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METAPHYSICAL TIMES

ISSUE 1-1

IMBOLC 2021

FREE

KRAMPUS PARADE 2020



OF NOTE...

Dorothy Clutterbuck - born Jan 19, 1880. Initiated Gerald Gardner into the New Forest coven.

Robert Burns, famed poet - born January 25 1759.

Jan 31: **Up Helly Aa** celebration, Shetland Islands, Scotland.

Jan 31: **Disablot**, a Norse Heathen celebration to mark new beginnings, honor land wights, and charm the plow for the upcoming planting season.

Feb 2: **Imbolc**, celebration of the goddess Brighid.

Proclus - born February 8, 412 AD, translated Ptolemy's Tetrabiblos into Latin.

Gerald Gardner - died Feb 12, 1964. Founder of modern Wicca.

Feb 12: **Chinese New Year**

Feb 14: **Valentine's Day**

Feb 15: **Lupercalia**, celebrating fertility and the coming of spring.

Reinhold Ebertin, founder of Cosmobiology - born Feb 16, 1901.

Manly Palmer Hall, mystic and author - born Mar 18, 1901

Sephariel, astrologer - born Mar 20 1864.

Dane Rudhyar, astrologer - born Mar 23 1895

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FIRST ANNUAL WITCHY MOVIE NIGHT AT THE MOTOR-VU DRIVE-IN DRAWS 400+

[IDAHO FALLS] - Organizers of the Psychic Fair and Witches Market at the Motor-Vu, held on September 26, have claimed a huge success, attracting over 40 vendors and over 400 visitors, in this first-of-its-kind event.

Taking place at Idaho Falls' last remaining drive-in theater, the Motor-Vu, vendors offered a myriad of services and merchandise, including psychic readings, massages, tarot readings, gems, crystals, and all kinds of handmade goodies.

Entertainment was provided by three different belly dancing troupes, local jazz ensemble The DewDroppers, and DJ Jonny Nichols. After nightfall, the fair ended and Witchy Movie Night began. Two movies were shown: "Practical Magic," and "Bewitched."

Terri Ireland, the event planner, was surprised at the large turnout. "We had visitors from hundreds of miles away stopping in. I guess word really got out!" Ireland said.

"Everyone was so energized by this that we are already planning next year's event. Motor-Vu Drive-In management told us that this was the



Elizabeth Meacham, Amber Lewill, and Serenity Lewell put a spell on attendees at the gate.



biggest crowd he had seen at their property all year, and was very happy for obvious reasons," Ireland said.

"Healing Hands has been putting on yearly 'psychic fair' events for 13 years, since before I assumed ownership. I thought, why not make this a bigger event, off-site, and then I thought, why not have some cool movies for us to watch," Ireland said.

There is a substantial alternative community in Eastern Idaho, but there are few events where folks can get together and share time with people of like-mind. Ireland hopes to change that. "There are a lot of us out here, and we need to be here for each other, support each other, and feel like we belong. *More pictures on Page 9.* ••



Distribution Locations

- Govannon Studios, 1120 S. Blvd, Suite 101, Idaho Falls
- The Niche, 2890 14th N, Suite B, Ammon
- Safari Pearl Comics, 660 W. Pullman Rd, Moscow
- Enchantments, Pocatello
- Purple Moon, Lava Hot Springs
- The Kindred Cauldron, 1511 9th Ave E, Twin Falls
- Red Thread Holistics, 635 S Woodruff, Idaho Falls
- Xanadu, Idaho Falls
- Your Beautiful Life Hypnosis, 1108 Overland Ave, #8, Burley
- Idaho Bling, Idaho Falls (inside the Mall)
- The Plant Therapy Book Viking, Rexburg
- Yellowstone Gem World, St. Anthony
- The Niche, 2890 14th N, Suite B, Ammon
- Blue House Spiritual Wellness Center, 1430 Cottage Ave, Pocatello
- WholeHealth Cooperative, 303 N. 12th Ave, Pocatello
- Adam and Eve, Idaho Falls
- Shaddow Domain, 341 W Broadway, Idaho Falls

Our First Issue

by Terri Nelson Ireland



My name is Terri Ireland, and I purchased Healing Hands October 1, 2016, from original owners, The Psychic Sisters: Katie Weaver, Kristi Brower, Ronda Knudsen and Kara Brower. The Psychic Sisters are some of the most talented healers and psychics you will ever find. Their other businesses of online and live psychic advising, producing and starring in radio programs and teaching online courses had become so successful that they

no longer wished to operate a physical store. In June of that year, they offered to sell me Healing Hands. My mouth said, "No", but my head shook an up and down "Yes". I asked them if I could have a weekend to think about it. My ears buzzed and rang as my guides began a non-stop campaign to get me to agree to the sale. The message they pressed into my unwilling gray matter was this:

"You have been given a sacred opportunity by the Goddess to be her representative in this place at this time. Be the pin in the map. Stand in your truth, fully supported by the Goddess, thereby creating a safe space for others to stand in theirs. Be a cog in the wheel of the New Economy, one that is built upon cooperation instead of competition."

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METAPHYSICAL TIMES

The Metaphysical Times is a new age newspaper in both print and online editions, published 8 times per year, with each issue themed to match the Sabbats of the Wheel of the Year. It is a public voice for alternative spiritual and holistic health communities. Our aim is to promote spiritual wellness for all.

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We talk of our mastery of nature, which sounds very grand; but the fact is we respectfully adapt ourselves, first, to her ways.
 - Clarence Day

Family Witch? Affinity Can Be Passed Down

by Emma Gardner



When one is called to a metaphysical path, there are a lot of people who are at a loss for their affinities and don't know where their talent comes from. The power a person has can come from different places. In many social media circles if someone states they are a hereditary

witch or come from a long line of practitioners, it is usually met with some derision from others who have been in the craft for a while and built themselves up from the bottom. For one such as myself, one tends to shy away from putting a name on where their gifts come from to avoid contention.

Let me introduce myself before I continue. My name is Emma Gardner. As a child I always felt an affinity for plants and animals. When I was growing up my grandmother fostered my creativity and was always happy when I created potions out in the yard. I distinctly remember her having plants at every window. She would water them clockwise and talk to them or sing to them. I could never discern what she was saying, but her plants were always healthy and growing. It was when she had passed when I discovered what talent she truly had.

She could see spirits and even though she never outright stated it, she talked about seeing her brother who had killed himself and her husband who had passed many years earlier. She would also read tea leaves and fortunes through cards. I hadn't realized this as a child, but I do recall her placing out cards in formations and she would either smile or grumble to herself. I received her book of fortune telling and

found some of her older fortunes for clients she had. As I started delving into my history and into my talents, I discovered this close connection to the metaphysical. My initial education focused on writing and journalism. When I did some extensive research on Tarot and how it came to be treated over the years, I found the puzzle piece that had been missing in my education. It just felt right. As I continued to grow and figure out which path worked for me, I found healing using herbs, stones, and tinctures is another part of my history that agrees with my being.



Many local metaphysics have their own experiences with people who claim to come from a long line of witches. One of the common complaints are people using the term "hereditary" to elevate themselves above others. Others have used the term to prove they don't need to study because they have the innate talent. These complaints are poignant to those who have experienced them. However, there are a lot of people who have had good experiences with hereditary claimants.

The world of the metaphysical has a wide range of individuals who are learning at different levels. Just like any talent, one must continue to learn and grow to achieve success. One of the strongest signifiers in

any craft is intent. "The Good Witches Guide," by Shawn Robbins and Charity Bedell, states "All of life comes down to the choices we make every day. We can choose to have a positive or negative outlook... It isn't so much about a set of beliefs as it is about honoring all of our fellow beings and opening our minds and hearts to their journeys alongside us on this earth." This quote has really stuck with me. Many of the people I have met on the metaphysical path have been more than happy to help me find ways to connect to other aspects of my talent.

Many movies have seen a similar approach to the passing down of magic from family members. Practical Magic and The Craft looks at the way energy can be passed down family lines. These classic movies may not show the mechanics behind magical talent, but it gives a general idea of the intent one puts behind their work.

In my opinion, magic comes to those who work at it. It doesn't matter what part of life you are in or where you come from or even if you have magical beings in your ancestry; it is important to continue to learn from numerous places.

One way to work on talents and improve connections through expanding knowledge, is by celebrating Imbolc (February 2). This is a perfect time to look for the first telltale signs of Spring. Imbolc celebrates the midway between Winter Solstice and the Spring Equinox. It celebrates the returning of the light. Many people like to celebrate Imbolc in solitude. Some people make spicy foods and do some spring cleaning to improve the energies in their house. ☾

Emma Gardner is currently honing her talents and learning all she can. Emma does photography, has a Master's in Journalism, and loves helping out people in the community.



Imbolc - Grace Gokey, Idaho Falls

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2021
WITCHES NIGHT MARKETS
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HEALING HANDS SIDEWALK
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DOWNTOWN IDAHO FALLS

MAY 6 **JUNE 3**
JULY 1 **AUGUST 5**
SEPTEMBER 2 **OCTOBER 7**

The Work of a Psychic Healer



by Lysander Xanthus

I am a professional psychic and healer, and I serve many many people in public and private forums. I am blessed to say I make a comfortable living for myself and my family practicing my craft. There can be a lot of mystique and even vagueness about this

healing. I practice my own methods for doing this. In a reading I may have relayed to a client that I see some issues that may need to be addressed, or they come to me with specific concerns they would like help with resolving. These issues include energy/emotional blocks, past life patterns and wounds, auric tears, toxic relationship cords, emotional or physical issues, wanting to manifest more prosperity or better conditions, curses, spirit attachments, and all sorts of interesting and complicated spiritual circumstances. In a healing I extend my own energy to the individual and manipulate the players of their aura, or even the soul and subconscious in order to correct the issue that is the focus of the session. I also channel energy from Source to balance and facilitate healthy energetic flow through the energy body. I don't just remove things but make adjustments to encourage healing or the desired result (in manifestation cases), as well as insert new energy to help the client adjust or to encourage a shift in their lives. It is common for people to fall asleep during healings, so I don't always hear back from my clients right away. I always advise them to drink plenty of water, eat comforting meals, and to rest. As well as to be gentle with themselves and mindful of how the energy will reintegrate.

I offer other services as well, such as removing spells, curses, and hauntings. I am particularly passionate about this work, though it is asked for less, because I see how much havoc and suffering are caused by these particular spiritual manifestations and they are almost always entirely undeserved by the afflicted. There is a lack of what I feel to be helpful information about ridding oneself of these manifestations for good, and they truly devastate lives. I hear back from these clients more than anyone else about the changes they experience once the curse (or, inflicted ill will that causes continuous damage. Frequently but not always inflicted via spell) or spirit has been removed.

I also share thoughts and lessons about living well, law of attraction, magick, psychic abilities, spirituality, and other topics related to personal

growth on my facebook page.

Believe it or not, it is not my destiny to be a psychic or healer. It is something I choose to do, and I purposely developed my abilities in order to do this as my career. I love doing this. I find it so incredibly intellectually stimulating to have to observe, analyze and interpret the information I receive through energy and then use all I have learned in history, sociology, psychology (as a layperson, no degrees), and self-help and through my own experiences to offer insight, guidance, and advice to all kinds of people from every where in the world. It also encourages me to exercise my compassion, and to continuously understand people in new ways every day. I love people, I want to be there for them in this unique way. I know that information and guidance are hard to come by, so I hope to be a different voice out there in the world. It challenges my spiritual skills every day, tuning into people, talking to spirits, astrally projecting, and more. I am also fulfilling my destiny, as a side note. But my career choice isn't it. My heart is fully in this, and that keeps me focused on sharing what I truly believe will better a person's life.

I feel that who I am and my own path informs my work immensely. I am transgendered, and while I identify as male, I very comfortably present myself with femininity. I am not adverse to any gender or the energy it represents. I am polytheist, I see all gods of all pantheons as existing. It is easy for me to respect the beliefs of others- though, I will stand firmly in my own. I don't believe, I know the gods are real. I speak to them, I feel them. And every other kind of entity too. I see myself as a spiritual life coach in some ways, as I am not content to just answer questions but to offer guidance as well. I am extremely happily married and relationships are something I frequently read and advise on. I know what it takes to make it work, and to choose well in the first place. I have overcome many personal and life difficulties. I feel I have much to offer to others because of my own successes, though my life is a modest one. It is possible to live a happy life, that is really the message I want to impart to my clients and viewers. There is so little help or clarity in the world that many people do not even believe it is possible for things to be different, or better. Personal responsibility and empowerment are main themes of my work and it is because I do truly believe in people. I want you to know that you deserve a good life, and that it is possible for you. It is the aim of my work through readings and healings to help you achieve that for yourself. I know you have it in you. ☾

Lysander is a Clairvoyant Psychic,
 Energy Healer, Practitioner of the Occult and
 Spiritual Journeyman.
 She offers remote and in person services.

field so you might be wondering, what is it that I actually do?

I "read" for people, and it is my primary service. A person tells me their concerns or what it is they would like to know. Most of my work is done remotely, so often only knowing their name I reach my energy across the world to them and observe their energy, the energy around them, as well as connect myself to the collective consciousness of the world to derive my impressions. I receive impressions, or information through all of my senses, primarily sight (I have told my intuition that I prefer literal or symbolic imagery for information), hearing, taste, smell, touch, memory, feelings, knowingness, etc. I then interpret everything I receive while receiving it and relay the interpretation to the client. I like to give my intuition targets and parameters, and my focus is generally on information that is accurate, helpful, and actionable. This is my preferred method though I can also communicate with spirits to derive information (such as guides) if it is requested. I answer all manner of questions and topics. The #1 thing people ask me about is the future (either in general, or the future of their relationship, or career, or financial state-technically they are all asking about what hasn't happened yet). Once the reading is done, I let their energy go and move on either to the next individual, or into my grounding exercises. My second most popular service is energy



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WITCHES NIGHT MARKET VENDOR AGREEMENT

The Witches Night Market is a series of events held on the first Thursday of each month, May through October, on the sidewalk and street in front of Healing Hands Metaphysical Store in downtown Idaho Falls, ID. It is held in conjunction with the Idaho Falls Arts Council's First Thursday Gallery Walk.

Do you have any special requirements (i.e. electricity)?

In the past, we have had live music, vendors of "witchy" items, artists, performers, rune readers, clairvoyants, tarot card readers, gem and crystal sales, and tours of our in-house gallery. The event runs each time from 5-8 PM, and the store (Healing Hands) is open until 8 PM on those nights.

Check the dates you will be participating:

- May 6 June 3 July 1
 Aug 5 Sept 2 Oct 7

Booth prices are \$10 per spot, per week, until January 15th, 2021. On January 16th, booth prices go up to \$20, on February 16th booth prices go up to \$30, and March 16th, prices go up to \$50. No applications will be accepted after April 15th, 2021.

Name:

Booth space/demonstration space is approximately 4'x10', and may not block the sidewalk.

Name of Booth or Business:

You must be set up by 5:00pm (in the past, customers started showing up at 4 PM so you are welcome to set up early), and must be torn down and dispersed by 9:00pm, and be able to take credit/debit cards, cash, and make your own change.

Type of Business:

If you no-show, you will lose any remaining dates you had committed to.

Date & Signature:

Any required sales tax permits are your responsibility.

Please do not bring your children, unless cleared by Terri Ireland. Return this form and payment to Healing Hands by Jan 15th, 2021.

Our Venmo is Healing-Hands-4, and our associated number is 2533

Thank you so much for participating!

Cleanse, Revitalize, Renew, Protect



by Natalie Ruiz

As the ever spinning wheel lands upon Imbolc, we begin to awaken from the cold depths of the winter months. The mid point between the Winter Solstice and the Spring Equinox, brings the promise of warmer days. The sun is gaining strength and deep below the surface, roots are beginning to stretch; preparing for the first sun rays of spring. Grasp onto that bubbly feeling floating in the air and engulf yourself in it. After being kept warm by the indoors, now is the perfect time to get that stagnate energy flowing freely. As a Wiccan, let me show you Imbolc through my eyes.

A time for the maiden, most commonly designated to the Celtic Fire Goddess, Brigid (Bright or Brig.), she is honored and celebrated as she prepares for growth and renewal. I prefer to honor the Maiden on Imbolc, as a general feminine energy that begins the preparation for Earth's growing season. Recognizing that she, alongside the Sun's masculine energy, are walking into a time where they thrive. This is a time to harmonize your divine energy, preparing for the growth of the coming year. What better way to do so than renewing the energy around you.

There are a multitude of ways to cleanse and renew your space and energy. Using herbs and plants is very effective, grounding and a personal favorite. Imbolc even has herbs associated with the sabbat that do exactly what we need! Most of these herbs you can grab from the grocery store or even in our very own Ravens Hollow down



Basil

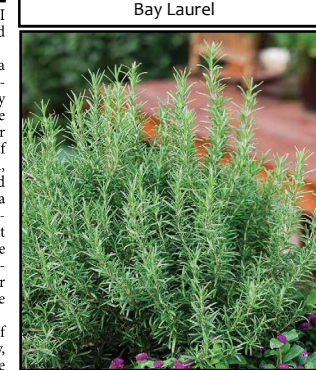


Bay Laurel

at Healing Hands. There are three herbs that I recommend: Basil, Bay Laurel (Bay Leaf), and Rosemary.

Burning any of these herbs will bring forth a calm, peaceful energy that is tied with protection. Clearing out the stale air from a seemingly frozen space. Burning them together can create a powerful protection and cleansing smudge or incense that allows you to harness the energy of all three. After burning the herbs down to an ash, they can be mixed with moon water (purified water that has bathed in moonlight), creating a sort of ash paint. This paint can be used on window sills, door frames, mirrors, entry and exit ways, or really anything you'd like to add a little extra protection to. You can paint sigils or boards around your home specific to your needs. For Imbolc I like to use sigils that encourage positive movement forward.

Self cleansing is also a very important part of Imbolc. In order to move forward into the new, we ourselves must also find the energy to prepare to grow. Baths are revitalizing and renewing, so it would only make sense to combine the two! Cleansing sachets are used in baths to cleanse



Rosemary

Continued on page 15...

Becoming a High Priestess

by Caitlyn Willey

Some are born great, some achieve greatness, and others have greatness thrust upon them.
-William Shakespeare

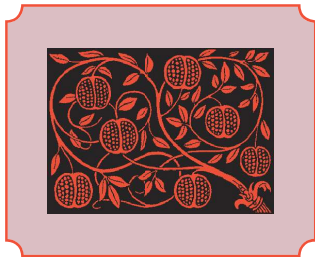


I love this quote and have contemplated it in depth over the years. I am uncertain which category I fit in as a whole, but I can say one thing for sure: Becoming a High Priestess this last year was thrust upon me, and boy has it been great. It started out very small, a friend wanted to know more about Wicca and asked if I would teach her. I had been occupied with other aspects of life for the last several years and felt very rusty, but when called to share your faith you brush off the old Book of Shadows and say "Yes, of course!" The next thing I knew I had a whole group of "baby witches" looking to me for advice and instructions and suddenly everyone around me was calling me a High Priestess.

Starting out I was so unsure of what to even teach them (where do you start when there's so much to know?), but the bar was so very low since very few were familiar with witchcraft. In the beginning we did some easy spells and simply discussed whatever they wanted to know more about. Then as we got a little bigger and a little more serious we started making goals, set-

ting learning milestones, and celebrating the sabbats as a group.

I had to quickly put my researching and writing skills to the test to make meaningful rituals for the occasions and found myself organizing lessons and activities as well. The main challenge tends to be that we are an eclectic group of beliefs to work with. Some of us follow a druidic path, others a hellenistic one, and still others walking new paths all our own. With that in mind I find myself needing to create spells and rituals inclusive to all paths. This has been challenging, yes, but also very rewarding with how much my



more about Wicca and asked if I would teach her. I had been occupied with other aspects of life for the last several years and felt very rusty, but when called to share your faith you brush off the old Book of Shadows and say "Yes, of course!"

I am however blessed to have been raised in a Pagan household with my godmother as our High Priestess back in my hometown. So I have been equipped with great role models just a quick text away for advice and wonderful encouragement

from Terri, the owner of *Healing Hands*, as well when I find myself stuck. It seems there are many ways one can become a High Priestess. Perhaps you're self-initiated, maybe you're part of a formal coven that has a degree system in place, but in all cases it takes a willingness to lead, teach, and serve others.

Currently I'm broadening my knowledge, doing some shadow work, learning Reiki, and looking into how to become an official Pagan Clergy. As I have reinvested myself in my spirituality and witchcraft I have found that there's a lot of pre-conceived notions and old practices out there that make things seem much harder than they really need to be. It is my belief that magic and spirituality can be included conveniently in our everyday lives. Our lives and time are precious, but so are our higher selves. With that in mind I'd like to share in these articles some things that can be easily incorporated and bring some magic into our everyday life.

A little taste of what's to come for instance is putting witch bells on your entryway door. This occurred to me as I was making lists of things to make and buy for my new home. Witch bells can be as simple as going to the craft store, buying some jingle bells from the Christmas Clearance section, and tying them to your door. They can also be as detailed and crafty as some of the ones you can find on Etsy. It doesn't really matter (other than matching your witchy aesthetic of course), but either way it can have a huge impact on the vibe of your house. This is because every-time those witch bells chime they are giving your space a fresh mini cleansing. A perfect way to

Continued on page 15...

AWAKEN WITH LIGHT

by Amber Lerwill



This time of year, our region is usually still filled with glistening icicles from the rooftops and snowflake flurries. There is no denying that under the blanket of snow, the Earth has begun to stir. Through traditions, we can look back and see a variety of ways of how our ancestors celebrated the coming of Spring. The cycles of our Earth and bringing ritual into them can make for a personal celebration. No rules, no specific guidelines, just intuition and communication with Mother Nature. Our ancestors once looked to the land for signs of change and what would be expected in the weeks to come. No matter the path you follow or how you celebrate this time of year, there is no denying that we are connected with the ever changing cycles of the land.

The mothering animals that have been pregnant through the winter months are in their final phases before giving birth and beginning the cycle of lactation. This was a blessing in disguise for our ancestors that were running low on materials to keep in their bellies during long harsh winters. Milk is celebrated across many traditions this time of year and I invite you to look deep within yourself and see what you may be lacking in your own body as far as nourishment. Warm milk can comfort any hungry belly this time of year, metaphorically speaking it can also warm and fill our hungry souls.

While out roaming the wintry lands this time of year, the sap from the last year is now frozen in time on the outside of any of our local pines. Now is a perfect time to ethically source a small amount of sap and bring into my home. The sap protects the tree, becoming part of its healing quality and now, wild crafting the resin, I welcome that healing quality into my space. No matter the time of year, healing is something that I can always work on. The sap becomes my resin base to which I use to cleanse myself and my home. I will grind it into a powder while it is still cold and reserve it in a small vessel for use. This can be sprinkled on a charcoal disc and used for smudging, or ground with other herbs to make an incense. The wildcrafted sap burning over a spark of heat is the sacred way I celebrate the light of Spring. This in itself is my ritual.

Pictured is an offering I like to make this time of year. I take a mixture of herbs, berries, and any plant ally that calls to me. It may be something I have on hand or something I find right outside in my frozen garden bed. I use



those plants to place inside of a mold, fill with water and freeze. It then becomes a vessel which I can then burn a candle in. The ice being melted away with bits of herbs exposing the preserved life keeps me ritually connected to the cycle of the earth in which I am celebrating. Blessings. ☽

Amber is an herbal intuitive and student of the Earth. She works as a Surgical Technologist, mostly in orthopedics. As owner of Ravens Hollow, she shares the knowledge of our plant allies by word of mouth and hands on identification. She has a passion for herbs and they way the heal us - both medicinally and metaphysically.

How To Smudge

The most effective smudge incorporates all four elements:

- White Sage Earth
- Abalone Shell Water
- Stick Matches Fire
- Feather Fan Air

Begin by opening a few windows or doors. Go to the lowest level of the space you wish to purify. Light the sage in the shell and let the flames go out so that you have smoldering embers putting out smoke. If it goes out at any time during the smudging, simply relight it.

Using your feather, fan the sage smoke into every nook and cranny, under and inside furniture and cabinetry, closets, utility areas, etc. Work your way all around this level in a clockwise direction. Repeat for each subsequent level of the structure. If there is a garage or attic, do that as well.

Next, if possible, smudge the exterior of the house and any outbuildings, vehicles and the property line.

Smudging removes negative energies, so now you must add positive energy to your space or negative will just rush back in. You do this by retracing your steps and spraying Rose essential oil water or Florida water in all the places that you pushed the sage smoke. If you don't have Rose

water or Florida water, you can burn incense, play guitar, beat a drum, play a singing bowl or sing, or whatever you feel is lovely and positive.

It is important to note that the most important item in this recipe is your intent. Form it in your mind and say it (silently or out loud) as you begin lighting the sage. An example is:

"Spirit, I claim this house/office/space/room as my own. I command that all negative energies be banished and that only energies that serve me in my highest and best good may be present here."

©Healing Hands Metaphysical Store, Terri Ireland, 2020

What is... Imbolc?

Deities of Imbolc:

- Brigid, Brigit, Bride
- Arianrhod
- Hestia
- Vesta
- Cerridwen
- Eros
- Faunus/Pan
- Aphrodite
- Bast

was a cause for celebration and reverence to the gods who brought such bounty.

It is the beginning of new cycles and in some traditions, is the time for the birth of the Sacred King, an archetypal godform.

Imbolc is a celebration of many things to many people, but one thing is clear - for folks in the Northern Hemisphere, it's the halfway point between the dark of winter and the beginning of spring. The Roman celebration of Lupercalia, which takes place around this same time, brings with it a purification theme, as does the Christian celebration of Candlemas. This festival of light is the perfect time to honor the gods or goddesses of your hearth and home

Setting up an Imbolc Altar

Setting up an Imbolc altar can be done by visualizing a fresh start - something pristine. The altar could be covered with a white cloth, symbolizing the white mantle of snow outside. Add a green swath of fabric for Brigit's green cloak or red to symbolize the ascendancy of the Sun. White candles are often used as well for purity and new beginnings.

Since this sabbat is often associated with Brigit, and a few items which honor the Smith, Poet, and Healer, perhaps a journal of your poetry or an offering of dried healing herbs. You might also add a small cauldron with an alcohol flame to symbolize the forge or a few oils or tinctures you have created.

Imbolc occurs approximately Feb 1. It is one of the eight Sabbats celebrated by Pagans (Wiccans, Druids, Heathens, Witches, Magicians, Kemetics, etc.) on the Wheel of the Year. It is one of the "fire sabbats," meaning that the element of fire plays a large part in the lore of the celebration.

Imbolc, also known as Imbolg, Oimelc or St. Brigit's Day is a day to honor the goddess Brigid, the patroness of Smithing, Healing & Poetry.

The word Oimelc means "ewes milk" and is associated with the birth of lambs in early Spring. The coming of the milk meant that Spring was around the corner and winter diets which consisted of dried foods and very little meat could be enhanced with milk and soft cheeses. This time of year



A statue of Brigit or a white star goddess is a nice central figure. You can also add some wheat weavings or corn dollies as offerings to the flame during your Imbolc ritual. Round out a silver and white theme with silver chalices and moonstones. Add fragrant incense, such as myrrh, or frankincense.

If you have questions about setting up an Imbolc altar, ask one of the friendly Witches on the Healing Hands staff...we'll be happy to help! ☽

KRAMPUS PARADE 2020



Clockwise from top left: The staff at Healing Hands - Jay Ford, Amber Lerwill, Megan Ireland; Tyler Olsen of the Insanitarium as Ludo; A commemorative T-shirt at Shaddow Domain; The parade makes it's way down Broadway; Bernie Finnegan as the Krampus Earth Spirit; Snow Queen Terri Ireland converses with Shaddow Domain owner Julie Oliver, while Kella Ireland looks on; Elijah Meacham, Shannon Meacham, and Elizabeth Meacham in the museum room at Shaddow Domain; Sarah Zuck sports a Yule crown, and Bre Karpp as a reindeer; Sirena Olson as The Krampus Spirit.

{IDAHO FALLS} - The second-annual Krampus Parade was held on December 5, attracting costumed participants from around the area.

The parade is based on the traditional European ritual of "Krampusnacht," in which a Snow Queen leads a procession of monsters through the streets, playfully frightening young people into being good so that Santa will bring them gifts.

The parade convened at Healing Hands Metaphysical Store, where refreshments were available. From there, the group walked through the downtown area, eventually making it to Shaddow Domain, where participants mingled in the store for about a half hour. From there, the group paraded again through the downtown streets, returning to Healing Hands.

The event was envisioned in 2019 by Healing Hands' owner, Terri Ireland, who wanted to do something fun for her customers and friends.

"Last year, it was really fun. People were coming out of their offices and restaurants, and joining in with us, walking around town. Things were a bit subdued this year because of the pandemic, but we still had a great turnout and had a lot of fun."

Ireland dressed as the Snow Queen, and has the sole privilege of being the only person in white."

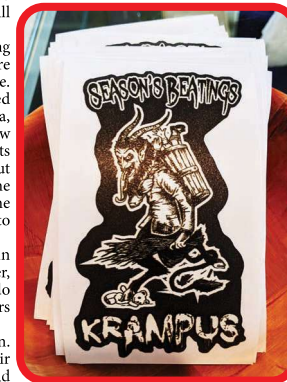
"The Snow Queen character is in white to symbolize the arrival of snow, and can be found historically in

most European Alpine cultures," Ireland said. Costuming for participants who are dressing up as the Krampus, or other seasonally themed characters, consists of dark and black colors, though green neeled motifs can be seen adorning the costumes of some, celebrating the evergreen colors that remain vibrant throughout the winter.

Fur, fangs and long tongues were the standard uniform of the day, as were horns which are symbolic of the goat. The goat has been a winter theme since the advent of the astrological sign of Capricorn, though the symbolism in the Krampus pageant is a bit more demonic in essence.

Krampusnacht is traditionally observed on the date of December 5 in the Germanic areas of Europe. Coming about three weeks before Christmas, it heralds the coming of the middle of winter, which in the Old World was centered on the winter solstice. Mid-summer, on the other hand, was observed on what we now think of as the first day of summer - the summer solstice.

The 2021 Krampus Parade is scheduled for December 4, as it falls on a Saturday. It will begin at Healing Hands and parade throughout downtown, ending once again at Shaddow Domain. For more information, be sure to check out the Facebook event for Krampus Parade 2021 on Healing Hands' Facebook page, or at this link <https://www.facebook.com/events/425145968851767>.



Witchy Movie Night attracted over 40 vendors, including, from top left, Jaidyn Erickson of Red Thread Holistics in Idaho Falls, and "Boss Witch" Malorie Oswald's Witchin' Designs of Idaho Falls. Below: the American Tribal Society provided belly dancing for the crowd.



Chakra Guide

Chakras are the seven power points of the human body that circulate energy or the life force, also known as Prana or Chi, through the body. To support healing, use colored cloth, stones/gems, or oils and apply one or more to the appropriate Chakra area. Relax, breathe deeply, and allow the energy of the item to change the energy of the Chakra as needed.

Crown Chakra: The highest Chakra represents our ability to be fully connected spiritually. Location- The very top of the head. Element- Thought. Emotional issues- Inner and outer beauty, our connection to spirituality, and pure bliss. Color- purple, clear, or white. Stones- amethyst, charoite, clear quartz, or selenite.

Third Eye Chakra: Represents our ability to focus on and see the big picture. Location-Forehead between the eyes (also called the Brow Chakra). Element-Light. Emotional issues-Intuition, imagination, wisdom, and the ability to think and make decisions. Colors- indigo or dark blue. Stones-amethyst, labradorite, lepidolite, purple fluorite, lapis lazuli, or sodalite.

Throat Chakra: Represents our ability to communicate. Location- throat. Element- Akasha/ether. Emotional issues-Communications, self-expression of feelings and the truth. Color- blue. Stones- lapis lazuli, turquoise, amazonite, or blue lace agate.

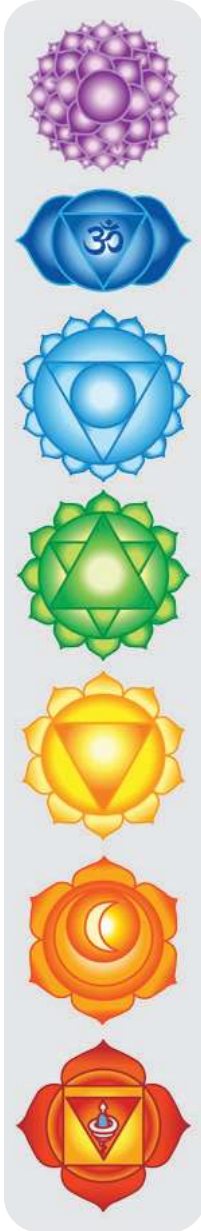
Heart Chakra: Represents our ability to love others and ourselves. Location- Center of chest just above the heart. Element- air. Emotional issues- Love, joy, and inner peace. Colors- green and pink. Stones-green aventurine, emerald, green calcite, rose quartz, rhodonite, and pink rhodochrosite.

Solar Plexus Chakra: Represents our ability to be confident and in control of our lives. Location- Upper abdomen in the stomach area. Element- Fire. Emotional issues- Self-worth, self-confidence, self-esteem. Color-yellow. Stones- citrine, tiger eye, and yellow jasper.

Sacral Chakra: Represents our connection and ability to accept others and new experiences. Location- Lower abdomen, about two inches below the navel and two inches in. Element- Water. Emotional issues- Sense of abundance, well-being, pleasure, and sexuality. Color-orange. Stones- carnelian, peach moonstone, and petrified wood.

Root Chakra: Represents our foundation and feeling of being grounded. Location- Base of spine in tailbone area; Element- Earth. Emotional issues- Survival issues such as financial independence, money, and food. Colors- Red and black, also brown and grey. Stones- garnet, onyx, red jasper.

Clear Quartz can work with any Chakra. It amplifies energy to any other stone or healing modality. It is the most powerful healing and energy amplifier. When using the stones, place them on the appropriate chakra area as you meditate, or carry one with you. To cleanse stones, put them in your windowsill the night of a full moon. Wearing colors associated with the chakras you are working with can also help to balance the chakras. †



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A Shaman's Call



by Timothy A. Foster

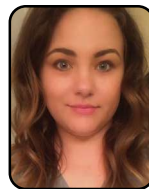
When reflecting back on how I came to what could be seen as 'gifts of healing', I must return to my childhood and share a story based on my experiences. As a child, I yearned for a mystical connection with the sacred, which expressed itself in a rich inner world and prayer life. It was in my teens that I met my first Priestess of the Old Faith and took my first dedication to the Path of the Old Religion. I studied with this group, the New Reformed Orthodox Order of the Golden Dawn, for a few years before moving on in search of something more authentic. This was a Bardic group that started in San Francisco during the '60s and '70s, I was very thankful for my time with them. It was after this time that I started my training with a shaman who was an Initiate of Victor Anderson, staying with her for seven years, my worldview shifted, magic became a way of life for me. My relationship with the land and the ancestors began to deepen as I explored the many avenues of mind and spirit, but still, I wasn't 'home'. A

year after being Initiated by my shamanic teacher, I started the training in the 1734 Tradition that led me to my current practice within the Clan of the Entangled Thicket. At this point, I am one of the only active Clan members in the United States, with the rest of the family in the London area. But it has been through my work in these Traditions that I have discovered a well of power and wisdom that has guided my healing arte and craft. ☉

Timothy A. Foster has been involved in the Craft for 20 years. Starting his journey with the Anderson Feri Tradition, although not a Feri Initiate, he was Initiated by his teacher in her other lesser known Tradition which was based on the work of a Coven from the San Francisco Bay area. After this, Timothy went on to be Adopted within a Clan in the 1734 Tradition under the guidance of Stuart Inman and Jane S. Currently living in Southern California, Timothy fell in love with Idaho while there and hopes to be able to share some of his experiences with the community in the area. At this time he does both in person and long-distance training- be it 1734 or Traditional Witchcraft. He's also attending college at Nevada State where he is working towards a goal of a Master's in English.



The Struggle for Inclusion



by Katelynn Reece

Inclusion is a hard word. Often bringing up the word, even with no context, brings up passionate, yet polarized feelings. Many people that feel everyone should feel included, and that we can all live happily together. There are others that feel there should be no "participation trophies", and that everything worth having in life must be earned. Inclusion, or the lack of it, is experienced differently by everyone, including Pagans. It doesn't come without struggle.

My first experience of the struggle came from my own family. My announcement that I was Pagan over five years ago was met with confusion. They either hadn't heard the word before, or had misconceptions derived from the Christian-dominant society that I've grown up in. For example, I have always been someone who helped people and animals. Once I announced I was a Pagan, those lovely qualities of me were thrown out the window. They thought I was sacrificing animals and doing spells to hurt people in my spare time. Now the most common reaction I get is a shake of the head and a puzzled look.

The other part of the struggle for inclusion that I've experienced was within the Pagan community itself. Some groups aren't as inclusive as others, especially across generational divides. There are those who found Paganism long ago and have been practicing it for decades. Within them are groups who dislike my generation of Pagans. They don't take us seriously, because they decided my generation grew up on Harry Potter and The Lord of the Rings fantasy worlds,

and so it must be a fad. There can't be any other real reason we would choose to become Pagan. Lastly, there are some witches in my generation that I've had my fair share of inclusion issues with as well. If you are not in their clique, or fit their expectation of what a Pagan should be, they turn up their nose. It's much like high school! My style of tourist dad t-shirts, boots, and jeans doesn't exactly scream, "Pagan". It doesn't help either with them that I am not a part of a coven and plan to stay that way for the time being. It is a social status for them. There have been many times when I wasn't taken seriously when offering my help or advice to a person. Online groups are a whole other beast, and have issues of judgement and lack of inclusion in them as well.

I want to say that overwhelmingly my experience as a Pagan has been positive. I've found many other Pagans, of all ages, to be helpers and excited to share their knowledge with me. Most of my family members, even though they may not understand, have been accepting of my practice. My mother, a devout Mormon, now has a very large crystal collection. My husband and I raise our daughter in a loving Pagan home. I have learned that the best way to uncover your own truth is through research. Inclusion in groups with similar beliefs introduces you to viewpoints you may have had before. In the end, inclusion will probably always be a struggle, but there will always be people who want to include you. †

Katelynn Reece was born and raised in South East Idaho. She completed her Bachelor's in Health Science at Idaho State University and has multiple certifications in the fitness industry. Katelynn was drawn to paganism and started her path more than 5 years ago. In her free time you can catch her spending time with her family, writing, and doing tarot readings.

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ASTRONOMY & ASTROLOGY

WITH Ed KOHOUT



Why are cross-quarter dates important in the Celtic/Pagan realms?

Tradition, of course, but the evolution of calendars in the Western world is a long tale of modifications and adjustments that go back to pre-historical times.

Within that evolution are also changes in how people tell time. Calendars are, after all, time-keeping devices, with the smallest increment of time being the "day," and successively larger segments called "weeks," "months," and "years."

The word "month" comes from the word "Moon," and our modern Roman "Gregorian" calendar contains 12 of them. The 12-sign zodiac dates from the 5th Century BC, and is also based on this lunar 12-ness.

Months, originally, more accurately representative of actual lunar cycles, and the new-moon-to-new-moon cycle is called a "lunation."

The ancients in many cultures had obsessed over the actual length of one lunation, and the actual value approximates 29.5 days. A 1/2 of a day is hard to incorporate into a calendar where the day is the smallest unit, so ancient calendars from the cradle of civilization would have alternating months of 29 and 30 days.

Six months of 29 days and Six months of 30 days

adds up to 354 days, which is 11 days short of the solar year of 365 days. After three solar years, the shortage adds up to 33 days, so something we now call an "inter-calary month" was added in certain years.

33 is a bit over one month of 29 or 30 days, however, so these extra 13th months could not just be added every three years without throwing off the "jitter" of the calendar, and a solution to that was to add 7 extra months throughout a cycle of 19 solar years.

It was known in ancient times that the Sun and Moon would return to their exact places in the heavens every 19 years. The Greek mathematician associated with this calculation is Meton, and this is called the "Metonic Cycle."

More specifically, 235 lunations occur in 19 solar years

The Hebrew calendar in use today follows this leap-month pattern, which is why their holidays like Passover and Hannukah always seem to be on different dates in the solar Gregorian calendar. The last month of the Hebrew calendar is Adar, and in a leap year this is followed by "Adar II" which adds an extra 29 days to the year. In addition to that, some leap years will add or subtract one day from the eighth or ninth month to give the year either 383, 384, or 385 days.

This is important in terms of our Pagan-esque wheel of the year (see page 2), where the eight segments begin with a "Sabbat," which is directly taken from the Hebrew word for Saturday, the day of rest.

The question is, then, how do we end up with a



cycle of Sabbats that happen eight times a year instead of 12 or 13?

While we tend to think of our modern seasons as corresponding to the two solstices and two equinoxes, there was this peculiar practice in pagan Europe of recognizing so-called "cross-quarter" days, which were approximate midpoints in time between consecutive solstices and equinoxes, or vice-versa.

To explain - when we divide up a solar year into 4 sections, we end up with 91.25 days. This is about the length of 3 lunations, or 88.5 days. Half of that is 44 days, and so we can see how the sec-

Phases of the Moon

Table with 6 columns: Phase, Aspect, Date, Time, Position, and another Position. Lists moon phases from Waxing Quarter to Full moon for dates in 2021.

ond full moon after a new moon that happened near a solstice or equinox would be an easy way to know that a new "season" was underway.

An important note here about "seasons" is that our ancient Europeans lived in a unique climatological zone with four distinct seasons, whereas regions of the globe to the south and southeast, such as Africa and the Middle East, tend to have only three distinct seasons.

In any event, what is important for us as pagans and witches who are observant and respectful of the lunar cycles, the times of Imbolc, Beltane, Lughnasa, and Samhain really were tied into full moons, and the magic that the sublime light of the full moon shines all over us.

It is a shame that the "Christianization" of the pagan and celtic festival dates divorced the lunar realities from the calendar that was foisted upon our ancestors. The lunar cycle is one of the most spectacular things to observe over time in our night sky. More importantly, that cycle is tied into the cycles of life throughout the animal kingdom, even down in the deep blue sea where light barely penetrates, if at all.

Tidal cycles were easily seen to be tied in with the Moon, as were the menstrual cycle of the human female.

Modern science has shown that life evolved from the seas, and the Moon is given dominion over the element of water in astrology. The Moon is also given rulership of our emotional life in astrology, which tends to ebb and flow like the tides and lunar cycles. Therefore, it is psychologically beneficial to be aware and in tune with the lunar saga.

We at TMT have decided to include lunar tables for our readers, and we hope that users can take note of them and take time to meditate at these

special times.

Such tables were the basis of almanacs in the 17th and 18th Centuries, and our most radical founding father, Ben Franklin, published an almanack called "Poor Richards." In my opinion, any kind of astrological timing of the events in the days of the Revolution were courtesy of Ben.

A good proof of that kind of occult injection is that the 4th of July ended up becoming our Independence Day, as the Declaration of Independence was, after being voted up on the 2nd, finalized on that day and the text approved by John Hancock.

The 4th of July in 1776 was also the day of a "lunar perigee," or the one day in the lunar orbit that the Moon comes closest to the Earth.

Astrologically, when it comes to "mundane" astrology, or the study of large groups of people,

events, or nations, the Moon rules over "the people," whereas the Sun rules over the leaders of the people. Given the nature of the Declaration, it is decidedly about putting the people above the monarchy. Interestingly, the day that the Earth was furthest from the Sun in 1776 was June 30.

After the USA had adopted its Constitution 11 years after 1776, an English physician named Ebenezer Sibly published a famous astrology chart for the Revolution, and in it he noted the time of "10:10 PM," which was his best calculation for the Moon's perigee moment. Modern calculations show he was only 6 minutes off of being correct.

It should also be noted that the signing ceremony for the Declaration of Independence was

Continued on page 15...

TAROT SIGNATURES 2021

by Michelle Norton

Patterns are what motivates the human population to look deeper than themselves. Tarot not only contains those patterns but can be expanded using other systems to reach the enlightened road. Whether you climb the lightning path or walk the liminal, tarot contains the keys to the doors reflecting the inner workings of the world.

A tarot signature combines numerology and tarot zone in the climate of now. There are several methods and uses. Signatures look at specific dates to share the whys and the lessons.

2021 - 5: The Hierophant

The hierophant is a card of the old world.



Teodoro Dotti, Milan © The Trustees of the British Museum

Imbolc - 9: The Hermit

Time to look at building up your light for the next year. The hermit will carry the lantern on your path but only if you bring the flame. Look to the roots of the holiday and make candles with your intentions for the year.

Valentine's Day - 12: The Hanged Man

Violence and love go hand in hand and, unfortunately can be easily confused, the holiday is mired in both. The hanged man is a sacrifice you make for knowledge, but maybe it's time to sacrifice for others rather than just your own sake.

Michelle has been reading tarot for 30 years and is an expert on tarot history. Her work has appeared in numerous metaphysical publications across the US. Michelle also creates websites, rescues dogs, and practices witchcraft.

The Moon is furthest from the Earth at these times:

Table with 3 columns: Date, Local Time, Distance in Km. Lists dates for Mercury, Venus, Mars, and Jupiter.

The Moon is closest to the Earth at these times:

Table with 3 columns: Date, Local Time, Distance in Km. Lists dates for Saturn, Uranus, and Neptune.

Equinoxes and Solstices:

Table with 3 columns: Date, Local Time, Description. Lists dates for Vernal, Summer, Autumnal, and Winter Solstices.

Moon/Planet conjunctions:

Table with 4 columns: Date, Local Time, Separation (latitude), Sign. Lists conjunctions for Mercury, Venus, Mars, Jupiter, Saturn, Uranus, and Neptune.

The Moon enters these signs at these times:

Table with 4 columns: Sign, Date, Local Time. Lists moon sign entries for Pisces, Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius, and Pisces.

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Witches and Wizards Night was held on October 10, 2020, at "The Gem" nightclub in Idaho Falls, Idaho, and was catered by Bee's Knees, a favorite Idaho Falls eatery. A good time was had by all with a lovely buffet, drinking, dancing and a costume contest. The prizes were lavish, and there were 11 categories! The award for Best Couple went to Amber and Matt Lerwill, dressed as a witch and her Raven familiar. Their prize? A night at the lovely Destinations Inn in downtown Idaho Falls.

Clockwise from top right: Kaylee Stemkoski read the tarot for attendees; Jonny Nichols and Ephraim Paulsen were caught chillin' at the bar; Emily Thomas, Elizabeth Meacham, and Crystal Otto pose for a portrait; Terri Ireland, Amber Lerwill, Megan Ireland, and Elizabeth Meacham were dressed to spell; Julie Hale was having too good of a time.



COMING EVENTS

Healing Hands Events

February
Tues, Feb 2nd, Pagan Holiday of Imbolc
Sat, Feb 6th, 11:00 AM - 6:00 PM, Pop Up Shop
with Rustic Gems
Sat, Feb 20th, 11:00 AM - 6:00 PM, Pop Up Shop
with Rustic Gems
Sat, Feb 27th, 11:00 AM - 6:00 PM, Pop Up Shop
with Jenali Winn's Crystal Shop
March
Sat, Mar 6th, 11:30 am - 5:30 pm, Pop Up Shop
with The Mystic Sister, Grace Gokey
Sat, Mar 13th, 11:30 am - 5:30 pm, Pop Up Shop
with The Mystic Sister, Grace Gokey
Sat, Mar 20th, Pagan Holiday of Ostara
Sat, Mar 27th, 2:00 PM - 6:30 PM, Pop Up Shop
with Celestial Auras
April
Sun, Apr 4, Christian Holiday of Easter
May
Wed, May 5th, Cinco de Mayo
Thurs, May 6th, 5:00 PM - 8:00 PM, Witches Night
Market
June
Thurs, June 3rd, 5:00 PM - 8:00 PM, Witches
Night Market
Mon, June 21st, Pagan Holiday of Litha/Summer
Solstice
July
Thur, July 1st, 5:00 PM - 8:00 PM, Witches Night
Market
Sun, July 4th, American Independence Day
August
Sun, Aug 1st, Pagan Holiday of Lammass/
Lughnasadh
Thur, Aug 5th, 5:00 PM - 8:00 PM, Witches Night
Market

Fri, Aug 13th, Friday the 13th Sale
September
Thur, Sep 2nd, World Goddess Day
Thur, Sep 2nd, 5:00 PM - 8:00 PM, Witches Night
Market
Thur, Sep 23rd, Pagan Holiday of Mabon
October
Thur, Oct 7th, 5:00 PM - 8:00 PM, Witches Night
Market
Sun, Oct 31st, Pagan Holiday of Samhain/
Halloween
December
Sat, Dec 4th, 5:00 PM - 6:00 PM, Krampus
Parade

Blue House Spiritual and Wellness Center -
1430 Cottage Ave. Pocatello, ID 83201
208-696-2276

January Events

16, Munay Ki rites with Christy and Sam
20, 6:30 pm Reiki Share with Christy and Sam
23, Munay Ki rites with Christy and Sam
26, 7 - 8 pm Qigong Self Care with Daphne
27, 6:30 pm Reiki Share with Christy and Sam
30, Munay Ki rites with Christy and Sam
February Events
2, 7 - 8 pm Qigong Self Care with Daphne
3, 6:30 pm Reiki Share with Christy and Sam
6 & 7, 9 - 4 pm, Holy Fire III/Usui Reiki I and II with
Daphne (in person and online)
9, 7 - 8 pm Qigong Self Care with Daphne
10, 6:30 pm Reiki Share with Christy and Sam
13, Rite of the Womb/Womb Healing with Christy
and Sam
16, 7 - 8 pm Qigong Self Care with Daphne
17, 6:30 pm Reiki Share with Christy and Sam
23, 7 - 8 pm Qigong Self Care with Daphne

multiple places to form concrete self-beliefs. Identifying mainly as a Hedge Witch, she works with many parts of the craft. When she's not researching or hanging out with her small coven, she likes playing video games, working on her book, and spending time with her pup Anubis and her family.

Becoming a High Priestess

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welcome you home. As I continue my journey as a High Priestess, I invite you along for the ride! I'm so excited for this paper, for the opportunity to share my knowledge, and to learn from others. Merry meet, merry part, and merry meet again. ☿

Caitlyn is a lifelong witch who grew up lucky enough to be raised in a family of pagans. Currently, she's rocking the title of High Priestess for a local coven in the Idaho Falls area and has been inspired to share her knowledge with everyone. She's considering writing a book to share her experiences with the world. Lately, she's also been working alongside her mom to build the brand Witchspiration which features custom-designed bags, face masks, and more. When not working on all things witchy Caitlyn can be found curled up in a nest of blankets with a good book and a fluffy puppy.

Astronomy & Astrology

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August 2, 1776 - Lughnasa, the opposite date of Imbolc. Back to Imbolc, it has been standardized in the Roman calendar as either February 1 or 2. In the USA, where the Puritans and other groups wanted to reinvent things, we ended up with "Groundhog Day," which is all about when "Spring" might arrive. In Europe, however, the recognition of Imbolc and Brigid remains strong. Trygve Lie, the first Secretary General of the United Nations on February 2, 1946, the day after he was elected. If we look closer, February 2 is actually the 33rd day of the year, and this is about 1/11th of the entire year of 365 days, as 33 * 11 = 363. The "33" is a kind of sacred number in the realms of Freemasonry, which provided a milieu for the Revolutionaries of the 18th Century. It is, as we have seen, a lunar number in terms of the calendar. In Catholic lore, February 2 is the "Purification of the Blessed Virgin." In accordance with Mosaic law, Mary came to the Temple forty days after bearing Jesus, both to be purified and to present him, as a male firstborn, to the Lord, as we are told in the gospel of Luke, chapter 2:22 ff. History tells us that this commemoration began around 350 AD at Jerusalem, where it took place on February 14, the 40th day of Epiphany. In any event, there was a practice in the ancient holy land that required a female to be cloistered for 39 or 40 days after giving birth. This is probably why the reverence of Brigid was attached to this date in the calendar our culture now uses, being about 45 days after the solstice, which fell anywhere from December 20-22 in astronomical exactitude, but also about 40 days after Christmas, which was the date the ancient Romans decided the winter solstice would fall on. (All Roman solstice and equinox dates were placed at seven days before the beginning of the following month.) Brigid and the Virgin are not interchangeable characters, but they are both about the increasing solar light that this time of year witnesses. ☉

Our First Issue

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then Michelle Norton, and this paper emerged from our efforts. The cookie fortune hangs in my office to this day. This has indeed been the dream of a lifetime. ☿

Terri Ireland, owner of Healing Hands Metaphysical Store and Metaphysical Times, is a former Archaeologist and Geologist. Her most recent employment was as a Quality Engineer with the NASA programs New Horizons and Mars Science Laboratory: Curiosity. She has also been a rodeo competitor, drag race driver and beauty queen. She is an accomplished energy healer after years of work and study to overcome a life-threatening health crisis and subsequent dark night of the soul.

Cleanse, Revitalize, Renew, Protect

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away the unwanted energy we've accumulated during the cold months. Cleansing baths can be a way to help get your energy moving in the right direction. As I continue on my path, I feel relieved there is a vast community of witches who, even if they believe completely different from me, I can relate to and share my knowledge the way it is meant to be. The craft is forever expanding, and I know there is no true "end" to the research, but that is what makes the craft so tantalizing. I wish you luck and well found knowledge as you build upon your path. Merry meet and Blessed be. ☿

In four short years, my staff and I have grown an already iconic, spiritually-themed, beloved gathering place into the hub of the metaphysical community. We kept some of the Psychic Sisters' traditions and created some of our own. We changed the name from Healing Hands Reiki and Massage to Healing Hands Metaphysical Store. And every step of the way, my hand was guided by the Goddess.

In mid-2020, I was deeply frustrated with my energy healing practice, and my guides told me to stop seeing clients. I was stunned. I wondered why. I mean, I am a healer, that is a huge part of my identity. If I am not a healer, then what or who am I? All my guides would tell me was that they had some other works for me in the pipeline. By Autumn I had my new orders. I was told to create this newspaper. I nearly fell out of the shower from the force of the download. I was shown the name, the theme, the layout and even the font. I joked with my guides, "Hey, I don't know how to create a newspaper!", and they joked right back, "You didn't know how to run a store, either!" In less than thirty days, I was serendipitously coupled with Ed Kohout and

Natalie Ruiz was born on August 29, at 3:46 AM on a full moon, in Idaho Falls, Idaho. She started her path a little over a year and a half ago. First becoming Wiccan, and shortly after began practicing witchcraft. Natalie spent most of her time, in the beginning, researching anything and everything, collecting knowledge from

Ed Kohout has studied astrology for 24 years. He has a BA in English and Journalism, which allows him to irritate others professionally. His hobbies are music, history, and bachelor foodie experimentation. He is so mean he once shot a man just for sneering.

Healing Lands

Metaphysical Store



- ALTAR TOOLS • CLOTH BAGS
- BOXES • CANDLES • INCENSE
- INCENSE BURNERS •
- BACKFLOW INCENSE •
- BACKFLOW INCENSE BURNERS •
- JADE BLOOM ESSENTIAL OILS •
- SAGE • PALO SANTO •
- JOURNALS • DRUMS •
- PENDULUMS •
- TAROT CARDS •
- ORACLE CARDS •
- ALTAR CLOTHS • STICKERS •
- TAPESTRIES • CRYSTALS •
- PRAYER FLAGS •
- MEDITATION CUSHIONS •
- SINGING BOWLS •

WIRE-WRAPPED CRYSTAL
PENDANTS
BY MAGICKAL MEGAN

HERBS BY
RAVEN IN THE WOLF DEN

GROUP SPACE FOR RENT
(SOME RESTRICTIONS DURING COVID EMERGENCY)

