

Metaphysical Times

Issue 2.4

Midsummer

FREE



IN THIS ISSUE

Page 3
Midsummer Feature

Page 4
Inwardness

Facebook Feature:
Wicca Plus

Page 5
Tantra in Hindu
Mythology

Page 7
A Toad by Any Other
Name

Page 8
FEATURE: A Priestess
of Many Hats

Page 10
Book Review

Page 11
Where Tech and
Paganism Meet

Page 13
Magical Waters
Explained

Page 15
Fear of Some Psychic
Boogeyman

People Not Paganism

by CM Dalton

The way some of us treat people is cruel, ugly, and completely unnecessary. The reasoning behind it is 100% people: Not paganism, spirit, the gods/goddesses, energy, or whatever you happen to call it. People have egos. Egos separate and categorize things. Egos decide if those things are good or bad and how to deal with them.

The very heart of Paganism is gaining control of our ego so that we can see what needs doing and then do that thing. Good and bad, positive and negative are irrelevant or considered a judgment made by the people, not the universe. Then, by that practice, use our gifts to help and heal others.

It has become a popularity contest. Those with the most followers are right, and those looking to follow someone must see them as right or suffer the consequences. This isn't paganism in any way, shape, or form. It is people.

Are behaviors like kicking people out of a group, making fun of people publicly, ridiculing people for any reason,

and telling people you want to punch other people, acts of healing and a controlled ego? People, who call themselves part of the Pagan Community, do these things all the time. I've seen it happen at least 12 times just this past week.

I shouted in one of my groups that I wanted to write an article about this being a People Thing, Not a Pagan Thing in the paper. The support and encouragement I got from the group was overwhelming. I'm not the only one who thinks something needs to be done about it.

New people are entering our circles and spaces regularly. They come from unique backgrounds, experiences, and belief systems. Many of them come because they want to get away from strict, ego driven leaders who punish and then ostracize people who don't follow their rules, live the way they are told, or believe what they are told to believe. This isn't Paganism, It's people.

All I can do about it is write this, share it with as many Pagans as

possible, and open a dialogue about it. I can encourage people to speak up when they see it happening and ensure new people who don't know any better and can be severely hurt by these actions, that this isn't what Paganism really is.

Then, I can pray this prayer for them.

I speak into the Universe so that my message reaches those seeking refuge and guidance while they work toward healing themselves and learning who they are as a Pagan.

I speak to the Goddess a request for protection over them from those who speak pagan, but practice otherwise.

I request healing from the elements of any damage they may have already experienced at the hands of people claiming to be Pagan but behave otherwise.

I request wisdom and intuition from all of these for them, so they can see the difference between true Paganism and People and choose their leaders accordingly.

So Mote It Be



FROM THE PUBLISHER

Welcome to our 2nd issue of Metaphysical Times Newspaper. It's been a very busy and challenging few weeks here to say the least. We have had technical issues with the website since it was hacked in early May, and we've lost some supporters who were unhappy with changes being made. It hasn't stopped us though. It inspired and motivated us to keep going. To say I am grateful and hope that it inspires and motivates others too is an understatement.

We faced and overcame so many challenges in the making

of this issue. Far more than we experienced with the first issue. We went with what was already in place with Beltane to fully experience and understand it and figure out how we needed to rework the system so it could sustain itself long-term. Midsummer is here despite overwhelming negatives pulling against us. We are proud of that.

On top of it still, the world's situations have affected us all in one way or another. Emotions ran up and down, financial situations were in and out of jeopardy, illness was slogged through (both Covid

and non-Covid related), and deaths in the family occurred. Still, the Universe gave this opportunity to us as a team, and the Universe provided the things we needed through the people around us. We all have faith in our varied beliefs that it will continue to do so.

What you hold in your hands now is a culmination of magic, hard work, and determination to see this through no matter what. Its physical form is possible because we as a team believe it is needed in the world and the Universe agrees. We hope what you find in this issue uplifts, inspires, and



encourages you to do the great things this world needs to keep going. Happy Reading! 😊

♡ Christy

Metaphysical Times

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

The paper is printed 8 times a year, coinciding with and themed based on the 8 Sabats of the Wheel of the Year. This publication is a conduit for connecting people from all walks with the new, information, and entertainment that matters to them.

Reader Advisory- Mature Content

Contact (385) 326-5488

www.metaphysical-times.com

Publisher: Christy Mann

publisher@metaphysical-times.com

Lead Editor: Emily Thornton

editor@metaphysical-times.com

Layout/Design Manager: Sabrina RG Raven

Webmaster: Michael Slosson

Northwest Regional Distribution Manager: Rick Tschauder

Ads and Logistics: Henry Dalton

ads@metaphysical-times.com

2022 Publishing Schedule

Beltane- April 15th

Midsummer- June 3rd

Lammas- July 15th

Mabon- September 9th

Samhain- October 14th

Yule- December 2nd

Imbolc- January 15th

Ostara- March 4th

Visit www.metaphysical-times.com for information regarding advertising, subscriptions, and writing for us.

Metaphysical Times is a Utah LLC and holds the copyright to all original content. The opinions expressed by contributors are not necessarily the views of the editor or publisher.

Not Healthcare Advice

The products, services, and information found in the publication Metaphysical Times LLC, and/or its 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.

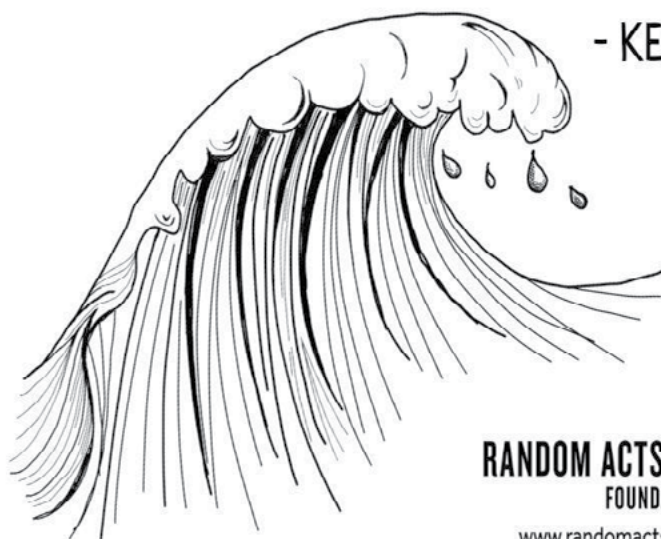
Any services, products, and claims are not intended to provide diagnosis, treatment or medical advice, and are provided for informational purposes only. Please consult with a physician or other healthcare professional regarding any medical or health related diagnosis or treatment options.

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.



"NO ACT OF KINDNESS IS TOO SMALL.
THE GIFT OF KINDNESS MAY START AS A
SMALL RIPPLE THAT OVER TIME CAN
TURN INTO A TIDAL WAVE AFFECTING
THE LIVES OF MANY."

- KEVIN HEATH



**RANDOM ACTS OF KINDNESS
FOUNDATION**

www.randomactsofkindness.org

SPONSORED BY METAPHYSICAL TIMES



Thank you to our Patrons!

Rose Firth, Kate, Paisley Wilde
and Mystic Misfits

Become a patron at

www.patreon.com/metaphysicaltimes



Midsummer

by Sabrina RG Raven

Midsummer, also known as Litha, is the celebration of the Summer Solstice, the longest day of the year. It symbolizes the beginning of summer's rule as the Oak King loses his battle to the Holly King, who shortens the days until Yule - the Winter Solstice.

Celebrated with bonfires, Midsummer is a time for love magic, handfastings, and new beginnings.

It is the height of produce harvesting, gathering herbs for healing, and all the fresh fruit and vegetables to enjoy before the end of harvest season begins and preserving for winter kicks in.

Litha is the Celtic side of Midsummer, where festivals involving fire and dancing were plentiful, however Midsummer is celebrated in many cultures.

Sweden has Midsommar where they escape to the country to get in touch with nature.

Canada has the Summer Solstice Indigenous Festival celebrating First Nations people.

Stonehenge is a celebrated place in England, with people flocking to watch the sunrise perfectly

aligned with the mystical stone.

Greece celebrates Kronia, where all people were considered equal and celebrated side by side.

At Chichén Itzá, Mexico, like Stonehenge, the sunrise on the Solstice aligns with the central pyramid of El Calistro, casting half the pyramid into complete darkness, half bathed in light, appearing to cut it in two.

Austria is known for its Solstice bonfires that set the landscape aglow.

Juhannus is Finland's celebration, where they head to the countryside to fish, sauna, and get married.

Midnight Sun Festival in Fairbanks, Alaska is the ultimate Summer Solstice where the sun shines for a full 24 hours a day.

Ivan Kupala, is celebrated in Slavic countries like Russia and Ukraine. This celebrates the end of a long, harsh winter. An effigy is erected out of plants and grasses and later burned to ensure that summer will have a bountiful harvest.

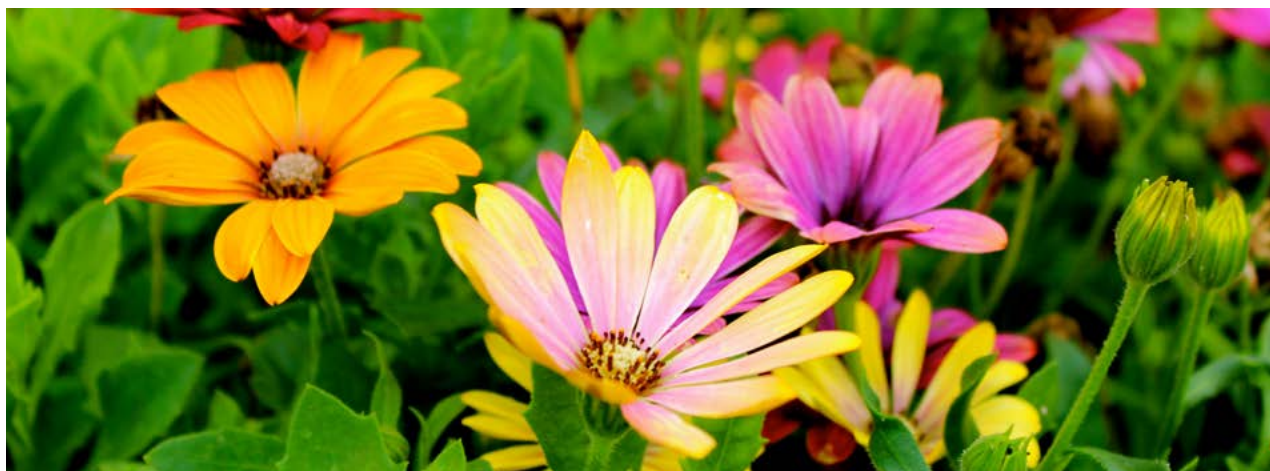
Scotland has Simmer Dim, boasting almost 19 hours of daylight in the North. It is said to be the most scenic on Unst.

Norwegians mark the period of Sankthansaften with the same enthusiasm as their neighbors in Finland and Sweden. The holiday of Slinningsbålet historically honors the birth of John the Baptist but currently is mostly a celebration of winter's end.

Astrofest in Croatia focuses on honoring the shortest night of the year rather than the longest day. The goal is to stay awake all night until the following sunrise. The hours spent waiting for a hint of sunrise are said to be filled with magic and fairies, elves, and supernatural beings.

In Lithuania, the solstice holiday of Rasa (alternatively known as Joninės/Rasos) was traditionally celebrated by searching for a blooming fern in the forest and making wreaths. Dew drops were considered a sacred manifestation of life by worshipers in ancient Lithuania, and on the morning of the summer solstice, the dewdrops were thought to have mystical divining qualities.

These are a small selection of traditions of Midsummer. However you choose to celebrate, enjoy the sunlight.



Correspondences for Midsummer

Essence/Meaning: Rededication to the Lord and Lady, beginning of the harvest, honoring the Sun God, honoring the pregnant Goddess. Crowning of the Sun God, death of the Oak King, assumption of the Holly King, end the ordeal of the Green Man

Animals/Mythical Beings: Wren, robin, horses, cattle, satyrs, faeries, firebird, dragon, thunderbird

Crystals: Lapis lazuli, diamond, tiger's eye, all green gemstones, especially emerald and jade

Incense: Heliotrope, saffron, orange, frankincense & myrrh, wisteria, cinnamon, mint, rose, lemon, lavender, sandalwood, pine

Colors: Blue, green, gold, yellow and red.

Tools/Symbols/Decorations: Maypole, Ribbons, Flowers, Flower Crowns, Bowers, White Flowers, Daisy Chains, White Wine, Fire, Balefires, Chalice & Athame, Seasonal Fruit and Vegetables.

Goddesses: Mother Earth, Mother Nature, Venus, Aphrodite, Yemaya, Astarte, Freya, Hathor, Ishtar, all Goddesses of love, passion, beauty and the Sea, and Pregnant, lusty Goddesses, Green Forest Mother; Great One of the Stars, Goddess of the Wells

Gods: Father Sun/Sky, Oak King, Holly King, Hur.

Foods: Honey, fresh vegetables, lemons, oranges, summer fruits, summer squash, pumpernickel bread, ale, carrot drinks, mead.

Herbs: Anise, mugwort, chamomile, rose, wild rose, oak blossoms, lily, cinquefoil, lavender, fennel, elder, mistletoe, hemp, thyme, larkspur, nettle, wisteria, vervain, St. John's wort, heartsease, rue, fern, wormwood, pine, heather, yarrow, oak & holly trees

Element: Fire

Gender: Masculine

Midsummer Activities

Sunbathing: Enjoy the Midsummer sun and soak in the warmth (please use sunscreen and don't get burnt).

Flower crowns can be made to wear or decorate your altar.

Embracing the light of Midsummer can also be done through gardening, or go berry picking at a local farm.

It's never a bad time to feast. Midsummer feasts should be full of fresh produce, home grown or locally sourced from farmer's markets is even better.

Bring some Midsummer light into your home. Suncatchers will help radiate energy into the home. For a fun activity make your own!

Renew and set goals. Set up the coming year for one of success. Gather medicinal plants for drying while the sun is hot enough.

Embrace gratitude. For ideas check out our calendar on page 12 for Random Acts of Kindness ideas.

Continue the bonfire gathering of Beltane with another. Bonfires are always a great meeting place to celebrate (this is not recommended if you live in fire prone areas - always use common sense).

Midsummer is still often seen as a time when spirits are more active and easier to spot. Will-o-wisps are said to be frequent around Midsummer, usually appearing as balls of light over lakes.

A time to imbibe! Drinking has featured in many Midsummer celebrations. Please drink responsibly. And for non-drinkers embrace the fruit juice - fresh is best if you can get it.

Love magic. It is said if unmarried people place seven flowers under their pillow on midsummer, they'll dream of their future partner.

Yoga is a great way to balance the body and mind for Midsummer. Make and fly a kite. This is great for all ages and is a way to get some sunshine in the warm Midsummer breezes.

Information courtesy of 17 Fascinating Summer Solstice Traditions Around the Globe www.rd.com/list/fascinating-summer-solstice-traditions-around-globe



Inwardness

by Purbasha Roy

We forge gradually our greatest instrument for understanding the world - introspection. We discover that humanity may resemble us very considerably and that the best way of knowing the inwardness of our neighbors is to know ourselves.

- Walter Lippmann

As there aren't proofs of life on the other planets, I would concentrate on our very own blue planet. At any given moment, many languages are winged out of mouths in different dialects. Largeness of conversation happening in every part of the world gives our bodies a way of expression. Feelings and needs fetch words to open the correct door of our wants or necessities.

The question remains how much truly gets expressed pragmatically. The amount that breathes unspoken starts to shape our inwardness. This leads to accumulation of words reflecting the thoughts, with no lateral inversion. This in absence of an outlet either turns to a dormant seed or slowly germinates. Mute. This is the bedrock for evolution or for slow fossilization.

The thing about inwardness is everything is tangible about it. And so abstract at the very next moment. I wonder if there is any mind that speaks to its end what it weaves.

All the moments we live and interpret more, all that surrounds us and forget repeating for ourselves. For example: start accumulating seasons of inwardness that stay a veil apart from the world we share space in. How many times we scale our own behaviors for others before we do the opposite.

This space translates the absence of language sometimes into a tornado that crashes upon a highway. Finally, to become a story that has no takers. Or become a garden of dreams beyond the immediate society to live in a

sentence that has its end in its beginning.

If queried about mine. My inwardness lies between the above pair of scenarios. Given what the situation is, the words that ricochet within the larynx are sometimes the songs that entered inside me in a time I opened up for them. They stayed as if in symbiosis. In the low hum of petromax I feed the songs my attention. They in gratitude pour their tunes in my head as I lay morose or I am about to step into wicked land of numbness.

In other times my inner spaces are working upon theorems of ablution. The shapes of littleness I believe I wake up on moments someone retaliates to my notions or finds faults with me or my endeavors, like a woodland trying to keep its greenness intact. The



alternative opinions I often have about the world but keep them to myself is the soul of inwardness.

The difference between void and inwardness is that a void needs to be created by a sense that is almost sad. Whereas inwardness is like a city whose formation started from the time we aren't completely aware of who we are. Remember a young child, mumbling alone in pain.

The extensions of something real breaks into an illusion cradling more the real of us, that is known to none but us.

Facebook Focus: Wicca Plus

by Rick Tschauer

Wicca Plus is a private Facebook group. It is an educational group dedicated to learning about Wicca and all types of paganism. It has over 1300 members. While Wicca is the tradition they have the most information on, they also want to give the broadest possible information for those seeking other paths. The goal is to provide a safe, supportive learning environment for all. The site is administered by people from Canada, England, and the United States.

In addition to an extensive set of files on various Pagan topics, the group sponsors online events to be done at your own altar or sacred space. They have three sponsored events right now.

The first is from April 17 at 11:00 p.m. until April 18 at 10:59 p.m. at your own altar. It is a celebration of the Pink Full Moon. The Pink Full Moon was named by American colonists after the herb moss pink, also known as creeping phlox, moss phlox, or mountain phlox. It

falls under Libra in the season of Aries. Members will be celebrating Her by lighting a candle in their own sacred space, according to their own traditions, at any time during this event. As they do so, they will send out healing energy to all who need Her help, including Mother Earth. They will also share their experiences and recipes, connect with others and ask questions about ways to celebrate, and share photos of their candles and activities on the Facebook

event page. To find out the exact time of the Full Moon in your area, go to www.timeanddate.com.

Next is from June 19 at 12:00 a.m. until June 22 to 11:45 p.m. It is a Summer Solstice Candle lighting, celebrating the warmth and abundance of the Wiccan Lady. The lighting of candles is intended to track the progression of the Equinox around the world, creating a wave of Love and Light.

Not all of their works are love and light. While the group generally does not take on political issues, contained in their files is a hex spell to bring peace to Ukraine. Similar to the cone of power spell done by Gerald Gardner and others during WWII to protect England's shores, this targets Vladimir Putin but it also contains blessings for the people of Ukraine:

*Bless the people of Ukraine, spirits
Break the chains of their oppressor
Inflame their fierce resistance
Keep their children safe
And lead them to freedom*

You can take what works from their ritual to make one that works for you.

To join Wicca Plus, you must answer four questions, or the application is automatically declined. The questions have to do with why you want to join, if you are of legal age, what path(s) interest you and whether you agree to group rules.

CULTURE CORNER

Tantra in Hindu Mythology

by Shashi Kadapa

Tantra is a systematic method of practice that provides the structure and form for various Hindu and Buddhist religious rituals and traditions. Developed during 1700 BC as a part of the Rig Veda, several ancient Sanskrit scholars such as Pāṇini, Patanjali, Sabara, and The Mīmamsa Hinduism School, speak of Tantra as a loom where traditions are weaved as threads into daily practice. The tantric, a person who has mastered the tantras, is considered sublime, omnipotent, and offers liberation of the soul.

Colonial attitudes and modern media have painted this practice as a path for black magic and libertine sexuality. While these elements are indeed a part of tantra, this piece will introduce you to tantra, its various forms, the association with mysticism, healing, black magic and sex.

Elements of Tantra

Elements are the characteristics that define tantra. These are different for the Vedic religion, Hinduism, Buddhism, and in Shaktism and Shaivism. In Vedic Hinduism, “tapas” or enhancement of the inner spiritual energy is important. Tapas is the ethereal and sublime inner energy that guides the tantric to perform magical acts, give divine revelations, and grant visions. Tantra, yoga, and ayurveda are closely linked and the practitioner transforms himself into an alternate realm through channels or pathways..

While tantra provides the mantras or chants and the exact sequence of timed rituals; yoga uses control over breath, body parts and the brain. Ayurveda provides the herbs and hallucinogenic plant concoctions that enhance the senses. While the body remains rooted in one spot, the spirit, soul or “atma” is transferred into a different orb.

Buddhist tantra uses incantations, magical chants to remove the negative forces, create auspiciousness, and protection. Some of these incants are called mantras, parittas, dhāraṇīs or ratana sutta. These are the core elements of Buddhist tantra. Tantrics of this tradition are involved in rituals for spirits of the dead. Life and death are the main focal points and some monks are found around crematoriums, graveyards, charnel houses and serve as interlocutors with the dead.

Early Buddhist tantra was guided by spirit deities such as Nagas and Yakas. These are powerful nature spirits who serve as protectors of places like hills, lakes, rivers,

homes and other objects. Ancient Buddhist texts speak of monks who predict the future as well as rebirth of a deceased by tapping the skull. Buddhist tantra is separate from the Buddhist philosophy of meditation to attain internal peace.

Shaktism is a representation of the demon slaying goddess Durga and Parvati. The metaphysical reality is combined metaphorically with the goddess who has supreme power. Shaivism and Shaivite ascetics practise extreme forms of tantra and are associated with black magic, cannibalism, smearing their body with ashes of the dead. These ascetics are feared and called as Aghoris and Kapalikas, they stay in charnel houses, carry skulls and are practitioners of black magic.

Traditions of Tantra

Hindu Śaiva tantra diverges into three paths: the “atimarga” or supreme path, “mantramārga” or the path of mantras, and “kulamantra” the path of clans. Atimārga was developed by ascetics possessing magical powers and while other paths were developed by the Pāśupatas. The mantramārga was developed by Kāpālikas who use violent paths to attain bliss and whose god is Svachchanda Bhairava, the terrifying avatar of Shiva the destroyer.

Other divergent paths include the Vidyāpīṭha that used sexuality in charnel houses and focused on bisexuality, lesbians, and other acts forbidden in Hinduism. Buddhist tantra traditions include Vajrayana, Mantrayana and were developed from esoteric texts in Tibet and spread to China.

Worship and practices

Rituals are the main elements and the practices developed from various Hindu and Buddhist texts. Rituals are conducted since humans suffer from mala or impurity that forces them to the rebirth cycle. These flaws and impurities can be overcome with ritual actions. Rituals include mandalas, mantras, internal sexual yoga, cremation ground symbolisms, fierce male and female deities and others. Some of the practices for the sadhana or spiritual practices include sadhana, dakshina or donations to the guru. Other options are the bhakti or devotion, diksha or initiation, yoga, mudras hand gestures, sacrifice, acquisition of siddhis or supernatural powers, rituals, sexual yoga, and many others.

Yantras and Mandalas are diagrams with spells that are used in rituals and are usually linked with gods such as Kalo, Durga, Shakti and

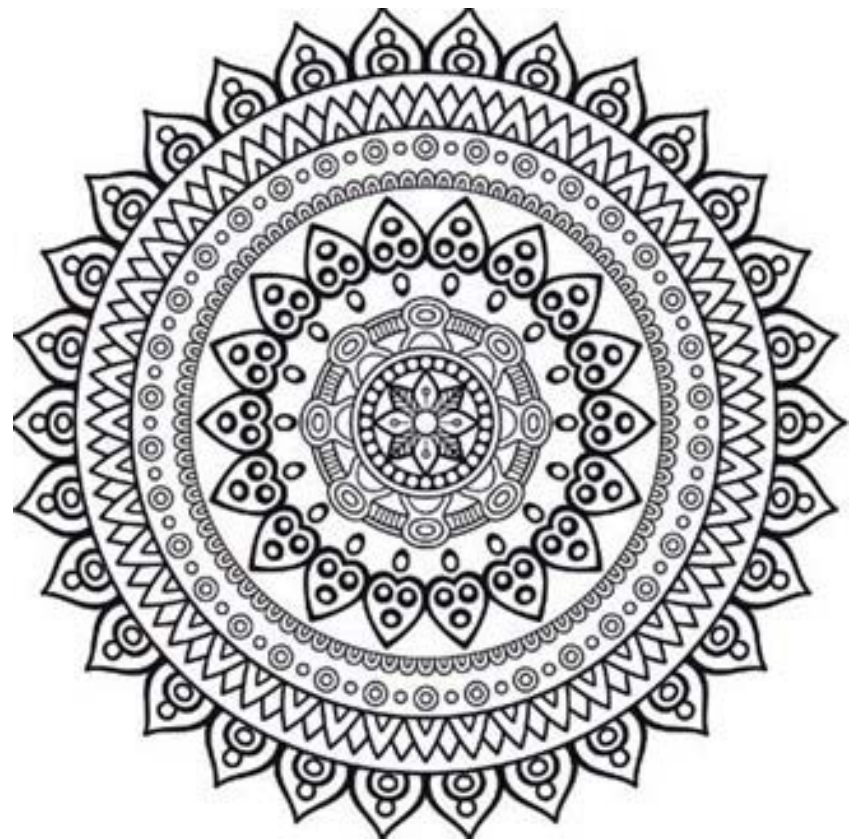


Figure 1. A tantra mandala

Shiva. Mandalas are geometric patterns drawn on cloth, animal skin, wood and stone and represent different tantric ideas. Mantras are combined with mandalas for ritual actions. Fig 1 illustrates a typical mandala structure. Different symbols, numbers, and figures are later added by the tantric.

Tantra and Black Magic

The term ‘black’ magic is western idea. However, tantra prescribes a set of rituals to overcome the enemies, remove the evil eye, exorcise spirits, destruction of standing crops and water bodies, controlling evil spirits, making a woman fall in love, weakening the enemies and so on. Uddish Tantra is a prominent text that deals with the darker side of tantra. Legend says that in Ramayana, the rakshasa Ravana used this tantra in his fight against Bhagvan Rama.

The dark tantra is a left hand practice that has different rituals and practices including sacrificial offerings of alcoholic items and sacrifice. Essentially, the mantras and rituals are meant to overpower the protecting forces. While a hen or goat is sacrificed, for very dark practices, humans are usually sacrificed to appease a demon. It is possible for a novice to improperly recite specific mantras and rituals to call a dakshini, evil spirit without specifying a return path. The evil spirit then possesses the spiritually weak person.

Tantra and Sex

Tantric sex helps to embrace spiritual experience with the partner and it is not always about

orgasm, which is a physical experience. The soul is freed and consciousness expands through a series of intimate and penetrative yogic postures, conducted in an appropriate setting. It is not about having wild and uninhibited sex, though such acts are possible in this setting. The partners need to be in the same frame of mind, free of tension, and decide on a rhythm that sustains and gives pleasure.

Desire and sex are the tools to reach transcendence and achieve the absolute. They are not the objective and end. Fluids and substances may be consumed or inhaled to open up the sensory paths and retain the passion for a longer period. Ancient texts such as the Jaiminiya Brahmana and Brhadaranyaka Upanishad consider intercourse as equal to Vedic sacrifice and semen was the offering.

Tantric texts say that a woman’s vulva is the sacrificial podium, the pubic hair is the ritual holy grass, clitoris is the sahajoli or thunderbolt, labia majora and minora has a fire blazing. The male partner must be aware of this knowledge and obtain satisfaction in intercourse just as a person obtains inner peace after rituals. In these texts, the focus is on man serving the agni or fire in the woman to obtain gratification and must be servile to her.

In Vedic tantra, sexual intercourse and sexual rituals are a form of spiritualized sexuality and the act of sex is sacrifice. However, the main focus is on transformation of the self into a blissful state through trance, meditation, and control of the mind



Featured Stone: Fluorite

Mental enhancement and clarity, improved decision-making, and clearing the energy fields.

It is a highly protective and stabilizing stone, useful in grounding and harmonizing spiritual energies. Green Fluorite aids access to intuition, Blue Fluorite brings spiritual awakening and clear communication, Purple Fluorite stimulates the Third Eye chakra and brings common sense to intuition.

Astrological Inspirational Guidance

by Robert Vecchio

Aries

Your three cards are reflection, priorities and drive. You need to make yourself a top priority by taking time for yourself. If you do not take care of your needs and wants, you can't allow positive things into your life. Stop looking and dwelling in the past. Enjoy the memories and keep pushing forward. Never look back. It will not serve you well.

Taurus

Your three cards are determination, courage and guidance. Go within to find your unique power and stand in it. You are capable of doing great things. The Universe has your back and will guide you along your path. Have the courage to speak your mind and your truth. There is no one else in this world like you. You are amazing.

Gemini

Your three cards are fulfillment, insight and perseverance. All of your dreams are becoming a reality. Continue to use your intuition as you go through life. Stay focused on what is in front of you. Be the voice for others by living your truth and doing what you love to do. You have the ability to see through issues and get to the root of it.

Cancer

Your three cards are harmony, spiritual practice and fulfillment. You need to believe in your abilities and yourself in order to bring balance into your life. Self-love is so important because without it, you lose sight of who you really are. Continue the path that you are on. You are becoming increasingly stronger each and every day.

Leo

Your three cards are determination, drive and capacity to love. You have the power, strength and desire within you to overcome any obstacle thrown in your way. Stand in your power by sticking to your beliefs and standing up for yourself. Use that wonderful voice that you have to keep pushing forward.

Virgo

Your three cards are relaxation, belonging and innocence. You need to calm down and enjoy your surroundings. All work and no play is no way to live. There should be a happy balance in life. Right now you are exactly where you need to be. Be the change that you seek in life. Only you can provide the happiness that you want.

Libra

Your three cards are fulfillment, clear your energy and guidance. Letting go of whatever no longer serves you is the only way that better things can come into your life. Out with the old and in with the new. You need to constantly be moving forward in order to get the things that you want. The Universe is watching over you.

Scorpio

Your three cards are divine support, spiritual quest and acceptance. Always remember that there are things in life that you can and can't change. Do not take no for an answer. Allow yourself to keep the dream alive by working diligently on it. You have support from the Universe. It is so important to remain calm and move forward.

Sagittarius

Your three cards are joy, determination and spiritual quest. You are about to discover wonderful new things about yourself. Dig deep within in order to find the answers that you are seeking. Balance is key to life. Without it, you are going around in circles. Do more of what makes you happy. Remember you are powerful and able to create the life you want.

Capricorn

Your three cards are embrace, guidance and nurture. These cards are all about taking care of yourself. Embrace your quirks because that is what makes you who you are. Nurture your dreams and desires. You are worthy of having it all. The Universe is sending you messages and signs that you are on the right path. Listen and look out for them. They are all around you.

Aquarius

Your three cards are perseverance, cultivation and empowerment. You are the most powerful tool that you have available. Your mind is capable of creating anything that you need or want. The Universe is sending you messages through a specific song that is being played for you with a special meaning. You will hear it at an appropriate time when you need it the most.

Pisces

Your three cards are cultivation, splendor and protection. Just remember that no matter what you decide, the Universe has your back. It is time to get rid of the idea that life is supposed to be a specific way. Your life is what you make of it. Start something new that is out of your comfort zone. Also, listen to the messages around you as you miss them sometimes.

AND THE WINNER IS...



Tyshyka Rogers - Winner of the Metaphysical Times Marble Count Contest for a Free Ticket to WitchesFestUSA 2022!



WITCHESFEST USA

July 14, 15 & 17th
Online access
To over 100 workshops
www.witchesfestusa.org
FREE TICKET - A \$95 VALUE

The cards used are "Whispers of Lord Ganesha" oracle cards by Angela Hartfield with artwork by Ekaterina Golovanova and published by Blue Angel.



A Toad by Any Other Name: Part 1

by Catt Foy

William Shakespeare once wrote, “A rose by any other name would smell as sweet.” But if a rose were known by another name—a name we were unfamiliar with—how would we know that name referred to a rose?

When the witches gather Shakespeare’s famous play Macbeth, there is trouble afoot and the witches are making a brew of what seems to be the most despicable ingredients. But a closer look at those ingredients reveals common names for herbs commonly used among country “pagans” and midwives and herb wives of rural England.

What might these ingredients actually be? Let’s take the ingredients in order from Shakespeare’s list.

Toad

“Toad, that under cold stone, days and nights, has thirty-one, swelter’d venom sleep got...” A toad seeping venom? Like the hallucinogenic frogs of the Amazon? In Elizabethan England? Yep. Professor Jeffrey Cohen of Washington University has found medieval documents that mention poisonous toads in Europe and the British Isles. Toads have a long association with witchcraft and prophecy, a symbol of the toad/frog goddesses Hequet (Egypt), Hecate (Greece), and Ragana (The Baltic), as well as Sheela na gig in Britain and Ireland. All were goddesses of fertility, magic and witchcraft. Another researcher writes, “The saliva of a toad was believed to be particularly harmful and is sometimes referred to as ‘sweltered venom.’”

Fillet of a fenny snake

This was a common reference to a chickweed (*Stellaria holostea*), which is also known as addersmeat, or stitchwort. This plant was associated with goblins and other mischievous spirits in the minds of the Christian majority. It was commonly believed to cause lightning when picked, and was used medicinally to treat a “stitch” in the side that often comes from running. In Cornwall, it was associated with the pixies.

Eye of Newt

Most modern herbalists believe this refers to the wild mustard plant, whose seeds have a black spot in the center, resembling the eyes of newts. Newts, of course, were common in England and

Scotland. Remember the passage in Monty Python and the Holy Grail? (She turned me into a newt!”

Toe of Frog

This is the herb frogsfoot, also known as bulbous buttercup (*Ranunculus bulbosus*), and is an herb that will almost instantly raise blisters upon the skin. Also called Crazyweed because smelling the flowers beneath a full moon was considered to lead to lunacy. In legend, *Ranunculus* was a young man who had a clear, high-pitched voice who sang continuously. His singing disturbed the wood nymphs and they turned him into a flower to restore the quiet of the forest.

Blind Worm’s Sting

At the time of Shakespeare, blind worms or slow worms were a kind of legless lizard and were commonly considered to be venomous.

Lizard’s Leg

This term was often used to refer to ivy (*Hedera helix*). Ivy is also known as Gort—a letter of the Ogham alphabet. Equivalent to the letter “G,” ivy’s magical properties included survival, strength of will, tenacity and triumph over disaster.

Owlet’s Wing

This ingredient is a bit more mysterious, and could be one of several things. Some suggest it is “owl’s clover” (*Castilleja densiflora*), but this herb is native to the American southwest and

employed by witches in their midnight brews, and from the leaves was prepared a famous sorcerer’s ointment,” according to Margaret Grieve in *A Modern Herbal*. Sorcerer’s ointments were also called “flying ointments” and were likely hallucinogens rubbed on the skin; in this case henbane does have narcotic and hallucinogenic properties. If it does indeed refer literally to an owl’s wing, we see that owls are associated with death and communication with the spirit world. The owl was also considered a harbinger of disaster or doom.

Scale of Dragon

Undoubtedly dragonwort (*Polygonum bistorta*), long associated with black magic and



Wool of Bat

This is most likely sphagnum moss, also known as bog moss. It was used extensively in magic of the time for luck and prosperity.

Tongue of dog. Houndstongue (*Cynoglossum officinale*) is a mildly poisonous weed that contains alkaloids that depress the central nervous system and is considered a narcotic. It was believed that if placed beneath the feet of dogs, it would prevent them from barking, or if placed in one’s shoes, a dog would not alert their owners of your presence.

Adder’s Fork

Also known as adder’s tongue, it is a fern (*Ophioglossum vulgatum*) known for its healing properties. Magically, ferns and fern seeds were said to render the spellcaster invisible. It was also used to raise the spirits of departed friends.

was hardly available in Elizabeth’s time. A more likely candidate is that “owlet” is actually “howlet”—a spelling found in early written versions of the play. Howlet was a common name for henbane that was used extensively through the British Isles, used, “in magic and diabolism, for its owner of throwing its victim into convulsions. It was

used by witches to enhance psychic power. It was also used to enhance fertility, bring in money, and a dragonwort infusion was said to drive out poltergeists.

There are more ingredients in this brew, which we will explore further in our next issue.

Look for Part 2 in our next issue.



UTAH PAGAN MARKET

Join us at our monthly market for FREE sound baths, Sunday brunch, psychic readings, classes to perfect your craft, and over 15 vendor and artisan booths!

Featuring crystals, books, candles, tarot cards, cauldrons, handmade jewelry taxidermy & bone art, spell & ritual soaps, apothecary products, ritual tools, and so much more. All brought to you by local artists. Follow @utahpaganmarket for more details.

Location: Athena Beans Coffee, 111 W 9000 S, Sandy (coming soon to Ogden & Provo)

Upcoming Dates: June 26, July 31, August 28, September 25

Interested in becoming a vendor, featured reader, mainstage performer or featured course instructor?

Visit <http://utahpaganmarket.com> and click “Vendors” for more info

STAY INFORMED
SUBSCRIBE FOR
EMAIL UPDATES



A PRIESTESS OF MANY HATS

by Hunter Liguore

Diana L. Paxson spent most of her life near the Pacific Coast in California. She is a voracious reader and discovered a love of anachronism when she saw people working with swords at a science fiction convention. The Society for Creative Anachronism was born and Paxson served on the board of directors. Throughout her love of history, science fiction, and learning she discovered her place in the growing pagan community. She has a love of runes and her recent writings reflect on her knowledge of the Asatru community. Though her schedule is pretty busy, she took time to answer a few questions.

With all the different hats you wear, Ms. Paxson, which one best describes how you see yourself the most, the one you want to be remembered for, and why?

Writing may not be the most important work I am doing now, but it is certainly the work for which I hope to be remembered, since the books are what will remain when I am gone. (Unless I get tagged to serve as a dis, a female guardian spirit, for my community—heathen theology allows for that fate, among others). My spiritual experiences and explorations

with life in general (work, family, etc.) Do you have any advice for people who are trying to bring their spiritual and work life on the same path? Is it really possible?

I think the answer to that depends on your definition of a spiritual path. There's often an assumption that being "spiritual" involves doing special things, which therefore must compete with "mundane" things. But another way to look at it is to find the spirituality within the things we do every day. A good example is the Japanese Tea Ceremony,

"There's often an assumption that being 'spiritual' involves doing special things, which therefore must compete with 'mundane' things.

But another way to look at it is to find the spirituality within the things we do every day."

are reflected in my novels and made explicit in the non-fiction books. By teaching, I learn, and by writing pass the learning on.

Your spiritual life and work life have been traveling along the same path for many years now. I often hear from friends that they struggle with balancing the spiritual path

which turns the common act of making a cup of tea into a religious experience.

That said, though it may be possible to live daily life in a spiritual way, when you're busy it's hard. I have to confess that it certainly gives me problems. It is especially difficult when you have small children. At



that point, most women's spirituality goes into "Mother Goddess" mode until the kids are older. Spiritual exercise, like physical, is something we have to consciously make time for. It helps if you have internalized certain practices for calming down and focusing, which you can then automatically apply at moments of stress.

Another problem is balancing all the demands. Running a coven or kindred requires one

to keep track of what's going on with the group and be available for advice and help. This can compete with the time owed to job and family. When you are a writer, people assume your schedule is flexible and can drop everything to help them during the day. Most writers I know will take advantage of almost any good excuse to put off writing. Getting the words out is hard, and the pay-off in money or appreciation is

distant. When someone calls for help, it's far too easy to put off work to deal with the immediate need.

Your work with Oracular Seidh is groundbreaking in unlocking the mysteries of divination for the average person, and bears witness to the fact that most ancient religions used oracles. In your book, Way of Oracles, you provide the reader with the history of oracles, as well as a guide to learning and practicing divination. Do you think the average person is capable of becoming an oracle, or is it just for the gifted? Do you foresee a time when oracles will dominate culture, perhaps to the point that even the president is consulting the oracle for decisions?

training. The Druids studied for twenty years, and could spout prophecy spontaneously, without preparation, whereas the pythias in Delphi were said to be untrained village women who were guided by elaborate ritual and a priesthood.

It's a matter of learning how to shift gears and become open to intuition. Developing this ability can be useful, but I don't think it's going to sweep the nation. There are rumors that past presidents (or their wives) have consulted astrologers, but unless someone with the prestige of Delphi reinstates the oracle, I don't think heads of state will admit to seeking their counsel.

What do you think is the most important thing for pagan communities to do in order to have longevity? What is the secret to the success of the groups you've founded/supported?

groups characteristic of many pagan traditions tend to be age-cohorts as well, sharing the lifespan of their members.

Pagan festivals continue to attract people of all ages. National organizations, like the Covenant of the Goddess and land-based groups like Circle Sanctuary, are also serving new people. Reconstructionist traditions like heathenry got going a bit later and are attracting a younger membership, but everyone needs to keep in mind the need for outreach and community building.

However I have observed one disturbing trend. The children of the first generation of neo-pagans have now grown up. Although most of them identify as pagan or agnostic pagan-friendly and may maintain family-based practices, very few

are active in covens or pagan community activities. Recent statistics indicate a general trend toward agnosticism and secularism among the children of Christians and other established religions. It is a surprise to realize that our pagan children don't seem to feel much need for organized religion either.

What is something your readers might find surprising to learn about you?

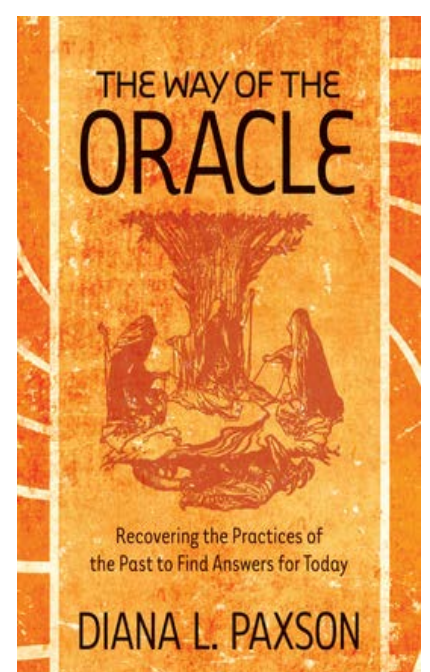
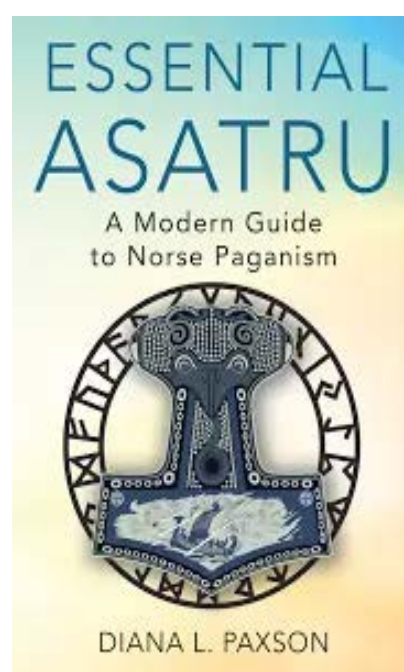
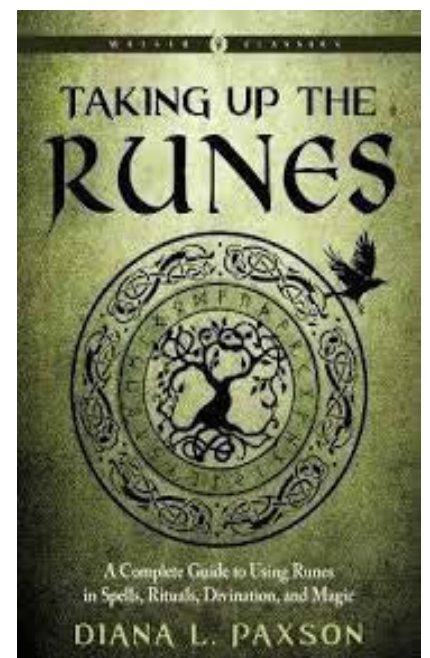
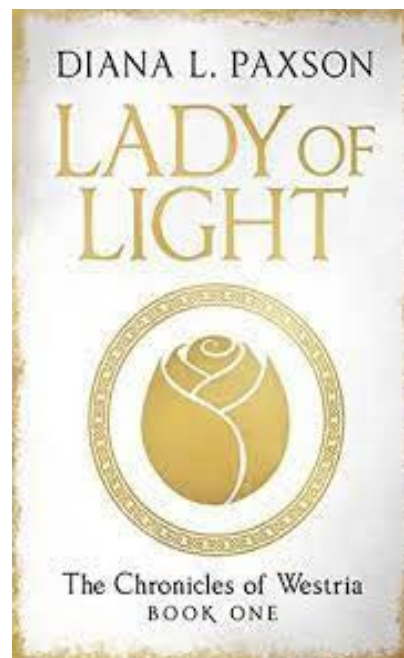
One reason my household has so many large events is that it forces us to clean house!

Thank you Ms. Paxson for taking time to answer some questions. If one would like to purchase her writings or learn more about her life by searching her website www.diana-paxson.com or searching any online bookseller.

"Some people do have a natural talent for oracle work, just as some find it easy to draw or sing, but when we do workshops, we have found that almost anyone with sufficient motivation can get answers if they are given training and support by a trained team."

Some people do have a natural talent for oracle work, just as some find it easy to draw or sing, but when we do workshops, we have found that almost anyone with sufficient motivation can get answers if they are given training and support by a trained team. There seems to be a trade-off between support and

One challenge we face now is that the generation that found paganism in the 70s and 80s is growing older. The knowledge gained by pagan groups that haven't found a way to integrate younger members may be lost, though emerging pagan libraries are working to preserve our history. The small, intimate



Metaphysical Times
\$20 Yearly Subscription
One full year of eight issues.
Delivered directly to you.
www.metaphysical-times.com/get-a-copy

Find Diana at
www.diana-paxson.com



BOOK REVIEW

by Rick Tschauder

Lora O'Brien's *Fairy Faith in Ireland: History, Tradition and Modern Pagan Practice*

If you want to learn about the Irish Fairy Faith, there are really only two good sources: Lora O'Brien, a priestess of the Morrigan, or Morgan Daimler, a priestess of the Fae. Lora is a co-founder, along with their partner, Jon O'Sullivan of the Irish Pagan School. They have also started a merchandising company called Eel and Otter. Eel and Otter publishes this book. Lora is an author, teacher and guide, with over 20 years' experience in pre-Christian Irish spirituality. She managed one of Ireland's most important sacred sites – Cruachán/Rathcroghan - for a decade

The book presents along with discussion of a handful of folk stories about the fairies of Ireland. They draw heavily on *Bailiúchán na Scol*, or "The School's Collection". The School's Collection consists of approximately 740,000 pages of folklore and tradition compiled by Irish school children between 1937 and 1939. More than 50,000 school children from all over the Irish Free State participated, collecting folklore, oral history and the like from their parents, grandparents and neighbors.

Lora starts her book with a rather bold assertion: "everything you think you know about the Fairy Faith is wrong. Or at least it is not quite right." She is right. Irish fairies are not cute, winged beings like Tinkerbell. (Remember Tinkerbell did try to kill Wendy!) Nor are they all Beings like Maleficent. Some descended from one of the original races of Ireland, the Tuatha de Danu, some not. They live in the Irish Otherworld, but enter our own, probably more often than many of us would like.

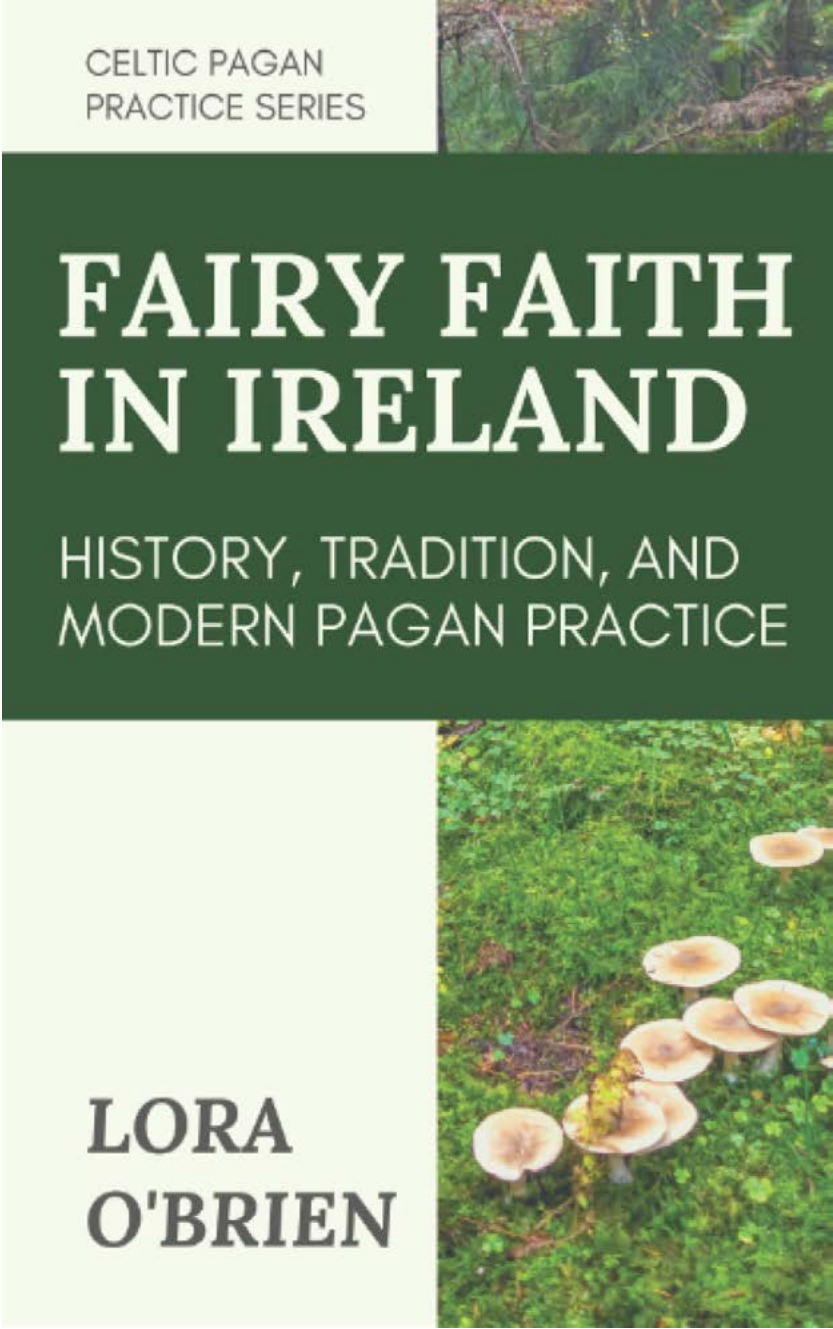
In Ireland, the Fairies are not

seen as fair, just, or benevolent Beings. In fact, using the word "Fairy" is considered (in their view) as disrespectful. Instead, the Irish refer to them as "The Fair Folk", "The Good Neighbors", or some other respectful term. For the Irish Fey are to be feared, avoided and, on occasion, placated. Although being mostly human in appearance, these races have powers and attributes quite different from us. They are powerful magicians and healers, generally tall and fair-skinned. Their power is lesser than Deity, greater than humans and Nature Spirits.

They usually consider themselves superior to humans and do not want to feel obligated to a lesser race. They are so feared and respected in Ireland that oftentimes no new structure was built without first asking the fairy folk for permission, or for their assistance and guidance. This is still true in many parts of Ireland today. It doesn't take much of an offense, well, offend them.

Lora covers several topics in this book including different types of fairies, how to recognize them, where to find them, their behavior and misbehavior and how to stay safe from them. They discuss the relationships between the Good Folk and the Irish Gods and Goddesses.

Included throughout the book are snippets from the *Bailiúchán na Scol*, which enforce the pictures they paint of Irish Fairy Faith. It is hard to do justice to such a complex topic in a mere 143 pages. This book could have easily been twice that size and may have been better for it. Lora does



adopt a conversational tone in places, which will work best for those who have met them. Self-publishing is tough, and the book could have been improved by a professional editor, as there are occasional issues with continuity. These minor issues do not detract from the overall importance of this book. I highly recommend the book for those who want to learn about the Irish Fairy faith. It is more accurate than many of the

neo-pagan books I have read on the subject, as one would expect, given Lora's extensive knowledge and experience on the subject. If you are interested in the topic, this book belongs on your bookshelf.

Fairy Faith in Ireland: History, Tradition and Modern Pagan Practice
By Lora O'Brien
Eel & Otter
143 pages



ALL NEW

FULL MOON

MAGAZINE

COMING SOON

SUBSCRIBE NOW!

Where Tech and Paganism Meet

by Dr. Michael Slosson

I have been a practicing Wiccan and witch for more than 20 years and have been including technology in my practice for 12 of them.

When I first started studying, I turned to the internet to find more information, however back then information about Wicca and witchcraft on the internet was thin, poorly written and sensationalist, to say the least. Practitioners were less open about their practice as they are today. Websites were much harder to build and promote and social media was barely in its infancy (MySpace wouldn't go big for another 5 years and sites like Facebook and YouTube were still years off from going big themselves.) What pagan content was on the internet was also hard to find as search engines back then allowed advertisers to buy search results, meaning that the results were not always the best, but were the most profitable.

In the last 20 years, we have seen shifts in technology and culture that have changed the situation drastically. Technology has made searching information much easier and sharing information and building communities, inexpensive (if not downright free) and search engines now favoring higher accuracy in their results have made finding information and learning easier, if not trivial.

For those that want to share information, being in control of the content, and teaching others: there are free and inexpensive tools like Wordpress, and Wix making it easier to find a wider audience. For those inclined to video or radio style material, services like YouTube and SoundCloud have proven to be a useful and easy tool for teachers, artists and entertainers alike.

Want to build a community? Social media has been a godsend. The ability to build a community of like minded practitioners around the world is now trivial.

For those who prefer the printed word, the rise of on demand publishing has made book and magazine publishing and distribution all but just a few clicks away, without the high up front cost of older self-publishing offerings.

Thanks to changes in technology, the pagan community has the tools to build up our community in ways that were just a dream not

that long ago, and at a price that most of us can easily afford.

However, with all the improvements in technology and all that it has given to our community, the biggest change I have seen is in how the Pagan community interacts within it. It has been a softening of the once prevalent Luddite mentality. It wasn't that long ago that talking about technology in regards to our practice, or in regards to tech



having a place in the magic circle would draw disapproving looks. Having any form of technology, even something as passive as a wristwatch, could earn you a trip to the car to put it away. However, our community has evolved. Older members have embraced technology as more than a passing fad and the younger members have lived their entire lives with tech within arms reach. We, as a society have grown to embrace technology and the pagan community reflects this change. Just a few days ago I did an esbat ritual with friends from across the United States. There are people who not only have helped me to grow spirituality, but are people who I'm glad to call friends. If it wasn't for easy to use tech, not only would this ritual not have happened, but I wouldn't even know them.

The biggest change in mentality that I have observed in my 20 years of practicing has been driven by the Covid-19 pandemic. Due to lockdowns and common sense safety precautions, groups that have traditionally met in person are now meeting online and they are discovering that practicing online is just as real, just as powerful, and just as spiritually fulfilling, as meeting face-to-face.

Technology has changed how many of us practice. However, there is one group that has been helped so much I feel it needs to be mentioned, and that is our members with health and mobility issues, along with those whose life and financial situation makes it

difficult to participate as much as they would like to. These are people who may not be able to afford to attend festivals, or whose health may not let them go out as often as they would like to practice and commune with others. Personally, I have had to skip a lot of things because I couldn't afford to take the time off from work to go or because my mental health issues made it impossible for me. Now we have festivals and workshops and

all manner of other events online, and those who used to not be able to attend now can have a front row seat from the comfort of their own home and on their own terms.

Technology has changed. The pagan community has changed. I would argue that this change has been for the better. We have embraced tech in what is, in general, an earth centered, back-to-nature community. We haven't lost sight of who we are. Instead, we have found new ways to express who we are, and have new ways to interact with and grow our community. For some, embracing tech was a no brainer, while others took more time, but we are at a point where we all see it paying off. A more connected community, able to share knowledge at the speed of light, and as tech continues to change. I can hardly wait to see what the future holds.

**Support Metaphysical Times
and get Patreon Exclusive
Content and Swag!**

**Support Metaphysical Times on Patreon
From *Good Karma* to *Imbue Your
Energy*, we have a tier for every budget!**

Get a free crystal or stone from Healing Hands
Metaphysical Store

Get voting rights on cover images

Get behind the scenes videos, stories, and information

Get sneak peeks at upcoming issues

Get a Free Print copy delivered right to you

Mentioned as a Patreon Supporter in the paper and online

New additions and test products from our advertisers and
distributors!

**Help us keep things moving and be a part of
building something great!**

www.patreon.com/metaphysicaltimes



PATREON



Strawberry Moon for June

The full Strawberry Moon rises on Tuesday, June 14, 2022. This year, it's a supermoon! Learn all about this month's full Moon, including why it's called the Strawberry Moon!

When to See the Full Moon in June 2022

In the evening of Tuesday, June 14—just after sunset—look towards the southeast to watch the full Moon rise gently above the horizon. There, it will appear large and golden hued.

A Strawberry Supermoon

This full Moon will be the first supermoon of 2022! The full Moon will appear big and bright this month as long as we enjoy dark, clear night skies.

Here at the Almanac, we define a full Moon as being a supermoon if it is less than 224,000 miles (360,000 kilometers) away from Earth. June's full Moon stands at 222,238.4 miles (357,658 km) away—comfortably within that cut-off point.

Why Is It Called the Strawberry Moon?

The full Moon names used by The Old Farmer's Almanac come from a number of places,

including Native American, Colonial American, and European sources. Traditionally, each full Moon name was applied to the entire lunar month in which it occurred, not solely to the full Moon.

The Strawberry Moon

June's full Moon—typically the last full Moon of spring or the first of summer—has traditionally been called the Strawberry Moon.

This name has been used by Algonquin, Ojibwe, Dakota, and Lakota peoples, among others, to mark the ripening of "June-bearing" strawberries that are ready to be gathered. The Haida term Berries Ripen Moon reflects this natural as well. As flowers bloom and early fruit ripens, June is a time of great abundance for many.

Alternative June Moon Names

Blooming Moon (Anishinaabe) is indicative of the flowering season, while Green Corn Moon (Cherokee) and Hoer Moon (Western Abenaki) suggest that it's time to tend to young crops.

Other names highlight that this is a time of new life: The Tlingit have used the term Birth Moon, referring to the time when

certain animals are born in their region (the Pacific Northwest). Egg Laying Moon and Hatching Moon are Cree terms that also hint at a time of many animal babies.

Alternative European names for this Moon include the Honey Moon and the Mead Moon. June was traditionally the month of marriages, and is even named after the Roman goddess of marriage, Juno. Following marriage comes the

"honeymoon," which may be tied to this alternative Moon name!

June Moon Folklore

A growing Moon and a flowing tide are lucky times to marry. Days following both the New and Full Moons are most likely to be rainy or stormy.








Crabbing, shrimping, and clamming are best when the Moon is full.

Courtesy of www.almanac.com



JUNE 2022



SUN	MON	TUE	WED	THU	FRI	SAT
29 Memorial Day	30	31 	1 Say Something Nice Day Take fresh-baked goods to a police, or fire station with a note of thanks for their service.	2 Cook a meal or do a load of laundry for a friend who has just had a baby.	3  Invite a small group of friends out for a fun night of bowling.	4 Have each guest at the dinner table say aloud one thing they are grateful for.
5 World Environment Day Participate in the cleanup of a local river, pond, or lake.	6 Donate a vacation or sick day to a colleague who's struggling with an illness or caring for a sick loved one.	7 Set up a free flower stand in your neighborhood.	8 Best Friend Day Send your best friend a framed picture of a special moment between you both.	9  Leave bottles of bubbles inside a children's park for them to find with a note that says "FREE BUBBLES!"	10 FREE DAY! How can you build a new relationship?	11  Offer a glass of iced tea to a neighbor doing yard work.
12  Find time to read an inspiring book.	13 Be mindful of the energy you bring to your workplace.	14 World Blood Donor Day Register to become a donor this year.	15 Nature Photography Day Spend time in nature and take pictures.	16 Attend a caring support group or make new friends by attending a local event at meetup.com.	17 Let someone else take an available parking spot.	18 International Picnic Day Plan a picnic with your family or friends.
19 Juneteenth / Father's Day Treat your father figure to dinner at his favorite restaurant.	20 Acknowledge all of your co-workers with a big smile and warm greeting.	21 Write a letter to yourself at futureme.org about your positive attributes to read at a later date.	22 Put aside your own viewpoint and try to view things from the other person's perspective.	23 Leave a basket of food for a family who is struggling financially.	24 Make dinner for a neighbor who has just had a baby or surgery.	25  Go stargazing in the evening.
26  Mow your neighbor's lawn, rake their leaves, or sweep their sidewalk as a surprise.	27 Be courteous and offer your seat to another on the train or bus.	28 Donate 'like new' stuffed animals and toys to charities or shelters for children to enjoy.	29 When others are gossiping, be the one to chime in with something positive.	30 Offer a cold bottle of water to someone working outside in the heat.	<div><div>MAY</div><div>S M T W Th F S</div><div>1 2 3 4 5 6 7</div><div>8 9 10 11 12 13 14</div><div>15 16 17 18 19 20 21</div><div>22 23 24 25 26 27 28</div><div>29 30 31 1 2 3 4</div><div>5 6 7 8 9 10 11</div></div> <div><div>JULY</div><div>S M T W Th F S</div><div>26 27 28 29 30 1 2</div><div>3 4 5 6 7 8 9</div><div>10 11 12 13 14 15 16</div><div>17 18 19 20 21 22 23</div><div>24 25 26 27 28 29 30</div><div>31 1 2 3 4 5 6</div></div>	

Magical Waters Explained

by Nixie Vale

Sun Water

One way to bring color into your own energy system is to drink it. When I say “drink it”, I mean just that; it’s just water that is in a colored glass which has been left in the sun. The sun will charge the water with solar energy as the water absorbs the properties of the chosen colored glass. Colorful Solar energy is deceptively easy to make and you only need a few things.

- A colored glass - of your chosen color.
- Water
- A sunny spot where the glass can go
- Colored cellophane (optional)
- Cling Film/cellophane to cover the glass

Step 1: How you are feeling when you are creating the Solar Water is important, so it is vital to take stock of how you are feeling. You can use a pendulum to see which of your energy centers need a helping hand.

Step 2: Choose a glass in the color your system is needing

- Brown - Earth Chakra
- Red - Base/Root Chakra
- Orange - Sacral Chakra
- Yellow - Solar Plexus Chakra
- Green - Heart Chakra (Pink will work for the Heart Chakra too).
- Turquoise - Higher Heart Chakra
- Blue - Throat Chakra
- Indigo - Third Eye/Brow Chakra
- Violet - Crown Chakra
- Rainbow - If you are lucky enough to find a rainbow glass like the one in the photo, you will be charging the water with the whole rainbow.

If you aren’t able to get a colored glass, you can use colored cellophane to wrap the glass. It is important to let light into the glass of water, even if you are using something to wrap the glass, light needs to be able to pass through it.

Step 3: Place the glass on a sunny windowsill or where the water can soak up all of the glorious solar energy.

Step 4: Leave the glass for about 2 hours - you may need to cover the glass to prevent dust, bugs or other particles falling into the water.

Step 5: Once the water is charged, drink the whole glass within half an hour as this is when the charge is at its strongest.

Notes About Coloured Solar Water

During the winter you may need to leave the glass in the sun for longer, sometimes spending all day in the sun to charge enough to drink.

If you feel you need more than one color, set out more than one coloured glass at a time, then consume throughout the day.

If you are lucky enough to find a rainbow glass, you can use this one exclusively as it will work on all levels of your energy system.

If you are unable to get hold of coloured glasses, you can use a beaker instead. I prefer to use glass but sometimes it is safer to use a plastic beaker; especially when you have cats.

If you can’t get hold of voile or cellophane you can always use

coloured glass beads in the water or water safe crystals- though I prefer the glass beads in this case as they are safer than some crystals - some of them can be harmful and toxic when mixed with water.



Full Moon Water



Moon Water is very simple to understand and even more simple to make. Moon water is water that has been left out to become charged with the properties of the particular moon it is being left under.

All you need to do to make Moon Water is:

- fresh, or spring water
- bottle or sealed container
- leave it all night.

Have fresh or spring water in a bottle or sealed container - especially if you plan to consume

it. Leave the water all night so it can soak up the Moon’s energy. It’s as simple as that. If it’s raining in your neck of the woods, you can leave a clean bowl out to collect some of this water... HOWEVER if you wish to drink the Moon Water for whatever reason, I recommend spring water charged in a closed container - that way it keeps all the nastiness out.

You can use Moon Water in your spells, and rituals. You can drink it (as long as it is clean and safe to do so). You can also use to cleanse

and bless your tools and yourself. You can use it to wash your hair - it’s said to help with hair growth, though I have never tried to pour potentially very cold water over my head. You can water your plants or garden with it as well. If you’re making your own clay, or salt dough, why not use Moon Water instead of tap water?

It really has as many uses as you can think of. So, have a go and see what uses you can come up with.

Rainbow Love, Light and Blessings

THIS AD SPACE
AVAILABLE
NOW!

www.metaphysical-times.com/contact-us/advertising

WRITE FOR US

We are looking for articles on metaphysical topics, community members, short stories, and locations of interest to the pagan community.

Get paid for your writing!

www.metaphysical-times.com

Locations

Idaho

Idaho Falls
Healing Hands Metaphysical Store
429 B Street

Washington

Centralia
StrangeLand's Oddities, Omens, & Charms
531 N. Tower Ave

Kansas

Lawrence
Village Witch
1910 Haskell Ave

Utah

Ogden
Elysium Evanescents
309 N. Washington Blvd

Salt Lake City
Crone's Hollow
3834 S. Main Street

Vernal
One Stop Witch Shop
240 W 4000 S

Directory

Art and Design

Sabrina RG Raven
Custom art and design - paintings, logos, books and layouts
www.sabrinargraven.com
www.facebook.com/sabrinargraven

Astrological Collection and Art Work
Artist, Astrologist and Psychic
www.facebook.com/Karma2Alice

Classifieds

Markets and Festivals

First Thursday Witches Night Markets
May - October 2022
Healing Hands Metaphysical Store, 429 B St, Idaho Falls, ID 83402
(208) 542-5446

Utah Pagan Market
Sandy Utah 111 W 9000 S, Sandy, Utah
Debbie Broaderick 801-888-1657

15th Annual Psychic Fair
August 14th, 2022 11.00am - 5.00pm
Healing Hands Metaphysical Store, 429 B St, Idaho Falls, ID 83402
(208) 542-5446

Band Directory

Brian Henke
www.reverbNation.com/brianhenke

Celtica Pipes Rock
www.facebook.com/CELTICA-Pipes-rock-110758404049380
www.celticarocks.com

Krista Chapman Green
www.facebook.com/krista.chapman.16
kristachapmangreen.bandcamp.com

Tempest
Band Leader Lief Sorbye
www.tempestmusic.com
facebook.com/tempestcelticrockband

Louis Garou
louisgarou.bandcamp.com
www.facebook.com/louis.garou.54

Sencha Skene
senchaskene.bandcamp.com/
www.facebook.com/sencha.skene.3

Touch The Earth Band
www.facebook.com/TouchTheEarth
www.touchtheearthuk.com

Tuatha Dea
www.facebook.com/tuatha.dea
www.tuathadea.net

Virginia Ackley
www.gingerackley.com
gingerackley.bandcamp.com

Wakefire
www.facebook.com/wakefiremusic
www.wakefiremusic.com

BECOME A LOCATION

Half price listing ads in
paper and on website

\$20/issue
No Sales to Track
Signage provided

10 copies delivered per shop

Give us a discount code to exclusively give
to our Paid Subscribers to entice shoppers
to spend with you!

www.metaphysical-times.com/
become-a-distributor



Fear of Some Psychic Boogeyman

By Terri Ireland

Fear is the number one setback to development of psychic ability.

Now fear has it's place, it is necessary to warn us of danger, but it mustn't control our decisions, choices, actions and goals. Fear may arise because you don't fully understand a person or a concept, but that is all that is, a waypoint on the journey to understanding. Of course we fear the unknown, until we know it.

Many times new practitioners are warned of potentially dangerous psychic activities. Sometimes you will hear things like, "Did you protect yourself?" and "You may have acquired an attachment!" All of this sounds ominous, but it needn't be so.

Our Universe is an abundant fabulous psychic playground. You are loved and protected, you just have to simply remember to put on your protection, as you would a jacket before leaving on a cold morning. While you are getting into a meditative state and settling in to visit with your guardian angels, or spirit guides, or to ask for guidance, you ask your guardian angels and Archangel Michael to protect you from all things in all ways, and "Shazam" you are protected!

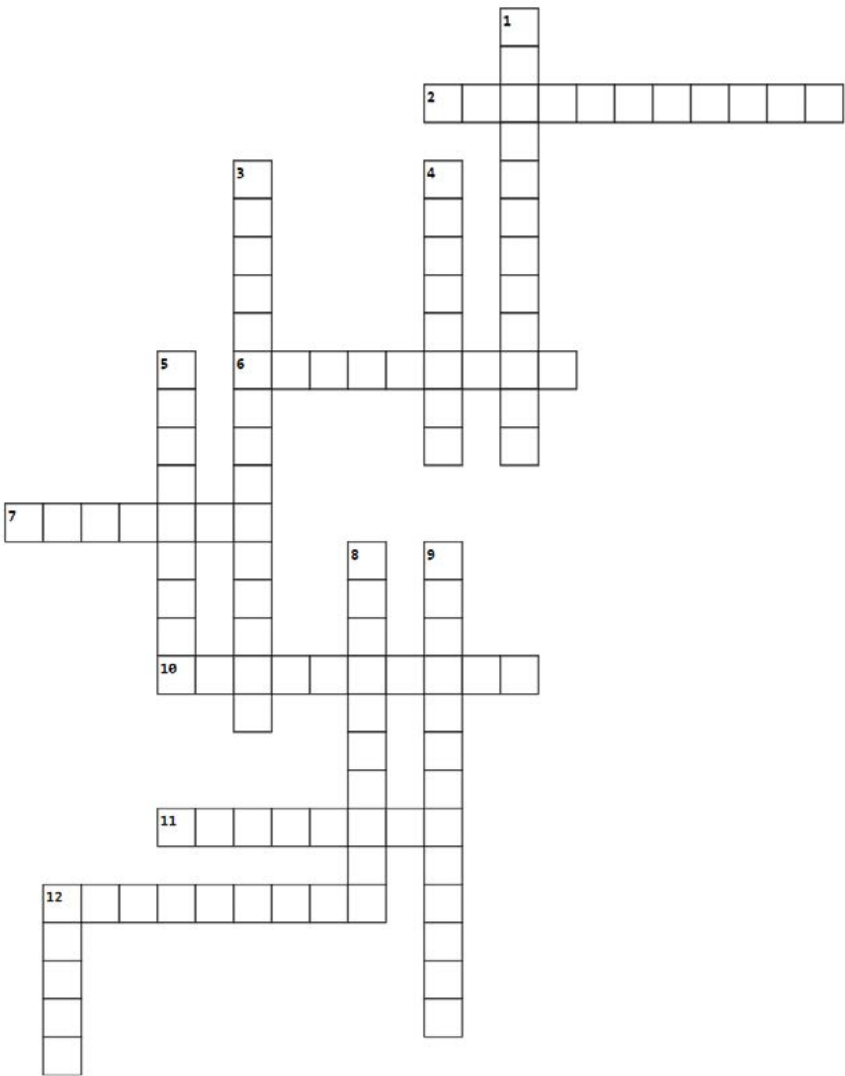
Many people and cultures



are fearful and superstitious. Examples are black cats, the number 13, walking under a ladder, and a broken mirror. By enveloping yourself in the protection provided by Archangel Michael and your guardian angels, you can safely work on your psychic talents and communications with the spirit world. At the conclusion of your work/practice/meditation, always remember to thank the light-being for the protection that you were held within.



Metaquizzicle Times Crossword



Across

- 2. The Society for Creative ...
- 6. Colour of the Higher Heart Chakra
- 7. A spell diagram for Tantra worship
- 10. The moon for June
- 11. Stone for mental enhancement and clarity
- 12. Alternative name of frogsfoot

Down

- 1. A priestess of many hats
- 3. Book by Diana L Paxson
- 4. Another name for The Good Neighbors
- 5. A facebook group for us all
- 8. A midsummer warmth ritual
- 9. To forge our greatest instrument for understanding
- 12. the new frontier of Paganism

LAST ISSUE ANSWERS

- Across

 - 2. Joy
 - 6. Relationship
 - 8. Meditation
 - 9. Subscribe Now
 - 10 Roderick Edwards
 - 11. Eclipse
 - 12. Beltane
- Down

 - 1. Rose Quartz
 - 3. Full Moon
 - 5. Festival
 - 7. Patreon
 - 10. Robin Williams

Missed the free print copy at your favorite shop?

Get your own print copy of the next 8 issues delivered right to your door.

Plus bonus content!

including

Discount codes, Exclusive interviews, Full Moon Monthly Ezine, and our sincere gratitude

for the low, low price of just \$20/year.





IN KIND SPONSORSHIPS AVAILABLE NOW!

**Sponsored by Logo in print and on website, shared
via social media accounts.**

1/8 page Block Ad* in print and on website

Location Listing in print and on website

Directory or Classified Ad in print and on website

Affiliate Program Enrollment (10% commission)

\$500 value per issue cycle/\$4,000 per year

www.metaphysical-times.com

* No Back Page or Placement Requests

