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By Healing Hands

SUMMER SOLSTICE
June 19th & 20th
By S.E.I.M.L GUILD

Metaphysical Times

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From the Editor

Angel radio is always on. You can't turn it up; but, you can turn everything else down. Communication with the spirit world is an exciting part of psychic development. In my role as healer, I have been asked time and time again about how to successfully communicate with your guides - and I have discovered that the single most important thing that you can do to further your psychic development is to meditate. You must have a daily spiritual practice that gives you solitude and quiet. What you call it is not important. Meditation, prayer, mindfulness, etc., are all examples. There are as many ways to meditate as there are stars in the sky; therefore, do a little reading and find a style that resonates with you. Once you have a habit of getting into this quieted state, ask (aloud or in your head) your guardian angel/spirit guides/the universe to communicate with you. Your guides will be pleased that you are trying to make contact. Don't be discouraged if at first you have difficulty hearing the messages with clarity. You may hear a mixture of muffled sounds, parts of words and partial sentences. You may wonder if you actually heard them, or if you were imagining it. Don't give up, you are hearing them! As with any skill - time, patience and practice are essential. The more you practice, the easier it will become to receive clear and distinct messages. You will notice, also with time, that the well-being of your 3rd dimensional self improves greatly with a practice of daily solitude, and that skipping causes you to be moody and unsettled.

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.
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Always remember that the reason you started working was that there was something inside yourself that you felt, that if you could manifest it in some way, you would understand more, about yourself and how you co-exist with the rest of society.

If you feel comfortable in the field you are working in, you're not working in the right area. Always go a little further into the water that you feel you are capable of being in. Go a little bit out of your depth, and when you don't feel like your feet are quite touching the bottom, you're just about in the right place to do something exciting.

- David Bowie

Deities of Midsummer

Celebrated between June 20 and 22

Midsummer is one of the eight Sabbats celebrated by Pagans (Wiccans, Druids, Heathens, Witches, Magicians, Kemetics, etc.). Midsummer - or the Summer Solstice, which is a direct counterpoint to the darkness of Yule/Winter Solstice - is the most powerful day of the year for the Sun God. Because this Sabbat glorifies the Sun God, and the Sun, fire plays a very prominent role in this festival. The element of Fire is the most easily seen - and immediately felt - element of transformation. It can burn, consume, cook, shed light or purify. Bonfires still figure prominently at modern Midsummer rites. Most cultures of the Northern Hemisphere mark Midsummer in some ritualized manner, and from time immemorial people have acknowledged the rising of the sun on this day. At Stonehenge, the heel stone marks the midsummer sunrise as seen from the center of the stone circle (see photo).

The use of fires, as well as providing magical aid to the sun, were also used to drive out evil and to bring fertility and prosperity to men, crops, and herds. Blazing gorse (flowering evergreen) was carried around cattle to prevent disease and misfortune; while people would dance around the bonfires or leap through the flames as a purifying or strengthening rite. The Celts would light bonfires all over their lands from sunset the night before Midsummer until sunset the next day. Around these flames, the festivities would take place.

Astronomically, it is the longest day of the year, representing the God at full power. Although the hottest days of the summer still lie ahead, from this point onward, we enter the waning year, and each day the Sun will recede from the skies a little earlier, until Yule, when the days begin to become longer again.

Aten (Egypt)
Apollo (Greek)
Hestia (Greek)
Horus (Egyptian)
Juno (Roman)
Lugh (Celtic)
Sulis Minerva (Celtic, Roman)
Sunna or Sol (Germanic)

Agriculturally, the crops are in full growth. They are reaching the pinnacles of maturity and coming closer to the harvest time. Most wild herbs are fully mature by Midsummer, and this is the traditional time for gathering magical and medicinal plants to dry and store for winter use. In Wales, Midsummer is called Gathering Day in honor of this practice. It is also known as Litha, Alban Heffyn, Feill-Sheathain, and Summer Solstice in different parts of the world.

Setting up a Midsummer Altar

Midsummer is the time when we can celebrate the growing of crops, and take heart in knowing that the seeds we planted in the spring are now in full bloom. It's a time of celebrating the sun and spending as much time as you can outdoors. Try to set up your Midsummer altar outside if at all possible. If you can't, try to find a spot near a window where the sun will shine in and brighten your altar setup with its rays.

This Sabbat is all about the sun celebration, so think of solar colors. Yellows, oranges, fiery reds and golds are all appropriate this time of year. Use candles in bright, sunny colors - or cover your altar with cloths that represent the solar aspect of the season.

Midsummer is when the sun is at its highest point above us. In some traditions, the sun rolls across the sky like a great wheel - consider using pinwheels, or some other disc, to represent the sun. Circles and discs are the most basic sun symbol of all and are seen as far back as the tombs of ancient Egypt. Use equal-armed crosses, such as the Brighid's Cross, or even the swastika - remember, it was originally a good luck symbol to both the Hindus and Scandinavians before it became associated with the Nazis.

The Solstice is also a time seen as a battle between light and dark. Although the sun is strong now and the days are long, in just six months the days will be short again.

Much like the battle between the Oak King and the Holly King, light and dark must battle for supremacy. At this Sabbat, darkness wins, and the days will begin to grow shorter once more. Decorate your altar with symbols of the triumph of darkness over light - and that includes using other opposites, such as fire and water, night and day, etc.

Other possible items: Midsummer flowers, fruits, and vegetables from your garden, Gods Eyes in sunny colors, Sunflowers, Roses, Oak trees and acorns, Sandalwood, saffron, frankincense, and laurel.

Midsummer Shopping List

- Candles (yellow, red, etc.)
- Altar Cloths
- Disks to Represent the Sun
- Cast Iron Cauldron
- Chalices
- Flowers (Sunflowers, Roses)
- Honey, oats, milk
- Stones (Sunstone, gold tiger's eye, carnelian, pyrite, or citrine)
- Incense (Sage, "The Sun," Sandalwood, Frankincense, "Red Rose")

Sources
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Night Time Psychic Protection

By Terri Ireland

Have you ever felt strangely tired and ill-at-ease upon evening's arrival? Does your home feel "off"? Would you like to calm your fears; remove negativity; and keep you, your family and home safe for the night? Would you like to fall asleep confident that all is well?

You can easily create that protection with a little remedy shown to me by the Creator.

First, get into a meditative state of mind, either by meditating or by taking a few cleansing breaths and settling your mind. Now visualize yourself having a conversation with what you consider to be the divine, however you imagine it. There is no right or wrong. Say aloud, or just in your head, "I command that angels be placed all around the perimeter of my property (or dwelling or apartment, etc.) and that these angels alternately raise and lower their swords, creating a dome of protection encasing my home. Archangel Michael, please clean the energy of everything inside this dome by washing it in your beautiful blue light, rinsing away anything that is not in my highest and best. It is commanded that all within this capsule be protected from any and all harm, from anything and everything, all through this night and tomorrow as well. Thank you Creator (god/goddess, etc.) and Archangel Michael. *It is done, it is done, it is done.*

A sense of lightness, calm and ease will come over you, and you will rest well knowing you are safe and protected. I have been using this technique nightly for ten years now and I am convinced of its power. Homes to either side of me have been broken into or had intruders, raging storms have downed trees all about the neighborhood - leaving my home untouched. Cars have refused to start in cold weather, while mine fire right up. Begin co-creating the life you desire by making your home a safe place, a sacred space, a sanctuary from the rest of the world

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Do Crystals Really Have Energy?

By Stephanie Judge

To put it simply, yes they do.

In fact, every substance found on our planet has a measurable and unique base resonance frequency. This frequency is measured in hertz (Hz).

A crystal's size, density, molecular structure, etc. will determine its own energetic vibration.

Quartz crystals, in particular, have a vibrational frequency so constant that it never varies. This precision miraculously allows the crystal to emit programmed information into its environment, which makes it perfect to use in certain technologies used widely today. These technologies include sonar, clocks, LCD screens, lighters, ultrasound... just to name a few. Other crystals have this ability as well; but Quartz in particular, seems to demonstrate this energy with the most strength.

Silicon Dioxide, in a variation of quantities, can be found in most rocks, including Quartz. Because of this chemical compound - and its own unique cellular structure - Quartz crystals are piezoelectric. So what does all of this mean? It means that, when stimulated, a Quartz crystal is able to change energy from one form into another and converts mechanical energy into electricity or vice-versa. This makes them resonate with the human body as well.

For example, a tiny (but measurable) electric current is generated when you squeeze a crystal in your hand. People who are sensitive to energy can actually feel this subtle pulse with their bare hand. This creates the basis of harnessing crystal energy to achieve vibrational balance within ourselves, known as crystal healing.

I use this science in my own alchemical process of electroforming copper onto crystals. The copper acts as an amplifier and enhances the crystal's own unique energy. The human body can then absorb it by placing it against the skin in the form of beautiful jewelry.

So the next time you're listening to a clock tick or seeing your precious baby for the first time with ultrasound technology, take a moment and appreciate that, without the Quartz Crystal, this technology simply would not exist.

Golden Bones, Summer Sun!

By Timothy Foster

As someone who grew up in the High Desert, a place where we get a lot of sunlight, the Summer Solstice has always been a favorite time of mine. Celebrating the powers of the sun in its fullness led me to explore many myths over the years that related to the sun and moon - looking for hints that might lead to a deeper understanding of the mysteries. Witches who align their practice with the cycles of the seasons bring a power into their magic that can be truly transformative. The inner alchemy of the soul is fueled by our plugging into these cosmic currents and the current within the earth. By this work, our bodies become vessels for these Holy Fires.

Alchemy is the science of turning lead into gold. Being connected with Ancient Egypt, a place where the mysteries took a central place in their religious practices, it has found its way into many stories and myths over the centuries. What has stood out for me - since first learning of this ancient science - is the fact that it really is centered

around the transformation of the human soul. Taking what is base and dull in one's psyche, all the shadows and fears, and transmuting them into gold or treasure, so to speak. When it comes to initiatory traditions of witchcraft, it is this soul-alchemy that forms the deeper aspects of the work. This work is started by most; but sadly, many fall off the path as it is - at times - very difficult.

During the time of the Summer Solstice, everything in the natural world has reached a peak before entering the dark half of the year. This is a great time to draw in the power of the sun to charge our bodies, our ritual tools, or any talismans that one may wish to bring with them into the dark time of the year. One way of doing this is by simply sitting outside under the sun and allowing your psychic senses to open. Then chant the words: “By the power of the sun, everlasting light, bring me power, strength, and might!” Repeat this chant as you allow the energy of the sun to enter every cell of your body. See each cell within you being touched by the golden light of the sun, holding the light of the sun, allowing this sensation to totally take over you in the moment. In this way, we are very much engaging in a work that can fuel the inner alchemy of our souls. Purging us of any heavy energy we may be carrying with us, this simple ritual/ devotional offering can be done at any time if you are looking to increase your energy field. You may also give an offering to the sun once you have finished your communion with the solar energies. I will offer a word of warning, by working with these energies, our shadows are often forced to be dealt with. The more you work magic and engage in energy work, it becomes more important that you are making sure you take care of your needs-- mind, body,and soul. I spent many nights crying myself to sleep as this power purged my soul of all that did not serve me, which is why they say the path of the witch is not a path for one who fears looking in the mirror.

When it comes to charging your tools, jewelry, or ritual items: on the night of the Full Moon that is closest to the Summer Solstice, take your items and place them in a bowl of salted water under the light of the Full Moon. Now don’t do this with anything that will be messed up if it gets wet - such as metals or crystals that dissolve in water. This is a great technique for charging and cleansing personal items with planetary energy. Often, I will leave the bowl outside overnight when I am cleansing and charging personal items with sage and rosemary in the water as well.The remaining water is good to use for blessing doorways and the entrance to your home. When you start working with planetary energy and aligning with the natural currents of this world, you are naturally stepping onto the path that leads into the alchemy of the soul. Because this work can be taxing, and the footing unsure for someone new to the path, having a guide who has walked the path and knows where it drops off makes all the difference when it comes to exploring the deeper layers of mind and reality. The truth is, we are all balls of tremendous golden light -- divine beings within the flesh.

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How To Create Your Own Aromatherapy Blends

By Suzie @Deva Designs

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While there are some fabulous prepared aromatherapy blends out there, there are times when it's nice to create your own personal scent using the essential oils you have yourself. Of all the senses, scent is the most personal and powerful. The memories and emotions you experience when encountering a particular aroma are unique to you, which means you're the best person to create a blend to evoke a specific emotion or state of mind.

This guide is intended to introduce you to the basics of aromatherapy blend creation, using the oils you already have on hand and a few basic supplies. The best way to learn is to jump in and start having fun. Of course, it's important to observe basic precautions. These aromatherapy blends are intended for adults with basic knowledge of essential oil safety, and are for external use only.

The Power of Small: Microbatch Oil Blending

When you're experimenting with new aromatherapy blends, it makes the process a lot more fun to work in very small batches. Using 2 TBS of your favorite carrier oil and 10-20 drops of essential oil results in a blend that's large enough to try out a few times & make sure you like it before using more of your oils to create a larger batch.

What You Will Need

- Your Favorite Carrier Oil – We'll be using 2-3 TBS per blend. The carrier oil is crucial; for safety, always sufficiently dilute essential oils.
- 4-12 of your favorite essential oils: Use the ones you have on hand, since you probably already like them!
- Small mixing bowl – Some people prefer to use a small jar with a lid
- A few small storage bottles or jars
- Labels
- Nice extra items: Some people like to work with instructional guides or books as they create blends, just like some people prefer to cook with a cookbook at their side. If that's your way, now's a great time to get those reference books out. I also like to use small pipettes to move blends from the mixing bowl to storage jars.

Pendant necklaces with screw-top lids can hold aromatherapy blends. Photo: KeepClose by DevaDesigns

The Blend Creation Process

Begin by thinking through what type of emotion or state of mind you want to experience when you smell your aromatherapy blend. What feeling are you trying to bring in to your life? The nice thing about creating your own blends is you can tailor them to evoke very specific emotional states, such as joy, balance, energy, calm, reconnection, peace, and more.

Once you've decided what emotional state you'd like to evoke, smell each of your oils. Ask yourself does this scent remind me of that feeling? If the answer is No – put those oils to the side. If the answer is Yes– those are the oils that are meant to be part of your blend. Ideally you'll have between 2-6 oils in the Yes category.

Essential oils can be divided into three categories, based on their scent. Those with a deep, rich scent that last a long time are known as Base notes. Top notes are sweeter, lighter scents that fade quickly. Middle notes are exactly what you might expect: they serve as the heart of the scent, connecting and balancing the blend's base and top notes. Arrange the oils you've selected for your blend from base notes to top notes – heavy to light.

Measure out 2-3 TBS of your favorite carrier oil. Then it's time to start adding essential oils to your mix. Work drop by drop, starting with the base notes, then middle notes, then top notes. As you work, keep in mind that you'll want no more than 10-20 essential oil drops in total.

Take time to enjoy the process, smelling the blend as you go. When you reach the point where you're pleased with what you smell – congratulations! You've created your first custom aromatherapy blend.

Write down exactly what essentials oils you put into your blend -- including the number of drops you used -- before you containerize it, and also label the container itself.

As we all know, scents can take a little while to reveal their full character, so you'll want to test your blend out over the next few days to see if it evokes the emotional state you'd like to achieve. If it's not exactly right, no big deal – you can use your written notes to adjust your existing blend, or add new oils to the mix based on your research.

Aromatherapy is an iterative art: the more you work with your oils, the more confidence, skill and knowledge you'll develop. This makes the process fun! One way I use aromatherapy blends I create is by simply placing them in small ceramic bowls on my desk or nightstand. That way the scent I'm after subtly permeates the area I'm in. Remember, some oils are not safe for pets or children, so only use this method if you don't have either in the vicinity.

Ways To Uses Your Aromatherapy Blend

Diffusers are a great idea, as are the pendants designed to hold small pieces of cloth or cotton swabs. Because we're creating such small amounts, you'll go through your oil fairly quickly. If you'd like to recreate the blend, refer to your notes – scale up if you really like the scent and want to have it in a larger quantity.

Most importantly – don't be afraid to have fun. The oils you have on hand are most likely the scents you enjoy the most. Creating new blends with them allows you to experience them in fresh, exciting ways. Have fun!

An Example Aromatherapy Blend

Calming & Reconnection

Here is a blend I crafted for calming & reconnection:

2-3 TBS carrier oil

4 drops Myrrh

4 drops Jasmine

1 drop Juniper

2 drops Lavender

4 drops Bergamot

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Featured Crystal: Carnelian

Carnelian is an agate and a stone of creativity, individuality, and courage. It can aid memory, including the recall of past lives. It can assist one in finding the right mate. It is also a stone of protection - in general - as well as from anger, jealousy, and fear. In addition, it can help with manifestation of one's desires and brings good luck. Carnelian can help ease, or remove, sorrows and help stabilize energies in the home. It is associated with the root and sacral chakras.

A Review of Litha From Green Witchcraft

By Emma Gardner

The turning of the year has brought us to Midsummer. There are a lot of people who have a favorite time of year. For me personally, I love summer. I am a fire sign and lean more towards the Celtic and green witch herbal remedies side. I love to put my hands in the dirt, plant my garden, and craft a lot of fun things. I would definitely say I am an eclectic type of witch.

Growing into my magic, I have found some amazing books that have been helpful to put me onto the path of knowledge. One of my favorites is the Green Witch series by Ann Moura. I fell in love with her writing after it was given to me by someone who made a trek to Salem, Massachusetts. Moura's writings are non-pretentious, and she makes learning interesting.

Her books go through the steps to becoming well versed in becoming a green witch and increasing one's talent. There is even a Green Witch Grimoire that details some of Moura's favored spells and workings. For Litha, Moura creates a vision of what should be on the altar - and possible words one can use to create a ritual. After the ritual has been completed, she even has some great options for celebrating Litha.

Some of the recommendations she has for Litha are burning the wreath from this past Yule as well as burning any outdated amulets. This is also the time for creating new, protective amulets for not only personal use, but for at home as well.

In Ireland, many midsummer festivals involve bonfires and feasts. This is the time when the sun is at its highest point for the year. Many areas traditionally light wheels on fire and roll them down the hill - to symbolize the sun's descent back into darkness.

Although it was co-opted into the Christian culture as St. John's Night, the bonfires and general ideas of Litha are still there. These festivals tend to be celebrated with carnivals, concerts, fairs, and bonfires. The Irish Environmental Protection Agency exempts bonfires that are lit on Summer Solstice.

Weddings are also considered good luck this time of year. Litha bonfires are lit and newlyweds have an option to jump through the flames to create a happy and fruitful marriage. Even young women are asked to meditate their focus on the flames to get ideas of their future spouses.

Meditation is something that a lot of people do this time of year because the power between the light and dark is even. You can use meditation to contemplate where your inner power comes from.

No matter how you choose to celebrate, Litha is the perfect time to be one with yourself. Enjoy the warmth of the sun, celebrate being outdoors, and those getting married! Blessed Be!

Who You Going To Call? Evocation Versus Invocation

By Arachnia Stoneskull

Navigating terms and concepts in witchcraft - and ceremonial magick - can be confusing at times. Evocation and invocation are two different, yet most used, techniques when doing ritual and spirit communication. We will explore the meanings and examples of these two ritual techniques, which will in turn enhance your ability to create and manifest successful outcomes in your practice.

The biggest difference between evocation and invocation is how you plan to interact with the entity (including deities) that you choose to call into your ritual. When you evoke a being into your ritual, you are giving an invitation - which may or may not be accepted - but it will appear or manifest outside of your body. In evocation, your senses should only be using outer stimulus, such as: touch, feeling, seeing, or hearing. Occasionally, you may get a mental image, a conversation, or strong feeling. However, it will feel broadcasted into you, versus coming from the inside of your body.

Examples of evocation include: calling a being into the circle or ritual, or asking a being to show itself physically. It should not come into your body without an invite; though that does happen sometimes.

An invocation is much different. It involves inviting a being into your body. This includes working with your "Higher Self" or "HGA" (Higher Guardian Angel). It is simply inviting an entity to possess your body. This is a highly advanced skill that should be practiced with "spotters" that know how to exorcise and banish an entity.

Invocation is used to manifest goals, as a form of worship, and more commonly to communicate with entities. It is a heavy, full feeling, and you may feel or sense things that you normally cannot with human senses. If you are not strong enough to get the entity to leave, this may cause many problems. Invocation is not for beginners, and should not be attempted without training

Examples of invocation are: channeling, possession, and borrowing "power" or "skills" from entities. Channeling is the most common form of invocation. When the entity descends into you, you may not remember if you are fully possessed; but, others will see and hear a physical change. This type of invocation is usually used to make a connection with an entity in order to deliver a message; however, there are safer ways to get the same results.

It should be noted that working with beings, whether they are deities or lower rank, is never completely safe. Your best safety measures are knowing yourself, and giving respect to the beings you call on. Part of knowing yourself, is to know what you can and cannot call on, and showing courage and wit, if needed.

In my opinion, some of the best beginner deities to invoke are: "The Lord and Lady", Buddha, and "The Mother" or the "The Maiden". You will notice these are titles; therefore, you are not calling on a specific deity – but traits that are associated with love and gentleness. The appropriate deity or entity fulfills the role of the mediator of the desired result with these titles.

Remember, your best tools are common sense and critical thinking when planning a ritual.

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Chaos Magick: Holding Useful Beliefs!

By Lysander Xanthus

My belief system, that I live through my personal practice and in my ritual work, is formed of many different philosophies. One important idea I gained was from Chaos Magick. Chaos Magick is a brand of modern magick that essentially emphasizes "if it works, use it." It differs from eclectic magick - using bits and pieces of many systems - in that it includes using beliefs that work and throwing away or adopting a mindset - or belief - that suits the magickian's goals in magick - and life - at will. I personally don't discard or adopt beliefs at will in the manner that they mean; but, I do find the emphasis on "useful beliefs" to have been very paradigm-forming for me.

I believe many things that I cannot prove; but, they are things that are useful to believe - and that help me actively live a better life. They have helped me create positive change in my circumstances, grow as a person, and achieve my goals. Therefore, I feel that lack of "definitive proof" is fine. I feel that, in certain cases, differing beliefs or ideas can both be right and it is a matter of deciding what world you want to live in. Choosing the lens that you see life through.

I feel that it is a worthwhile consideration to - at least once - take your spiritual, religious, and life beliefs and to ask yourself if believing this thing has made your life better, or has it made life harder?

Is this belief useful?

Answering this might be difficult, as it is frequently difficult to be truly objective and observant of oneself - especially about something that is rather subjective such as the effect of a belief on your life and behavior. It might be startling to find that there may be things you believe that are actively contributing to your misery - that create feelings of disempowerment and dependency. Perhaps you might consider changing your mind - even about a belief you are very attached to. Frequently, when you are finally able to relinquish a destructive belief, there is a feeling of relief - along with uncertainty. But, if you just keep in mind that everything is alright - this is alright- you will be okay. You will find your way.

Now, this isn't me encouraging denial - by ignoring crucial parts of yourself or your life in the interests of choosing beliefs that allow you to spiritually bypass your problems. Take this as a nudge to examine yourself - and to be aware of your beliefs and their effect on your quality of life, rather than taking them for granted as absolute truths. After all, you are in control of the wheel that drives your future and your belief system is the map that guides you.

Artist Spotlight
Mystic Sister: Grace Gokey

Hello, my name is Grace Gokey. I'm the artist behind The Mystic Sister. I grew up on the outskirts of Yellowstone National Park; a place I draw constant inspiration from. I've been studying the craft avidly for 6 years now, though my first introduction was in my early teens. My goal as an artist - and a witch - is to blend the everyday magic I experience into my art and candles, and share it with you guys. Thank you for supporting my vision, I am looking forward to meeting you this summer!

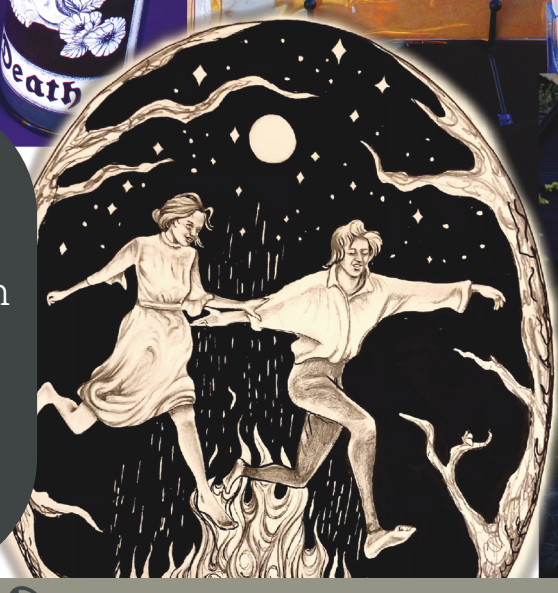
Blessed Be

See the Mystic Sister at:

Witches Night Market
First Thursday of Each Month

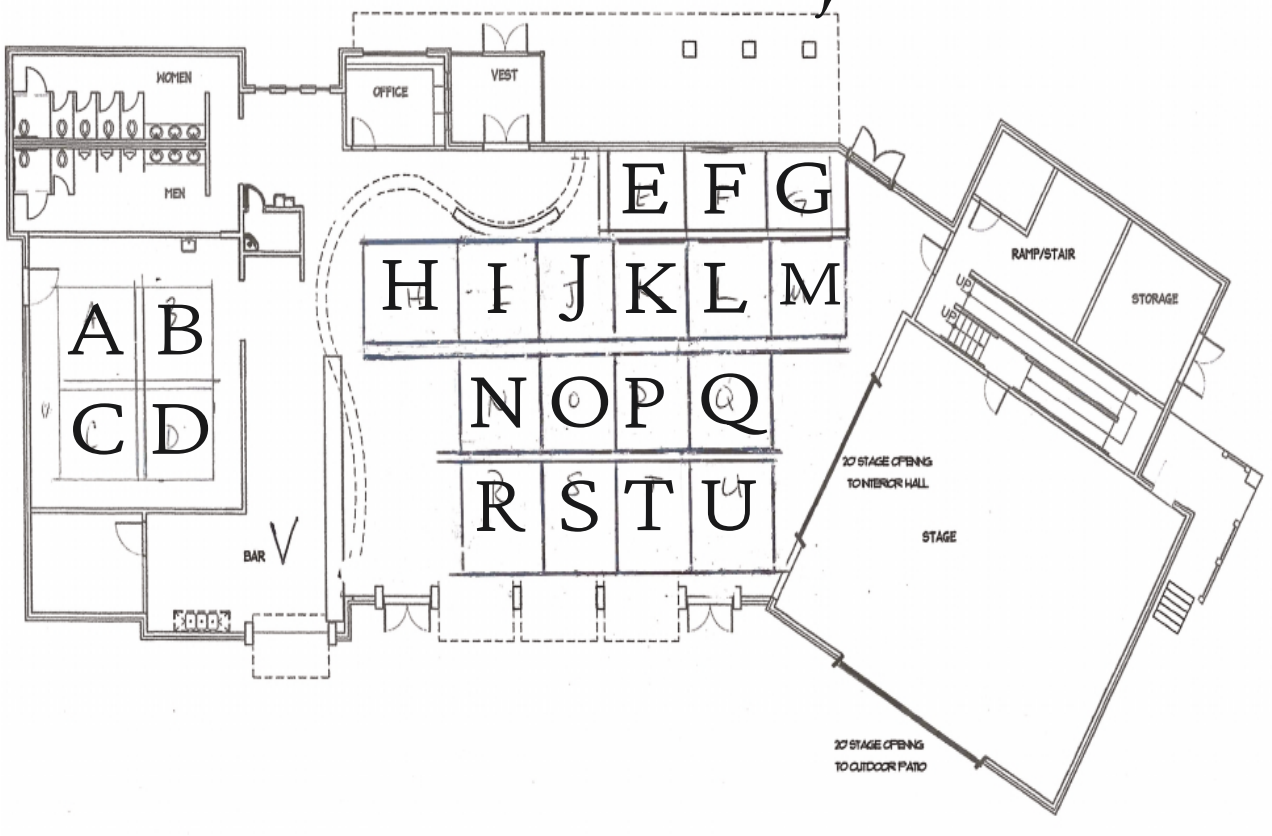
Psychic Fair
June 13

Summer Solstice
June 19 & 20



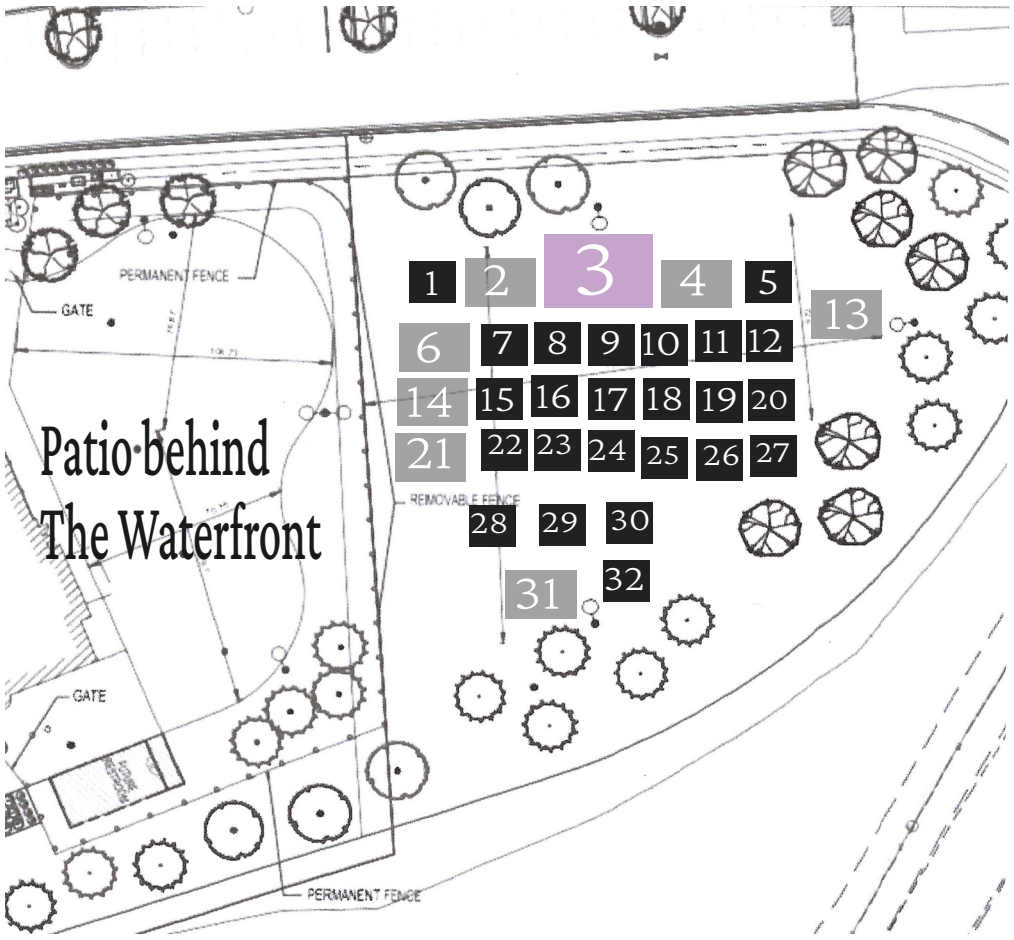
Psychic Fair Booth Locations

Indoor



- A. Czeize the Day
- B. Sacred Symmetry Reiki
- C. Krystin Potter
- D. Jamie's Reiki and Crystal Corner
- E. My Intuitive Paula
- F. Kebbie Wheeler/Emerging Horizons
- G. Teresa Brown/Scentsy
- I. Annette Anderson/Nettie's Natural Healing
- J. Starlit Circle Readings
- K. MJ Gauchay/The Self Love Treehouse
- L. Nicole Beresford
- N. DeWilde Style
- O. Bernard Finnigan
- P. Destiny Hampton/Shy Designs
- Q. Adam Smith
- T. Southeast Idaho Mystic Leaders Guild

Outdoor



1. Rustic Gem Shop and JJ Bladesmithing
2. Witchin' Designs
3. Healing Hands and Ravens Hollow
4. Bone Magick Osteomancy
5. Kymra Turner
6. Dyes by Debo
7. Kimberly Ann
8. ChakraHealing LLC
9. FlutterbyCreations
10. Sydney Wirtzfeld
11. Pandora's Baubles and Beads
12. Shannan and Celestial Sessions
13. Rose Ginsbach/Willows Mystical
14. Not Your Basic B
15. KosmikCreations
16. Bent Broomstick
17. Wyrd Grove
18. Crystella Designs
19. Dawn M Koeller
20. Your Beautiful Life Crystals
21. Camie Harvey/Flowing River Circle
22. Liz Law
23. Gourmet Cupboard by Connie Burley
24. Hippie Home
25. Plant Therapy
26. Sujata Gandhi
27. Hemlock Roots Handmade
28. The Mystic Sister
29. Deb's Creations
30. Cynthia Derita/Colorstreet Nails
31. Labyrinth by Charlotte Dietz
32. Tesla Heidi Gillespie

Summer Solstice
June 19th & 20th
Sandy Downs
6855 S 15th E
Idaho Falls, ID 83401

Summer Solstice Dinner
June 19th 7pm - 8:30pm
$40

Choice Between Brisket or Roasted Turkey
Includes 3 sides, choice of drink, and dessert
Food provided by Diablas Kitchen
For Tickets Contact: 208.339.5477
Heidi Jensen
Or Venmo
Fire Spinning - Special Performance

SEIML Guild
@SEIML-Guild
venmo

- Vendor Faire - 10am - 3pm Sat & Sun
- Activities for the Whole Family 10am - 6pm Sat & Sun
- Crafts
- Bounce Houses
- Carriage Rides
- Games
- Cornhole Competition 3pm Both Days
- Raffle

Live Music Provided by:
Elyjah Tribe & 70s Wet 4pm - 6pm Sat
Elyjah Tribe & Moonshadow 12pm - 1pm Sun

Two for One: Lavender & Petitgrain

By Heidi Jensen

Most of you have probably heard about lavender and its many versatile uses. Lavender is definitely in the "must have" category of essential oils. You're probably thinking, then why are we doing a two-for-one if lavender is so amazing. The answer is simple. Many people are allergic to lavender and can't enjoy the benefits it offers. I have found - personally - that petitgrain offers an amazing alternative.

But let's not get ahead of ourselves. Let's start with lavender. Lavender has been used for centuries and is indigenous to the mountains bordering the western European countries in the Mediterranean area. Early uses were just as numerous as today's except with a focus more on the medicinal. Egyptians and Romans used it for relaxation, cooking, bathing and stress - just to name a few.

Lavender is known for its calming and relaxing properties. It has been used to ward off diseases, treat hyperactivity, insomnia, headaches, sore joints, as a cleaning agent and even as a perfume. Today, it is used in much of the same manners. Bathing with a few drops can help relieve stress in both the mind and body. You can also place it on the back of the neck or temples to do the same thing. Before bed, place a few drops on your pillow, in bedding, or even the bottoms of your feet for calming and relaxation. This helps promote a restful environment conducive for sleeping. You can add drops of lavender to your cooking and baked goods to offer a twist of flavor as well as soften citrus flavors. I highly recommend carrying lavender with you at all times as it can be applied directly to the skin to help soothe any skin irritations, blemishes, or cuts. If you have extra sensitive skin, it is recommended to dilute it with a carrier oil first.

Speaking of sensitivities, this brings us around to if you are allergic to lavender. Let's discuss Petitgrain. It is derived from the bitter orange tree and has even been known as bitter orange leaf oil. This is because it stems from the leaves and twigs of the tree. Because of this factor, it has a less floral and citrusy smell and is often called "masculine lavender." Petitgrain - like lavender - has a long history of uses in the traditional health category. However, petitgrain gets left in the shade, because it is not as well known as its counterparts of the tree: Neroli and bitter orange. Petitgrain can, however, accomplish all the same things as lavender and then some.

Not only can petitgrain assist with relaxation, stress, minimizing joint pain and cooking - it can also aid in a healthy digestive system, immune system and with nervous system function. You can use petitgrain in all the same ways you would use lavender. Add a few drops to the back of your neck and temples for stress and tension, add to bedding, pillow and bottoms of feet for relaxation at night, and even add to your bath - or laundry - for a fresh scent and calming properties. Because of its citrus nature, you can also cook with it. If you add 1-2 drops to either water or drink of choice, it can help support the health of your cardiovascular, immune, nervous, and digestive systems. The best part is, at least in my personal knowledge, it doesn't cause the allergic reaction that lavender does on those I know to be allergic. This means that there is an option for those wishing to benefit from the many properties of lavender without the potential life threatening reactions.

Therefore, whether you can handle lavender or want to try out petitgrain, there are many health benefits of adding them to your daily lives. Petitgrain has made its way to the "must have" in our household - and of our covenmates. Our favorite use is for oil blends, such as new & full moon blends. Both lavender and petitgrain blend well with most oils - but especially with citrus scents. They also work well with cassia, cinnamon, eucalyptus, lemongrass, and geranium. Even if you are not allergic to lavender, I would recommend giving petitgrain a try. I know - for me personally - I don't like the strong smell of lavender, but have found the smell of "masculine lavender" just right. I leave you with two different recipes for Summer Solstice blends that can be used to anoint your altar, candles or other tools you may use. They can also be used for meditation to help align the chakras and on your pulse points the day of the solstice. Make sure to wear it while you all are out hanging with us at the Summer Solstice Event June 19th & 20th!

I recommend using whatever carrier oil you prefer. I have

found that different carriers can alter the smell and therefore you may need to adjust the drops as suited for you. Oils I recommend are coconut, sunflower, calendula, jojoba, almond and olive. Start out in smaller batches and adjust accordingly until you find the blend you like best. These are great as is or as a base to build with.

Summer Solstice Blend w/ Lavender

*Per tablespoon of carrier oil:

1 drop peppermint
1 drop orange
1 drop rosemary
2 drops lavender

Summer Solstice Blend w/ Petitgrain

*Per 2 tablespoons of carrier oil:

1 drop clove
1 drop ginger
2 drops basil
2 drops orange
3 drops neroli (or 2 extra drops orange and 1 petitgrain)
3 drops petitgrain

Swirl - not shake - to mix oils together and store in a dark bottle. Label bottles with ingredients and enjoy!

Blessed Be and Happy Solstice!!!

Tarot Signatures

By Michelle J Norton

Juneteenth - The Hanged Man

Juneteenth is the day to celebrate the emancipation of slaves in the US. The Hanged Man is a seeker of knowledge. Spend this day learning the actual history of the United States. Expand your knowledge, read about the road to emancipation, and the history of police in this country. The Hanged Man implores you to expand your horizons and, therefore, your compassion.

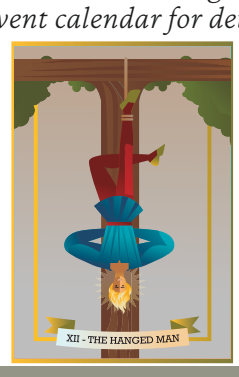
Midsummer - Death

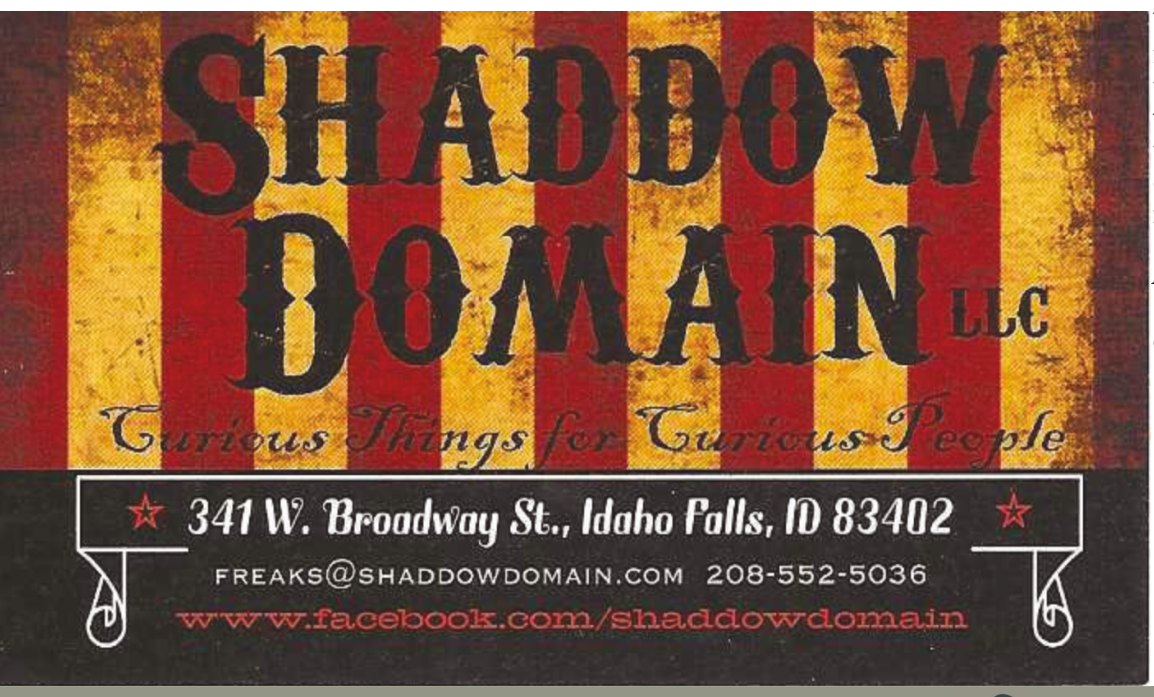
Death is a fitting card for when the sun begins to dim. The change of seasons is the very essence of the death card. Spend the day in celebration - as changes should be celebrated and honored. As the season changes, contemplate what change means to you and how you can embrace the new waves in your life.

Independence Day - Strength

While it may seem that Strength is an obvious choice for Independence Day, it is how you look at the concept that matters. Strength is in how you treat others, whether standing up for ideals, or giving compassion to those in pain. The woman keeps the lion's mouth closed for sometimes strength lies in the quiet manner in which we act.

Are you interested in learning more about Tarot? Join us for Tarot Talks starting in July at Healing Hands. Watch the event calendar for details.





Summer Solstice and the Fae

By Natalie Ruiz

The sun's rays are in full shine as we are met with the longest day of the year. The Summer Solstice, Midsummer, or Litha is well-known in the magickal garden community. The baby seedlings we planted during Ostara and the seeds we have sown into the earth for Beltane are now soaking in the sun's powerful solar rays; thriving and growing a hefty amount each day. All of the hard work and encouragement we have given them has paid off. Around Midsummer, you will find a lot of things around you growing and flourishing. This is thanks to things like the sun: that radiates solar energy for life to grow and Gaia who nurtures and supports that life; but I want to focus on some of the not-so-apparent helpers.

Faeries: you may be able to catch a glimpse of them around your garden - or in the trees and flowers. When people talk about faeries, a picture of Tinkerbell usually comes to mind; however, this can be far from the true image. There are many different types of Fae and different levels of temperament. Before committing to working with the Fae - caution and proper research is needed. Acknowledging their efforts and putting forth your energy to better the earth, can go a long way in your magic. Recognizing that Fae are creatures, here in our realm - who want nothing more than for Gaia to be lush and taken care of - can help us live more cohesively.

Midsummer Solstice - along with Beltane and Samhain - is notorious for the Fae. While dancing by the bonfire, you may catch their little shadows enjoying the roaring flames with you. Noon, twilight, and midnight are the best times when you might be lucky enough to witness Fae frolicking around; and if you're blessed, you may end up near a faery circle. These are circles of mushrooms that can be found almost anywhere. If you come across one, be sure not to step in or around the circle - you never know what may be walking through the blades of grass. Some magickal gardeners, like myself, will craft faery garden houses around this time to put out for any Fae who desires to help the magickal gardening - or just for passer-byers even. Providing them with a safe space, while also expecting nothing in return, is a way to acknowledge the fae and everything they do for Gaia.

This is why, for me, Midsummer is best spent in my garden; tending it to grow as best as it can. This is the primary way I connect with nature and soak in the warm cast of light from the sun in order to collect its energy and power. I recommend spending time with nature, the sun, and nature's helpers. Use the sun's energy - in the form of its rays - to infuse tea or lemonade, build a sun-tribute bonfire for dancing, make flower crowns, and have a giant feast are ways to celebrate the solstice. This is the longest day of the year, go out and enjoy it! Merry Midsummer Solstice!

Moon Phases & Signs

June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Ing 3:07a v/c 0:12a MDT +6:00 In Full Moon phase (263°)	2 MDT +6:00 Third Quarter 1:24 am 11°Pi59'	3 Ing 11:58a v/c 2:07a MDT +6:00 In Third Quarter phase (286°)	4 MDT +6:00 In Third Quarter phase (297°)	5 Ing 11:46p v/c 4:45p MDT +6:00 In Third Quarter phase (308°)
6 MDT +6:00 In Third Quarter phase (319°)	7 MDT +6:00 In Third Quarter phase (330°)	8 Ing 12:47p v/c 9:05a MDT +6:00 In Third Quarter phase (341°)	9 MDT +6:00 In Third Quarter phase (352°)	10 v/c 6:36a MDT +6:00 Annular Solar Eclipse (NM) New Moon 4:52 am 19°Ge47'	11 Ing 1:22a v/c --> Ing MDT +6:00 In New Moon phase (014°)	12 v/c 0:58a MDT +6:00 In New Moon phase (025°)
13 Ing 12:22p v/c --> Ing MDT +6:00 In New Moon phase (036°)	14 MDT +6:00 In New Moon phase (048°)	15 Ing 9:01p v/c 11:28a MDT +6:00 In New Moon phase (060°)	16 MDT +6:00 In New Moon phase (072°)	17 v/c 9:53p MDT +6:00 First Quarter 9:54 pm 27°Vi09'	18 Ing 2:53a v/c --> Ing MDT +6:00 In First Quarter phase (097°)	19 MDT +6:00 In First Quarter phase (110°)
20 Ing 5:57a v/c 4:50a MDT +6:00 In First Quarter phase (124°)	21 v/c 8:59p MDT +6:00 In First Quarter phase (137°)	22 Ing 6:55a v/c --> Ing MDT +6:00 In First Quarter phase (151°)	23 v/c 8:49a MDT +6:00 In First Quarter phase (165°)	24 Ing 7:04a v/c --> Ing MDT +6:00 Full Moon 12:39 pm 3°Cp27'	25 MDT +6:00 In Full Moon phase (193°)	26 Ing 8:08a v/c 6:48a MDT +6:00 In Full Moon phase (206°)
27 v/c 1:06p MDT +6:00 In Full Moon phase (220°)	28 Ing 11:50a v/c --> Ing MDT +6:00 In Full Moon phase (232°)	29 v/c 8:58p MDT +6:00 In Full Moon phase (245°)	30 Ing 7:21p v/c --> Ing MDT +6:00 In Full Moon phase (256°)			

July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 MDT +6:00 Third Quarter 3:10 pm 10°Ar14'	2 v/c 10:10a MDT +6:00 In Third Quarter phase (279°)	3 Ing 6:27a v/c --> Ing MDT +6:00 In Third Quarter phase (290°)
4 v/c 11:26a MDT +6:00 In Third Quarter phase (301°)	5 Ing 7:23p v/c --> Ing MDT +6:00 In Third Quarter phase (312°)	6 MDT +6:00 In Third Quarter phase (323°)	7 v/c 10:18p MDT +6:00 In Third Quarter phase (334°)	8 Ing 7:50a v/c --> Ing MDT +6:00 In Third Quarter phase (345°)	9 v/c 7:15p MDT +6:00 New Moon 7:16 pm 18°Cn01'	10 Ing 6:20p v/c --> Ing MDT +6:00 In New Moon phase (008°)
11 MDT +6:00 In New Moon phase (019°)	12 v/c 6:27a MDT +6:00 In New Moon phase (031°)	13 Ing 2:30a v/c --> Ing MDT +6:00 In New Moon phase (043°)	14 v/c 7:45p MDT +6:00 In New Moon phase (055°)	15 Ing 8:31a v/c --> Ing MDT +6:00 In New Moon phase (068°)	16 MDT +6:00 In New Moon phase (081°)	17 Ing 12:38p v/c 4:09a MDT +6:00 First Quarter 4:10 am 25°Li03'
18 MDT +6:00 In First Quarter phase (107°)	19 Ing 3:07p v/c 10:29a MDT +6:00 In First Quarter phase (120°)	20 MDT +6:00 In First Quarter phase (134°)	21 Ing 4:36p v/c 4:24p MDT +6:00 In First Quarter phase (148°)	22 MDT +6:00 In First Quarter phase (161°)	23 Ing 6:12p v/c 1:52a MDT +6:00 Full Moon 8:36 pm 1°Aq26'	24 MDT +6:00 In Full Moon phase (188°)
25 Ing 9:29p v/c 5:12p MDT +6:00 In Full Moon phase (201°)	26 v/c 7:02a MDT +6:00 In Full Moon phase (214°)	27 MDT +6:00 In Full Moon phase (228°)	28 Ing 3:57a v/c --> Ing MDT +6:00 In Full Moon phase (238°)	29 MDT +6:00 In Full Moon phase (249°)	30 Ing 2:07p v/c 1:36p MDT +6:00 In Full Moon phase (261°)	31 MDT +6:00 Third Quarter 7:15 am 8°Ta33'

Ravens Hollow Apothecary & Curio

Herbal tea blends that you can find at Ravens Hollow Apothecary. Some tea blends rotate with the seasons; therefore, the following list is subject to change.

VEGA	SLUMBER	MOON CYCLE	PIXIE PUNCH
ELIXIR	LIFE POTION	TREE OF LIFE	LUCID
STARDUST	FOREST FAE	WITCHES BREW	ELDER
MANGO MAGIC	NEVERMORE	WANDERING GHOSTS	SIPPIN' CHAKRA

Come see RAVENS HOLLOW at the annual PSYCHIC FAIR! June 13, 2021 is a date you want to REMEMBER!

Ravens Hollow SHIPS! Email: Raven.in.the.wolf.den@gmail.com to inquire about placing an order.

Visit Instagram @ravenshollow.apotho All orders placed before 5pm are shipped out next business day, holidays permitting.

#ravenshollow #raveninthewolfden

Have you heard about the new GREENHOUSE NOOK? It's a new location that is being maintained by my amazing mom and myself. It's a space that grew one of the most beautiful vegetable gardens I have ever seen - and is now being used as a space to bring Ravens Hollow another resource of local and ethically sourced herbs, flowers, roots and berries. We are very excited!

Located inside HEALING HANDS METAPHYSICAL
#downtownif

Midsummer

The sun arrives in his full power and glory on Summer Solstice, the longest day and shortest night of the year. Also known as Midsummer or Litha in modern times, the Summer Solstice brings forth the full bounty the Earth has to give us in the following months of growth and harvest. This time of year is fantastic for getting outdoors, going camping, swimming, and maybe even setting large wheels on fire and rolling them down a hill into our local bodies of water - like early Europeans once did. Safely though, of course! This was done to bring balance to the weather and keep the drought away.

Another fun tradition - that's maybe a little safer - comes to us from Ireland. If you have something you wish to happen, you can "give it to the pebble." Carry a stone in your hand as you circle the Litha bonfire, and whisper your request to the stone. Once you've completed your third turn around, toss the pebble into the fire. Alternatively, you could get rid of your problems by writing them on a piece of paper, or a leaf, and dropping it into a body of moving water on this day.

Whatever you do though, if you come across a ring of mushrooms - do not step over their threshold! This is a fairy ring, an entryway into the dwellings of the Fae. Proceed with caution, for while the Fae can be useful and great fun, they are also extremely mischievous and find the frailties of humans amusing. If you were to simply cross over into the ring, you would be spelled into dancing with the Fae until you either go mad or perish from exhaustion. There are tales that say if you run around the ring 9 times (no more, no less), then you may enter the fairy ring with no penalties though.

Either way, on Midsummer the Fae like to come out and play in the life-giving energy that the day with the shortest night brings to the Earth. If you find yourself celebrating in the great outdoors around a pleasant campfire, then leave some of your night's meal (especially some marshmallows) out for our fair friends - just outside of the light of the fire and away from prying eyes. The Fae will be glad for the treat and, rather than playing tricks on you, may even help you in your efforts that night.

To finish up this article, I have another little ritual that can be used by either solitary or group practitioners easily. For this one, you will need a fire, an offering, and a list of things you wish to manifest. 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 has turned once more,
Today is Litha, the Summer Solstice.
On this day we honor the sun and the Earth itself.
Our hearts are surrounded by tall trees.
There is a vast sky above and cool dirt beneath us,
and we are connected to all three.
The light has grown for six long months - until today.
Tomorrow the light will begin to fade
As the Wheel of the Year
Turns on and ever on.
Litha is a time of rededication.

The god and goddess watch over us.
They are known by many names.
We give honor to You, O mighty ones,
By all your names, known and unknown.
Bless us with Your wisdom
And give life and abundance to us
As the sun gives life and abundance to the Earth.

[Approach the fire, with an offering and toss it in]

I gather in the power of this day of greatest light,
To bring the last grace of this power,
To manifest my desires in the coming harvest.
I ask that this be

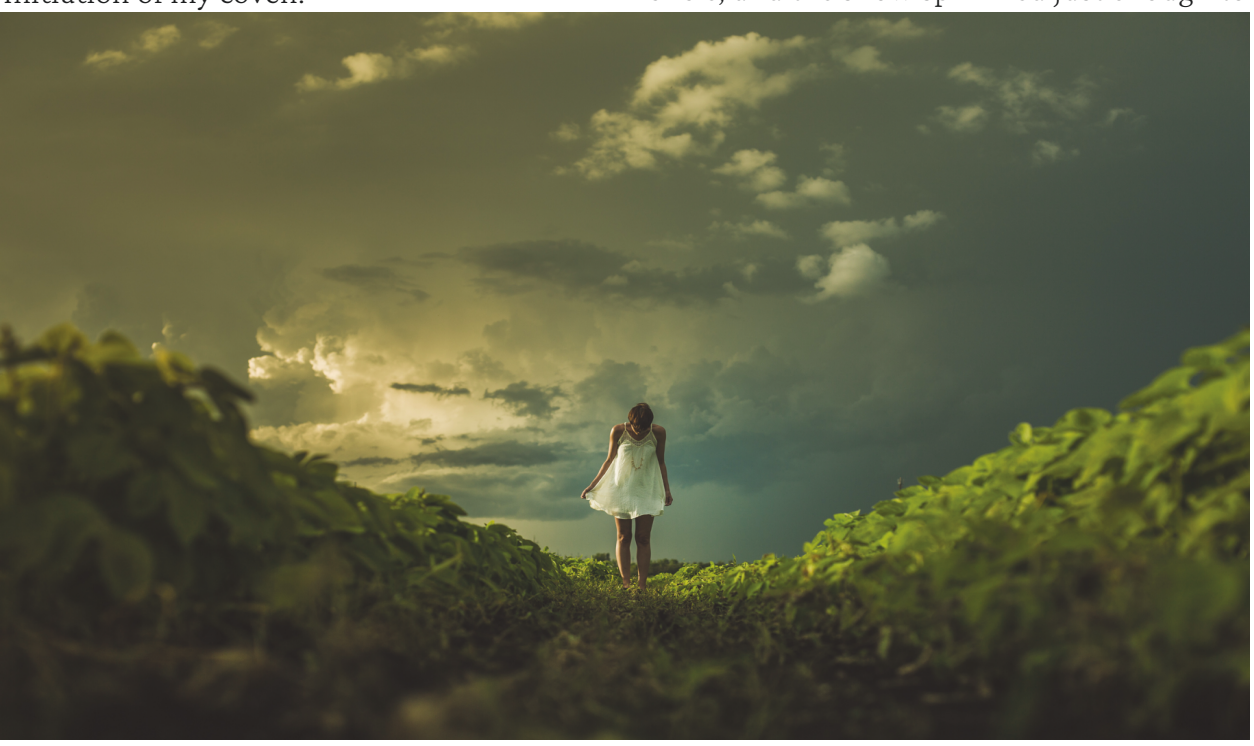
[Read aloud the list]

I affirm that I am able and willing
To allow these wishes to manifest
And I participate in the miracle of creation with faith.
So Mote It Be.

and...Bravery

By Caitlyn Willey

Even in just these few months since the paper began, my life has changed so much! The Southeast Idaho Mystic Leaders Guild was founded as a way to bring our community together and express itself through several great events that are currently in the works. I have been blessed to be voted its secretary for the time being and I also have my fingers deep in the planning committees for the Summer Solstice Celebration coming up. Various other things have occurred as well, but the one that has made the greatest impact has been the Initiation of my coven.



A year and a day had passed since we began our journey, we have all learned much, and it was time to officially dedicate ourselves to our path together. To keep the event special and sacred I won't be going into detail; however, there were a few instances of significance I want to share. I had been working on creating our very own rite of Initiation for many months, both to accommodate our varied beliefs, but also because these rites simply aren't available to the public for obvious reasons. Unbeknownst to me, however, the girls had also been planning something special for me in return - in the form of an Initiation for myself and a special ritual tool they all made for me together. Thus, making the whole thing even that much more magickal for me and them.

The Earth and elements were with us in force that day. As we called upon them, the winds blew about us, the fires burst forth with vigor, the earth sent us a beautiful mating pair of sandhill cranes soaring above our circle, and the snow sprinkled just enough to let us know the element of water was also with us. We had my dear brother act as our Guide through the purification process - which he performed excellently. Once I had come to the end - and was about to take my first step into the circle to begin my Initiation into High Priestesshood - he gave me a great big hug and told me how proud he was of me. Needless to say this brought tears to my eyes; but, it also gave me a great surge of confidence in this next step forward on my path.

As we said our words of promise, I could feel the connections between all of us growing and solidifying into a beautiful web of sisterhood. That night, and the next day or so, I found myself filled with so many strong emotions - as well as the power and responsibility this role had given me. I'm not ashamed to admit I was a bit of a blubbering mess at the drop of a hat for a bit there; but, we have all emerged from the experience ready for what comes next. I can't wait to see what we - and all the members of our community - create here moving forward. Merry meet, merry part, and merry meet again.

Practical Witch

I feel off-kilter when I finish spell work. Is there something I can do to help with this?

What you need is grounding. Grounding is an essential skill for witchcraft. This allows you to center your energy and tether yourself back to earth. Think of it like drinking water after exercise. You just spent energy to build that same energy up around you. There are a few ways you can accomplish this using objects, poses, even food.

Wiccans use a ceremony called Cakes and Wine, where they bless the food and drink (it can be wine or another non-alcoholic drink, such as juice), offer some to their god and goddess, then eat the rest themselves. Done in a group, this can be a good way to move out of the liminal space and back into the mundane world.

Another technique is to get yourself a grounding stone. This should be a palm sized stone of a non-water-soluble material such as quartz or its variants (chalcedony, aventurine, amethyst, agate, and plain rock crystal are all good choices). After your work, sit with the stone in your hands and visualize all your scattered energy going into the stone until the stone grows warm. Continue concentrating on the stone until your mind is calm.

The heroes pose is a way to stretch your body while grounding. It is best to do the pose on a flat space while barefoot. Stand with your feet shoulder width apart, then place your hands at the small of your back and arch slightly back over your hands. Keep your shoulder's back and look up. Imagine yourself growing roots into the ground. Hold this pose and concentrate on the thought of roots until your mind is calm.

I want to create an altar but I don't know how. Where do I start?

There are many reasons to create an altar. In fact, throughout your practice you may have many altars, some temporary, some permanent. An altar can be a table, a book shelf, or a little corner you have available. There are different traditions which discuss which direction an altar should face, depending on intent or religion, it can vary wildly.

If you are looking to create an altar to a god or goddess, consider the aspects of the deity. Set up your altar in a space and direction that will honor them. Put items, flowers, crystals, and food which they are known to like. For example, an altar to Artemis may include a small bow & arrow, honey, moon shaped cakes, small animal figurines, moonstone, fruit, wine, antlers, and green candles.

If you are creating a working altar, you'll want something that indicates the spirit or object of trinity. Items which indicated the light and the dark, such as black and white candles. Also, a cauldron, writing instruments, carving tools, spell or casting boards - if you use them, an altar tile. My working altar faces north, the direction of air and intention. Other traditions have such an altar facing east, towards the rising sun and often the seat of the tradition.

What you chose to offer on your altar should be personal to you. Every altar is different. Make it your own and work for what you intend.

Have a witchy question? Ask the practical witch at https://metaphysical-times.com/columns/practical-witch/

Perils of a Being a Star Seed

By Bernard Finnigan

As an aspiring author, I have the most unusual book signings.

Whereas other writers shake hands and collect emails, I attract a more existential element. At Barnes and Noble, for example, I was approached by a mystical woman with a gargantuan pentacle necklace and wide clairvoyant eyes.

"You're old."

Excuse me? Didn't you know forty-eight was the new twenty-five?

"Not that. Your aura. It's old. You've been here a long time."

I see. My name is Bernie Finnigan, and if the local extrasensory population is correct, I'm not from around here. Not that I have any memory of such things. My veil is watertight. I have no visions. I see no auras. In terms of my alleged origins, I have nothing but the word of my neighborhood mystics.

Their word, and the little voice in my head that wont shut up.

"Write."

I thought in the 6th grade I might be an author, and then spent the next 30 years doing just about anything else. It wasn't until my thirties, walking my dog on an autumn night, that I was finally hit by a massive metaphysical blast between my ears:

"You WILL write a book."

Will I now? Actually that was a good idea, and after many false starts - I published my first novel 'When Halloween Was Green,' a horror/fantasy wherein the 2000 year old monsters of Celtic Halloween return to take their holiday back and wreak havoc on a dumbed-down October 31st. Having forgotten every tradition that used to keep people alive on the scariest night of the year, what mortal could possibly save the world against old school Irish terrors?

Haunted house actors, of course. Because they're scary too.

Halloween needed no introduction, and I was as excited to write it as Halloween aficionados were to read it. When finished, I had high hopes of starting a sequel; however, standing in Healing Hands one day, I was hit by *another* blast between the ears. Something demanded my services once again, in a direction tonally opposite from Halloween.

Allow me to introduce Steven Kinder:

Steve just wanted a normal life. Instead he was ruined, chewed up and spit out by one 'accident' after another - destroying his career and reputation. He has nothing: nothing except blurry aliens just on the edge of his vision, aliens only he can see and who take a perverse pleasure in wrecking human lives for their own petty amusement. But the real problem isn't that the aliens ruined Steve's life; the problem is...he's one of them. Steven Kinder *IS* an alien - star child, star seed, indigo - and his 'family' has an agenda for him. Dozens of species, thousands of star seeds infest the earth, and far too many of them use their abilities for nefarious gain. Steve can combat them, protect the human right to exist and possibly save the world at the same time, if he can stop quarreling with his own family first.

After publishing 'The Last Reincarnation of Steven Kinder' I thought I could get back to Halloween...until my next book signing where I met yet another tarot-shuffling character staring through me with googly eyes:

'Write a sequel.'

Steven Kinder wasn't allowed to go away. I wasn't allowed to stop writing the second novel, 'The Human Sliver,' until my brain had been emotionally scoured. Steve's battle with Star Seeds boasting BLACK auras, corrupted souls of the worst of the worst, tore itself out of my head with great obsessive trauma.

Recording the extra-dimensional adventures of an unwilling star child is my compulsive affliction - even as the story expands everyday. Humans are trapped on every side between bloodthirsty monsters who treat humans as a prey species, aliens with full knowledge of their previous incarnations in Earth's history and seek to bend the planet to their will.

Not that we'd know anything about that.

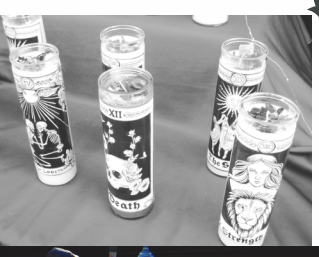
Ask me what 'aliens' are really like and I'd have no idea. If I met one, I couldn't tell you.

Ask me what I'm doing now, and I'd say the third Kinder novel is already well on its way. As I said, something doesn't want me to quit. Inspiration comes from wherever it wants and we should just be grateful. If there are Star Seeds, then it isn't glamorous. On the contrary it's emotionally and psychologically exhausting, but we're stuck here so we'd better make the most of whatever compulsions we're gifted with. They say the best way to make the universe laugh is to tell it your plans. Well in my case, and possibly for many of you too, whenever I look at the night sky maybe something else up there is laughing as well.

WHAT DID YOU MISS AT THE Witches Night Market?

First Thursday thru October 5 - 8 pm

Next two: June 3rd & July 1st Downtown Civitan Plaza



A Born Witch's Discovery of Witchcraft

By Meredith Cook

Throughout my journey as a witch, I have made many discoveries about myself, witchcraft and what it all means to the lifestyle that I have chosen to live. I have also found that there is a difference between those who are born witches and those who are witches because they choose to practice witchcraft. However, there is still currently a debate about whether or not there are even such things as "born witches."

Contrary to what some may say, there are those who are natural born witches… Let me explain.

Growing up, I was frequently called a witch - and often with ill-connotations. Not because I claimed to be a witch, practiced witchcraft, or even knew anything about the occult. This was because I was born with innate abilities that others didn't understand - and couldn't explain. I would know when something was going to happen, be able to answer questions that hadn't been asked and had other abilities that would make people uneasy.

You see, when someone is born a witch, they don't really have a choice. They are born with gifts that they have to learn to live with - and sometimes have difficulty controlling. These are your mediums, psychics, telepaths, empaths, healers, animal whisperers or anyone with any ability that is seen as unusual. And yes, oftentimes, these gifted people come from a line of inherently, gifted families.

I first started looking into witchcraft after a wise woman had explained the concept of being a born witch due to witnessing my abilities - and that this wasn't a bad thing. I had accepted the title of Witch as, simply, part of who I am. I began looking into how it fit my lifestyle and how following a path of witchcraft might help me expand my abilities. I wanted to see how my gifts could be influenced by witchcraft - since I already had the abilities to manipulate energy and effect elements… What could it do to put it into practice with witchcraft?

It was amazing how naturally being a witch and practicing witchcraft fit so well with my life of living with animals and nature. The things that innate witches do on instinct, are things that those who choose the path have to learn. A good example of this is how you can sense the energy of a crystal and whether it works with your own energy or not. I have always preferred homeopathic remedies and natural healing. Although it has taken me a while to figure out, I also discovered that I was cooking with magic - before I knew it was a thing. How is that possible? I cook by smelling my dish and the herbs or spices that I am cooking with. These are simple things that I have always done instinctively; but the fact that these instincts and intuitions tie so deeply into the things I have learned through witchcraft, solidified my decision to claim the witch title.

At this time is when I was introduced to the modern witchcraft community. Now, don't get me wrong, most of those whom I have listened to or followed, I greatly respect; however, there was this one phrase that I kept hearing and it has really started to bother me. "No one is ever born a witch" and that, according to the modern community, you can only call yourself a witch if you CHOSE to practice witchcraft.

Well then what the heck am I?!

Yes, I am practicing witchcraft by choice; but, that is not why I consider myself a witch. For me, the practice of witchcraft is just part of my lifestyle. I was a witch first - and the idea of practicing magic outside of my given abilities, was - at the time- still something rather new to me. I was still becoming comfortable with myself and my abilities. Now, I've added the study of witchcraft - and actually put into practice a defined intention that, beforehand, I would have only influenced with my own energy and not by using any tools in order to enhance or assist it. I have to learn the base roots of the practice, the beliefs, what each type of craft means and how they use different aspects of practice.

Yes, there is a difference between those who are "born witches" and witches who choose the path of witchcraft. I want the witching community to come together to learn, accept, and value both types of witches as equals. There is so much beauty to be found in the ceremonial traditions of organized practitioners - and those who naturally found their path.

Those who are born witches must learn how to practice witchcraft through study and practical application - just like everyone else. And those who chose to practice witchcraft can learn and develop their own abilities that will benefit them and their practice. Just because you are gifted or choose a certain path, doesn't mean that there isn't something you can gain from both aspects of being a witch. Neither witch is greater, more powerful, or better than the other; they are simply two sides of a coin.

You might wonder why this is something that is so important to me… Well, this is honestly the simplest thing I could ever write: my daughters. I have two beautiful daughters who have shown an aptitude for both gifted abilities and the desire to connect with the processes and energies of practicing witchcraft. They have a way of connecting to nature, animals and the energies around them. It is amazing to watch them grow into their abilities and have the opportunity to try what they are drawn to within the craft. You can't deny a witches innate ability when an infant can dream-walk or a toddler has a conversation with her great, great, great grandmother - who's only connection was a film negative that was on the top shelf, buried in the back of a curio cabinet she was looking in.

I want my daughters, and any other aspiring witches, to feel like they have a community that will support them no matter what the origins of their title, if they so choose to own it. I don't feel like there should be this defining line of whether someone should or shouldn't be called a witch. Just like there are those in the community who follow Wicca - and those who choose their own path. We are a growing community that is not currently seen as equals in society - let us, at least, support each other as equals within our practices.

Renew Your Health

By Tesla H Renew

I would like to start with the end in mind - Death: I believe we get to choose how we live and die. No one has a right to tell us when and how we are going to die. My story has been a soap opera blended with other people's stories. Being the leading lady, I was not paid well enough to stay. I am a 50-year-old woman that has lost everything to save other people, putting myself aside. Now, I want to build a business that will help me and you at the same time. MBS - Mind, Body, Soul – connecting people with therapies and programs. I would like to hear your story and help create a new chapter for you. In my business, you touch the spirit first, then answer the questions to turn the wheel of life in your direction. I'm forming a virtual connection in communities. I need villagers to touch, teach, and heal with and enjoy laughter, science, and art.

I have been homeless. I have almost lost my children to death and the system. I have almost lost both my hands. I have fought Health and Welfare, hospitals, doctors, and for Cannabis patients' rights. I have lost a job. I am unblinded to all my fears! I may not have financial wealth; but, I have a full bank of knowledge, emotional truth and a true spirit of love and compassion. I will not treat you like a disease or diagnosis. The vision we have is to touch and teach people about holistic healing to create a co-op of services. I want everyone to become a self-care promoter for themselves and other people. I want to help everyone be able to detoxify their life and have fresh water, food, and a safe place to live with income!

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Idaho Falls

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Full Moon Healing
May 28, 2021
Tarot readings with Kaylee
June 3, 2021
Witches Night Market
June 6, 2021
Tarot Readings with Michelle
June 13, 2021
Psychic Fair
June 19 & 20, 2021
Summer Solstice Celebration
July 1, 2021
Witches Night Market
July 6, 2021
Tarot Talks

Pocatello

May 29, 2021
The Gifts of an Empath
May 31, 2021
The Gifts of an Empath
June 1, 2021
Qigong Self Care with Daphne
June 15, 2021
Qigong Self Care with Daphne
June 22, 2021
Qigong Self Care with Daphne
June 29, 2021
Qigong Self Care with Daphne
July 6, 2021
Qigong Self Care with Daphne
July 13, 2021
Qigong Self Care with Daphne

Online

June 27, 2021
Witchcraft Study Group for Idaho Pagans

For location information visit: https://metaphysical-times.com/event/

Do You Have An Event? Add Your Event To Our Online Calendar!

Dandelion Jelly

4 c dandelion petals
2 tbsp lemon juice
4 c sugar
½ tsp vanilla extract
6 tbsp pectin
8 c water
3 - 4 jars (pint)

Bring water and petals to boil over medium-high heat. Boil for 10 min.

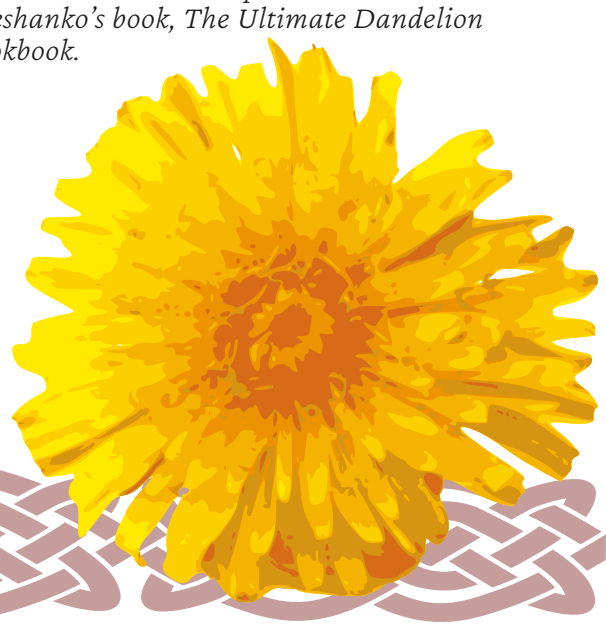
Strain petals from water, pressing the petals to get out all the water.

Using a fine strainer, lined with a coffee filter, strain liquid again.

Add 3 cups of the liquid to a pot and add the rest of the ingredients - except the sugar, and bring to a boil. Add the sugar and stir until dissolved. Boil for another minute and then remove the pot from heat.

Ladle jelly into jars, leaving ¼ inch at the top. Process jars for 10 minutes in a bath.

For more dandelion recipes checkout Kristina Seleshanko's book, The Ultimate Dandelion Cookbook.



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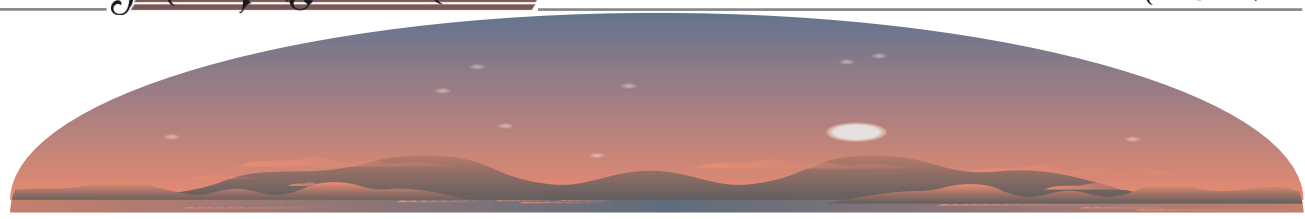

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Ask Andrea

Oh boy! Do I have a treat for you! Welcome back to my steamy column where we discuss all things erotic, sensual, intimate, and sexual. The days and nights are getting even hotter with the approach of the Summer Solstice… let's match that energy. Shall we?

When was the last time your sex and intimate-life was engulfed by the flames and throes of exquisite passion?

If you haven't already, open the windows, turn on the fans, and grab some ice water. If your dream-sex and intimate-life came to be in this very moment, would you be ready for it?

We love to fantasize, joke, and also tell ourselves that the 'Hollywood and societally-depicted sex-life' is what we crave, what would ultimately bring us the world. That this would bring fulfillment, harmony, and completeness. Would you believe me that behind every material purchase, every daydream-sex-fantasy, lies the core desire for connection?

How could the thralls of passion and pleasure overtake you, if you yourself have not done the internal work to be able to identify, hold, and receive that energy? Sexual enlightenment is a birthright; but, it is a practice and mastery - just as much.

Litha Pleasure Studies:

Journal | What does your dream-sex and intimate-life feel like? What sensations and emotions are associated? What is something you've never dared to try - that could make your dream more of a reality? Don't be afraid. Now is the time to jump right in and explore it – the (figurative) flames of the bonfire are not dangerous; they are warm and supportive, alchemizing in your favor.

Play | Explore your temperature and flavors. Take the heat up. How do the flames feel - slowed down intensely, focusing entirely on giving or receiving? How does the energy feel flooding your system when you lock eyes and breathe in synchronicity? Without touching your genitals, explore your sensitive and pleasurable erogenous zones. Your body knows how it wants to be touched, just start touching and explore. Let your hands guide you. Remember orgasm is not the end all-be-all. Witness your pleasure, give yourself the attention, love and expression you are craving - and you will feel more fulfilled than ever.

Embody | Imagine an all-powerful, healing, and pleasure-oozing sacred sex goddess, god, or godex. How do they walk and feel? How do they experience life or respond to moments that enhance even the most menial tasks? How does their cup overflow and benefit the rest of their world around them? What are some ways they practice self-care and boundaries? Do they settle? Embody this being and spend some time living through them. Reflect and make juicy changes to your world - as they inspire and empower you. You are transforming as you breathe.

Whether you jump into 1:1 coaching, for advanced guidance, with me on my website or stick to these at-home practices for now, the classic cliché is true – you get out of life what you put in, and it all starts within. Your life is waiting for you to #CzeizeTheDay! Let the heat take hold of you, making you shine and radiate!

Catch up on the previous columns and also subscribe - on the Metaphysical Times website - for your own, personal newspaper delivery and never miss another column!

Submit your juicy questions to askandrea@metaphysical-times.com!

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