

Metaphysical Times

FULL MOON

ISSUE 9 DECEMBER 2022

MAGAZINE

**Full Moon
Fiction:
The Answer?**

**Kitchen Witch's
Cauldron:
Yule Log**

**How to:
Making Moon Salt
Creating a Handfasting Cord**

**What is a
Witches' Mark?**

**COMMON SENSE
WITCHCRAFT**

**BRINGING MAGIC
INTO YOUR LIFE**

FULL MOON

MAGAZINE

Want to write for Metaphysical Times and Full Moon Magazine?

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

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

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

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

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

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

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

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

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Submission Guidelines

Submissions: We will only accept submissions online and according to these submission guidelines. **Submissions should be 300 to 1000 words. Include a bio, your pronouns, and one link to where readers can connect with you.**

Format your submission in standard manuscript format and include your physical and email address in the body of your emailed submission. Submissions without this information will be rejected. Please add editor@metaphysical-times.com and MetTimesSubmissions@gmail.com to your whitelist otherwise our emails to you may go to spam. This is for acceptances and follow up correspondence only. Do not send article submissions to editor@metaphysical-times.com. They will be rejected.

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

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Metaphysical Times Full Moon Submission Deadlines 2022

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

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

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

Reader Advisory- Mature Content

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The Winter Lady

The Winter Lady by Sabrina RG Raven

BRINGING MAGIC INTO YOUR LIFE

BY NIXIE VALE

Magic isn't just about complex rituals or 'spectacular spells, it's also about the everyday ways you can bring magic into your life and your home. I know what it is like to feel the need to do something but your mind goes suddenly blank, so here are some ideas, tips and tricks to bring that magical flare to every part of your life.

"Magic is a blessing and shouldn't ever be a chore"

Colour magic

You can use colour in many different ways from the clothes you wear, to the accessories you wear or carry with you. Ladies you can tailor your makeup choices and nailwear as well. Green, gold and yellow can be used to draw abundance to you. Purple, and Lilac to aid your spiritual work. Blue to bring calm and so on and so forth. You can mix and match colours to meet your needs on any given day.

Tarot, Oracle, Lenormand and Runes

There are so many things you can do with these forms of divination on a day to day basis. You don't need to do an in depth reading, why not try a new spread, or create one of your own design. Draw a card each day. Meditate with a chosen card or rune and write thoughts, feelings and impressions about that card in a notebook.

Numerology

All numbers have a meaning and you can use them in spells and your day to day life. The numbers 2 and 3 embody the concepts of increase by double and

tripling. These can be used in abundance spell working. 2,5 and 6 are also worthy of note as numbers associated with love magic (**Never use love magic on anyone without their knowledge or consent, even then, it's not exactly a good idea**)

Crystals

We have come to my favourite part of the show lol :) I am a very big crystal fan, and have such an infinity to crystals I endeavored to learn more, to know more about these amazing gifts from mother nature. Here is a short A to Z of some of the most useful crystals. This isn't a definitive list, and you should always follow your instincts when it comes to crystals.

Amethyst is an all round healer, and assists our natural healing process while we are sleeping. It is also said to aid the prevention of intoxication from alcohol and heal some skin ailments.

Aquamarine can be used to stabilize your energy flow when it is out of balance.

Bloodstone can help to cleanse the body of negative energy from the body, especially the blood.

Carnelian is a form of Chalcedony that works well on a spiritual level, and can clear away negative thought processes allowing for more positive ones to take their place.

Citrine is a very positive stone, and it will surround you with positive energy while clearing away anything that is bringing you down emotionally.

Coral isn't exactly a crystal (it's a product of marine life) but it has been used to treat ailments of the skin and the joints.

Emerald is one of the Corundum family and has been used to alleviate some of the pain during childbirth, but also for fidelity and loyalty in marriage.

Garnet comes in a variety of colours, green is good for healing the heart, orange strengthens the spine and red protects.

Hematite is a great absorber of negative energy and will keep you grounded at the same time.

Jasper comes in more forms than you can think of, and each variety has its own healing properties, but the ancients used it as a remedy to repel snakes from biting.

Jet is a fantastic stone to ward off psychic attack.

Labradorite is the most powerful protector in the mineral kingdom but is also a stone that has long been used as a stone of self discovery.

Moonstone relates to the moon, and to the emotions centring around your personal relationships. It's said that if you hand moonstone from a fruit tree it will give you a bumper harvest (though this isn't something I have tested...yet)

Obsidian makes fantastic scrying tools such as mirrors, and as amulets can reflect away negative and harmful energies.

WELCOMING WEALTH: FULL MOON RITUAL - see page 12

The gemini full moon is the energy of commerce itself: charisma, public relations and networking, fostering client relationships are all Gemini's strengths and charms. You'll be building to that and harnessing it by entering this moon phase with these ideas in mind. And if you're looking for something special for December 7th, join my workshop on Hindu influences on witchcraft on Zoom at 7pm EST, seekingnumina.com/events After this ritual, you can burn frankincense incense indefinitely after the full moon to continue feeding this magic.



Photo by Tess Anne MacAdams

WHAT IS A WITCHES' MARK?

BY NIXIE VALE

During the height of the witch craze that spread through Medieval Europe the "Witches' Mark" is a mark that would indicate that someone was a witch; it is also incorrectly known as a "Devil's Mark" and neither should be confused with the Witches' Teat – which is coming up.

What is a Witches' Mark?

The Witches' Mark is some physical abnormality as an identifying marker that the courts would use to say a person was a witch. One of the most common was the growth of a third breast, or an extra nipple. These have a very slim chance of happening to anyone.

The Devil's Mark is a surface physical mark which can identify a person as a witch. Some of the more common "Devil's Marks" are scars, moles, birthmarks, and other blemishes of the skin.

During the hysteria thanks to people like the Witch Finder General Matthew Hopkins who went to great lengths to persecute witches, and soon, any physical abnormality or malformation was proof that you were a witch. You would have been persecuted if you had:

- Scars
- Moles
- Warts
- Spots

Discoloration of the Skin

Sores, especially if they secreted blood or other bodily fluid.

You were also considered to be a witch if you owned a cat. The early writers of Witchcraft established the main features of a witch, and the core principles that witches would follow. Many of these authors were men of authority or importance so they had the influence over people. They instilled fear in the populace, who lapped up everything to do with the witch trials. During the actual trials judges were ordered to check the guilt

of the accused by scraping the skin in the places the Devil could have left a mark. If she did bleed, she was okay, if she didn't bleed then she was in league with the devil, and he was protecting his earthly agents.

If you lived during these times, would you be considered to have a Witches' Mark? I know I would a few times over. I have moles (I am a venerable dot to dot picture) and I have scars – some from the removal of moles.



WELCOMING WEALTH: FULL MOON RITUAL cont. - see page 12

This is additionally an auspicious full moon for wealth because Jupiter goes direct. It has been retrograde since July 28th -- anything in your life that has been a challenge since around that time should come to an end now. And you can give it a push with this ritual, too: banish any uncomfortable relationships, activities, or responsibilities now, especially as they pertain to wealth. Jupiter is the planet of wealth, and abundance in all aspects (relationships, health, and money) and it is now on its chartered course, just like your wealth will be after this ritual. Jupiter is the king of Gods -- the Roman name for Zeus. It is the planet that directs our purpose. Direct your purpose with this planet's new direct energy.

Speaking of retrogrades: Mars is no longer retrograde as of December 3rd, so it is now ok to be impulsive! Listen to your instinctual response, go with your gut. And encourage your customers or clients, to, as well - get those holiday sales!

COMMONSENSE WITCHCRAFT

BY NIXIE VALE

It may sound a little redundant to say you need to use common sense when it comes to your practice, but whether you have been practicing 1 month or 100 years it's always wise to keep in mind that you need to take care with certain aspects.



Crystals

Crystals can be sensitive beings and need to be cared for and respected.

- Some crystals can be broken easily
- Some crystals can have sharp points and edges
- Some crystals can be heavy
- Some crystals can be damaged by water or heat.
- Some crystals contain toxic minerals
- Handling some crystals will mean you need to wash your hands

Herbs, Plants and Flowers

The natural world has many dangers and it's always important to keep that in mind.

- Don't eat anything that you're unsure of.
- Keep herbs away from children and pets.
- If you don't know the source, be careful with it.
- Label all your herbs clearly with any warning
- Keep detailed notes about the herb, plant, or flower.
- Herbs have medicinal and magic properties.
- Always seek professional medical advice before using herbs or plants for medicinal use.

Medical vs Medicinal

It's very important to remember that you can't rely only on magic to heal physical injury or mental illness. Don't abandon the years of medical training and experience in favour of magical or witchy methods. Some things need to be investigated by a professional whether it a dentist or an endocrinologist.

Candle Safety

- Fire and flames are dangerous, so here are some tips to stay safe.
- Never leave a candle unattended
- Always put a candle on a heat or fireproof surface
- Always keep candles away from flammable things
- Don't leave a candle burning if you are tired as you may fall asleep.
- Always keep candles away from children and pets
- Always use a candle holder or plate to protect your furniture
- Use a snuffer to put out the candle so that flame cannot catch anything while being blown out.

Information Collection

We have a wealth of information literally at our fingertips, and we can take it anywhere. What do you need to remember when it comes to research. When you are researching a topic, it is important to read a few different sources; this allows you to

compare the information which will help to identify anything in common. Many authors write from their own perspective and as such they tend to write from their own experiences. What one author says, another may disagree with. You have to find your own truth. Not everything you read will "fit" your style.

Ouija Board Safety

I know that some people use this tool with success, and I am not saying it is bad, or good, but should you wish to explore a Ouija board. Here are some tips to stay safe.

- Cleanse the space that you are going to be using for the session
- Cast or raise a protective circle around you and all those in attendance
- It's not advisable to use a Ouija board while on your own
- It's advisable to have an even number of people while using a Ouija Board.
- Lighting white candles will help to keep a high vibration to the space
- It's advisable to have a protective amulet with you - you can never be too safe
- It's advisable not ask for physical signs
- Take the Ouija Board seriously, avoiding provocation, taunting or making jokes
- Always close the session and say goodbye.

)O(Rainbow Love, Light and Blessings *)O(*

THE ONE

BY SABRINA RAVEN

The One, The Universe
The Power inherent in all things
The energy of light
And darkness
That binds the good and bad
And makes them real
The power of life
That makes all things possible
Blessed be the universe
The power, the One

ANGEL

BY SABRINA RAVEN

Oh angel why hath ye fallen
From yonder sky the halo broke
Are ye real or just a cloud?
From April shower's soak
Ye stand in my abyssal sight
And doth hold onto insanity's edge
A flicker, a glimmer, gone to thy depths
Should I throw a halo past the ledge?

KITCHEN WITCH'S CAULDRON YULE LOG

Ingredients

6 egg whites, room temperature
(appx 1 hr)
3/4 cup sugar
6 egg yolks
1/3 cup unsweetened cocoa
1 1/2 teaspoons vanilla extract
1 dash salt
confectioners' (icing) sugar

Filling:

1 1/2 cups heavy cream, chilled
1/2 cup confectioners' sugar
1/4 cup unsweetened cocoa
2 teaspoons instant coffee
1 teaspoon vanilla extract



Method

Grease the bottom of a 15x10x1" jelly roll pan; line w/ waxed paper; grease slightly. Preheat oven to 375. In a lg electric mixer bowl, at high speed, beat egg whites until soft peaks form when beaters are slowly lifted. Add 1/4 c sugar, 2 T at a time, beating until stiff peaks form when beaters are slowly lifted.

With the same beaters, beat yolks at high speed, adding remaining 1/2 c sugar, 2 T at a time; beat until mixture is very thick, appx 4 minutes. At low speed, beat in cocoa, vanilla, salt, just until smooth. With wire whisk or rubber spatula, gently fold cocoa mixture into egg whites just until blended (no egg whites should show).

Spread evenly in pan. Bake 15 minutes, just until surface springs back when gently pressed with fingertip. Sift confectioner's sugar in a 15x10" rectangle on a clean linen towel. Turn cake out on sugar; lift off pan; peel paper off cake. Roll up cake jelly-roll-fashion, starting with the short end towel and all. Cool completely on rack, seam side down.

FILLING: Combine ingredients in medium bowl. Beat with electric mixer until thick; chill.

TO ASSEMBLE: Unroll cake; spread with filling to 1" from edge; reroll. Place, seam side down, on plate. Cover loosely with foil. Chill at least 1 hour before serving.

TO SERVE: Sprinkle yule log w/ confectioner's sugar and decorate with red candied cherries and green angelica "leaves". If you can't find angelica, use cut up green candied cherries.

NOTE: You may make the Yule Log up to a week ahead and freeze, wrapped in foil. Let stand at room temperature for 1 hour before serving.

from: www.recipesforapagansoul.weebly.com/yule-dec-21-23.html



ARTIST SPOTLIGHT



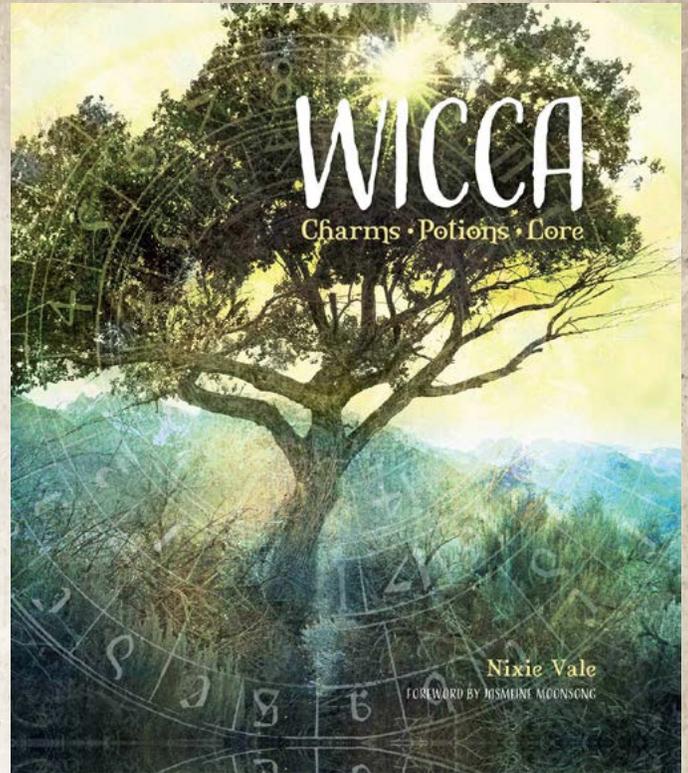
TESS ANNE MACADAMS

Photographer and
artist

Tess Anne MacAdams (Tam), is a 59 year old Mother, Artist, Writer, Professional Photographer, Pet Lover, Wine Enthusiast, Traveler, and Organic Gardener. She is the Founder and Matriarch of Clan Black Mist and of The Waking Mystic, a student of Michael Bertiaux. Tam is a Vampiric Witch, Conjuror, Gnostic and Mystic who not only helps Guide others but considers herself a Childe of the Mist...always the Waking student as well.

Website: tamart.gallery

BOOK SPOTLIGHT



Wicca: Charms, Potions and Lore

By Nixie Vale

Wicca is a beautiful, life-enhancing way of living that venerates the cycles of nature and the seasons and promotes positive and constructive values. Covering everything from the Wiccan deities to getting started with spellwork, natural care and healing, and accompanied by stunning contemporary artwork, this book will bewitch and enlighten you. Religion, spiritual practice, a moral code for living, the means to enhance and take control of your life Wicca can be all of these things. Many misunderstand what it means to follow Wicca yes it can involve 'magic' and the worship of the Horned God (along with the equally important Triple Goddess), but it is also a beautiful, life-enhancing religion that venerates the cycles of nature and the seasons and promotes positive and constructive values. It is a relatively modern faith, dating back to the early twentieth century, and yet it draws on ancient beliefs grounded in nature. This unique and illuminating book will introduce you to the wonders of Wicca through its background, practices and beliefs. Covering everything from the Wiccan deities, calendar and astrology to getting started with spellwork, divination, natural care and healing, and accompanied by magical and stunning contemporary artwork, this book will bewitch and enlighten you. AUTHOR: Nixie Vale has been a member of the Wiccan and Pagan community for twenty-two years, she is also a practising Witch. She has written many articles covering a wide range of subjects for over seven years; she is also a certified Crystal Healer.

Flame Tree Publishing, Language: English, Hardcover, 128 pages

HOW TO

MAKING MOON SALT

BY NIXIE VALE

We have all heard of Moon Water, and how it can be beneficial in your magical working, but I want to discuss something that follows the same theme as Moon Water, but instead of imbuing water with the magical properties of the full moon, you use salt. Salt is amazing because it absorbs energy well, and by using the same process as Moon Water you can have Full Moon charged salt that can be used in a plethora of ways; cleansing, purifying and protection to name a few. You can create colored salt, and then charge that under the Full Moon, to give a little extra kick.

You can use any kind of salt for this, it doesn't have to be anything special. You can use standard table salt if that is all you have, or all you are able to afford. You can use sea salt, rock salt or like me Himalayan rock Salt. If you have created a specifically colored salt you can charge that too. I have charged Black Salt before, and oh my... it had quite a kick.

Creating Moon Salt

Moon Salt is deceptively easy to create, and you will be surprised how much energy that the salt can create, so a word of warning... If you are creating Moon Salt, you need to remember that salt absorbs all energy that it is surrounded by, and any negative energy will be absorbed as easily as it absorbs positive energy. It is important that you keep positive intentions at the forefront of your mind when you are handling the salt. The intentions you put into the salt will be the properties and intentions that will be charged by the moon. Now, down to business.

Creating it.

Step 1: You will need an airtight or watertight container because you need to keep as much moisture out as you can.

Step 2: Place the jar in a safe place outside.

Step 3: Leave the jar or container out for 3 nights – the night before the full moon, the night of the full moon and the night after the full moon.

****Note**** You can bring the salt in during the day and place it back out at dusk, or you can leave it out so it can absorb the solar energy as well.

CREATING A HANDFASTING CORD

BY NIXIE VALE

My fiancé and I want to have a handfasting after the blessing of our rings by my Goddess daughter and her mum. I wanted to create the cord for the handfasting myself and this will be a small guide to how I created ours and what other ways and styles I have tried and just didn't quite work for us. I will be writing another article about what a handfasting is and how I created our ceremony and the blessing of our rings.

Creating the Cord

I tried looking into silk strips, felting, and other weaving techniques, but I settled on is using a crochet hook to make a long string of single crochet. Once I had done a long string - I think I did I total of 500 stitches and once I'd done that, I repeated the process by crocheting a single crochet string with the cord I'd already done .

I decided to do this because it gives the cord some structure, Strength, and thickness. After I finished the rainbow cord, I moved onto making two strands of grey crochet strings which I would then plait around the rainbow cord. Again, I did about 500 stitches, making sure they were the same lengths, and the same length as the Rainbow one.

Why did I choose to crochet?

After doing some research on handfasting cords and the multitude of ways you can create them, I settled on something that was new to me, as I had only just learned to crochet myself, and I wanted to pour all the love, joy, and excitement into creating the cord. As I mentioned before I tried using sari silk offcuts, felting wool, and even a Rainbow tie I was gifted last year because a friend saw it and instantly thought of me. Once I'd finished with the crochet, I fixed all three strands together and began braiding them into a single cord. I decided to make some crochet flowers to add on the ends to make them look a little less like fuzzy end tufts

Why did I choose this design?

I chose to do a rainbow crochet core which represents myself. And the two grey threads that wrap around represent my fiancé – he chose the colour himself because he considers himself to be a “chaotic neutral” person, or at least he practices as a Grey Heathen. I chose the rainbow for myself as I am slightly addicted to rainbows, and I practice as a rainbow witch. The chord is an important component of a handfasting as it is literally that binds/ties the couple together during the ceremony. I decided to make ours because I could charge it with our own intentions for the future. Its currently sitting with some crystals for a little extra charging. Once the ceremony is over, I will be getting a box frame so we can keep it as a memento of the day and the promises made.

WELCOMING WEALTH: GEMINI FULL MOON RITUAL

For this ritual, we will be banishing scarcity and welcoming wealth.

The gemini full moon is the energy of commerce itself: charisma, public relations and networking, fostering client relationships are all Gemini's strengths and charms. You'll be building to that and harnessing it by entering this moon phase with these ideas in mind. And if you're looking for something special for December 7th, join my workshop on Hindu influences on witchcraft on Zoom at 7pm EST, seekingnumina.com/events After this ritual, you can burn frankincense incense indefinitely after the full moon to continue feeding this magic.

This is additionally an auspicious full moon for wealth because Jupiter goes direct. It has been retrograde since July 28th -- anything in your life that has been a challenge since around that time should come to an end now. And you can give it a push with this ritual, too: banish any uncomfortable relationships, activities, or responsibilities now, especially as they pertain to wealth. Jupiter is the planet of wealth, and abundance in all aspects (relationships, health, and money) and it is now on its chartered course, just like your wealth will be after this ritual. Jupiter is the king of Gods -- the Roman name for Zeus. It is the planet that directs our purpose. Direct your purpose with this planet's new direct energy.

Speaking of retrogrades: Mars is no longer retrograde as of December 3rd, so it is now ok to be impulsive! Listen to your instinctual response, go with your gut. And encourage your customers or clients, to, as well - get those holiday sales!

MATERIALS NEEDED

- Frankincense incense
 - A green candle
 - a black candle
- Frankincense oil (and or: myrrh, spearmint, lemon, basil.)
- A carrier oil safe for your skin (almond, mustard seed, olive, etc)
- An offering for deity

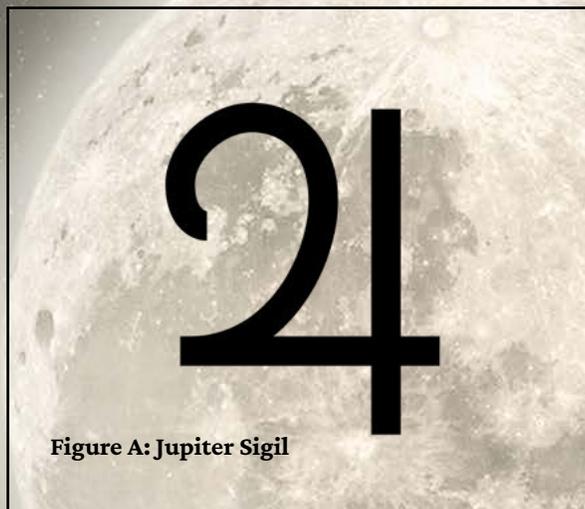
Ideas for offerings:

- A basil plant. Water the plant and see your wealth grow with the plant.
- Pomegranate. The plant of life and death.

Impresses upon deity and yourself the necessity of this ritual working.

- Apple: represents all five elements.
- Wine, or your favorite drink.

Set sacred space. You can do this by simply meditating on your intent: how does scarcity need to leave your life? What will your life be like when it is gone? How can wealth change your life? What steps will you take to ensure it does? Call the quarters if this is part of your practice.



Anoint green candle with frankincense oil diluted in a safe carrier oil, a wealth-inducing oil. Carve a Jupiter sigil*see figure A, into the candle with your nail or the end of an incense stick (or some other sharp object.) Focus on what your life will be like once scarcity is gone, once money is no object any longer. Feel how you'll feel. In your mind's eye, see what your life will be like.

Now it is time to banish scarcity. Light the black candle and say aloud, "I banish scarcity. My life is abundant. I am prosperous. My needs are fulfilled." Personalize it as needed, banishing any habits or mindsets you have that you need to relinquish in order to remove scarcity from your life ("I deserve wealth", or "I am worthy of sales for my business," etc.) Repeat your banishing rite three times. After the ritual, allow the black candle to burn down, and bury/throw any of its remains far from home. Into flowing water is a good one, too, if that is feasible. Don't hold onto spell remnants longer than needed.

Once the black candle has burnt down, it's time to invite wealth by burning the green candle and saying an affirmation. Feel free to personalize it as well: what do you personally need to invite wealth? What are some specifics? "I will have five commissions by the full moon" or "I will be debt free by February 1st", the more specific the better! Don't burn this candle all the way down. You'll repeat this process of burning the candle, saying the affirmation thrice, and burning frankincense until you feel your financial goals are on track.

Leave your offering for deity before closing out of sacred space. Take the time you need to sit with deity, ask any more guidance questions you have, journal, or simply be.

When you're finished with this spell, close out of sacred space by calling the quarters in reverse or simply putting out the candle. A good way to end: "Merry Meet, Merry Part, and Merry Meet Again."

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