down. You want to be free, but there are things you need to clear away before you can really stand by your own power and strength.

## **Gemini** **Five of Swords**

In the last few weeks you have been moving from one conflict to another, and this has left you feeling sad, lost and a relentless feeling of bitterness. The battles you have been choosing may not have gone your way and it has cost you. You need to be mindful of the battles you pick, and why you are choosing that path.

## **Cancer** **Three of Wands**

You have been on an expansive journey over the last few months, and while you want to get all the plans perfected, it is too late for that now as everything is underway, but you may want to look at how you can make the most of your potential right now, because while you are broadening your horizons, you still aren't reaching your true potential.

## **Leo** **The World**

You have been hitting all your goals this month, and things are feeling good. Over the next few weeks, reflect on what has happened, and reflect on what you have achieved. This isn't the end of your journey, but you are at a place where you can take some breaths and bask in your joy before moving on to your next journey.

## **Virgo** **Knight of Swords**

You have been on a mission, and once you set your mind to something there is no stopping you, and while people may not realise you have the skill and smarts to reach your goals. Being ambitious and driven is awesome, but you need to also be humble and show thanks for the journey you have been on. You don't need a plan, you tend to just make it up as you go, but don't move too quickly over the next few weeks.

## **Libra** **The Lovers (Reversed)**

Over the last week you have been feeling out of balance, and this is causing tension with those around you. They want you to break out of your shell and shine, but the love and respect for you has been battered over the last few years. You have been squashed down, and made to feel small, but over the next few months, take some time to dedicate to self-love and find who you are.

## **Scorpio** **Seven of Swords**

Over the last few weeks you have been trying to reach your goals but doing as little as possible to achieve them, but this is a betrayal of yourself, your skills and those who are supporting you. Sit down and make a strategy and do one thing at a time. Prioritize what you need to do immediately, and what can wait a while. Taking off more than you can chew is why you have been cutting as many corners as you can.

## **Sagittarius** **Three of Swords (Reversed)**

Right now you need to pay closer attention to the conversations you have with yourself and your thoughts. There has been a lot of negative self-talk and putting yourself down. Why do you feel this way? Reflecting on why can be enlightening and once you know where those things began, you can do the shadow work needed to put those weights down and free yourself from their burden.

## **Capricorn** **Nine of Wands**

Over the last few months you have been facing adversity in all its forms, or that is how it has been feeling. Things may not have gone how you thought they would, but you are standing strong and working your way through day by day. The finish line is close, so stay true to yourself and persist when you begin to waver. Your resilience is something to be proud of.

## **Aquarius** **Ace of Pentacles (Reversed)**

You are feeling very hesitant about moving forwards because you don't believe you have the security or confidence in your own abilities to do a good job. The doubt is eating you up, and this is something you need to work through before you move forward. Something that is coming through loudly is "Don't count your chickens" which I think means you need to be patient and don't use what you don't have.

## **Pisces** **The Sun**

You find strength in the Sun's warmth, and it is this same warmth that draws people towards you. You have a special skill for seeing the good in people and helping them to see that good in themselves. Right now, you are moving away from the ego-driven energies that have been hiding, towards a radiant inner energy. You have been bursting with enthusiasm over new opportunities and projects, so use this radiance to really shine.



# HARNESSING NATURE'S ESSENCE:

## CRAFTING METAPHYSICAL POULTICES WITH LEFTOVER HARVEST HERBS

BY HANK DAVIS

In the realm of metaphysical healing, the synergy between humans and nature has been recognized for centuries. Herbs, as gifts from the earth, possess remarkable healing properties that extend beyond the physical realm. Making poultices with leftover harvest herbs is a profound way to tap into this natural reservoir of energy, connecting the tangible with the ethereal, and enhancing both spiritual and physical well-being.

### The Alchemy of Harvest Herbs

As the harvest season unfolds and the cycle of growth nears completion, the energy within plants intensifies, infusing them with concentrated vitality and wisdom. This is the opportune time to gather herbs that have been nurtured by the elements, sunlight, and the gardener's care. Leftover harvest herbs, while often overlooked, are imbued with the quintessence of their growth cycle, making them ideal candidates for creating metaphysical poultices.

### Creating the Poultice Base

The foundation of a metaphysical poultice lies in its base. Usually composed of simple materials like clay, flour, or even oats, the base serves as a vessel for holding the herb's essence. Opt for ingredients that resonate with your intention – clay for grounding, flour for nurturing, and oats for soothing. As

you mix the base, focus on your intention, infusing it with your energy to create a symbiotic bond between yourself, the base, and the herbs.

### Harvest Herb Selection

When selecting herbs, consider their unique metaphysical properties and the intention you wish to infuse into the poultice. Leftover herbs that have thrived through the growing season carry the essence of resilience, growth, and transformation. Sage, with its cleansing energy, can facilitate the release of negativity, while chamomile can bring calm and serenity. Combine complementary herbs to amplify their effects, weaving a tapestry of energies within the poultice.

### Infusion of Intentions

The heart of crafting metaphysical poultices lies in the infusion of intentions. Engage in meditation or grounding exercises before beginning the process. As you hold each herb, visualize its energy merging with yours, resonating in harmony. Speak your intention aloud, allowing your words to permeate the herb's essence. This sacred dialogue enhances the energetic connection between you and the plant, forming a harmonious partnership.

### Assembling the Poultice

Gently mix the finely chopped leftover herbs with your prepared base. This is where the

magic truly unfolds, as the tangible and the spiritual converge. As you blend, visualize the energies intertwining, each herb lending its unique qualities to the mixture. The process becomes an act of co-creation, where you, the plants, and the base unite to birth a poultice that transcends its physical form.

### Application and Connection

Applying the metaphysical poultice becomes a ritual of connection between yourself and the earth's bounty. Place the poultice on the desired area of the body or energy center, allowing it to interact with your energy field. Close your eyes, breathe deeply, and visualize the herbs' energies infusing your being. This is a moment of communion, where the metaphysical properties of the herbs meld with your intentions, catalyzing a transformative experience.

### Conclusion

Crafting metaphysical poultices with leftover harvest herbs is a reverent practice that bridges the realms of the physical and the metaphysical. Through intention, connection, and conscious creation, you channel the wisdom of the earth into a tangible form that facilitates healing and transformation. As you tend to your garden and gather the remnants of the harvest, remember that every leftover herb holds a story, a lesson, and an essence waiting to be woven into the tapestry of your own journey.





# EXPLORING THE MYSTICAL REALMS: UNVEILING THE NUANCES OF FAE ENERGY, SPIRIT ENERGY, SELF ENERGY, AND ELEMENTAL ENERGY

BY HANK DAVIS

In the realm of metaphysics, where the tangible and intangible intermingle, energies of various kinds are believed to shape and influence the fabric of existence. Among these energies, four distinct strands stand out: Fae Energy, Spirit Energy, Self Energy, and Elemental Energy. Each embodies unique characteristics, origins, and roles in the grand tapestry of the metaphysical universe. In this journey of exploration, we delve into the essence of these energies and unravel the differences that set them apart.

**Fae Energy: Navigating the Enchanted Pathways**

Fae energy, often associated with the mystical realm of faeries and

magical creatures, is an energy form that exudes enchantment and whimsy. It is believed to resonate with the natural world and emanate from the interconnectedness of all living things. Fae energy is said to be potent in places where nature thrives – ancient forests, babbling brooks, and moonlit glens. This energy is known for its mischievous and unpredictable nature, much like the faeries themselves.

Unlike other energies, fae energy is heavily influenced by human emotions and intentions. It is said that those who approach fae energy with pure hearts and intentions are more likely to experience its benevolent aspects, such as luck, inspiration, and a sense of wonder.

On the other hand, negative emotions and intentions can attract the trickster aspect of fae energy, leading to confusion and disturbances in one's life.

**Spirit Energy: Bridging the Mundane and the Ethereal**

Spirit energy is the quintessence of the ethereal realm, intertwining with the souls of living beings and the spirits of those who have passed on. It is often associated with the unseen dimensions beyond the physical world and is thought to hold the essence of a person's consciousness and memories. Spirit energy is dynamic, flowing through the cycles of birth, life, death, and rebirth.

Unlike other energy forms, spirit





energy transcends the limitations of time and space. It is believed that spirit energy can communicate and influence the physical realm, offering guidance and insights to those who are attuned to its vibrations. Many cultures have rituals and practices aimed at connecting with spirit energy, such as mediumship, séances, and ancestor worship. This energy is often considered a source of wisdom and comfort, offering solace to those seeking to understand the mysteries of life and death.

#### Self Energy: The Inner Flame

Self energy is the embodiment of an individual's unique essence and consciousness. It is the energy that defines one's identity, thoughts, emotions, and aspirations. This energy is intricately connected to the concept of free will and personal choice. It is believed that individuals have the power to shape and direct their self energy through their intentions and actions.

Unlike the other energies, self energy is not external to an individual; it arises from within. It is a manifestation of the mind-body-spirit connection, and its quality can be influenced by various factors such as self-awareness, emotional well-being, and personal growth. Practices like meditation, introspection, and mindfulness are often employed to cultivate and harmonize self energy. When aligned, self energy can lead to a sense of purpose, empowerment, and fulfillment.

#### Elemental Energy: The Dance of Creation

Elemental energy is deeply rooted in the natural elements – earth, water, fire, air, and sometimes aether or spirit. It is the energy that underlies the physical world



and is considered the building blocks of existence. Each element carries its own unique qualities and symbolism, influencing everything from emotions to personality traits.

Unlike the other energies, elemental energy is often harnessed for specific purposes, such as healing, meditation, and ritual. Practitioners believe that by attuning themselves to the energies of different elements, they can achieve balance and harmony within themselves and the world around them. For example, connecting with earth energy might promote stability and grounding, while engaging with

fire energy could ignite passion and transformation.

In conclusion, the metaphysical landscape is a realm of intricate energies, each with its own distinct characteristics and influences. Fae energy enchants with its whimsy, spirit energy bridges the realms, self energy illuminates the individual, and elemental energy weaves the tapestry of creation. As seekers and explorers of the metaphysical, understanding these energies not only deepens our connection to the universe but also unveils the vast potential for growth, transformation, and wonder that lies within us and around us.



# THE HARVEST SPELL JAR: A TRANSFORMATION RITUAL FOR FULL MOON IN ARIES

29 SEPTEMBER 2023 RITUAL  
BY ELYSE WELLES

This moon is going to keep you up at night but you're not even going to mind! If you have any goals you've been sitting on starting; if there's decisions you've been vacillating between; if there's an uncertainty you're hoping to find clarity on... this is the full moon that you've been waiting for.

The second harvest is upon us. The Equinox last week welcomes the thinning veil, and you may find your intuition heightened. Use this to guide you towards your goals. This is the time of action.

For this month's ritual, we're working on transformation. Not because there's anything wrong with you: but because like the snake that sheds its skin, you simply are ready to grow.

You're going to need the first signs of autumn you're seeing in your yard. The drying flowers in your garden. The fallen leaves on the ground. The husks of fallen walnuts. Maple seedlings. Anything that is calling to you.

Go outside and take a walk. If you don't have a lot of nature near you, you can find things that signal the end of summer, the end of the growing season, and the start of transformation. A pamphlet for back to school shopping, or a dusty popsicle wrapper reminding you that summer is over could work too! Feel free to get creative.

We'll be calling on the transformative energy of the autumn for this ritual. Autumn is not a time of death: it is a foundation for life. The leaves fall so that frogs, snakes, salamanders, and other animals can have winter shelter. Caterpillars, the pupae of moths and butterflies, and many insects use the leaves as hibernation habitats. The tree itself needs to shed the leaves so that the new may grow.

You too are shedding so that you can grow.

## FOR THIS RITUAL YOU WILL NEED

Signs of nature's transition into autumn

A jar

A piece of paper and a pencil

A candle of any color that reminds you of autumn: yellow, orange, red, or brown

Solid intentions for the energy you're feeling



# THE RITUAL



Call the quarters and set your sacred space. You might choose to embrace the elements and do this outdoors, enjoying the last lingering days of warmth before a cold winter. If there are any gods or goddesses you prefer to invoke in every ritual, call them in as well.

Call in the land spirits and ask the blessing of autumn:

“Spirits of this land. Elders of the trees and stone. I invite you to join me in this time transformation. Stand with me here in this season of change. I invite your calming presence this day as I set my intentions for my transformation.”

Take the paper and write your intentions. What do you need to shed so that you might grow? Into what goals will you grow? After you write them down, share them with the spirits present by reading it aloud. You will place this in your Book of Shadows.

Then take a second piece of paper and write the things you need to release, the old habits, relationships, or perspectives you need to shed in order to achieve these things. Read them aloud as well.

Once you’ve read them both aloud, lay the papers aside and open your jar. Place the leaves or other autumn objects inside the jar, saying “as nature sheds to invite new growth, so do I.” Place the leaves and objects in the jar. Then add your list of what you need to shed to the jar as well. Roll it up as small as you can and add it to your jar.

The paper with your goals will come home with you for your Book of Shadows. At this point, you may want to place it at your breast, close to your heart for the remainder of the ritual.

When the jar is filled, seal it with the candle. You can drip the wax to seal the jar further, and then place the candle on the top for it to burn out completely. Say, “as the fallen leaves are to the trees, may this candle be to my transformation. May it melt away and allow me to transform.”

Thank the land spirits and autumn for accepting your invitation today:

“Spirits of this land. Elders of the trees and stone. I thank you for accepting my invitation for you to join me in this time transformation. Thank you for lending your steadfast support in this season of change. May we see it through together in this autumn of becoming.”

Release the quarters and any deities you invoked. Leave offerings to nature if you’re outside, and to your deities if they were invoked. A libation or snack is a good option, or a piece of your hair is good too.

When the ritual is complete, you can keep this jar on your altar, your car, or at your desk, somewhere you will work towards these goals. When you need to, shake it or hold it close to remind you that you have the support of the seasons and spirits around you to transform.



# WHAT IF: EXPLORING THE ORIGINS OF THINGS THAT GO BUMP IN THE NIGHT

BY CHRISTY MANN

The darkness of night has always carried an air of mystery, conjuring thoughts of things lurking just beyond our vision. Throughout history, tales of eerie encounters and unexplainable phenomena have given rise to the notion of “things that go bump in the night.” But what if these phenomena were more than mere figments of imagination? What if there were real explanations behind the things we perceive as unsettling in the shadows? Here, we delve into a world of speculative possibilities.

## **Unseen Creatures from Another Dimension**

What if the bumps and creaks we hear in the night are not just the result of old houses settling? Could they be caused by beings from a parallel dimension, brushing against our reality? These unseen creatures might be inadvertently crossing over, leaving us with eerie sounds and fleeting glimpses of their presence.

## **Ghostly Echoes of Past Events**

What if our perception of apparitions and ghostly figures are actually imprints of traumatic or emotionally charged events from the past? This theory suggests that energy from these events could somehow be captured in the surroundings, replaying in a loop and creating eerie encounters for those sensitive enough to perceive them.

## **Alien Observers in the Night Sky**

What if some of the strange lights and shapes reported in the night sky are not simply misidentified stars or conventional aircraft? Could they be evidence of extraterrestrial beings observing our planet under the cover of darkness, sparking the tales of UFOs and alien abductions?

## **Interactions with Quantum Realities**

What if the inexplicable occurrences we witness in the dark are manifestations of quantum phenomena? The world of quantum mechanics is full of bizarre and counterintuitive behaviors. Perhaps these odd occurrences are due to interactions between our reality and the quantum realm.

## **Psychic Echoes from the Collective Unconscious**

What if the eerie feelings and sensations we experience at night stem from a collective

unconscious shared by humanity? This concept proposes that our minds might be tapping into a universal wellspring of emotions, memories, and archetypal fears that surface as strange sensations during the nocturnal hours.

## **Nature's Hidden Noises**

What if some of the sounds that startle us in the dark are caused by animals and insects with unique behaviors? Creatures like owls, foxes, and other nocturnal wildlife might be responsible for creating unexplained noises that seem eerie to our human ears.

## **Energy Fields and Vibrations**

What if our perception of the supernatural is linked to fluctuations in energy fields and vibrations that our senses can't fully detect? These fluctuations might be responsible for creating sensations of being watched, unease, or even apparitions.

## **The Power of Suggestion**

What if many of the things we perceive as supernatural are a result of the power of suggestion and the human mind's capacity to create vivid experiences? Our fears and cultural influences could contribute to shaping our perceptions of the unknown.

## **Unexplored Brain States**

What if the eerie experiences we encounter at night are linked to unexplored states of consciousness that our brains enter during sleep and wakefulness? These states could give rise to hallucinations, lucid dreams, and sensations that feel otherworldly.

## **Time Ripples and Temporal Distortions**

What if the strange occurrences we witness in the night are distortions or ripples in the fabric of time? These anomalies might explain the feeling of déjà vu, ghostly apparitions, and even moments of time seeming to slow down or speed up.

In the realm of “what if,” the possibilities are as vast as the night sky itself. While science and logic provide explanations for many things, there remain aspects of our experience that remain mysterious and open to interpretation. As we continue to explore the enigmatic corners of our world, the allure of things that go bump in the night will undoubtedly continue to captivate our imagination.





# EMBRACE COLLABORTATION: ENRICHING THE METAPHYSICAL COMMUNITY WITH CHRISTY MANN

Are you ready to take a step toward shaping the future of the Metaphysical Community? The power of collaboration is at the heart of our journey, and we invite you to become an essential collaborator in this transformative process.

## Join the Metaphysical Times Collaborator Program

In a world filled with metaphysical wonders, insights, and experiences, we believe that coming together as a community is the key to growth and empowerment. The Full Moon Magazine community, known for its dedication to exploration and enlightenment, aligns perfectly with our vision.

We're excited to introduce the Metaphysical Times Collaborator Program, a platform where you can contribute to building connections, supporting one another, and making a genuine impact. By becoming a collaborator, you'll play an instrumental role in sharing the benefits of subscribing to Metaphysical Times, our trusted news source dedicated to the Metaphysical Community.

## Your Role in the Collaborative Journey

As a collaborator, you'll receive a unique code that offers discounts to your audience, encouraging them to subscribe and access a wealth of knowledge and insights. By sharing the advantages of Metaphysical Times with your community, you amplify our reach and contribute to a stronger collective.

## Why Collaborate?

Collaboration is more than a term; it's a mindset that signifies unity and shared growth. Through collaboration, we're not only connecting with one another but also supporting our mission to host events, sponsor organizations, and create scholarships that uplift the Metaphysical Community.

## How to Begin

Joining the Metaphysical Times Collaborator Program is easy and free. Sign up, receive your collaborator code, and start sharing the benefits of our magazine. For every subscription made using your code, you'll earn rewards that reflect your commitment to our shared journey.

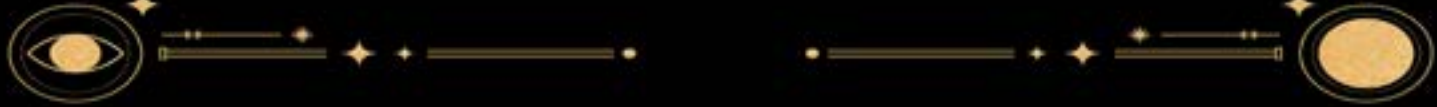
## Shape the Future Together

The Full Moon Magazine community is built on curiosity, exploration, and the thirst for knowledge. By joining forces with Metaphysical Times, you're embarking on a collaborative adventure that will enrich our community and enable us to achieve new heights.

Ready to make a lasting impact? Reach out to us at [your email/phone number] to learn more about becoming a collaborator. Let's collaborate, connect, and create a vibrant future for the Metaphysical Community.

Discover the essence of Metaphysical Times by visiting our website at [website URL]. Together, we'll empower, inspire, and transform the world of metaphysics.

#CollaborateWithMetaphysicalTimes #EmpowerTogether #ShapeTheFuture





# KITCHEN WITCH'S CAULDRON CREAMY CHICKEN AND WILD RICE SOUP

## Ingredients:

- 1/2 cups water
- 1 cup uncooked wild rice blend (see note)
- 1 12-ounce bag of baby carrots (about 2 cups)
- 1 small yellow onion, diced (about 1 cup)
- 2 celery stalks, diced (about 1 cup)
- 1/2 cup unsalted butter, divided
- 2 large cloves garlic, minced (or 3 small garlic cloves)
- 1 tablespoon PLUS 1 teaspoon kosher salt, divided
- 1 teaspoon PLUS 1/4 teaspoon ground black pepper, divided
- 5 cups chicken broth
- 1 pound boneless skinless chicken breasts
- 1 teaspoon dried thyme
- 1/2 cup all-purpose flour
- 1 1/2 cups milk
- 1/4 teaspoon granulated garlic



## Method:

### Cook the rice:

- Bring water to a boil. Stir in wild rice blend. Cover with lid and reduce heat to low. Simmer for 15 minutes.
- Remove from heat and let stand (covered) for 5 minutes. Fluff with a fork and set aside until ready to use.

### Prepare the soup:

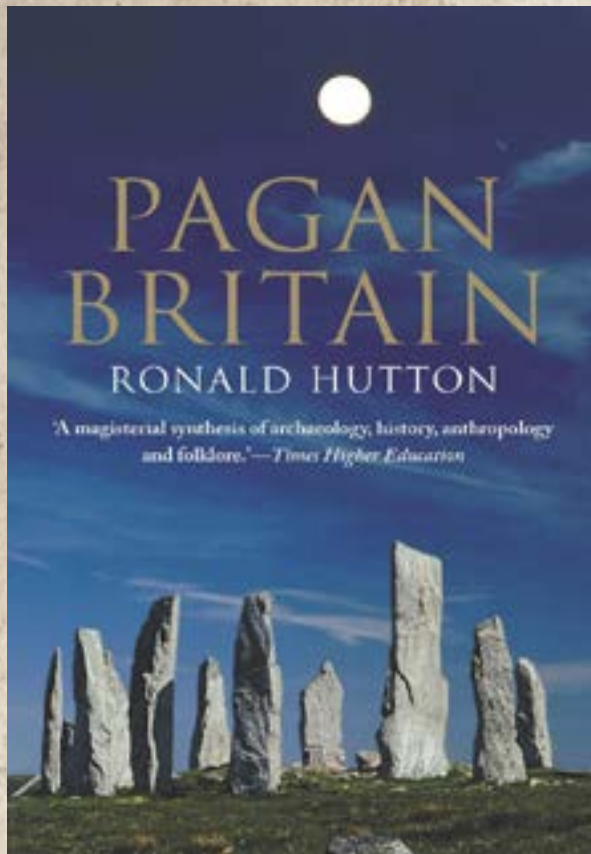
- Melt 2 tablespoons of butter in a large pot or Dutch oven over medium heat.
- Add carrots, onions, and celery and sauté until onions are slightly tender, about 4 minutes.
- Add garlic and sauté for 1 minute more.
- Season the mixture with 1 tablespoon of salt and 1 teaspoon of ground black pepper.
- Add chicken broth, chicken breasts, and dried thyme to the pot.
- Increase the heat to medium-high to bring to a boil.
- Cover the pot with a lid and cook for 10-12 minutes, or until the chicken is cooked through.
- Carefully remove the chicken and set it aside on the cutting board to cool for 5 minutes.
- Once the chicken has cooled, dice it into bite-size pieces.
- Reduce heat to low and add cooked rice and diced chicken to the pot.
- In a separate saucepan, melt the remaining 6 tablespoons of butter over medium heat.
- Add flour and cook for 1 to 2 minutes, whisking vigorously, to make a roux.
- Slowly pour milk into the flour and butter roux and continue stirring until the mixture thickens.
- Season the mixture with 1 teaspoon kosher salt, 1/4 teaspoon ground black pepper, and 1/4 teaspoon granulated garlic.
- Add the mixture to the soup and stir to fully incorporate.
- Cover the pot and continue cooking on low heat for 5 minutes, or until the soup has thickened. If using, stir in heavy cream.
- Ladle soup into bowls and garnish with fresh chopped parsley.



from: [www.cookswithsoul.com/creamy-chicken-and-wild-rice-soup](http://www.cookswithsoul.com/creamy-chicken-and-wild-rice-soup)



# BOOK SPOTLIGHT



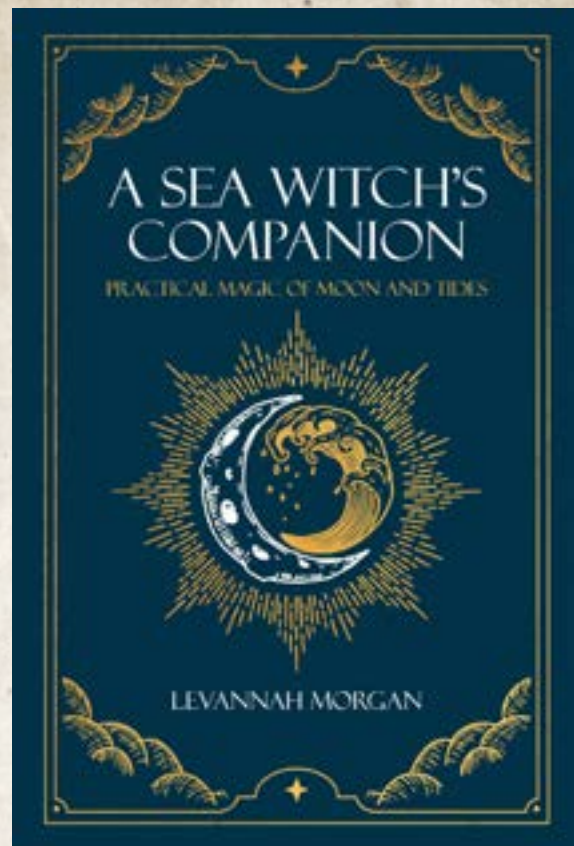
## **Pagan Britain**

**By Ronald Hutton**

Britain's pagan past, with its mysterious monuments, atmospheric sites, enigmatic artifacts, bloodthirsty legends, and cryptic inscriptions, is both enthralling and perplexing to a resident of the twenty-first century. In this ambitious and thoroughly up-to-date book, Ronald Hutton reveals the long development, rapid suppression, and enduring cultural significance of paganism, from the Paleolithic era to the coming of Christianity. He draws on an array of recently discovered evidence and shows how new findings have radically transformed understandings of belief and ritual in Britain before the arrival of organized religion.

Setting forth a chronological narrative, along the way Hutton makes side visits to explore specific locations of ancient pagan activity. He includes the well-known sacred sites—Stonehenge, Avebury, Seahenge, Maiden Castle, Anglesey—as well as more obscure locations across the mainland and coastal islands. In tireless pursuit of the elusive “why” of pagan behavior, Hutton astonishes with the breadth of his understanding of Britain's deep past and inspires with the originality of his insights.

Yale University Press, Language: English, Paperback, 496 pages



## **A Sea Witch's Companion**

**By Levannah Morgan**

This book is for all those who love the sea, who have thrilled to the sight of the full moon rising over the ocean, who feel the pull of the tides and who have dreamed of making sea magic. You will learn how the moon, sun and sea together create the magical ebbing and flowing tides and how to work with them. You will experience the spiritual power and beauty of the goddess of sea and moon and learn how to forge your own deep and abiding relationship with her. You will discover how practical magic and folk customs have been used to protect us against the might of the sea, and to ward off the powers of storm and flood. The book will show you how to use the gifts of the sea to create spells and charms for use in your own life, to increase your well-being, and to protect your home, family and friends. It will demonstrate how you can invite sea spirits into your life and make magic with them. If you wish to go deeper, it will introduce you to the profound occult concepts of the greater tides that lie behind existence, and that govern our lives, births and deaths.

Crowood Press, Language: English, Paperback, 192 pages



# CLASSIFIEDS

INTUITIVE  
TAROT  
READINGS

with Elyse Welles  
of the Magick Kitchen Podcast

FEATURING THE WILDWOOD TAROT


With over a decade of experience with tarot and this deck, I am  
an **intuitive tarot reader**. That means I won't ask you any  
questions, I'll just ask that you focus on the issue or situation  
you'd like insight on.

Are you ready for clarity? View available readings & book now  
at [seekingnumina.com/readings](http://seekingnumina.com/readings)

    @seekingnumina

PSYCARDS

**The Psycards Set**  
Deck of Psycards & Instruction Book



Cards developed by Nick Hobson  
Illustrations by Maggie Kneen  
Instruction book by Catt Foy

*"Set Your Psyche Free"*



RAVENS CRAFT  
CUSTOM  
TEA AND MAGIC



[www.RavenscraftTea.com](http://www.RavenscraftTea.com)

**Psycards: An Oracle of Archetypes**  
Set your psychic free with this 40-card oracle  
deck based on Jungian archetypes. Check out  
the whole range of Psycard products on the  
links below

**TWISTED  
SOULS  
PRESS**

Publisher  
Bookstore  
and  
More!



[www.twistedsoulspress.com](http://www.twistedsoulspress.com)



# BUY SWAG SUPPORT THE MAG



**EXCLUSIVE MERCHANDISE AVAILABLE AT**  
[www.metaphysical-times.com/newsstand](http://www.metaphysical-times.com/newsstand)



**Check out Metaphysical Times,  
The Pagan Newspaper for the modern day.**



**WWW.METAPHYSICAL-TIMES.COM**