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Issue 1.2

# Metaphysical Times

## Ostara 2021

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# Metaphysical Times

**ISSUE 1.2**

**OSTARA 2021**

**FREE**



## Of Note...

**March 1st** | Feast of St. David, patron saint of Wales.

**March 1st** | Matronalia, the festival of women, held in honor of Juno Luciana

**March 6th** | Birthday of "official witch of Salem" Laurie Cabot, 1933

**March 8th** | International Women's Day

**March 13th** | New Moon

**March 17th** | St. Patrick's Day

**March 20th** | Ostara

**March 21st** | Nowruz, the Persian New Year, Iranian and Zoroastrian origins

**Mid-March** | Holi, a Hindu festival of spring

**March 26th** | Birthday of author and folklorist Joseph Campbell

**March 28th** | Ram Navami, Birthday of Lord Rama

**March 28th** | Death of author Scott Cunningham in 1993

**March 28th** | Full Moon

**April 8th** | Hanuman Jayanti, birth of Hanuman

**April 14th** | Traditional New Year, when the sun enters the constellation Aries

**April 15th** | Gangaur, festival for Guari, wife of Lord Shiva

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**"A Witch is a person who has honestly explored their light and has evolved to celebrate their darkness."**

— Dacha Avelin



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by Terri Nelson Ireland, Editor-in-Chief

From the first moments of my own spiritual awakening, I wanted to learn more.

From The Editor

wanted to take classes, read everything metaphysical in nature, and find like-minded individuals with which to share my thoughts, feelings, and experiences.

Later, as owner of Healing Hands, I watched this cute little shop grow into something even bigger and even

better. Our local spiritual and alternative-wellness community has grown so much, that I feel it is time to have a single resource for all those who are seeking, and that resource is this newspaper, Metaphysical Times.

Metaphysical Times is available in both print and Continued on Page 11...

Metaphysical Times

The Metaphysical Times is new age newspaper published in both print and digital editions, published eight times per year.

Contact: (208) 541 - 3891 editor@metaphysical-times.com Editor-in-Chief: Terri Nelson Ireland

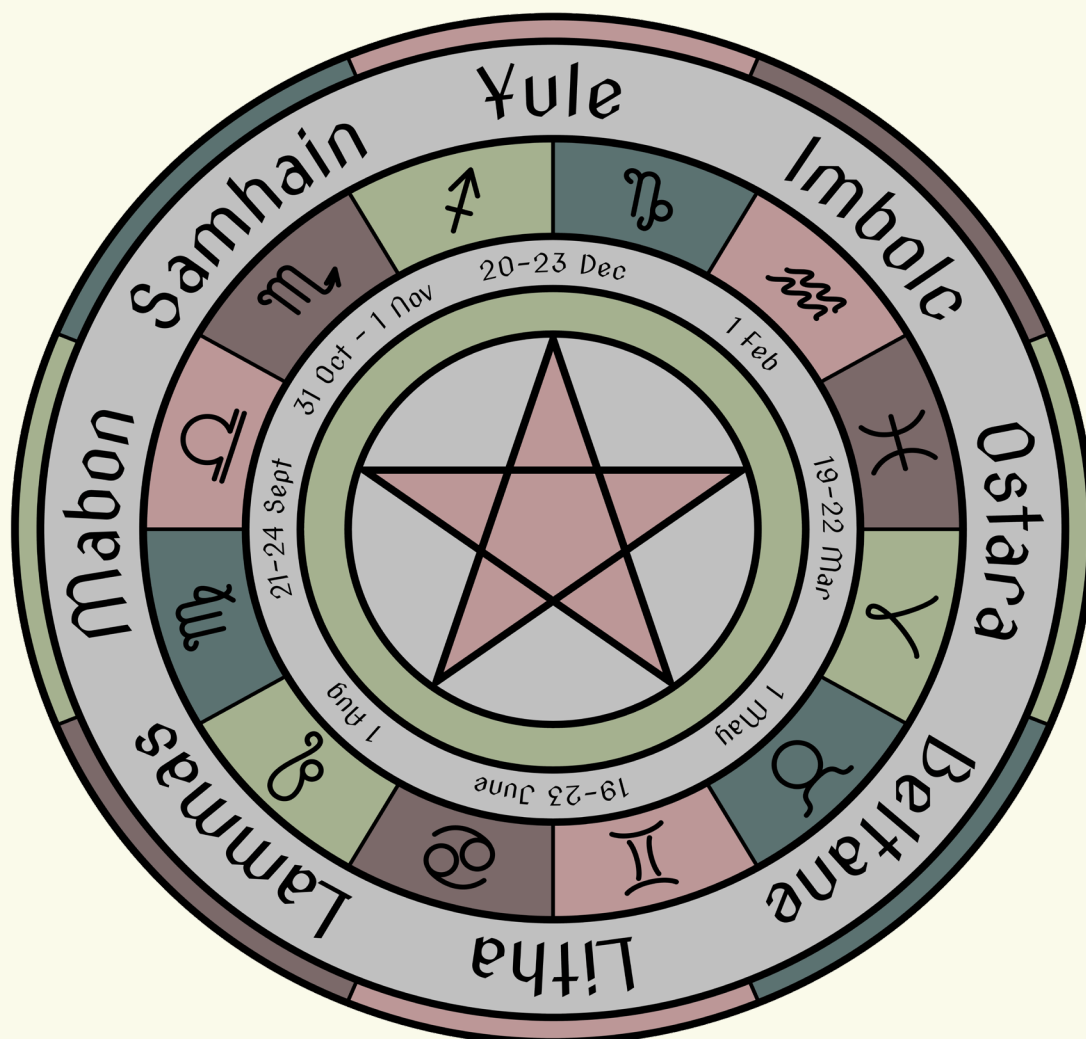
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Wheel of the Year



"We don't heal in isolation, but in community."

— S. Kelley Harrell, Gift of the Dreamtime - Reader's Companion



Photo by Dallin Lochridge

# Leaders Assemble

by Heidi Jensen

Over the past several months I have seen posts and heard many conversations about new covens being created and new groups forming in our area. I love this!

I love how much our community is growing. A few of us were discussing this growth- and it got us thinking. We would love to be able to have kin-coven-ships, plan and hold large community gatherings- like a summer solstice event (now in the works), and ultimately a direc-

tory of resources and groups in the area that we can direct other mystics to.

Therefore, are you a leader/co-leader of a local group – Druid, Shaman, Heathen, Wicca, etc.- here in Southeastern Idaho? Do you run or help run a local mystical-type shop- or even your own business? Have you thought about how awesome it would be to have a local organization of leaders that could help point y'all in the right direction? Wish granted!

Meet the Southeastern Idaho Mystic Leaders Guild (SEIML Guild).

SEIML Guild is just that- a group of local leaders from covens, clans, shops and other witchy, mystical-type groups. We are building a network to help guide other mystics in our area. This will be a place for leaders to share resources, knowledge, and plan community events. As well as being able to refer people in the community toward whatever product, service, or group they're looking for. We want to build a working-relationship with other like-minded groups in our area.

A key factor of this group is that we are a GUILD: an association of persons of the same pursuits,

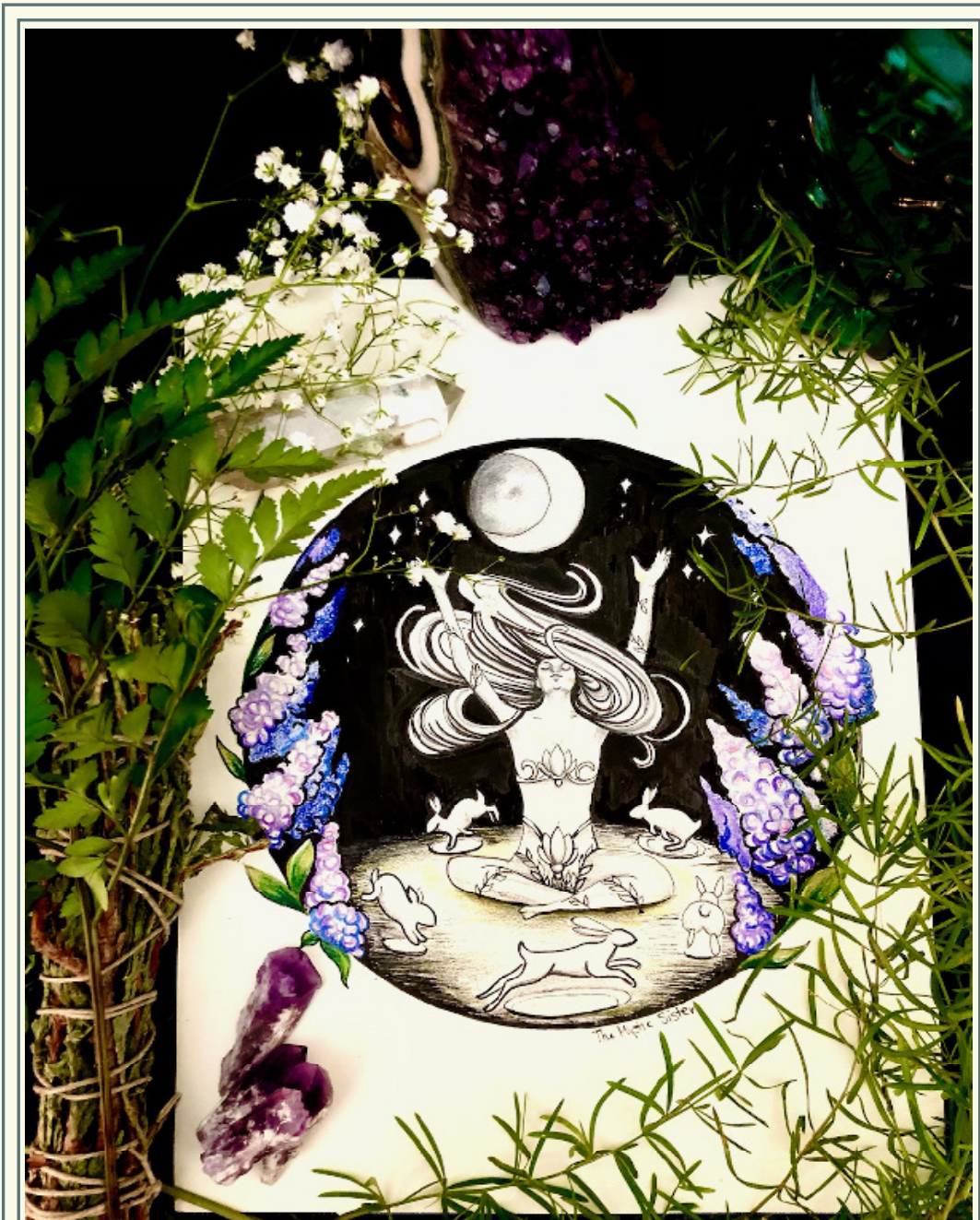
formed to protect mutual interests and maintain standards; a group of people who play a similar role in the community. We



are newly forming and have already met and started to plan local events for our community. We will have quarterly meetings and our next one is March 14th. If you are interested in becoming a member of this guild, - and are a local leader/co-leader- please inquire at [seimlguild@gmail.com](mailto:seimlguild@gmail.com) and we can provide you with the required details.

Let's get this cohesive collaboration growing!

*Jensen was born and raised in Idaho Falls. She is co-founder of her coven, helped to create the SEIML Guild, co-host of the Mystic Gathering Coffee group, and one of the editors for Metaphysical Times.*



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**Corrections**

In Issue 1-1, we incorrectly identified Lysander Xanthus as she/her, when they identify as he/him. We apologize for this error.

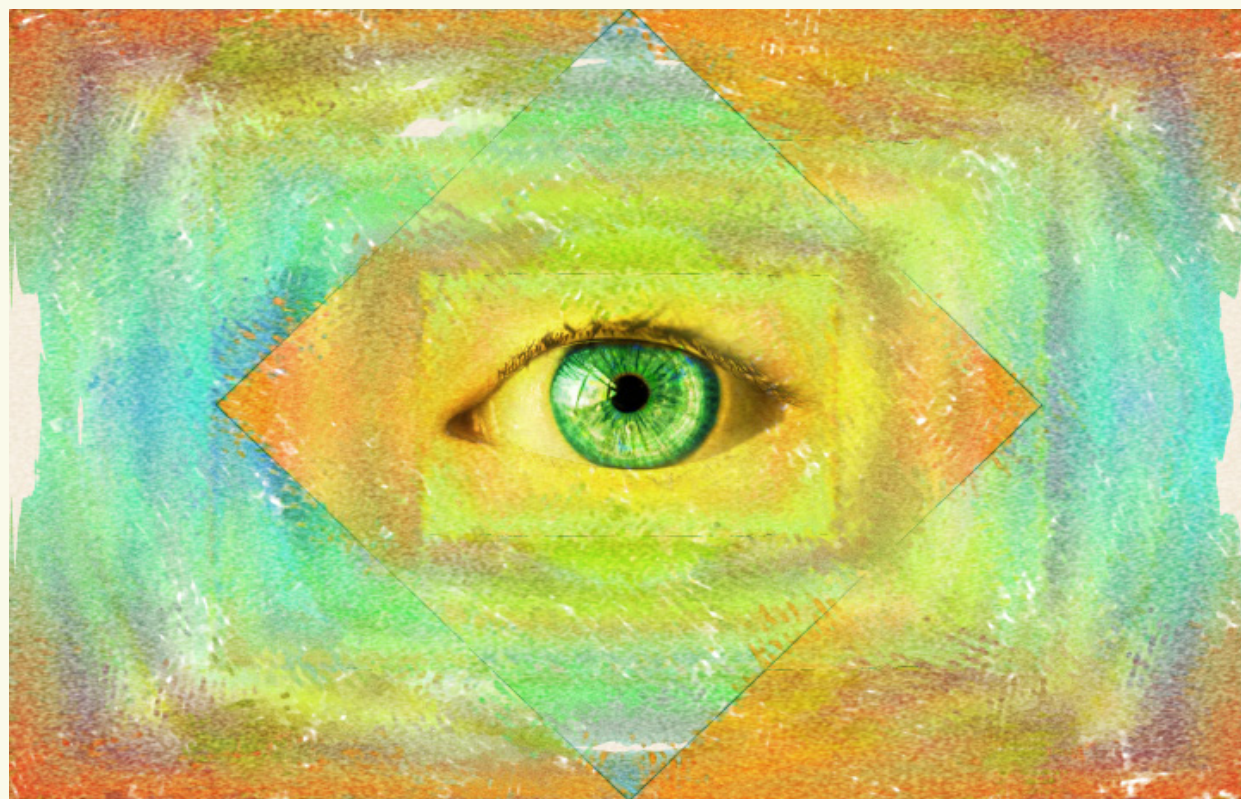
In the photo caption for the Motor-Vu event, Amber Lerwill's name was incorrectly spelled.

**Write for us!**

[metaphysical-times.com/contact-us/submission-guidelines/](http://metaphysical-times.com/contact-us/submission-guidelines/)

Ostara & Grace Gohey ~ Idaho Falls

# How to See an Aura and What Auric Colors Mean



by Terri Ireland

What exactly is an aura? It is an electromagnetic field that surrounds all living things, and it can be seen, felt, or sensed. Auras can reveal a person's emotional well-being as well as their physical state of health. There are many ways of seeing auras, this is just one method. Some sources say that when reading auras it is best to have a high contrast background, either very dark or white. The aura is most easily seen around a person's head. To see yours, your own hand will work just fine. Place your hand at eye level against your chosen background. Now, pick a point just beyond your hand and let your eyes go out of focus (sim

ilar to the way you would view a "magic eye" picture, for those of you familiar with that). Soon, a thin white band will come into view around the exterior edges of your hand. This is the first layer of your aura. Once you are able to view the white band, fix your gaze a little way beyond it. A colored band or bands will then come into view. Each color has a meaning and different parts of the body may show different colors. Each of your chakras has a corresponding layer in your aura that is the same color as the chakra. Sometimes you will see a cloud of color around a person, or around part of a person's body, and the list below tells what those colors mean.

Try this yourself, on plants, animals and your friends; but remember, always ask for and receive permission. It is a spiritual violation to try to read the energy of another without it!

*Terri Ireland 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.*

<b>Red   Strength, energy and courage</b>
<b>Brick Red   Anger</b>
<b>Deep Red   Sensuality</b>
<b>Crimson   Loyalty</b>
<b>Pink   Cheer, optimism, unconditional love, sign of spiritual healer</b>
<b>Rose   Self-love</b>
<b>Orange   Joy, vitality, mental and physical balance</b>
<b>Yellow   Wisdom, creativity, spirituality</b>
<b>Greyish Yellow   Fear</b>
<b>Green   Integrity, compassion, growth</b>
<b>Pale Green   Healing power</b>
<b>Greyish Green   Pessimism, envy</b>
<b>Blue   Spiritual, idealistic, imaginative</b>
<b>Greyish Blue   Melancholy</b>
<b>Ice Blue   Intellectual</b>
<b>Purple   Spiritual power</b>



## Witchy Winter Sowing

by Klarisa Kelley

Starting seeds for their garden is on most gardener's minds right about now. This is the time of year when all of the stores start putting out their seed-starting trays and potting soil. Go to Wal-Mart any day of the week right now and you'll find at least one person perusing the many seed options available this year. Nurseries and garden supply stores are gearing up for the season too and offer many classes on ways to start your garden off right. People will buy their seeds, start them in trays or tiny containers indoors and have to babysit them, watering, rotating, hardening off, until it is finally time to transplant them. Often,

there is heartache when seedlings get dried out because someone forgot to water them, or plants freeze after transplant because they weren't ready for the transition from warm indoor temperatures to chilly nights outside.



There is a better way: the winter sowing technique. Humans are meddling fools. We feel the need to control and manipulate

nature when, sometimes, nature had it right the whole time. Plants don't set their seeds out in hopes that a human will come by and collect them, store them properly, and re-deposit them into the soil at the right time next spring. That's just silly. In reality, they would thrive without our intervention just fine because seeds are perfectly designed to be able to tolerate overwintering and sprouting all on their own.



Each seed has its own needs and will only sprout when conditions are right for that particular variety. Winter sowing takes advantage of this, with milk jugs or other containers acting as mini greenhouses to allow the seeds to sprout on their own timeline. Because they are already outside and acclimated to the weather conditions they will be transplanted in, there is no need to harden off seedlings.

Continued on Page 12...

## Magickal Wire Wrapping by Megan



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## Which Witch is This Witch?

by Amanda Hope

Last Saturday, I had the joy of attending my best friend and sister witch's birthday party. The night was beautiful – full of friends, laughter, and love. Over the course of the evening, I had the opportunity to gush over tarot cards (the birthday witch's mama got them in Salem!), place a tumbled stone of amethyst in the birthday witch's jewelry box, and to discuss moon cycles and birthstrology- all with wonderful women (and men). At one point, I was asked: "So, what are you? Like, are you Wiccan or Pagan? How do you identify?"

I have to say – I choked. Searching for an explanation, I rambled about what I don't identify with, which is any certain religion -so definitely not Wiccan- but pagan doesn't really resonate with me either. Finally I just decided to borrow Benebell Wen's definition and landed on: "independent metaphysician." This pretty much killed the conversation because we were all #whitegirlwasted and that answer was way too clinical. They probably had no idea what I meant and, honestly, neither did I.

What I do believe in is Love and Truth. I believe that Love is God, that the opposite of Love is Fear, and the way to know your truth is by following your intuition. I believe that magic is real. Maybe not Hollywood magic (although I do still hold out hope for a cinematic experience some day). Magic is a



child-like wonder; unconditional love. Magic is joy. Magic is in intuition and empathy; in synchronicities that happen all the time, all around us. Magic is in everything. I believe that science is just magic explained. I believe that magic is just the creative process of a divine source we sometimes call God(dess). I believe that God is Love and that Love is the highest expression of divinity. By condensing it all down to that; there is no need for religion, dogma, or labels.

It is natural for we mortals to seek a definition of ourselves and others. Having a definition helps us to feel securely grounded in this abstract world- where nothing is really concrete. The conclusion was that my "spiritual type" is: "skeptical-contemplative" and the closest tradition to my beliefs is: "New Consciousness Spirituality." I have to include the meat of the definition of a skeptic-contemplative because it is just so amusingly ac-



curate:

"...the Skeptical-Contemplative person may not be completely sure what (s)he believes about spiritual things but is interested in discovering what there might be to discover. SC's often do not adhere to any one spiritual tradition exclusively, and they rarely join spiritual groups. They find a variety of spiritual practices and religious traditions stimulating."

So, basically, another non-answer...

My next move was to turn to my Queen Witchy Mentor and Psycho-Spiritual Cheerleader, Joanna Devoe of Hippie Witch (<http://www.joannadevoe.com/p/hippie-witch-radio.html>). Synchronistically, her last public podcast was on the topic of identity.

Joanna posed five questions, plus a bonus question, to help us find our identities:

The times you have felt most misunderstood in your life – what were people misunderstanding about your motivations?

When reading books or watching movies and tv shows, what characters make you feel understood or high on inspiration?

When leaving a group of people after some time together (a job, community project, summer camp, etc) What do you imagine people will remember and say about you? Why? What is the feeling that gives you?

If you were to survey friends, past lovers, coworkers about your personality, what is one common thread that you would expect to see?

What do you like to make other people feel?

What would be a label that encompasses all of these answers?

I spent some time journaling those first five and when I got to the bonus question my immediate response was: Leo sun, Pisces moon, Scorpio rising. This was the perfect answer to me and just kind of spilled out. I must admit that it made me giggle to see that, in trying to define my identity, I cannot escape the mystical. Although this answer is a true description, it isn't an actual label. I decided to flesh it out and tried on a few words and phrases for size:

Queen (because Leo)

Queen of Heart (not to be confused with the Queen of Hearts)

Cytherean Princess/Enchantress/Creatrix

Mystic Sorceress Queen

Hedonistic Empath seeking Truth and Love

Venusian Sovereign of Duality and Mysticism

– The Basic White Witch –

The – because Leo.

Basic – because not only am I still learning, but my ego-self/personality are quite stereotypically female-millennial.

White – because I only deal in Truth and Love.

Witch – because I am a mystical force of Power.

There we have it folks. Now, how do YOU identify?

If you want to take out the Spirituality Type Self-Test you can find it here: <https://www.du.edu/studentlife/religiouslife/about-us/resources.html>

*Hope is an ever-changing and eclectic lover of the esoteric and occult on an adventure of discovery, searching for all the little evidences of Love and Magick in life. If you would like to listen to Joanna's blog post and meet the Hippie Witch herself, her website is: [www.JoannaDeVoe.com](http://www.JoannaDeVoe.com)*



# Spring Tonic

by Amber Lerwill

This is the time of year where I day-dream of sunshine and playful hide and seek among the wildflowers. The botanicals I seek this spring have been held close to my heart since I said goodbye to them last fall. The months that pass I anticipate their return and have high hopes that their dance with the land would promise me healing and grounding soon enough. It's an intuitive shift I feel straight through to my core.

One of my dearest plant allies is *Urtica Dioica*, our lovely stinging nettle. My ancestors anticipated the return of the sun and awaited its new shift in the sky, this was the time to gather some of earth's most nutritive sources. Winters were long, cold and harsh, and a nettle tonic was something they yearned for. I can only wonder how they felt to see these changes and know that their plant allies were soon to be awakened.

Alongside the banks of winter run-off there is a gathering place I return to each year. Shaded by the trees and scented by the damp mountainside, I search for the shoots of nettles which have begun to unfurl. This is a sure indication that it's time to harvest. Harvesting with my bare hands, the sting creates a knowingness, an awakening within me. This is my plant medicine and what more of a beautiful way to remind me to be cautious of my surroundings. I do not advise that you harvest nettles with your bare hands. If you choose to do so, please be aware that doing so may cause a stinging sensation, rash, itching, and swelling.



Nettle has been used to heal achy joints and arthritic pain in hands just by touching the shoots and allowing the sting to penetrate. This is due to the formic acid in the needle like hairs on the nettle shoots. Increased blood flow rushes to the area by bringing new oxygenated blood to the surface and therefore brings relief. This can be seen in many different cultures for the same uses.

Once I've harvested ten inches off the tops of some of the nettles, I clean them under some cold water just enough to rinse. This is the most ideal time to brew a tea with freshly harvested leaves. It makes the most wonderful spring tonic and it's

what I look forward to every spring.

The rest will be separated into three parts. One which will be used in food, the other for tincture and the rest to be dried and used in herbal infusions throughout the months to come. I find drinking a strong nettle infusion once a month for a series of a few days helps to restore and replenish my body of vital minerals and nutrients. It is extremely high in iron and as women we tend to lose our bodies natural iron during our cycles making this my go to for replenishing. I like tea with nettle leaf but a strong infusion is what I absolutely love. Fun tidbit, *Urtica Dioica* is ruled by the planet Mars and biochemically nettles are full of iron and Mars rules iron.

It is always a great idea to know exactly what you are harvesting, before ingesting any wildcrafted plants. I advise to do your research and homework beforehand.

## COOKING WITH NETTLES

Nettles have a sweet and salty taste. As with most herbs the salty taste can indicate that there are high levels of minerals. The sweetness is mostly indicated when eaten fresh and that is how I suggest you try your nettles. The "sting" goes away from the plant in about 5 minutes with heat. My favorite way to cook is to saute them in a heated pan with some butter and salt. It doesn't take much to cook and it's a delicious earthy green! I have made other culinary dishes with nettle but usually when I am harvesting it I am camping nearby, so I will rinse and cook it up for my family that evening by the campfire. Eating weeds for dinner while camping, I think so!

**TINCTURE** | The tinctures I make are all about time and patience. I use fresh plant matter in every infusion and I also let them infuse anywhere between 6-10 weeks. There are many variations on how to make tinctures but if you have been taught a certain way and like that, then stick to it. Nettle tincture is one of the only ways my husband has relief during allergy season. So the tincture is made in my household mostly for his relief. There are many different reasons why nettle is our go to for allergy relief, but the histamine properties in the plant are a win for our household. If you would like to know more on how to create a tincture, keep in touch and follow me on Instagram (@raven.in.the.wolf.den) I am always happy to share medicine making stories with all of you.

**NETTLE INFUSION** | If you're not cooking nettles with heat the other way to get rid of the "sting" is to let them dry complete-

ly. I have hanging racks and they are perfect for my nettles to dry with sufficient air flow and quality control. Once completely dried I crunch them into a giant mason jar and store away to be used when needed. You wouldn't want to put any herbs in a jar for storage unless you were certain they were fully dried.

Any moisture will cause mold and that's a whole forage that could go to waste real quickly.

For the infusion you will need a quart size jar. You can use a pint size jar if you need to but I like to store the rest in the fridge to drink over the next few days. I fill the jar a third of the way

full lightly with nettles, and then pour boiling water over them. Cap (do not shake or move too quickly, this will cause scalding water to seep out of the jar) and let it sit for about 4-6 hours at room temperature. Now you essentially are

just making a very strong brewed tea, which is what I like to call an infusion.

Strain all the herbal bits out of the infusion with a cheesecloth or muslin bag. You can store this in a glass container for up to 3 days in the refrigerator.

To drink the infusion as a strong brewed tea, I like to mix half warm water with melted honey in my cup and then pour some of the hot infusion into the melted honey water. Nettle is amazing all by itself but I enjoy honey as my sweetener from time to time. To drink cold I store the rest in the fridge and when I fill my water bottle over the next few days I will do a few glugs of the infusion into my water and drink throughout the day. This is also a good way to get my family to partake in the infusions I have brewed and there is always a brew in our fridge.

I hope I have inspired you to identify and wildcraft our lovely nettles and welcome them into your home as a nutritive plant ally and a restorative spring tonic.

I am a student of the earth. I am not a health practitioner and I do not suggest you wildcraft any plants and consume them without being absolutely sure what you are ingesting. I advise you to speak with a health practitioner if you are considering taking any herbs for medicinal use. Do not consume if you are pregnant, planning to become pregnant or breastfeeding. The herbs I speak of in my articles are not to cure, treat or diagnose disease.

*Lerwill 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 hers and the way they heal us, both medicinally and metaphysically.*





# Spirit Pacts for Spring

by Timothy A. Foster

'I call upon the powers of the four directions! I call to praise your beauty and marvel at your strength. I call for your grace and protection as I walk upon this sacred Earth. I call to the Old Gods! I praise your wisdom and ask for your guidance. May I learn to see in your darkness, hear in your silence, and walk in freedom upon our Earth.'

Thinking about the coming Spring, I started to reflect on the various things I have done over the years to celebrate the return of life after a long Winter. When I first moved to Idaho Falls from the forest of Oregon, I had some trouble adjusting to the difference in the climate. Another interesting thing hap-



pened to me that I hadn't expected. It was in Oregon that I underwent the majority of my Craft training, so I built a very strong connection to the spirits of the land there. One of the first things that we did when starting training in 1734 was to make a pact with the spirits of the land, the genius loci, that we would uphold for a year at a time. So, when I came to Idaho Falls, setting out to perform this ritual was at the top of my list. This is what I would like to share with all of you as we ready ourselves for the coming Spring.

The reality of the spirit world is one that people can easily dismiss, unless of course death comes knocking, forcing us to contemplate these Otherworlds. When talking about

spirits, most people often will think about deceased humans as the only type of spirit to be found there; however, many forms and types of spirits make up the spirit realms. Some of these are beneficial to us humans. Not all spirits care for the human species, so it's wise to have training prior to engaging in spirit work. But one thing that everyone can do is make a pact or a contract with the spirits of the land where you are living. There are many benefits to building a relationship with your local land spirits: I suggest giving it a try and promise your experiences will make it clear as to what those benefits will be for you as an individual.

First, you need to find a location where you can perform a short ritual without being disturbed. This should be an area that you can return to throughout the year. As a pact, you will be building a relationship of mutual exchange with the spirits of the land. One thing that I liked to do was bring a trash bag with me every time I visited the site, making sure to pick up any trash others may have left in the area. After you have a location picked out, the next step will be to write out a contract between you and the spirits of the land. On this, be sure to make your intentions clear. Simply write a promise between you and the spirits- as to how you desire to go about serving out this contract for the remainder of the year. Be sure to make two copies so you can keep one for yourself on your altar.

This is best done during a New or Full Moon, close to the Spring Equinox. Take your contract with you- plus an offering of oats, wine or juice, and a chalice. You will also want to bring something to dig a small hole with, as you will be placing the pact into the ground. Upon arriving at the site, feel free to use whatever techniques you are familiar with for waking up the location. Casting a circle or laying a compass- as we do in my tradition- are great ways to get the ball rolling. After the ritual space has been made ready, state your contract out loud to the spirits of the land. Place it into the hole and cover it up with soil. Then offer the oats and the wine to the spirits as well. Spend time in meditation,

staying open to any signs that may come. Be sure to note any happenings in your magical journal, if you keep one.

When working with spirits, it is important to remember that they respond well when not commanded; but rather, spoken to with respect. My teachers have often told me that common sense goes a long way when it comes to the spirit realms. Throughout that year I made many wonderful connections to spirits, both of this world and with those who dwell within the Other. We had a family of deer that decided to make their den not far from the area where most of the rituals had been performed. These are just some of the benefits that came about from starting to work more consciously with the spirits. So,



with the coming of Spring and the melting of snow, how will you go forward this year? How do you plan on working together with the land for growth and change?

*Foster has been involved in the Craft for 20 years. At this time, he does both in-person and long-distance training, be it 1734 or Traditional Witchcraft.*

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## Ostara Plants

by Natalie Ruiz

When Gaia has finally begun to thaw from her frozen sleep, she welcomes the energy and light that will now continue to grow in strength; warming her to the deepest of depths, allowing magnificent tendrils of roots to stretch to their fullest extent. Baby Tulip and Bluebell buds, burrowed just beneath the surface, will start their journey upwards to the sun.

Ostara, the Spring Equinox, marks the time of year when the sun's light is equal with the night's darkness - a day of equilibrium and balance. During this time, I celebrate the fertility of Gaia and the increasing strength of the Sun God, The Greek God Helios in my particular case. Throughout the unforgiving winter, the chill that ran deep to the bone is softened by the sun's rays. Soon, we will be able to bask in the light, feeling a familiar warmth caress our cheeks. Everything around us will be flourishing in growth.

The weeks leading up to Ostara can be just as important to some as the actual Sabbat itself. These days are spent planning and preparing to ensure success.

Maintaining a large garden may seem like a goal out of reach - or just a little unmanageable -



Parsley



Thyme



Mint

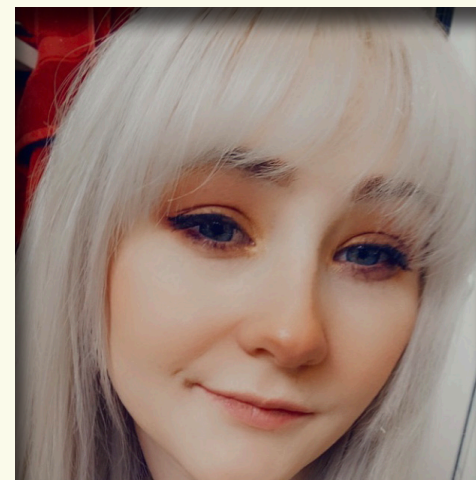
let alone trying to incorporate your magic into it. If you have not already mastered the gardening aspect of your craft, starting small is key. Focusing all of the necessary time and energy on a few plants, rather than spreading yourself thin trying to keep up with numerous ones, is

what makes your garden magical and sacred to you.

As you grow, you can add plants you want to try - and change ones that just never thrived. Getting a feel for the energies you've grown, harmonizing with them, and learning what plants vibe with you - and your magic - is a journey all on its own. Once you find this flow and harness the energy provided, you may find that you can grow just about anything. A few starter plants that I recommend - and have personally seen great success with starting seeds - are: any type of mint, creeping thyme, and parsley. Mint and thyme are very fast-spreading, so I highly suggest using a planter for these two. Parsley also does well in a planter - but not necessarily mandatory. Any and all research done is valuable; however, trial-and-error is a path we must all take to excel. Keeping a plant journal to store notes of what is working and what is not, is an amazing foundation that helps you for next year's growing season.

Connecting with Gaia and Helios on Ostara, for me, means planting the seeds I've researched - with all of the intentions I have for the upcoming warm months. Then, letting my energy combine with the soil for the seedlings, I ground

myself along the way. I continue manifesting and reinforcing those intentions for the upcoming weeks, readying the seedlings for planting when Gaia has completely thawed. I also like to take a long walk, soaking in the afternoon sun, while looking for the signs of spring. Whether you intend to start your magical garden or to soak in the sun this Ostara, be sure to tune into the bubbling energy just below the surface, grounding and connecting yourself to growth. Merry Ostara!



*Ruiz started her path a little over a year and a half ago. Identifying mainly as a Hedge Witch, working with many aspects of the Craft. When she's not researching or hanging out with her small coven, she likes playing video games, working on writing a book and spending time with her pup, Anubis, and her family.*



Celebrated on March 21st, Ostara is one of the eight sabbats celebrated by Pagans (Wiccans, Druids, Heathens, Witches, Magicians, Kemetics, etc.) on the Wheel of the Year. The word Ostara is just one of the names applied to the celebration of the Spring (Vernal) Equinox. The word Ostara comes from Eostre, a Germanic goddess of Spring. Ostara is observed at the same time as the Christian Easter celebration; and, in the Jewish faith as Passover.

The Equinox is the time of equal dark and light, when the hours of daylight equal the hours of night. In agrarian cultures, Ostara marked the return of Spring. The joyful time, the seed time, when life burst forth from the Earth and winter's hold on the land was broken. Some Ostara lore concerns deities who travel into the Underworld and their struggle to return from the Land of the Dead to Earth. When they eventually do return to the World of the Living, they have a new life - both literally and figuratively - and the idea of life renewed plays heavily in the symbolism of this sabbat. It is also a time of new life with many of the animal kingdom bringing forth offspring. Did you ever wonder about the origins of the Easter Bunny? One popular legend is that Eostre found a bird, wounded, on the ground late in winter. To save its life, she transformed it into a hare. However, "the transformation" was not a

complete one. The bird turned into a hare - but retained the ability to lay eggs... the hare would decorate these eggs and leave them as gifts to Eostre."

Sources: wikipedia.com  
paganwiccan.about.com



### Deities of Ostara

Eostre Persephone Herne Eos  
Flora Gaia Pan Aphrodite Attis

#### Setting up an Ostara Altar

Many modern Wiccans and Pagans celebrate Ostara as a time of renewal and rebirth. Take some time to celebrate the new

life that surrounds you in nature and honor Life and Light with your Ostara altar. Begin with a pastel cloth - reminiscent of the pale new flowers of Spring - and add pink, blue, yellow, or green candles. Add a fresh bunch of tulips and some freshly sprouted grass seed (your cat will love it!).

Ostara is a time of balance between light and dark; therefore, symbols of this polarity can be used. Use a god and goddess statue, a white candle and a black candle, a sun and moon, even a yin/yang symbol. A statue of a Spring deity is perfect for this time of year; Persephone, Pan and the Mother Gaia are good choices.

Cauldrons, symbols of birth, filled with gemstones such as moonstone, aquamarine, rose quartz, citrine and a variety of colors of calcite are beautiful additions to a Spring altar.

Spring scents, reminiscent of flowers, should be part of your altar; essential oils in an infuser or hand blended incense to honor the deities you've chosen. We like Lavender, Red Rose, Precious Rose, Lotus, or Fairy Dreams.

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

# A Celtic View of Ostara

by Emma Gardner

The Wheel of the Year is a fascinating study. It follows eight holidays and is focused on the solar changes throughout the year. The earliest studies of man showed they followed solar changes observed when the sun was at its peak- and understood its connection to the growing seasons. Each of the phases -just like the moon- follow the phases of heat from the sun. The people who practice on different hemispheres, follow opposite sides of the same wheel. In simple terms... those who celebrate the wheel of the year are following Sun magic.

At this time of year, we have just celebrated Imbolc and are moving along the wheel towards Ostara, or the Spring Equinox. An easy way to remember what is happening is to think of equality: the time when the Sun is exactly above the equator, making the day and night of equal lengths. As Imbolc is the waking of Brigid, or Cailleach, Ostara is the celebration of rebirth and fertility. The Celts would celebrate the spring equinox as the marriage between the sun god and the maiden goddess. The goddess has been asleep all through winter. The earth is now beginning to renew as spring comes and gives us even more reason to rejuvenate ourselves. It is the time of year when one should spring clean and get rid of all the items that are keeping one from progressing. The Equinoxes were considered times of balance and the life cycles of renewal.

During this cycle of renewal is when one should focus on bettering themselves. Many people who set resolutions- on

January 1st- fail for this reason. If one thinks about it logically, it makes more sense to make those resolutions now - alongside the cycles of the year. During winter, you're supposed to focus on bringing energy in and storing it internally to help make it through the colder, darker months. Trying to summon up the energy to renew oneself during a time when the earth and sun are in a state of slumber is against the natural order of things because one cannot expel as much energy on the outside during this time. Therefore, starting new goals and adventures during the middle of winter does not make a lot of sense.

In order to set oneself up for success, one must merge with the nature of the sun and moon and set resolutions during the month or so leading up to the Spring Equinox. It is now that one can begin to see the first



glimpses of Spring peeking through. Just like the moon waxing up to its fullness, the light is beginning to defeat the darkness and the days are becoming brighter. One should take the time to remove the things that are not vibrationally attuned to where you want to be- making one's life darker. A good way to accomplish this is to reflect on the prior year: there have been a lot of dark and fearful times. Many people have been depressed, missing the connection with others and have been focusing inwards- hiding in the

dark. This can impact a person much more than being in harmony with the light and dark of oneself.

I learned this week, from a good friend, the difference between balance and harmony. Many people are trying to find a "sense of balance" in the world. This connotes a sense of separation between the light and dark, an unbalanced scale measuring the separation of light and dark of a human being. Harmony is about having no such separation between the light and dark. It connotes being one and whole with the dark and light of one's own magical self. In my research, and meeting with others, I have found that no one is completely dark and no one is completely light. The truly harmonious person looks at - and accepts - both sides of their nature and finds what works well with them.

Not only is the time leading up to the Spring Equinox a time to remove such negativity, but it is also a time for growth. Now is a perfect time to figure out what will be in a garden (and start seeding them), plan what one wants to accomplish between Spring and Fall Equinox, and what personal goals one wants to achieve. Ostara is also a time to bake. I have met some beautiful kitchen witches who swear that cooking and baking are a great way to create intentions and bring them to fruition. My grandmother always talked about putting love and happiness into everything she cooked - whether it be bread or cakes. If the intention -person or thing-



is not good for you, the bread wouldn't rise, or the cake would fall. If the cake was perfect and the bread rises, that person would feel your love or it meant that that thing was good for you.

For those who are tarot readers, I have always found Spring Equinox to be associated with both the Empress and Strength. The Empress is the one of creation, she sparks the time of creativity and manifestation - she is a creative force. Strength deals with confronting the inner demons, getting rid of the icky, bad vibrational parts of ourselves that may suck. With strength, we - over time - learn to accept those parts, healthily, and become better attuned in the long run. I hope the time waxing up to the Spring Equinox will bring self-examination and a new lease on the coming half of the year. I hope the intentions you set are ones that vibrate with you, both inside and out and that the world sees you become a better you.

Recipes from <https://www.goddessandgreenman.co.uk/ostara>

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

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# Ostara Ritual

by Caitlyn Wiley

Spring is here! The Earth has awoken and the Sun grows in power each day. This is a time of new beginnings, of renewal, and of balance between light and dark. We celebrate this time on Ostara, named for a Germanic goddess of Dawn and Spring. It is said, that she is responsible for bringing spring to our lands each year- though, around these parts, she's been known to run a little late! She embodies the first warm spring winds, the return of birds chirping in the trees, and the eggs that are once more laid after a winter of little light.



Once upon a time, Ostara was particularly late in bringing spring to the lands. She was feeling horribly guilty about it and - to make matters worse - the first thing she saw when she arrived was a poor little sparrow who lay dying, its wings frozen by the snow. Ever so gently, Ostara cradled the shivering creature and brought it back to life as a white hare, so that it may more easily survive the cold. She named the hare Lepus and made it her partner as a reminder to the importance of



her role. In honor of Lepus's original bird form, Ostara gave the hare the ability to lay eggs, in all the colors of the rainbow, one day a year. The hare, being a generous soul, hides its eggs to be found by those celebrating the Ostara Spring Festival each year.

In honor of Ostara and Lepus, we have been given the tradition of decorating eggs as an offering and then having a sporting hunt for those special eggs left by Lepus. With this sabbat being on the Spring Equinox, it is also a fun little challenge to observe both the sunrise and sunset on this day of balance. While celebrating, many witches love to make and partake of Hot Cross Buns, a delicious springtime treat! Another activity for this day would be the obvious option: to take full advantage of Ostara's blessings and work with plants and gardening. If you keep an altar, it would be perfectly appropriate to decorate it with fresh flowers, small potted plants, imagery of young animals, eggs, hares, etc. and to use pastel colors for your candles. To give Ostara that extra magickal kick, I also recommend spellwork regarding finding balance, shaking habits, increasing abundance, or finding new jobs for yourself.

I've also put together a simple, little ritual for Ostara that would work well for either covens or a solitary witch. You will want to

prepare seeds and a pot filled with soil for you and/or each member participating. I like to use flower petals to create the circle - for an extra springtime flair as well. Begin with anything you usually choose to do for your rituals, such as: grounding, cleansing, and casting a circle. Once finished, you may close as you usually would with things such as 'cakes and ale' and dismissing the circle. Say aloud:

*The Wheel of the Year turns once more,  
Tonight is Ostara, the Vernal Equinox.  
The sun draws ever closer to us,  
greeting the earth with its welcoming rays.*

*Light and dark are equal this day,  
The sky fills with light and warmth.  
The sun warms the land beneath our feet,  
And gives life to all in its path.  
The earth is cool and dark,  
and far below, new life begins.*

*May the soil be blessed with fertility and abundance,  
With the rains of life-giving water,  
With the heat of the sun,  
With the energy of the raw earth.  
With the peace of the wind.  
Spring has come, and for this, we are thankful.*

You and/or each member will now plant the seed and say the following:

*I make this offering to the earth,  
As thanks for the many blessings I have received,  
And those I shall some day receive.  
So Mote It Be.*

*Wiley is a lifelong witch who grew up lucky enough to be raised in a family of pagans. She's rocking the title of High Priestess of a local coven in the Idaho Falls area, and has also been working alongside her mom to build the brand Witchspiration, a line of custom-designed bags, face masks and more.*

## Ostara Bread

*3 mugs strong white flour, 500 mls buttermilk, 2 teaspoon bicarbonate of soda, 3 teaspoons of ground almonds, 3 tablespoons golden syrup, Juice of 2 lemons, 1 small beaten egg for glazing, soft brown sugar for sprinkling*

Blend ground almonds and flour together in a large bowl. Make a well (or hole) in the center and pour buttermilk, lemon juice, and golden syrup. Mix together completely. Focus on the reason for celebrating this time

of year. Repeat wishes, dreams, hopes, and ideas that you wish for the year to come as you knead.

"Out of Earth toward the Light, New Beginnings take Flight" -Repeat three times.

Turn the dough on a floured board and pat into a circle. Using a knife score the bread into two halves, representing the equinoxes. Glaze with the beaten egg and sprinkle sugar over top. Place into a moderate- temperature oven (325-400 degrees) for about 20-25 minutes. Enjoy!



## Vernal Equinox Cake

*4 separated eggs, ½ tsp cream of tartar, 3 tsp cold water, 12oz caster sugar, smidgen under ¼ pint boiling water, ¾ tsp baking powder, pinch of salt, 8oz sieved plain flour, few drops vanilla, grated rind of ½ lemon*

Grease and line a deep, 8 inch cake tin and preheat the oven to 300F. Beat egg whites with the cream of tartar until they are stiff (put to the side).

Beat egg yolks and cold water for at least

five minutes. Think about what the equinox means to you. Beat in the sugar and then the boiling water: the yolks should be getting whiter.

Beat in the salt, baking powder, and flour - beating and concentrating the whole time. Stir in lemon and vanilla. Gradually slow down, until one can gently fold in the egg whites and turn the mixture directly into the tin. Bake for one and a half hours: DO not peek for about 45 minutes. The cake rises in its tin and will be light and white. Enjoy!

*A Celtic View of Ostara Recipes | Page 9*



# Practical Witch

by Michelle Norton

My tarot deck was picked up without my permission by someone whose energy really bothers me. I don't want my go-to tarot deck tainted this way. I never let anyone touch my deck. What can I do to cleanse my deck?

There are several methods to cleanse your deck. How long are you willing to go without it? If not long, I would suggest the following: Create a bed of salt, near a window, where moonlight can get to the deck. Place your deck on this bed of salt every night, with a quartz crystal on top, until you feel the energy of the deck has changed. Throw out the salt every morning and create a new bed of salt each night. Soak the quartz in water during the day, making sure you dry it thoroughly before putting it back on your deck, and throw out that water as well. Before use, smoke cleanse your deck with lavender or sage. I hope this helps.



I see this shining light wherever I go. It's just out of the corner of my eye and I don't know what it is. Is this a sign? What should I do about it?

First, breathe! This could be nothing more than a light sensitivity. However, there are few things you can do to determine if something is trying to communicate. Do you have a patron spirit or god/goddess?

Perhaps you need to intensify your work with them. Does anything else happen when you see these lights? If there is a physical reaction, consider seeing a doctor. If there are other notable happenings

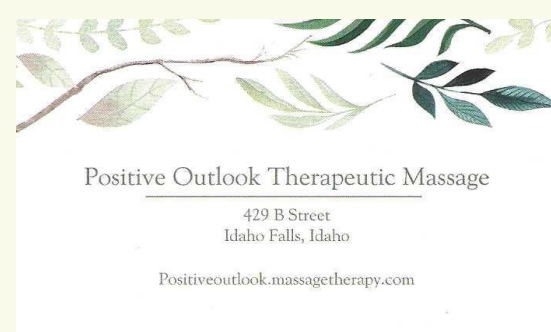


right around seeing these lights, consider what they mean. A good symbolism dictionary is your friend in this situation. Consult an oracle like tarot, i-Ching, or other system to see what you can do. As always, assume good intentions. Note, but do not worry. Keep a journal of your experiences.

I am just starting my journey, and I wanted to know the difference between Wicca and Witchcraft?

The short answer is that Wicca is a religion and Witchcraft is a practice with many forms and may not be religious at all. You don't have to practice both to do either. Are you looking for a religion? Wicca may be your answer. There are many books, and traditions in this path to explore with history dating back to the 1950s as started by Gerald Gardner. Witchcraft has a deep history and comes in many forms, from high ceremonial practices out of the spiritual movement from the 19th century, to self taught, intuitive practices, and everything in between.

*Practical Witch is an advice column on metaphysical topics. Do you have a question about divination, magick, paganism, or other metaphysical topics? Send us your questions at: <https://metaphysical-times.com/practical-witch/>*



## From The Editor

.... Continued from Page 2

online editions, and publications eight times per year, with each issue themed to match the Sabbats of the Wheel of the Year. It has an accompanying website [www.metaphysical-times.com](http://www.metaphysical-times.com). It is a public voice for the unseen, the unheard. The motto of Metaphysical Times is "spiritual wellness for all". We are your go-to for information regarding alternative spiritual and holistic health communities, and we are LGBTQ+ inclusive.

Community Spotlight & Community



Paula Robinson, MIP Life Designs

Hello my Friends! My name is Paula Robinson and I am the owner of My Intuitive Paula (MIP) Life Designs. I am a natural, organic intuitive and have been privileged to serve my clients around the world - over the phone and in person - for the past 16 years. I have been blessed to work from Enchantments, in Pocatello, since 2019. As a natural, organic intuitive I connect with many different

gifts to provide you with your highest and best reading. I begin our session by connecting with my Creator and asking how I can best serve you. I then connect with your energetic field by clearing and balancing your chakras. It is during this work that I start getting messages and images from your Guides and Angels to present to you. Sometimes your transitioned loved ones will come through as well. I'm never quite sure what to expect! I only know that the information that comes through, or the energy that is healed or removed, opens the most amazing doors to our highest vibration and allows so much room for creating our best lives. It is also my delight to offer classes to assist you in connecting with your natural gifts. Each class I teach, at Enchantments or online, opens new doors to your highest vibration allowing your intuition and guidance to shine through.

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Witchy Winter Sowing

.... Continued from Page 4
This also means that stems are thicker and plants, in general, have a healthier look to them.

With Imbolc passing and nearing Ostara, now is the perfect time to get started. There is a little bit of a process: collecting containers, picking seeds, planting, waiting. But, in the end, the results are worth it. Learn the techniques by signing up for the Winter Sowing Classes at the online Metaphysical Times calendar!

Klarisa finds joy in being an eclectic green witch and is a founding member of the Southeast Idaho Mystic Leaders Guild.

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Tarot Signatures

by Michelle Norton

St Patrick - The Chariot

The Chariot on a day known for parties. However; this year, it's time to notice that while the Chariot is the card of moving forward, it is also a card of stagnation. Those sphinx are not pulling the cart, those wheels do not move, and that man is only half of a person. Perhaps, it is time to make new traditions.

Easter - Death

Never was there a more appropriate card for this day- of a soul rising from the dead and the creation of heaven. It is a reminder that nothing is forever, so cherish the time you have now.

Ostara - The Wheel of Fortune

On a day with light and darkness in balance, the Wheel commands attention. While it turns, it is your job to balance yourself in fate. Leave it up to chance and you will fall off. If you are making an offering for this Equinox, look for one that honors both sides of the coin.

Joe Biden - Judgement

Our new President, Joseph R. Biden's birth card is Judgement. It is a position he has been in for most of his life as a member of congress. The Judgement card, with the motif of the resurrection, is particularly potent after the last election. He is inherently the giver of second chances.

Kamala Harris - The Hierophant

The Hierophant is the card of the educator. Kamala Harris has a very big job ahead of her- where this needs to be her primary goal. With the Hierophant as her birth card, she is well equipped for her role as vice-president.

Donald Trump - The Fool

I had to do the math a few times on this one; but yes, his birth number is 22, making his birth card the Fool. Conversely his shadow card is 4, the Emperor. Here, there is a want and reality. Neither of which are particularly favorable.

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



Patterns motivate 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 keys to the doors reflecting the inner workings of the world. A tarot signature combines numerology and tarot zone in the climate of now. Signatures look at specific dates to share the whys and the lessons.

## How To Get The Most Out Of A Psychic Reading

by Lysander Xanthus

Whether you have received readings before, or you are considering getting one for the first time, here are a few things to consider before your next reading. Most readers charge by time, so you want to be sure to get the most out of that time AND come out of your session with your true concerns duly addressed.

### Exercise discernment.

Your reader is a human sitting across from you (or on the other end of the phone). Their word is never absolute, nor is the word of any spirits or guides speaking through them. Never set aside your own common sense and inner sense of truth.

Understand what a reading can provide and what it can't. If possible, it is good to learn about your reader beforehand to learn what is within their individual ability to provide in a reading- we're all different!

Ideally, readings should provide you with additional intuitive information that you use to help you make the best decisions for your own life, or just to gain insight into yourself or a situation that allows you to move forward from an empowered place. They can show you multiple options for moving forward, or how things might unfold in the future, so that you can consciously decide the best way forward for yourself.

Readings can't, and shouldn't, tell you what to do. They can't tell you 100% what will happen in the future. No reader is 100% correct all of the time, no reader is infallible. A reading cannot promise you an outcome.



### Ask good questions.

Be mindful of how you phrase your questions- as it changes the kind of information you will re-

ceive. For example, a person interested in a love reading could ask any of the following: "Will I ever find love?," "Will I start dating someone seriously within the next year?," or "How can I meet someone who shares my values and relationship goals, and is interested in pursuing that with me?" The last question empowers YOU to find the love you deserve.



### Ask more questions.

You can follow through with intuitive information and pursue a train of thought for greater insight. An example: you are told that the market for your new business isn't receptive to you and that it might struggle. You could then ask, "What is my ideal market, and how do I reach them?"

### Alternatively, ask no questions.

Conversely, allow your reader to intuit what it is you truly want to know and it is possible they can answer many questions for you without you asking or even knowing clearly what it is you wanted to know. Each reader is different, but a good one will be able to do this. However, they

## Phases of The Moon

Phase	Date	Time	Sign
Last quarter	3/5/2021	6:32:00 PM	Sagittarius
New moon	3/13/2021	3:23:32 AM	Pisces
First quarter	3/21/2021	7:41:46 AM	Cancer
Full moon	3/28/2021	11:50:04 AM	Libra
Last quarter	4/4/2021	3:04:12 AM	Capricorn
New moon	4/11/2021	7:32:56 PM	Aries
First quarter	4/20/2021	12:00:01 AM	Cancer
Super Full moon	4/26/2021	8:33:04 PM	Scorpio

may also end up telling you what you NEED to know or hear rather than what you were wanting to know.

### Quickly give them actual relevant information.

A reader doesn't need to know anything in order to read, but context can help with interpreting what they have been given. There are times when sharing

the large volumes of information they are receiving is quite a trick and sometimes a reader can misinterpret, or not know how a piece of information fits, and you can help fine-tune their attention by being honest.

### Take notes or record the session.

It will be difficult to remember everything from your reading. Having something to refer back to is invaluable for seeing the information with fresh eyes- or greater knowledge- a few days, weeks, or months after the reading.

### Ask to be reminded when there is only a few minutes left.

This way you can best prioritize what you really need help with before you are out of time. Alternatively, you can use the last few minutes to sit peacefully in the space created by the reading rather than directly transitioning back to your everyday reality. It may also be prudent to be prepared to pay for more time just in case you find yourself not ready to stop.

### Trust yourself above all others.

It can be easy to become confused or frightened- especially if one is seeing multiple readers and receiving many different answers. In the end, you must live with your choices, and there is always a point where you must make the decision of how to process the information you received. Check in with your own intuition, emotions, and intellect and use all three to come to the best decision for you. A reader is here to help you to help yourself; but, you still have to conduct your own life.

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

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## TATTOO

### **The Spiders Web**

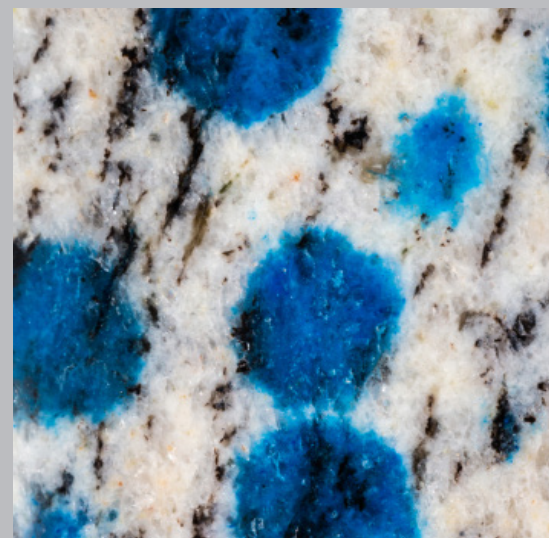
Tattoos & Piercings  
(208)523-5301  
leonspidersweb@yahoo.com  
facebook.com/thespiderswebink

## THERAPEUTIC MASSAGE

### **Daphne Coon LMT**

429 B St, Idaho Falls, ID  
83402 (inside Healing Hands)  
Positive Outlook Therapeutic Massage  
positiveoutlook-massagetherapy.com  
(208)757-2461

## Featured Crystal



**K-2** | A stone of granite with azurite inclusions, also known as The Silk Road's Treasure, is named for an ominous peak in the Karakoram Mountains of Asia. The peak, K-2, is also called Chigori (Great Mountain). It is considered the world's ultimate climb. Its granitic material is the foundation for the Silk Road. Metaphysically, it can lead us to our richest expansion. Even today, The Silk Road appears to be desolate and foreboding. It seems incomprehensible that Marco Polo found a way to bring the most exotic and delectable treasures to the western world. His journey awakened the world to a curiosity for new adventure, culture, and food. This stone places all of that- and more- into the palm of your hand. It ignites new desires and courage, inviting us to explore the rare and exotic treasures of a world we have yet to experience. It reveals beauty, serenity, and a powerful wisdom to support our journey on our "Road Less Traveled". As we embark on our ultimate climb, we discover rich treasures from trying experiences – knowing, like Marco Polo, that we will find a way.



# Upcoming Spring & Summer Events

## Blue House Spiritual and Wellness Center

1430 Cottage Ave. Pocatello, ID 83201  
(208) 417-2164

### March

Every Wednesday | Reiki Share - 6:30pm

5th-7th | Reiki Master Class

11th | Sound Healing - 6:30pm

23rd | Open House - 10:00am - 5:00pm

### April

Every Wednesday | Reiki Share - 6:30pm

2nd-4th | Karuna Reiki Master Class

22nd | Sound Healing - 6:30pm

### May

Every Wednesday | Reiki Share - 6:30pm

## Enchantments

233 N. Main, Pocatello, ID 83204  
(719)271-9517

### March

6th | Grounding - 12:00pm-1:30pm

8th | Grounding - 5:30pm-6:30pm

20th | Communicating with our Guides - 12:00pm-1:30pm

22nd | Communicating with our Guides - 5:30pm-6:30pm

### April

3rd | What's your Clair? - 12:00pm-1:30pm

5th | What's your Clair? 5:30pm-6:30pm

17th | Chakra Mala Creation & Meditation - 12:00pm-1:30pm

19th | Chakra Mala Creation & Meditation - 5:30pm-6:30pm

## Healing Hands

429 B. Street, Idaho Falls, ID 83402

### March

Thursdays & Fridays | Tarot Readings - 11:00-6:30pm

6th | Winter Sowing Class #2- 12:00-1:00pm

6th & 13th | Pop Up Shop with The Mystic Sister, Grace Gokey - 11:30am - 5:30pm

13th | New Moon Sound Bath - 6:30-7:30pm

20th | Winter Sowing Class #1 - 12:00pm - 2:00pm & Pagan Holiday of Ostara

27th | Winter Sowing Class #2 - 12:00pm - 2:00pm & Pop Up Shop with Celestial Auras - 2:00pm - 6:30pm

### April

Thursdays & Fridays | Tarot Readings - 11:00-6:30pm

4th | Christian Holiday of Easter

### May

5th | Cinco de Mayo

6th | Witches Night Market - 5:00pm - 8:00pm

### June

3rd | Witches Night Market - 5:00pm-8:00pm

21st | Pagan Holiday of Litha/ Summer Solstice

### July

1st | Witches Night Market - 5:00-8:00pm

4th | American Independence Day

### August

1st | Pagan Holiday of Lammas/ Lughnasah

5th | Witches Night Market - 5:00pm-8:00pm

13th | Friday the 13th Sale

## International Institute of Massage Therapy

148 Corner Ave, Idaho Falls, ID 83402

### March - December

First Thursday | Reiki Circle - 6:00pm-8:00pm

Second Thursday | Sound Healing - 8:00pm-9:00pm

Fourth Thursday | Full Moon Healing - 8:00pm-9:00pm

## Red Thread Holistics

635 S. Woodruff Ave, Idaho Falls, ID 83401

### March

13th & 14th | Reiki Retreat

22nd | Soul School

## Rooted Salon

498 E. 13th Street Idaho Falls, ID 83404

### July

6th, 13th, 20th, 27th | Chakra Workshops

### August

3rd, 10th, 17th | Chakra Workshops

## Your Beautiful Life Hypnosis

1108 Overland Ave #3, Burley, ID 83318

### March

4th, 11th, 18th, 25th | Law of Attraction Series - 6:15pm

5th, 12th, 19th, 26th | Psychic Series - 6:15pm

13th | Palm & Tarot Readings 10:00am - 5:00pm

20th | Sips & Friendships - 4:15pm

26th | Group Hypnosis - 6:15pm

### April

1st, 8th | Law of Attraction Series - 6:15pm

2nd, 9th, 16th, 23rd, 30th | Psychic Series - 6:15pm & Psychic Development - 6:15pm

29th | Group Hypnosis - 6:15pm

### May

7th | Psychic Development - 6:15pm

7th, 14th, 21st | Psychic Series - 6:15pm

## Ask Andrea

by Andrea Czobor

As divine timing would have it, the seed of my intention to educate my community has begun to sprout. The Spring season brings warmth, melting snow, and revealing an abundant Earth and its people, of whom most have lived this last year more disconnected, deprived, and desperately in need of deep, soul-quenching love.

The opportunity for extraordinary change is here, and in collaboration with the highest good, it is an honor and privilege to write an inclusive public resource into a realm of wisdom we all can relate to.

Each issue, Ask Andrea will anonymously highlight submitted inquiries about all things intimacy, sensuality, and sexuality from the askandrea@metaphysical-times.com inbox, in addition to share sweet and spicy seasonal treats to explore!

Ask Andrea is for every living breathing human, written by me, a Holistic Sex and Intimacy Coach, who's passion is in guiding others to maximize their limitless world of pleasure. It is through my study in these arts where I have learned pleasure is our natural given birthright and as forever students, we are all continuously learning what brings us joy and ecstasy through expression, embodiment, and aligning with our authentic selves.

"It's time we saw sex as the truly sacred art that it is. A deep meditation, a holy communion and a dance with the force of creation." - Marc Allen

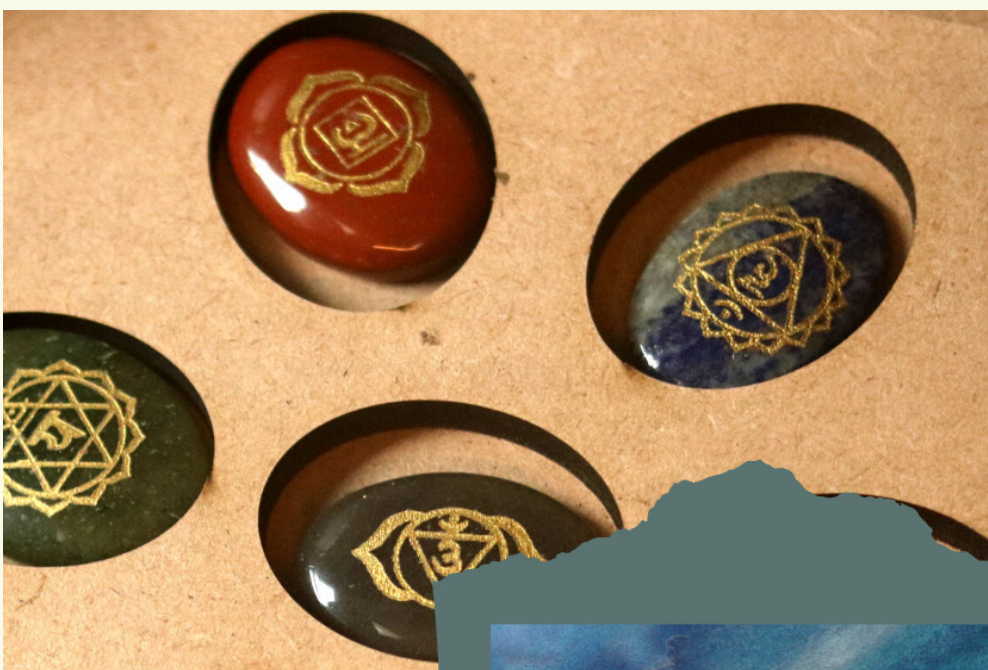
Let's dance together, celebrating all the connection and education our community's voices will bring to all people of all faiths in Idaho and beyond. Cheers to growth, love, and presence in our magical humanness. Answer the call of Spring and until then, stay warm... #CzeizeTheDay!



The Leg Warmer | At the edge of a sturdy waist-level surface, the submissive lies on their back, knees tucked into their chest, and feet ready to meet their partners shoulders. The dominant stands, leaning into and supporting their movement by holding their partners calves in front of them.

Spring Cleaning | Invite one's senses for an inventory ritual of all things in life needing or wanting to melt away, whether they are in or out of one's control, as well as the seeds you are growing. Feel the energy in the body. Breathing deeply, visualize and feel the energy melting away into the Earth as well as your roots extending deeply to receive abundantly from the soil. Declare a new expansive capacity for the seeds you have planted from all you released!

*Czobor is a Holistic Sex and Intimacy Coach, intuitive, and content creator for Healing Hands. She arrived to Idaho this January, loves to rock climb, and is thrilled to contribute to the growing and thriving spiritual community.*



# Healing Hands

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

**WIRE-WRAPPED CRYSTAL PENDANTS  
 BY MAGICKAL MEGAN**

**HERBS BY RAVEN IN THE WOLF DEN**  
**GROUP SPACE FOR RENT**



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