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Issue 1.3

# Metaphysical Times

## Beltane 2021

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# Metaphysical Times

ISSUE 1.3

BELTANE 2021

FREE



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From The Editor



by Terri Nelson Ireland, Editor-in-Chief

Metaphysical Times has certainly arrived on the scene at the right time, when people are hungrily seeking more information about metaphysical and

spiritual topics, and communities with which to enjoy those pursuits. I am so pleased to announce that Metaphysical Times is growing! We are adding new features, new advertisers and new distributors! We have content from new authors, and we feature local artists and their works! We are adding four more pages for the Beltane issue, and doubling our distribution from 1000 to 2000. Website traffic for

the online version of Metaphysical Times has increased 600%.

How can you help our community to grow, and create safe space for others to find ways to experience and express their spirituality without fear? Share this publication, write an article, get in touch with event planners and lend a hand, show it to your friends that own businesses and ask them to consider advertising with us!

Metaphysical Times

The Metaphysical Times is a new age newspaper published in both print and digital editions, published eight times per year. Each issue is themed to match the Sabbats of the Wheel of the Year. This publication is a voice for alternative spiritual and holistic health communities in Idaho. Our aim is to promote spiritual wellness for all. \*Reader Advisory Mature Content\*

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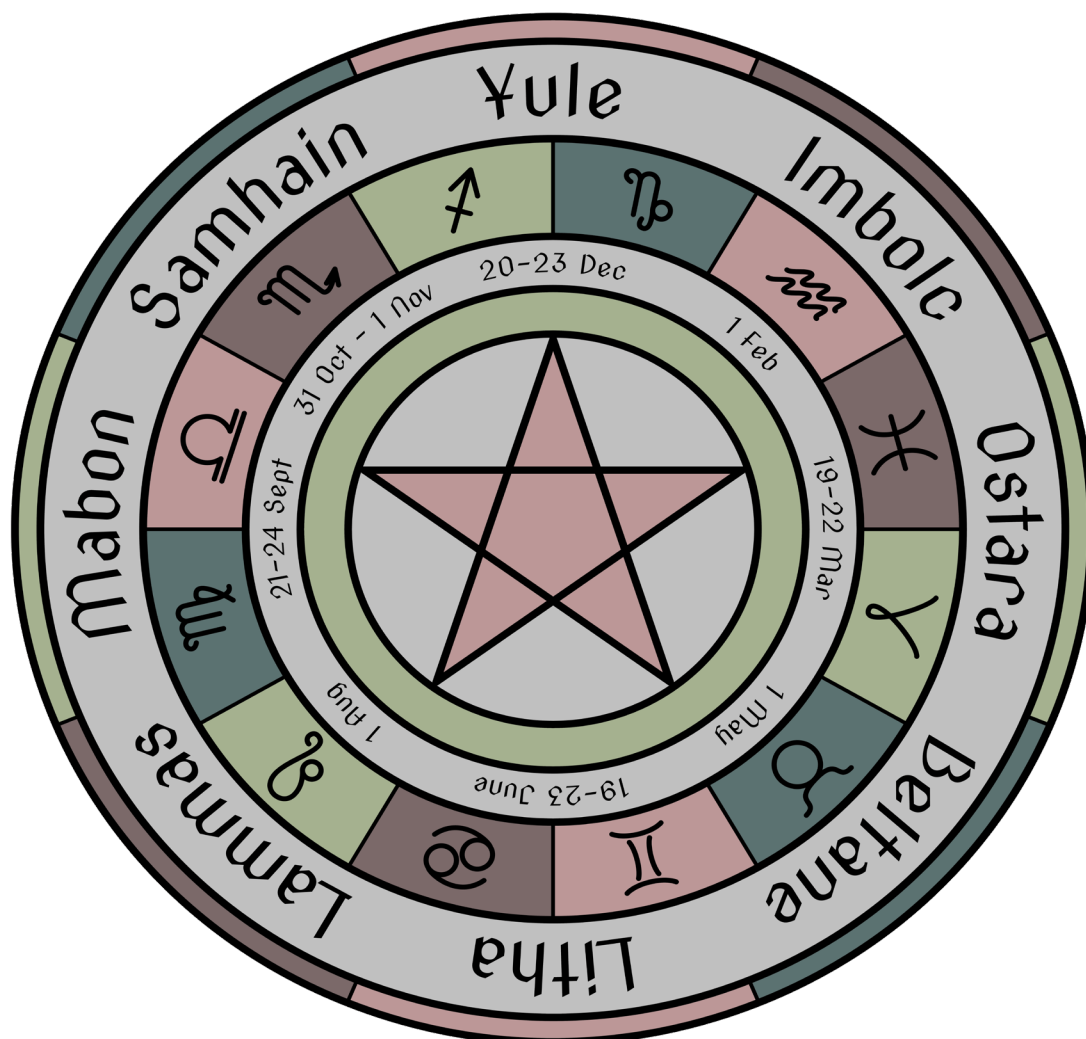
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Wheel of the Year



"The first time I called myself a 'Witch' was the most magical moment of my life."

— Margot Adler



# Bergamot: A Miracle Self-love Oil

by Heidi Jensen

Spring has finally arrived and the warmth of Beltane is right around the corner. Beltane is an amazing time to work on love: both romantic and not. As the fire celebration begins to warm our souls, it is evident that self-love is one of the most important things we should work on. Without loving yourself - ALL of you, you cannot fully expect to be able to give yourself to another. A great way to help uplift yourself is with oils.

Bergamot is known as the Self-acceptance and Self-love Oil. It is commonly extracted from the peel of the bergamot orange (*Citrus bergamia*) and is the most delicate of the citrus plants. It is named after an Italian province where it was first cultivated. It has a sweet, citrus aroma with a hint of floral and is believed to be both uplifting and soothing. It can help clear away fogginess, reduce anxiety and depression, and help attune us with our higher selves. It amplifies energy and lightens the shadows of the mind, including

those of stress, anxiety, depression and despondency. It allows our mind to invite feelings of joyfulness and positive self-talk.

Bergamot also has many healing and protective properties as well. It has been used as an analgesic, antibacterial, antifungal, anti-infectious, antiparasitic, neuroprotective and sedating agent for centuries. Many have



also used it to help clear up skin blemishes and to help hair become more healthy. It is a great digestive aid and can be used internally. Many current pharmaceutical and cosmetic companies use Bergamot in a variety of their concoctions. It can also be used to promote hormone balance in men and women and increase your sex drive.

Bergamot is strongly associated with the sun and is used to clear the mind, body and soul. If you feel yourself slipping into sadness or unable to focus, add-

ing a few drops in a diffuser, mixed with a carrier oil for external use, or even taken orally can help change your perspective.

- Add 2-3 drops in your shampoo and rinse with 5-6 drops of both Bergamot and coconut oil.

- Steam 2-3 drops in a vaporizer to help with respiratory difficulties.

- Apply a few drops on the palm of your hand to inhale.

- Drink Earl Gray tea (Bergamot is one of the main ingredients) or add a few drops to your favorite herbal tea.

- Diffuse in your home/office or in diffuser specific jewelry for clarity and reduce depression and anxiety.

- Add 8 drops with 3 handfuls of bath salt and soak.

- Mix together with other citrus scents. Also blends well with earthy scents. Try blending it with any of the following: Jasmine, Sandalwood, Ylang Ylang, Lavender, Lemon, Orange, Grapefruit, Cedarwood, Peppermint and more!

- Add to a carrier oil: 15 drops to 1 tablespoon carrier oil such as: grapeseed, coconut, hazelnut, and even rosehip.

- Add a few drops in with your laundry.

A lot of people I have talked with recommend placing your mixtures or blends on your wrists, over your heart, behind your ears, or on the back of your neck. This can bring in a sense of self-acceptance and help instill your inner-confidence - while also reducing pain, vertigo, and stress. Bergamot is associated with the Third Chakra: So-



lar Plexus and Seventh Chakra: Crown. It is truly an amazing miracle oil and has many, many uses. My only caution is that it is photo toxic and photosensitive and should not be stored in direct sunlight. You should also avoid placing it in areas on your body that will receive direct sunlight.

Continued on Page 12...



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**Corrections**

In Issue 1-2, we incorrectly spelled Caitlyn Willey's name. We apologize for this error.

**Write for us!**

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# Of Note...

April 16th | Birthday of author Margot Adler

April 22nd | Earth Day

April 23rd | St. Georges Day

April 26th | Full Moon

April 28th - May 3rd | Floralia, honoring the goddess of spring flowers and vegetation

April 30th | Walpurgisnacht, celebrated by German witches and Hexennacht, a TST Satanic occasion solemnly honoring those who fell victim to superstition and pseudoscience

May 1st | Beltane, a feast of fire and fertility and Bona Dea, Roman festival of the fertility goddess

May 2nd | Last Day of Rivdan - Baha'i; Pascha - Orthodox Christian

May 4th | National Day of Prayer - USA Interfaith

May 5th | Cinco de Mayo

May 8th | Laylat al Kadr - Islam

May 9th | Mother's Day

May 13th | Celtic Tree Month of Hawthorn begins

May 14th - 16th | Eid al fitr - Ramadan ends - Islam

May 17th - 18th | Shavuot - Jewish

May 23rd | Pentecost - Christian; Declaration of the Bab - Baha'i

May 26th | Full moon

May 29th | Ascension of Baha'u'llah - Baha'i

May 30th | Trinity Sunday - Christian

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## Finding Beltane. Finding Home

by Klarisa Jensen

Do you ever feel like you're stuck in a life that isn't yours? That you don't belong - even though you try so hard to fit in? I've been there. I've lived it.

I come from a Mormon background. Well, pseudo-Mormon background. By this, I mean, I did everything I could to jump through all of the hoops trying to fit into that mold. Sadly, the truth is, I never fit. I never had that "testimony confirming moment." I felt like an outsider at any of the functions. I was never at home; in a constant state of unrest. I fought so hard to be a part of something that wasn't a part of me. At least until I couldn't fight any more; until I found an article about Beltane...

My story could start anywhere along my

childhood. I could start with my parent's divorce when I was five, or when my mom re-



married when I was seven. I could tell you all about the abuse I went through at the hands of my father. I could tell you about being baptized into the Mormon church at thirteen, or I could tell you about being alone at eighteen, planning the arrival of my first baby. I could

tell you all about so many life-altering events that have shaped who I am, but I won't. Those things did happen, yes. It's the little things, however, that brought me to know that I am a witch.



As a kid, my mom had a jewelry box that I used to love. It was a tall one with many drawers and sections to hang necklaces in. Mom always had it full of treasures, and I would peek occasionally when she wasn't looking. I didn't care about most of the baubles. I was interested in what was in the 2nd drawer from the top... a drawer full of hand-picked crystals from a trip Mom took with her best friend. Inwardly I told myself, I would do that someday. Sunny, summer afternoons as a ten-year-old were spent with my best friend gathering dandelions in the yard and grinding them up on rocks, making "medicine." We envisioned a world where things were slow and simple and there was a need for herbal medicine; a world where people were connected to the earth.

Continued on Page 6...

## Magickal Wire Wrapping by Megan



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# Facing Your Shadow

by Amanda Hope

Noted Swiss psychiatrist, Carl Jung, coined the term “Shadow” to describe what I like to call “the dungeon” of all the repressed parts of ourselves. The dungeon holds every thought, idea, behavior, or experience that we have labeled shameful or unsafe.

Out of sight, out of mind, right? Wrong.

It is widely accepted that there are three regions of the mind: the Ego (consciousness), the Subconscious (where the dungeon is held), and the Higher Self (our intuition and connection to the Divine). Each part of the consciousness is of equal importance. The three regions of the mind work together to help us survive the 3D reality of being human in a material world.

The Shadow’s priority is survival, and it attempts to run our lives from a place of fear. When we keep the shamed parts of ourselves locked up in the dungeon, they make themselves known occasionally - in little outbursts - while trying to escape into the light. Usually, we are not aware of the control - or even the presence - of the Shadow in our lives. It is important to remember that the Shadow is not an enemy, in fact it is a well-meaning friend.

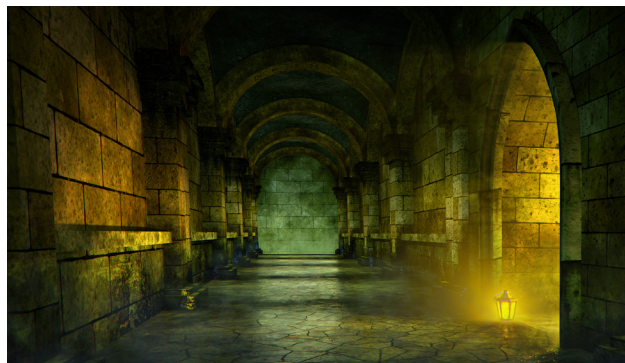
In Paleolithic times, love was quite literally a life or death situation. We relied on other humans for safety and survival. If we are rejected by our tribe, we lose access to shelter and protection. There is strength in numbers and without a tribe our lives could, and likely would, surely end. We carry this fear in our genes. It is in our blood to place love at the top of our priorities.

Even in these modern times, a mother’s Love is crucial to keep us alive. We come into this world relying on another being to feed, nurture, care, and protect us. A baby depends on its mother’s love for survival. Therefore if you take our primordial instinct and compound it with our early vulnerabilities, we end up with a heavily ingrained need for love to survive. At this point in our existence, the Shadow becomes more of a hindrance than a help.



The prisoners of our shadow want -and need- to be seen. They ARE you; your buried selves - begging to be seen, heard, and accepted. The goal is love, remember? When we fully integrate those rejected parts of ourselves, they lose their iron-clad grip on our life. Shadow work is the act of shining a light on the aspects of ourselves that are darker so that they can receive the validation they crave.

The easiest way to identify a shadow is to look at where in life we are projecting. Our harshest and/or quickest judgements can be a window to the things we dislike in ourselves. I have constructed a habit of questioning my thoughts. Any time I pass a judgement - in my mind, I notice, stop myself, affirm the



phrase: “I am willing to change,” and then try to direct some love energy towards the person I was judging. After this process, I then like to re-examine that judgement.

Ooh that is NOT something she should be wearing! Redirecting focus to my true core values, I edit my original thought. A person may adorn their bodies any way they wish. I refuse to perpetuate the shame society gives nor the importance it has placed on our outward appearances.

Returning to the heart center, I acknowledge the beauty in every human - and send a pulse of thanks, apology, and love towards the person who triggered my Shadow.

After I have finished the “making peace” process with the other person’s energetic being, I then turn my focus back inward. Why did I have that reaction? Most times, my fear is humiliation – another face of the social-acceptance coin. It’s generally the exact OPPOSITE of fun: to not only notice your flaws (i.e. being mean), but also to realize a reaction like that is because of your own faults. However, it is of the utmost importance that you

are kind with yourself.

As painful as it is to see, the person you see yourself as- considerate, accepting, loving, - is not the whole truth. Judgmental, shaming, and avoidant are also there. Pretending that part of you isn’t there, sends it to the dungeon - where it can lurk and do even more harm in your Shadow. As you realize your insecurities have led you to contradict your values, have compassion for the fearful child within - who just wants love and approval.

Unfortunately, this doesn’t always happen only in our minds. Imagine you are at work, and an acquaintance starts talking negatively about another coworker. Others may also join in, commiserating in the gossip. In this case, it may be a Shadow-driven behavior - from a fear of them being seen as the other: i.e. social ostracism. An easy way to spot these Shadow-bursts is regret - you don’t know why you joined in, and you wish you hadn’t. Feeling guilty is a clue that the action was not in alignment with your core values. Yet, it is still a part of you - born of fear. All we can do is acknowledge that part of you, accept it, send yourself some love, and then do better.

It takes time and patience; but, once you start working on your inner world, the outer world transforms to align with where you are. It doesn’t take long to notice the fruits of your labor; drawing happiness from, and for, yourself. Facing the shadow with love, understanding, and acceptance takes the power away from fear and gives it back to you. Take pleasure knowing the journey is the destination. There will always be another goal. There will always be more evolutions to make, but tomorrow never comes.

*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.*

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# Anticipating Wild Rose Magic

by Amber Lerwill

When the snow mountain runoff begins to pour down the earth craters and the sunshine has melted the backroad snow caps, this is a sure sign that I can begin my first spring trek. Along the thicket of an unbeaten path, I find myself seeking the balance that I feel when I am in nature. This excitement and fulfillment is a rewilding I crave after the winter months. When I come to the overgrown wild rose bushes, the thorns are more comforting and welcoming than I usually remember in previous years. Energetically, the thorns bring up what has been hidden deep - that which may need to be released. We all have our own personal thicket of painful thorns that needs to be gone through before beauty, forgiveness, and love can be experienced within oneself.

*I come here to listen.*

During the winter, those bright red berries could never go unseen against the blanket of white snow. As spring arrives, the wild rose bush is often covered with shriveled berry hips that went unnoticed by the birds in the fall; but now, she is starting to sprout some of the tiniest, lush buds that will unfurl and kiss the sun soon enough. I am reminded to be patient, that



all magic and medicine will happen when it is supposed to. My heart-space needs these reminders often, I become overwhelmed with peace - knowing how powerful and potent the wild rose can be.

*I come here for comfort.*

The feminine archetype that we are all familiar with, when it comes to the rose, goes deeper as we understand that it is a plant under the ruling planet of Venus. In terms of emotional and spiritual properties, we can see why it is so closely related to helping us heal and uplift us during times of grief. Medicinally, the wild rose has been known to relax the mind and bring awareness down from the head into the heart. This is one of the reasons why she is so special. We must be willing to accept her many gifts and be open to receiving her represen-



tation of divine feminine power.

*I come here for teachings.*

I will return to the mountainside when the sun peaks and the wild plant is filled with open blooms. I will harvest her with much enthusiasm and respect to ensure she will continue to share her medicine year after year. While out on your spring hikes, keep your eyes and heart open, for such beauty is rare. Take note of where you may find her, and what other herbal allies are around -

taking in all her beauty. Come back and visit often, listen to what this plant ally can teach. This type of medicine is sacred - and I look forward to creating and sharing her magic with all of you soon enough. Thank you for sharing this space with me.

*I come here to share my experience.*

Follow my journey of herbal, resin, and witch craft and/or all things magical and wondrous via my Instagram @raven.in.the.wolf.den

Ravens Hollow is my herbal apothecary filled with 100+ plant allies and is located inside of Healing Hands Metaphysical Shop.

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

## Finding Beltane. Finding Home

.... Continued from Page 4

We believed the stories we had been told of a time when this actually existed. This came easily to me.

I think my mom thought I was a bit flighty as a child. What I'm sure she saw, was a kid who wasn't paying attention or got easily distracted. She was always telling me to repeat what she said because I wasn't listening. To do lists were a must for me to get anything done. Really though, I was paying attention. I saw and heard and felt everything; everything all at once. I would go out to feed our chickens and I could hear the bird song, feel the breeze and the sun on my skin, smell the fresh morning air, experience the weight of each footfall under me as I walked, and more. I was sensitive to the energies around me and would get caught in the emotion and aura a person was radiating more than their words. I was connected to them as a being in this world, deeper than most children really even notice.

All of these experiences, and more, were buried under years of "should do's" and "be likes." I found myself in that life that wasn't mine. Married, children, church callings, and expectations - all of the things the

Mormon church teaches their women to be. I blocked my connections. I became subservient to a god who didn't care if his children were connected to the Earth or auras or crystals or, or, or...

When I finally decided to break free, it was Beltane that found me. Stories of communities coming together to light their hearths or bless livestock with fertility by running them between large bonfires drew me in. I wanted to live that closely to the earth and be connected to a community of people who thought likewise. I went to the library and devoured books on paganism, wicca, witchcraft, and other similar topics. The wheel of the year fascinated me and resonated with my soul. I HAD to know more. The Goddess was calling. I felt like I found home.

I reclaimed those connections I had as a child. I stopped going to church, stood up for myself, and started my story over; my story, not someone else's narration of what my story should be. I was working as a doula and student midwife. My eyes were now open to how to use this knowledge to help women and babies. My kids started learning simple herbal remedies and recognizing local plants. I went from practicing solitarily - with a tiny, discreet altar in my

living room that looked more like home décor - to being the High Priestess of a coven and a leader in my community in the span of six years. When we didn't have much community involvement here, I helped create it. This is where I belong, and these are my people!

Although I've learned many things over these few years, I will always have a special place in my heart for Beltane. This fire festival was what sparked my interest and led me down the path I'm on. Beltane was the beginning for me.

So, now I ask: Do you ever feel like you're stuck in a life that isn't yours? That you don't belong even though you try so hard to fit in? Don't. Don't try to fit into someone else's mold. Find something that lights a fire inside you and do that. Be that. Be who you want to be. Remember the connections you forged naturally as a child, and start your story there. Everything else will fall into place.

*K. Jensen finds joy in being an eclectic green witch and by being a Boss Witch for her own company: 13 Moons Birth Services. She is a founding member of the Southeast Idaho Mystic Leaders Guild. She is also the High Priestess of her coven and co-host of Idaho Falls Mystic Gatherings.*



## 1734 - An American Witchcraft Tradition

by Timothy A. Foster

The 1734 tradition of Witchcraft can be traced back to its founder, Joseph Bearwalker Wilson. Joe based his teachings on the work he had done with Robert Cochrane, Ruth Wynn Owen, and a man named 'Sean'. Over the course of his lifetime, Joe Wilson founded 1734, TOTEK, Metista, and was a key figure in the formation of the Covenant of the Goddess. 1734 is a rather enigmatic tradition, with the name chosen for this path being based on the work revealed through the Secret Name of the Goddess, which can be uncovered by engaging the process that forms the core of our initiatory mysteries.



Unlike most Initiatory Witchcraft systems, 1734 recognizes Initiation passed via the spirits of the tradition itself, rather than having a direct physical lineage to pass on.



This style is in alignment with the traditions' more shamanic elements - which fosters a relationship of direct spirit communication. When Joe Wilson passed away, Guardianship of the tradition went into the hands of three separate individuals, one being my teacher, Stuart Inman. I'd like to state that this paper in no way speaks to all of 1734. What follows comes from my work within the Clan of the Entangled Thicket.

As a system and method of working with the Mysteries, the tradition is often taught through poetic induction. Stuart once said, '1734 was a poetic way of approaching the Mysteries and an entry point into the dimension of silence'. Keeping this in mind, it's no wonder why Robert Graves, *The White Goddess*, is a central text to be studied during training. Not in search for academic or historical context, but rather to shape and train the mind in approaching reality through a poetic lens. Poetry has the power to move the seeker into realms beyond the rational mind, which is where one needs to journey in order to embrace the truths revealed to us from the Goddess Herself. This is similar to how Robert Cochrane passed on the work he did through the Clan of Tubal Cain, using riddles and poetry to open the mind to new worlds.

1734 is not a Wiccan tradition, although there are some similarities we share, we identify more so with those who practice forms of traditional Witchcraft which predate Gerald Gardner. One thing that most people don't consider is the fact that there were Craft Traditions here in America prior to what was brought to the United States from the descendants of the New Forest Coven. Being shamanic in the sense that it wasn't borrowing from other indigenous cultures, we have a unique way of plugging the seeker directly into the Stream that feeds our tradition, which is different in each Clan. Our Stream is fed by the land, our ancestors, and the guardian spirits of the tradition. Three such guardians are the Dog, the Lapping, and the Roebuck. If you are interested in learning about these three, Robert Graves touches on them in his book *The White Goddess*.

Within 1734, we observe what is known as the Knots of the Year. Each Clan within the tradition works with these knots differently and depending on the focus of that specific Clan. Now, while 1734 is an open system, each Clan has specific sub rosa limits with the material they can share with the public. This is not done to keep secrets, but to preserve the integrity of the work itself. Each Clan is led by a Maid and Magister, who are responsible for forming and shaping the egregore of that Clan. The Maid and Magister are the ones who pass on the Virtue to those who make it through the training process and become adopted within a specific Clan. Within each Clan there can be many Hearths, groups of Initiates who observe the inner workings of the Clan. A Hearth can petition to become a Coven after there is a fully trained Maid and Magister. The Clan system is rather old and

can be hard to understand; however, at the end of the day, a Clan is a family of Witches who engage the Mysteries through ritual and devotional arts.

Hoodoo is another area of focus that Joe had asked his students to study and become familiar with. The reason for this is that Joe felt that the folk magic he had learned in his youth was best preserved within the workings of American Hoodoo. 1734 does not have a type of 'Wiccan Rede' to live by. Self-responsibility and accountability are demanded of all who are serious about stepping onto this path. As we come to know the full mea-



sure of our power, there can be no other way of going about this. Within the Clan of the Entangled Thicket, being our home base is in the London area, we also have a European element to our workings that is unique from other Clans within 1734. Therefore, studying the folk customs and traditions of Europe can be helpful to anyone interested in this path.

This introduction only touches the surface of this deep well. At this time, we do have a Facebook group for anyone interested in speaking to those within the tradition. Currently, I provide training - both in person and through distance - for those who are serious about going forward on this path. How this works is, there is usually a year spent getting to know the individual before they are invited to begin the formal training process. During this time, the seeker and those within our Clan have the chance to get to know one another and determine if it will be a good fit. I do hope this serves as a good starting off point for those who may be interested in 1734.

*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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## Bridging the Gap

by Ted Woodhouse

I was raised in a dual-religion home in Southeast Idaho. I can't begin to describe the confusion one faces when they have one parent who is Christian, and one who is Druid. On one hand, you're taught to value Christian beliefs. Yet on the other, you're taught of the oppression of your people at the hands of those same Christians. It can be very confusing for a child.

My bloodline is Black Irish-Celtic, Druid. Most pagans believe that nature is sacred and that the natural cycles of birth, growth, and death - observed in the world around us - carry a significant and profoundly spiritual meaning. Human beings are often seen as part of nature- like a tree or river. We are part of the earth, because we came from it and will return to it.

There are now over one-million pagans in the United States, according to the Pew Forum on



religion in America. My family's goddess is Celine, the goddess of the moon. She is the maternal, night watcher who protects and watches over us as we sleep.

Paganism, today, grew from the Renaissance and the Reformation periods, through the revival of Druidry and folk-custom in Europe, followed by an explosion of interest in paganism in the late 60's and 70's. Many pagans believe that nature is the best place for practice.

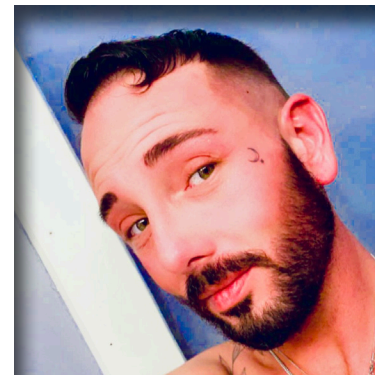
Druidry is a modern movement. It generally promotes harmony, connection, and reverence for the original ways of life. This is commonly extended to include respect for all living be-

ings, including the environment itself. My mother's druid-line allows me to know where I came from and know the blood that runs through my veins- for that I am incredibly grateful.

Living this lifestyle, in Southeastern Idaho, has not come easy; but, then again, nothing worth struggling for ever is. I've faced hateful people and accusations of witchcraft. I've been grouped in with wiccans, coven witches, and looked at sideways for every little difference that I have. Don't get me started on the people who like my weird "rocks" or find it "scary" that I bathe in the moonlight and smudge my home. In writing this article, I'm hoping to shed

some light on both our differences and our similarities, so that maybe we can bridge the gap. I hope people are less fearful of our religion and hope to educate those with interest in Druidry.

To my sisters and brothers, we no longer have to hide in the forest with fear in our hearts. We can now practice openly and be



embraced by our surroundings - and that is a beautiful gift from the universe.

*Woodhouse was born in Idaho Falls and raised as a traditional pagan. He classifies himself as a New Englander after living in Connecticut for 12 years. He also studied Cosmology at Austin Kade Academy.*



Celebrated on May 1, Beltane is one of the eight Sabbats celebrated by Pagans (Wiccans, Druids, Heathens, Witches, Magicians, Kemetics, etc.) on the Wheel of the Year. Beltane is the anglicized name for the Gaelic May Day festival. Beltane celebrates the light half of life - the life-giving, nurturing fertility of this time of year. They celebrate Beltane with great bonfires and revelry. Cattle were driven between bonfires as a way of blessing and purifying them, and many young couples daringly leaped over the flames or danced among them.

Beltane was a celebration of the sexual union of the God and Goddess, and the creative energies born from their love-making. These energies were thought to bless the land, animals, and people - bestowing health and fertility on all. But it wasn't just sex; it was a holy union blessed by the gods. Sometimes, a May Queen and May King were chosen to partake in these erotic roles in a particularly sacred way or, in tamer times, to reenact the wedding of the God and Goddess in a non-sexual pageant before the whole village.

Celtic belief attaches the story of the triumph of the Oak King (summer) over the Holly King (winter) to Beltane. It signifies that as the light overpowers the darkness, so does the younger generation topple the old in the hunt, giving reign to the powers of life and fertility once again.

Sources: wikipedia.com - nicoleevelina.com

During the Beltane festival, the veil between our world and the spirit world thins; faeries and other nature spirits rule the day. While some invoked the tamer, nature spirits, the Celts knew a dark side to the fey as well. Faeries could easily beguile people and animals on this night, leading them away to

their mounds, where one day was equivalent to centuries in the mortal realm. To ward off such danger, the bonfires were made of nine sacred kinds of wood and offerings of wine, milk or a pottage of oats were left outside the festival areas to divert and appease any fey who might be attracted to the revelry.



### Deities of Beltane

**Artemis Bacchus Cernunnos  
Hera Kokopelli Priapus**

Today, Beltane lives on in Maypole dances (an ancient fertility rite in which the pole is phallic, the ribbons represent its union with the feminine, and the dance as the act of intercourse), May Day and Catholic May Crowning ceremonies (which many point to as a form of veiled Goddess worship). Then again, in some parts of the world, it hasn't changed at all.

#### Setting up a Beltane Altar

Depending on your particular tradition, there are many different ways you can celebrate Beltane - but the focus is nearly always on fertility. It's the time when the earth

mother opens up to the fertility god. Their union brings about healthy livestock, abundant crops, and new life all around. This is a time when the earth is lush and green as new grass and trees return to life after a winter of dormancy. Use lots of greens, as well as bright spring colors - the yellow of the daffodils, forsythia, and dandelions; the purples of the lilac; the blue of a spring sky or a robin's egg. Decorate your altar with any or all of these colors in your altar cloths, candles, or colored ribbons.

The Beltane holiday is the time when, in some traditions, the male energy of the god is at its most potent. He is often portrayed with a large and erect phallus, and other symbols of his fertility include antlers, sticks, acorns, and seeds. You can include any of these on your altar. Consider adding a small Maypole centerpiece -- there are few things more phallic than a pole sticking up out of the ground! In addition to the lusty attributes of the god, the fertile womb of the goddess is honored at Beltane as well.

Add a collection of early spring flowers to your altar - daffodils, hyacinths, forsythia, daisies, tulips - or consider making a floral crown to wear yourself. You may even want to pot some flowers or herbs as part of your Sabbat ritual. In some cultures, Beltane is sacred to the Fae. If you follow a tradition that honors the Faerie realm, leave offerings on your altar for your household helpers.

Because Beltane is one of the four fire festivals, in modern Pagan traditions, find a way to incorporate fire into your altar setup.

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



# Not A Weed

by Natalie Ruiz

Warm breezes carry through the branches of blooming trees. Sunbeams shining down, radiating their energy deep within Gaia as she grows and blossoms. Beltane is finally here! Mays' warm mid-spring days bring comfort and excitement. Outside activities are once again filled with bright skies and warm breezes. One of my favorite ways to celebrate and connect closer to Gaia on this sabbat is going for a nature walk, foraging small things as I go, taking time to appreciate the warmth and growth around me. Many things can be seen in a flourish: lilac trees blooming and cherry blossoms fragrant the air. Pansies are opening their petals to the full rays.

It's not uncommon around May to see baby yellow dandelions blanket the grass. Pops of color reach high out of the tall blades, basking in the abundant sunlight. These little guys are wonderful, from medic-

inal properties to magickal properties; the uses are endless. So when you see them in your yard, instead of mowing over them, harvest them. Top to bottom,



petal to root, this entire plant is edible. It's thought to help with digestion and has slight purifying and detoxifying effects. After harvesting your dandelions, make sure you wash thoroughly getting rid of all of the dirt and bugs that can be hidden in the petals and leaves.

Despite the somewhat bitter taste, they can be utilized in a vast amount of ways like: adding leaves into salad greens, mixing petals into baked goods, and root tea.

As for magickal properties, many believe dandelions are a wishing flower. When a dandelion is in its final stages of life, its petals turn into tiny seeds that can be carried far away in the summer

breezes. If you pick one of these dandelions, you can wish upon the seeds, blowing your intentions to be carried and planted into the universe. Interestingly enough, in Scott Cunningham's Encyclopedia of Magical Herbs, he suggests a tea of the roots can aid in psychic powers. Nevertheless, it is always important to research recommended doses and potential allergies.

Dandelions are also wonderful for solar magick, which is perfect for this time of year! The days are getting longer and the sun is gaining back its power. Using the powerful energy of sun rays that the dandelion has absorbed, you can bring a bright and undeniable energy to your spellwork. Adding it to spell jars and sachets, anointing spell candles, and creating incense with it can help with creativity, growth, transformation, and dispelling negative energy. Some herbs and flowers can have multiple things that they aid with; therefore, it's important to help the herb or flower direct their energy towards your intentions. Just by holding it in the palm of your hand - and focusing your energy on your intent - helps it know exactly what to do.

Decorating your altar with dandelion flowers and petals can brighten the energy around your space and bring creative flow within your practice. I use dandelion petals to honor my deity - Helios, placing them either in an offering bowl or on his altar - and to honor Gaia's growth. Personally, I enjoy Beltane by foraging for spring flowers and reconnecting with nature after a long period of cold, harsh air.

Also by appreciating Gaia's cycles of barren landscapes to lush and flourishing growth. Of the many ways to celebrate, spending time outside and soaking in the sun is much needed after endless clouds and frozen grounds. Merry Beltane to all!

*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.*



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# Love Is In The Air

by Caitlyn Willey

The God and Goddess are frolicking in the green and ready to form their sacred union. We celebrate this time - on Beltane - filled with life, love, and mischief. This is my personal favorite holiday of the year and I have many fond memories of it from when I was a child. Every year for Beltane, my family's coven and friends would go camping in Southern California and spend some time in nature doing all sorts of fun things. Given the popular themes of love and passion during this Sabbat, there were some activities at night that were not open to children; such as, jumping the broomstick and enacting the twitterpated activities of the God and Goddess on their wedding night. During the day however, the campground was full of crafts and games - not to mention the big event of the Maypole!

A Maypole is a ton of fun - if you have the group to do it. The tradition comes to us from the rites of spring, dedicated to Freya of the Norse pantheon, and originally the Maypole was a living ash tree that represented Yggdrasil, the world tree. The Maypole celebration usually took place shortly



after sunrise on Beltane morning. My brother and I would gather some nice local plants and flowers to decorate in a wreath and crown the Maypole before it went up. Everyone would come and dance around the pole, each person holding the end of a ribbon that was attached to the crown. As they wove in and out, men going one way and women the other, it created a sleeve of sorts around the pole.

Handfastings are another common Beltane activity to give honor to the union of the God and Goddess during this time. A handfasting is an alternate option to the modern, traditional wedding - that is preferred by many pagans. My own wedding, last summer, was a mix of some modern traditions and some handfasting ones. Before the ceremony takes place, a High Priest or Priestess cleanses the area, calls the quarters, and forms the sacred circle. The meat of the ceremony is going to change from couple to couple; but, the main uniting factor is binding their hands together with rope, cloth, or ribbons to symbolize their bond. On Beltane, the God and Goddess are most popularly symbolized as the Green Man and the May Queen for their union and rites.

There is an excellent poem - written by Joanne Kavanagh, The Green Man - that captures him well and I highly recommend giving it a read. He is illustrated covered in greenery, specifically with leaves and berries

around his head - and sometimes coming out his mouth. The Green Man is something of a shadowy-figure, as far as the written record goes; however, we all know him in the power of the wild-woods and the mischief of the fae - as he is often known as their king. With the veil as thin on Beltane as it is on Samhain, the fae are out in mass; ready to have all sorts of fun - and of course cause some mischief. Before attempting to interact with the fae, I must warn you to do your research thoroughly - or you will be sorry. Our ancestors certainly treated them with caution, as can be seen in Beltane traditions like the Teineigen, or the "need fire". Traditionally all the fires in the community would be put out, and a great bonfire - the Teineigen - was built in their place for the day. The smoke from this fire blessed the fields, animals, villagers, and maintained a wary truce with the fae. At the end of the day, the villagers would take some of the Teineigen to start their hearths anew.

A favorite tale of mine, for Beltane, is the battle of the May and Winter Queens. Through the cold and barren months, the Crone has overseen the lands with sickle and scythe in hand. Upon seeing the signs that Ostara has returned, the Crone prepares for battle. Although she is not the young and healthy May Queen she once was, she now holds the title and power of the Queen of Winter. She calls to her allies, such figures as Jack Frost, the Holly King, and the Cailleach, to join her in the fight against spring. As the Earth grows warmer in the battle of winter and spring, a new May Queen rises - with a basket of flowers in hand, bright and full of life, ready to lead her people to victory. Jack-in-the-Green, the Green Man, and Lady Ostara have been aiding their May Queen's efforts to force the Winter Queen and her company to step down. Finally, the night before Beltane, the forces of spring arise victorious, ushering in the holiday with much celebration.

I could write about so many things for Beltane: all the crafts, more of the traditions, there's even more lore - such as that of Jack-in-the-Green. I certainly can't take up this



whole newspaper though; therefore, I will end this with a simple little ritual - that's great for either solitary or coven use. Nothing specific is required, but Beltane is a great time to involve things like flowers, ribbons, crowns, fertility symbols, and fire imagery. Begin with anything you usually choose to do for your rituals - such as grounding, cleansing, and casting a circle. Once fin-

ished, 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 has turned once more,  
Today is Beltane, a time when the earth is fertile and full.*

*The Earth is waking up and ripening,  
And the Sun is growing and energizing  
During this season of love and passion.*

*This is a season of both earth and fire.*

*As the seeds we plant grow, covering the earth with life,*

*The seeds within us grow stronger.*

*As our fires grow, lighting up the night sky,*

*The fire within us grows stronger.*

*I am your son/daughter and I stand before you,  
Goddesses of the sky and earth and sea,*

*I honor you, for your blood runs through my veins,*

*I am standing on the edge of the universe.*

*And tonight, I make an offering to you,*

*As my thanks for all you have given me.*

*I allow the Divine Feminine Healing energy*

*To run through me, to heal my soul & others.*

*I allow myself to love me for who I am,*

*I accept my past, I accept my traumas,*

*I no longer am a victim of my past.*

*I now release any negative energy*

*And replace it with loving positive energy,*

*Allowing my inner goddess to shine.*

*So Mote It Be.*

*Willey 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, and has also been working alongside her mom to build the brand Witchspiration, a line of custom-designed bags, face masks and more.*



# Practical Witch

by Michelle Norton

**Q:** I have a toxic person in my life. I've done my best to make sure I don't have to deal with them or have them in my life; but, I feel I need some kind of spiritual protection as well. What can I do?

**A:** Sometimes we need a little extra push to keep ourselves safe. While you should always do as much as you can to protect yourself in the mundane world, there are a few steps to take to put up some psychic barriers as well.

### Freezer Spell | stop someone in their tracks

1. Grab a jar or bottle, Holy water or Moon water, pen, paper, a candle, and a fireproof container.
2. Write the person's name and what you want them to stop on the paper. Light the paper with the flame and let it burn to ash in the fireproof container. Take the ash, make the sign of an inverted pentagram over it, and place it in the bottle. Pour the water over it and put it in your freezer, leaving the lid loose so it doesn't break. When the behavior stops, throw out the bottle.



### Protection Dust

1. Grab 1 part dried Lavender, 1 part uncooked Rice, 1 part Salt, and 1 part Sage
2. Crush all ingredients together in a mortar until you have a fine powder. Sprinkle around your home or area you want to protect. You can burn this to keep away unwanted spirits, it will stink to holy hell, so you'll want to be able to clear out the place



afterward. Do any burning in a well ventilated area.

### No Thought Charm

Thinking of someone gives them power. Whenever you spare a thought for someone you are trying to remove from your life, repeat this charm and then do anything else.

*I spare no thought*

*I have already forgot*

*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/>*



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### Bergamot: A Miracle Self-love Oil

... Continued from Page 3

It is definitely a miracle oil with uses for just about everything from loving yourself and clearing your mind from negative thoughts and energies to helping expel intestinal worms and making your hair shine. I highly recommend that every home has at least one bottle of this oil laying around. If you would like to purchase it from someone local, I do sell it. Reach out to me and I will be more than happy to hook you up with your own bottle of the self-love miracle oil: Bergamot.

*H. Jensen is co-founder of her coven, President of the SEIML Guild, co-host of the Mystic Gathering Coffee group, and one of the editors for Metaphysical Times.*

## Tarot Signatures

by Michelle Norton

### Earth Day - Justice

Every year we try to balance all the harm we've done in a single day. That's never enough. The choices made direct our lives. Justice is the fruition of choices. This is a day of feeling that justice keenly, but this card also encourages you to take the right steps every day, not just on a holiday.

### U.S. Tax Day - Lovers

Choice is the central theme of the lovers. The U.S. sets the deadline for proving what we are owed, or what we owe, to an institution that already knows, it is a day of choices. The Lovers say that you accept the choice you make, and on a day that is ruled by the Lovers, this is a good day to make some important choices of your own.

### Beltane - Justice

The balance of the year turns to the last month light and spring before the days become longer. What will you do with this light? How will you use your Justice to make the world a better place in the coming year? Whether you own some else, their own justice, or need justice for yourself, look at this time for the beginning of setting things right.

### Cinco de Mayo - Lovers

Another choice day. On this day whom you choose to be with is at the center of the Lovers message today. You make your own family, so choose them well. This would be a good day to leave those who mean you harm behind.

### Mother's Day - The Wheel of Fortune

This day look to the Wheel to move yourself forward. While this Hallmark day of honoring mothers is cherished by some, this is also a day to leave your past behind and ride the wheel into the future.

### Memorial Day - Temperance

While we are on the verge of remembered normalcy it is wise to remember that we define normal, and the world is a different place. Temperance is a virtue that cautions you keep your guard up, to take things slow and weigh your decisions and your celebrations.

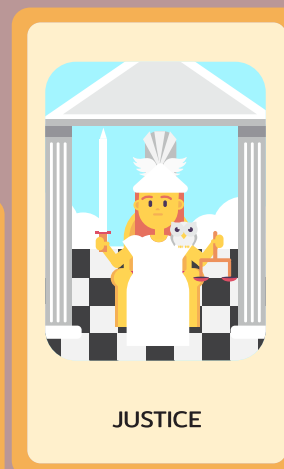
*Norton has been reading tarot for 30+ years and is an expert in tarot history. Her work has appeared in numerous US metaphysical publications. She also creates websites, rescues dogs, and practices witchcraft.*



TEMPERANCE



THE LOVERS



JUSTICE



THE WHEEL OF FORTUNE

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.



Grief

by Lysander Xanthus

My Papa (step-grandfather) passed away on January 11th, 2021 from Covid-19. This is the first loss in my life of a person whom I felt attached to - and being willfully estranged from my relatives, he is one of two to whom I was still speaking. He was a kind, intelligent, strong person and I will always be grateful for the time I had with him. I will remember and cherish his quiet, loving presence and how he readily embraced me as family. He was genuinely a pillar of his community and touched the lives of hundreds of people - possibly more - over the course of his life. He was truly a special man and he lived an impactful life.



My Wife is a practicing Shinto - she was also very close to Papa - and had expressed the desire to observe his passing within the rites of her tradition. In this practice, being connected to the Kami (The Gods) and Life Force is considered a state of purity - and being pure and connected to divinity is an ideal state. Death is considered an impure - or unclean - energy. Being "impure" means: a state in which we have become separated from these divine forces. One such occurrence is when we are grieving - or touched by death energy. Shinto have specific practices when it comes to grieving someone who has passed. These practices are intended to honor one's

Phases of The Moon			
Phase	Date	Time	Sign
First Quarter	4/20/2021	12:58:00 AM	Cancer
Full Moon	4/26/2021	9:31:00 PM	Libra
Third Quarter	5/3/2021	1:50:00 PM	Aquarius
New Moon	5/11/2021	12:59:00 PM	Taurus
First Quarter	5/19/2021	1:12:00 PM	Leo
Full Moon	5/26/2021	5:13:00 AM	Sagittarius
Aries Moon	5/8/2021	Day To Begin A Healing Cycle	

grieving, while also facilitating a return to purity.

The grieving period practiced is a total of 49 days from the day of the individual's passing. On the 3rd, 7th, and 49th day, my Wife and I stand outside - in the full sunlight - and pray to Amateratsu (Kami of the Sun) for Papa to be guided on his way and for our spirits to be purified. My Wife practices the old way, with a greater nature focus, and her family Kami is Amateratsu; therefore, this is the way we will observe. It is customary to not engage in celebratory events - so as to not bring in the tainted,

because when one holds onto death, and stays stuck in grieving, one is holding onto the death-energy. It then has the ability to permeate a person's life and makes their aura very unclean. This is a way that supports and honors life.

Today is day 7, and the second time we went outside under the sunlight to pray. A lot of feelings have come up for me during this loss. I am continuing to live my life, to experience what comes up, and letting it evolve and pass. I am leaning into my own, private, spiritual practices.

As for myself, my work as a

medium has influenced the way I deal with death. I know his spirit continues to exist and that he has already made his journey to the next stage of his soul's journey. He was a man who lived a good life - with a strong faith (he was a Catholic) and held no regrets; therefore, he was able to make his way quickly. He was, and is, loved by so many people - and the light of their thoughts and prayers made a clear way even easier for him. I could not hope for better for him. I know, although I may not see him again in this form, he still lives. That is how I will find my way back to being connected to Life, to finding that purity: by seeing that death of his form is not the end of his life.

Many of us have experienced loss, personally and collectively, this past year, and are at an impasse on how to proceed. You don't have to be alone. If you aren't comfortable reaching out to those around you, I hope you can find comfort here in my words. We don't have to know the whole way forward through grief. Instead: focus on being present, on living, and on the next thing in front of us. Light a white candle and hold those dear to you in love. Pray for yourself - and for them. Let us work to heal each other and be healed in turn.

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



death-energy into other people's auras or into their spaces. It is considered ill-fortune for everyone involved. Once the 49th day has passed, the grieving period is over.

Shinto considers this grieving ritual an important process

medium has influenced the way I deal with death. I know his spirit continues to exist and that he has already made his journey to the next stage of his soul's journey. He was a man who lived a good life - with a strong faith (he was a Catholic) and held no regrets; therefore, he was able to

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# A Tale of Beltane

by Thaedus Levanni

Spring is ending and it is nearly time for our roaring Beltane celebration! Now there are many ways to celebrate the May-day. One may light a bonfire, and spend a night dancing and cavorting in her bright and flickering light. Perhaps you will construct the Maypole, spinning around it with vibrant ribbons? Or will you delve into deep forests, to walk among the fae and welcome them into your circles? Even the simple act of lighting a candle upon your altar with May flowers surrounding it is a fine Beltane celebration. It is a time of life and fertility. The early days of summer bringing warmth and prosperity. Early mornings may hold the last chill winds of spring, but the mid-day sun holds naught but light and heat. On this day, we may celebrate the union of Lord and Lady, or the time to take cattle to the field. It may be time to simply cherish in the changing of the seasons. This is a tale of a Beltane past.

The sun hung low in the sky, sunset mere moments away. In front of me a mountain of wood, ready to be kindled into a raging inferno. On this hilltop we were surrounded by miles of forest, stretching out like an emerald sea below us. A silence hung in the air around our small group of witches. Anticipation and excitement so present you could feel it all around you. The mingled scents of birch, rowan, earth, and air framed the late afternoon perfectly. Summer was here, and our celebration for her was about to begin.



As the last glimmer of the sun's light began to fail, I began my slow pace to our heap of wood. I tossed the torch in my hand into the heart of the mound, and the flames



quickly began to lick the larger branches and logs hungrily. Soon the wonderous crackling of fire interrupted the silence that had malingered, and laughter poured from us in loud peals. The more courageous of those among us began to prance around the ring of stones, while the more demure simply watched the blaze engulf the pile, the shimmer reflecting in their eyes.

Glorious it was, seeing such vigor and bliss. The entrancing glow highlighting swaying bodies, shifting cloth, and swaying hair. I was so engrossed in watching the revelry, that I remained motionless for quite some time. Eventually, I cast off my spectating and joined the dance, whirling around my companions in mindless fun, letting all of my virility press itself out of me and into the night around us. Gone was hesitance and anticipation. Now the air hummed with the feeling of fertility and wonder.

By the time I began to regain some control of myself, I noticed our numbers had reduced. Some of our members had wandered into the surrounding forest. Some may have left in pairs, others alone. I could feel the call of the trees below me; and in a fit of pure joy, I leapt away from the fire and began to tumble down the hillside toward the tree line. I could feel the fresh new grass caressing me, pressing against skin and clothes softly as I rolled.

Darkness surrounded me. My roll ended close to the edge of the forest. I stood quickly and felt a brief wave of nausea from

my descent. From the corner of my eye, it seemed that small lights danced in the shadows. I knew that the fae had noticed our gathering, and I wished to welcome them. I began walking slowly into the forest, feeling the underbrush prickling the bottoms of my feet. All around me, I could feel the presence of the fair folk. I laughed loudly and bid them welcome and merriment. I could not see my surroundings, for the night was thick beneath the tree tops. Still I stepped slowly around me, occasionally bumping into trees or bushes. I let nothing but brightness into my heart, and sent it out in waves around me. I left - for the folk - a gift of violets and began working my way back to the fire.

It took some time to find my way, for the forest was deep and I had little to go by. I could feel a reluctance to leave deep within me, but still I knew I must return. After some time, I could see the faintest of lights from the hilltop through the canopy. I followed them until I left the forest again. The moon was bright in the sky. The fire had burned down substantially. Most of my coven had returned, laying in the smooth grass beside the fire. I joined them, the grass as soft as any heather bed. I closed my eyes and let the gently swaying wind and peaceful thoughts carry me into a blissful slumber.

*Levanni is a writer, culinary artist, and framer born in Idaho Falls. He was raised in a military family and has done his own Tour of Duty. He enjoys whiskey, reading, and video games.*

@dallin.photography





# Celtic Witches of Beltane

by Emma Gardner

This is one of the best times of year. The weather is getting better, and the buds of spring are showing around the world. People, in general, tend to be in a better mood, as well, because they know the summer months are coming.

Celtic magics have always had a strong place in my heart. Growing up, I was in love with the music and dancing. As I grew older, I discovered the mythology of Ireland, and reading about it, made me feel like I was discovering my heritage. Parts of my family are from the area - and it wasn't too big of a leap to find a kinship with Brigid.

A little history, Brigid is the daughter of Dagda, a universal deity of the Gaelic World. She is a goddess of the Tuatha De' Danann. I especially liked this part of her history because Tuatha De' Danann were talked about as magical beings who loved to tell stories and parables, as well as to teach their skills. This has always resonated with me because I have a strong love of language and tales. Brigid is considered the goddess of healers, poets, smiths, childbirth, inspiration, and is commonly associated with Beltane. She is one of the many pagan deities who have been transformed by the church - in this case, into Saint Brigid. She is the patron of the hearth, work, scholars, creative persons, and poets. It is fitting - and I feel such a strong kinship with her and use many of my magical workings with her in mind, as my patron.

Beltane was celebrated with feasts and rituals honoring fertility. In Ireland, families used to drive cattle between bonfires to

shield them from disease. This ritual was celebrated through the 19th century. Families would plant trees in honor of these festivals. The most common trees to plant were Ash, Oak, and Hawthorne.



The Maypole is another ritual of Beltane, where a pole was erected with colorful garlands and flowers. People, mainly women in some cultures, would dance around the maypole holding the garlands. If the ritual was performed well, the maypole would have an intricate pattern indicating a bountiful harvest was to come. However, if it had been done poorly, the ribbons would be in a mess; an indication of a poor harvest to come.

A modern interpretation, that our ancestors would be proud of, comes from the Chilling Adventures of Sabrina (Season 2: Episode 3). Though the show is rife with troublesome depictions of witches, and has made a mockery of many things, there is a scene that depicts a maypole dance. The young witches of Greendale are celebrating Lupercalia (wrong celebration...but hey, a little artistic licensing never hurt anyone).

In one of the rituals, the men participating are sitting around the pole facing outwards. The young witches each grab a ribbon and are brought to dancing by beautiful music. When the music stops, the young man that each witch is in front of, are their partners in frivolity for the rest of the festivities. The entire dance is what I would consider to be a beautiful reproduction of a fertility ritual done with the Maypole at Beltane.

One way that the modern witch can celebrate Beltane is by creating a personal Maypole and placing it on their altar. As it gets closer to summer, many people also are in the mood to clean. You can celebrate a fruitful summer by turning on some tunes and cleaning out the stagnant energy. People find opening the windows, smudging, and letting the music work through them, creates a positive atmosphere for the coming months. If you are in an area that is conducive to having bonfires, light one up and have some fun dancing and enjoying the warming weather. Just be mindful to keep the fires from getting out of hand. Blessed be and Happy Beltane!



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

Dallin Lochridge, Palettes Photography



Greetings! I am the owner and lead artist for Palettes Photography. I'm a local photographer and artist who specializes in heavily stylized photography that is centered around high-contrast, moody and emotionally evocative subjects. Having been raised in a family of award-winning

fine artists - and having earned accolades of my own, for art and design - I like to think I approach photography in a different way than most.

To me, photography is an enchanting and emotionally moving art form and I love to connect with creative clients to create it. I love to portray nature and movement in my work and apply my passion for fine art in all of my collaborations - but bringing to life the visual balance of light and dark is my truest passion. I also enjoy fantasy, the prospect of creating art involving everything from mermaids to fairies excites me and moves me. I also love to apply my energy to wedding photography and graphic design. If you have ever wanted to create a photograph of yourself - or your loved ones - that is truly unique and deeply imaginative, something epic, I'd invite you to reach out to me.

To see an outline of my style and work please come find me on Instagram at @dallin.photography



Community Spotlight &





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## Know Your Goddesses

by Terri Ireland

I was made aware of the Goddess while receiving energy work in a healing session. She came into the room and told the practitioner that She was claiming me as one of hers. Unable to deny Her, I became Her acolyte and scholar. She goes by many names: the Goddess, the Divine Feminine, Gaia, and Mother Nature to name a few. She is the keystone deity in the family tree of all of the goddesses. "Why follow the Goddess?" you may ask. "The image of the Goddess inspires women to see ourselves as divine, our bodies as sacred, the changing phases of our lives as holy, our aggression as healthy, our anger as purifying, and our power to nurture and create, but also to limit and destroy when necessary, as the very force that sustains all life. Through the Goddess we can discover our strength, enlighten our minds, own our bodies, and celebrate our emotions. We can move beyond narrow, constricting roles and become whole."

~Starhawk

My favorite book of study for approaching the Goddess is, *When God was a Woman*, by Merlin Stone. It is filled with the academic, historical information necessary to understand what Goddess-worship was like, and it is then compared and contrasted with the later God-worship.

Every season has accompanying goddesses - depending on what part of the world you are from, your pagan roots, and your pantheon of choice. Some goddesses are associated

with specific sabbats. Goddesses that help us to celebrate the arrival of spring include:

**Brigid** - Celtic Goddess of Fire, the home, poetry, and the end of Winter; Celebrated on Imbolc

**Eostre** - Goddess of Spring; celebrated on Spring Equinox, or Ostara

**Persephone** - Greek Goddess of Spring and



rebirth

**Artemis** - Greek Goddess of the hunt, hillsides and forest

**Flora** - Roman Goddess of Spring and Flowers

**Mbaba Mwana Waresa** - Zulu Goddess of Fertility and Spring rains.

**Sheela-na-Gig** - Celtic Goddess associated with fertility

**Xochiquetzal** - Aztec Goddess of fertility

**Idun** - Norse Goddess of Spring and rejuvenation

**Saraswati** - Hindu Goddess of arts, wisdom, and learning; celebrated in the Spring

My personal practice is eclectic; and for Beltane, I prefer to honor the legend of The May Queen - since it is a personification of one of the 3 phases of The Goddess herself: the maiden in this instance. The story is told of the May Queen successfully defeating the Crone, the Queen of Winter, and coupling with the young, staglike Cernunos to bring the local village fertility in it's agricultural endeavors. It is a lusty, hopeful, playful time, with the intoxicating scent of flowers in the air.

I highly recommend taking a look at the goddesses and seeing if there is one, in particular, that calls out to you. It could be one in specific for Beltane, or even one that has been trying to call to work with you always. For me, the best part about being connected to the Goddess is that it lifts off all the shame put on us by the world and replaces it with power. It is truly an amazing experience; therefore, you should know your goddesses - and she will know you!

*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.*



## Ask Andrea

by Andrea Czobor

There's more than just a little education gap on the subjects of sex, consent, communication, relationships, sensuality, eroticism, and intimacy... our society has been deprived and is desperately in need of learning how to build, maintain, and support thriving, healthy connections. Let's dive in - we have Beltane Pleasure Studies to do!

When introducing myself as a holistic sex and intimacy coach, curiosity and questions never end. I have already discussed my practice in our Ostara issue and I implore you to read it as a refresher.

**"What's the difference between sex and intimacy?"**  
- Anonymous

Rhetorically, raise your hand if you too also thought there was no difference between these terms - I once did too! The truth is these two things

are connected, but dramatically different, vastly different. These are my definitions of the three foundational elements of all relationships.

**Intimacy** | "Into me I see." Knowing with self-awareness is the crucial first step we must take with our own reflection before successful intimacy can exist in any relationship dynamic. This involves the self or a mutually consensual relationship where beings reciprocate intimate moments and feelings of trust, emotional closeness, spiritual bond, and physical closeness towards each other. Boundaries are needed for ourselves and others in order to enter this depth of connection. Notice how I emphasize a physical connection, not a sexual connection, although sexual expression in this depth can occur.

**Sensuality** | This word condenses our fondness for indulgence in sensual pleasures and a condition of being pleasing to the senses: sight, sound, touch, taste, smell,

intuitive, etc... This is how we experience our lives. By learning our wants and needs sensually, we set foundations for lasting connections of all kinds.

**Sexuality** | We identify this term to sexual orientation and sexual activity; the capacity for sexual feelings and behaviors. Various patterns of sexual orientation include heterosexuality, homosexuality, and bisexuality, to name a few.

With the right understanding behind the terminology of these words, we can better communicate and express ourselves in relationship to others, making for the soul-quenching connection I enthusiastically support.

While many of us will be dancing around Maypoles this sabbat, I implore you to study these terms and take a moment of pleasure to ignite the inner fire of intimate truth and discovery. Dedicate time in front of a mirror to communicate with yourself as you would a dear friend, maintaining eye contact, and simply



seeing what comes up. Once you can do this for a long period of time, try spicier exploration with a partner... What struggles come up? Go deeper. Be patient and learn to sit with yourself for a deeper, more meaningful life. #CzeizeTheDay and happy steamy intimacy everyone!

XO, Andrea

Submit your juicy questions to [askandrea@metaphysical-times.com](mailto:askandrea@metaphysical-times.com)!

*Czobor is a holistic sex and intimacy coach, intuitive, and content creator for Healing Hands. She arrived to Idaho this year, loves to rock climb, and is thrilled to contribute to the growing and thriving spiritual community.*



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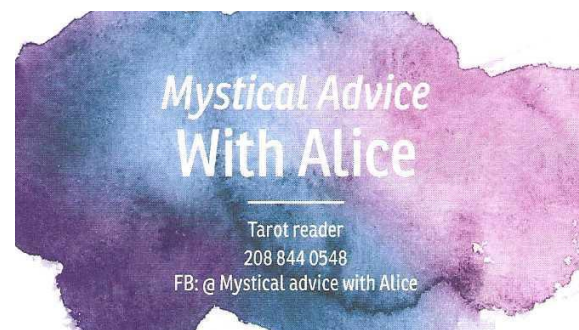
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## Featured Crystal

Rose Quartz is a stone of unconditional love, and has a grounding affect. It opens the heart chakra to all forms of love: self-love, family love, platonic love and romantic love. Rose quartz has excellent protection energies during pregnancy and childbirth. The elevated energy of quartz gives rose quartz a property of enhancing love in virtually any situation. It also brings gentleness, forgiveness, and tolerance. After a ritual of gathering - and especially with the high-frequency energy of Beltane, with it's themes of love, lust and fertility - it is the perfect stone to help you re-integrate, process, incorporate and sustain that energy after the sabbat has passed.



# 2021 Community Calendar

## April

- 15th | Tarot Readings with Kaylee - 11:00pm
- 16th | Psychic Series - 6:15pm
- 16th | Psychic Development - 6:15pm
- 17th | Chakra Mala Creation & Meditation - 12:00pm
- 18th | Mystic Coffee Gathering - 10:00am
- 19th | Chakra Mala Creation & Meditation - 5:30pm
- 20th | Walk In Tarot Readings - 5:15pm
- 20th | Qigong Self Care - 7:00pm
- 21st | Reiki Share - 6:30pm
- 22nd | Earth Day Gathering - 6:30pm
- 22nd | Sound Healing - 6:30pm
- 22nd | Full Moon Healing - 9:00pm
- 22nd | Tarot Readings with Kaylee - 11:00am
- 23rd | Tarot Readings with Kaylee - 11:00am
- 23rd | Psychic Series - 6:15pm
- 25th | Witchcraft Study Group - 12:00pm
- 26th | Full Moon Sound Bath - 6:30pm
- 27th | Full Moon Esbat - 6:30pm
- 27th | Qigong Self Care - 7:00pm
- 28th | Reiki Share - 6:30pm
- 29th | Tarot Readings with Kaylee - 11:00am

- 29th | Group Hypnosis - 6:15pm
- 30th | Tarot Readings with Kaylee - 11:00am
- 30th | Psychic Series - 6:15pm

## May

- 1st | Clairvoyance - 12:00pm
- 1st | Beltane Sabbat (Manitou Park) - 1:00pm
- 2nd | Wicca 101: Circles, Spells, and Rituals - 4:30pm
- 3rd | Clairvoyance - 5:30pm
- 4th | Qigong Self Care - 7:00pm
- 5th | Reiki Share - 6:30pm
- 6th | Witches Night Market - 5:00pm - 8:00pm
- 6th | Tarot Readings with Kaylee - 11:00am
- 6th | Reiki Circle - 6:00pm
- 7th | Tarot Readings with Kaylee - 11:00am
- 7th | Psychic Series - 6:15pm
- 9th | Vibrational Healing - 12:00pm
- 11th | Candlelight Dark Moon Tea - 6:30pm
- 11th | Walk In Tarot Readings - 5:15pm
- 11th | New Moon Ceremony - 7:00pm
- 11th | Qigong Self Care - 7:00pm
- 12th | Reiki Share - 6:30pm
- 13th | Tarot Readings with Kaylee - 11:00am
- 13th | Sound Healing - 8:00pm

- 14th | Mystic Oils Class - 6:30pm
- 14th | Psychic Series - 6:15pm
- 14th | Tarot Readings with Kaylee - 11:00am
- 15th | Claircognizance - 12:00pm
- 15th & 16th | Holy Fire III Reiki I and II Practitioner Class - 9:00am - 5:00pm
- 16th | Mystic Coffee Gathering - 10:00am
- 17th | Claircognizance - 5:30pm
- 18th | Qigong Self Care - 7:00pm
- 19th | Reiki Share - 6:30pm
- 20th | Tarot Readings with Kaylee - 11:00am
- 21st | Tarot Readings with Kaylee - 11:00am
- 21st | Psychic Series
- 23rd | Witchcraft Study Group - 12:00pm
- 25th | Walk In Tarot Readings - 5:15pm
- 25th | Qigong Self Care - 7:00pm
- 26th | Full Moon Ritual - 6:30pm
- 26th | Reiki Share - 6:30pm
- 26th | Full Moon Ceremony - 7:00pm
- 27th | Tarot Readings with Kaylee - 11:00am
- 27th | Full Moon Healing - 9:00pm
- 28th | Tarot Readings with Kaylee - 11:00am
- 29th | The Gifts of an Empath - 12:00pm
- 31st | The Gifts of an Empath - 5:30pm

View the online event calendar for more information  
 & submit your community event at [metaphysical-times.com/event](http://metaphysical-times.com/event)



## Rocky Mountain Region

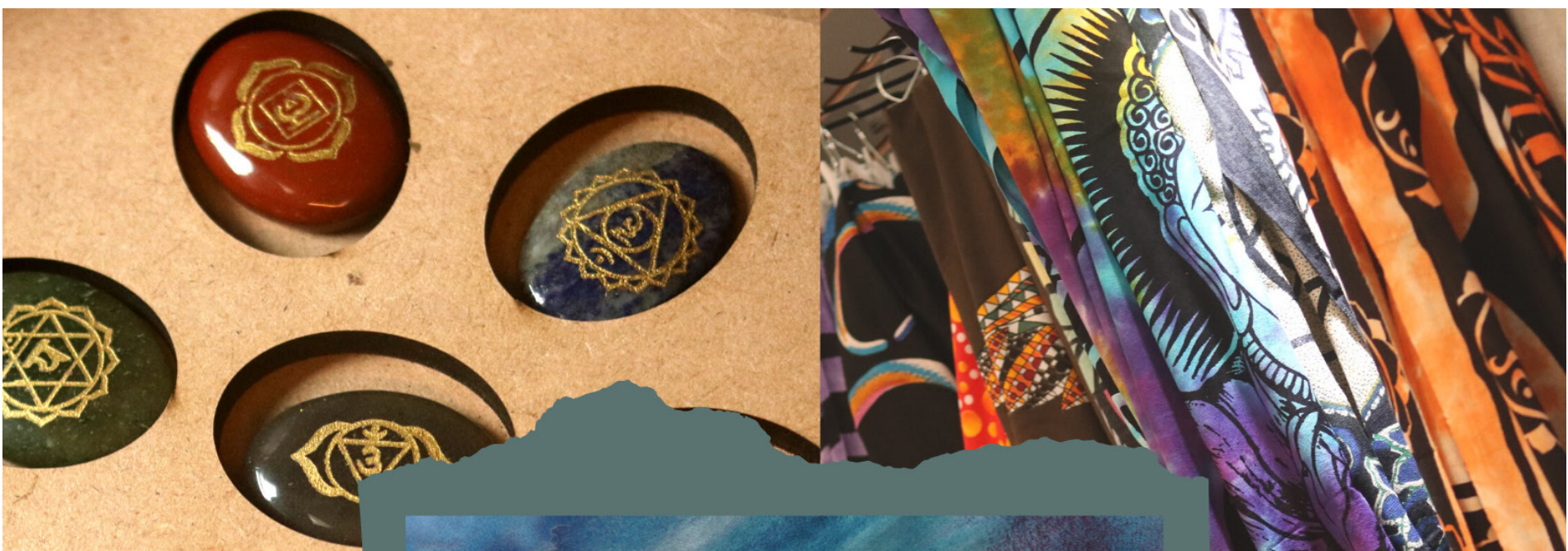
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