

---

New Age Movements, Occultism, and Spiritualism  
Research Library: Individual Archives: Metaphysical  
Times  
MS/150/9

---

Issue 1.5

# Metaphysical Times

## Lammas 2021

---

For this and additional works see: <https://vtext.valdosta.edu/xmlui/handle/10428/7232>

**Recommended Citation:**

*Metaphysical Times*. 1.5 (Lammas 2021). New Age Movements, Occultism, and Spiritualism Research Library. Archives and Special Collections. Valdosta State University. Valdosta, GA. Retrieved from <https://hdl.handle.net/10428/7314>

This digital asset has been authorized by Terri Ireland for Valdosta State University, Archives & Special Collections to be part of the New Age Movements, Occultism, and Spiritualism Research Library. If you have any questions or concerns contact [archives@valdosta.edu](mailto:archives@valdosta.edu)

# Table of Contents

Psychic Fair Report, Idaho Falls, Idaho, June 13, 2021 -- From the Editor -- How I Obtained My Abilities as a Psychic and Healer / Lysander Xanthus -- Deities of Lughnasadh -- The First Harvest / Caitlyn Willey -- Driving Magic / Terri Ireland -- Featured Stone: Botswana Agate -- Oil Blends to Get us Outdoors / Heidi Jensen -- Wake Up, Witches! / Amanda Hope -- The Power of Pendulums: Understanding This Powerful Divination Tool / By Suzie. Deva Designs -- Artist Spotlight: Timothy A. Foster -- "Unfolding" ; "Hekate" ; "Star Goddess" ; "A Spell for Our Love" ; "Hambre Del Alma" ; "Love Unbound" / poetry by Timothy A. Foster -- Tarot Signatures: [tarot and numerology] / Michelle J Norton -- Healers Commandments / Terri Ireland -- Practical Witch / Michelle J Norton -- Cosmic Magic / Randi Ruby -- Know your Goddess: Ceres, Roman Goddess -- What is a Witches Night Market? -- Events. Idaho Falls ; Pocatello ; Boise -- Regional Metaphysical Stores -- Directory



ARTIST SPOTLIGHT  
TIMOTHY A. FOSTER  
Pages 10 & 11

COSMIC MAGIC  
RANDI RUBY  
Pages 13 & 14

WITCHES NIGHT MARKET  
& PSYCHIC FAIR  
Pages 16 & 17

# Metaphysical Times

ISSUE 1.5

Lammas 2021

FREE



## Psychic Fair Report

Idaho Falls, Idaho - June 13, 2021



In spite of temperatures soaring well into the 90's, Healing Hands Metaphysical Store did it again! It's epic annual festival, the Psychic Fair, was a tremendous success. Attended by over 600 people, Idaho's signature mystical gathering was held this time at The Waterfront in Snake River Landing, Idaho Falls, Idaho. A fabulous selection of psychics, card readers, and reiki masters, was presented with 50+ booths to choose from. Festival-goers could walk the labyrinth, lie under a copper pyramid, get in on a drumming circle, get their aura photographed and their chakras tuned up. No festival would be complete without food, and vendors did not disappoint! Offerings of snacks and spirits were available from Diablas Kitchen, crepes by Crepes on the Side, and for the very hungry, BBQ, beans and slaw were heaped onto plates by Oberg's BBQ, one of the area's best food trucks. We were gently serenaded all afternoon by the amazing, ethereal sounds of The Dewdroppers, and with evening came the rowdy rock and roll of local fave, SCRATCH. Event Coordinator Terri Ireland, owner of Healing Hands and new-age newspaper, Metaphysical Times, had this to say, "On behalf of my employees, staff, crew, volunteers, vendors, patrons and participants, I want to thank everyone who participated in this gathering. This is the 14th year for this event, and it grows every year. It brings me joy to see the turnout of our local metaphysical community. Vendors traveled from as far away as Boise, Idaho and Billings, Montana. Visitors traveled from four surrounding states to be a part of this giant party, which was this year's largest New Age gathering in the Rocky Mountain Region." See photos on page 17

From the Editor - Page 2

First Harvest - Page 5

Oil Blends to Get us Outdoors - Page 6

Tarot Signatures - Page 11

How I Obtained My Abilities - Page 3

Driving Magic - Page 5

Wake Up, Witches! - Page 7

Healer's Commandments - Page 12

Deities of Lughnasadh - Page 4

Featured Stone - Page 6

The Power of Pendulums - Page 8 & 9

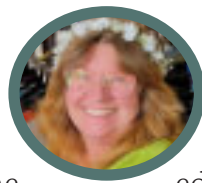
Practical Witch - Page 12

Know Your Goddess - Page 15

Events/Shops - Page 18

Directory - Page 19

# FROM THE EDITOR



What is Metaphysical Times?

Metaphysical Times is a new age newspaper in both print and online editions, published 8 times per year, with each issue themed to match the Sabbats of the Wheel of the Year. It is a public voice for alternative, spiritual, and holistic health communities. Its aim is to promote spiritual wellness for all. Articles are educational as well as experiential, and advertising rates are competitive. Its accompanying website is [www.metaphysical-times.com](http://www.metaphysical-times.com). We welcome new contributors from all spiritual paths.

Why did I create Metaphysical Times?

I own Healing Hands Metaphysical Store in Idaho Falls, Idaho, and I get asked the same questions daily. In the shower one day, I was "told" to make a newspaper. On the next Full Moon, the Blue Moon of Samhain Eve in fact, I cast a circle, lit my candles and asked the Goddess to show me what she had in mind. I was shown the name, the fonts and layout. I was told to include topics and contributors from as many different groups as I could find, thereby creating a safe space for authentic spiritual discourse, unite the various spiritual communities, and answer all those metaphysical shop questions.

We have just run our fourth printing, and each issue is 20 pages, and our distribution is up to 2000. We have around 40 distribution locations so far, all in Idaho and Utah, and are quickly expanding into the neighboring states. Our unique website visitor and social media traffic is up 600%.

Thank you for helping to grow the metaphysical community simply by reading Metaphysical Times.

*Terri*

## 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 the West. Our aim is to promote spiritual wellness for all.

**\*Reader Advisory - Mature Content\***

Contact: (208) 541 - 3891  
 editor@metaphysical-times.com  
 Editor-in-Chief: Terri Nelson Ireland  
 Webmaster: Michelle Norton  
 Assistant Editor: Megan Ireland  
 Copy Editor: Heidi Jensen  
 Cultural Relevance Consultant: Jay Ford

### 2021 - 2022 Publishing Schedule

Mabon - September 1  
 Samhain - October 15  
 Yule - December 1  
 Imbolc - January 15  
 Ostara - March 1  
 Midsummer - June 1  
 Lammas - July 15

Visit [metaphysical-times.com](http://metaphysical-times.com) for information on advertising, content requirements, deadlines, and so much more!



Metaphysical Times is an Idaho LLC, which holds the copyright to all original content. The opinions expressed by contributors are not necessarily the views of the editor or publisher.

Not Healthcare Advice

The products, services and information found in the publication Metaphysical Times LLC, and/or its websites, or social media, have not been evaluated by the United States Food and Drug Administration and are not approved to diagnose, treat, cure or prevent disease, and should not be considered as a substitute for advice from a healthcare professional.

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

We do not recommend self-management of health issues. Contact your healthcare professional promptly should you have any health-related questions. Never disregard or delay medical advice based upon information you may have read in this publication, which is not responsible for any damages for information or services provided.

To get a copy of Metaphysical Times, head to your local metaphysical shop and ask for it! All locations are listed on

<https://metaphysical-times.com>

*Sometimes we make the process more complicated than we need to. We will never make a journey of a thousand miles by fretting about how long it will take or how hard it will be. We make the journey by taking each day step by step and then repeating it again and again until we reach our destination.*

Joseph B. Wirthlin



## How I Obtained My Abilities as a Psychic and Healer

Lysander Xanthus

I am a professional psychic and healer. I have worked with hundreds of people, in public, online, and privately. I am often asked how a person can learn to do what I do, and I have struggled to answer. I don't believe that I could teach someone to do what I can do in a workshop or class that lasted a few days or even a few months. Many people have asked if I would teach them or offer a class. Ultimately, I have only one answer - and that answer is to do everything that I did. My healing and psychic abilities are the end result of a my lifetime of experiences and education.

In the beginning, I meditated for 30 minutes to 2 hours every night for ten years before meeting my teacher, visualizing and exploring my inner mentalscape. I wasn't starting from zero when I began my tutelage. I read the occasional book about ritual and magickal theory. I worked as an artist and an actor, which involved a variety of interesting physical and sensory exercises, some alone and some with groups of people. I believe this helped to prime me for quickly grasping metaphysical skills later on, and to be in touch with my inner emotional life, body, and tactile senses, and helped me to access my intuition in a nuanced way. I was interested in and studied many subjects such as: history, sociology, and psychology. This enriched my

understanding of the world around me and enabled me to more easily interpret spiritual happenings. So when I encountered the one who would become my teacher, and my magick studies officially began, I already had a decent education and set of life-experiences upon which to build.

The first thing that my teacher taught me was the lesson of "Know Thyself," the importance of learning who one is, not just psychologically, but as a soul, through past-lives, patron deities, astrology, numerology, self-reflection, and so much more, before engaging magick and other metaphysical skills. "Knowing Thyself" ensures that you have an anchor and a compass going forward, and that is your own sense of self. It is something I return to again and again. She then taught me how to read oracle and tarot cards as a means of self-reflection and a gentle opening into intuition. She taught me herbology and how to balance herbs in potion making, as well as choosing herbs intuitively for whatever the desired objective was. My objectives were wisdom, intuition, dream work, and emotional healing. My teacher was a psychic medium and eventually we explored spirit communication and communication with the dead.

My studies continued for the

next 8 years. I learned Magick, how to use Solomonic seals, and how to create my own seals. I studied sacred geometry and how to work with it. I learned how to lead ceremonial rituals, as well as how to cast spontaneous, structure-free spells. I learned how to make my own poppets, and how to use art to tap into intuitive and past-life information. I began channeling healings through music and dance. I learned about crystals, too, and how to do Magick without tools, and how to cast within my mind. I pushed myself to be able to communicate with spirits, all kinds of spirits - gods, goddesses, demons, angels, guides, ghosts, faeries, and entities of every kind.

About three years ago I began to develop the skill of clairvoyance. Then I started energy healing, without the use of tools, only direct energy manipulation. I learned to look through the layers of the aura, to see mental as well as physical energy, to look for curses and blocks, and how to remove all of these things. I learned astrology and how to incorporate it into Magick. I have explored telepathic influence and new ways of protecting myself and my home from wandering spirits.

My skills built one upon the other, laying a strong foundation for reaching up and out for more. And through all of this, I was healing myself, and shifting

into greater freedoms and higher vibrations. The Law of Attraction began to work for me. I believe that all of the hard work of studying this vast array of topics and cultivating these skills and talents led to the creation of a fantastic tapestry through which I see the world. I had no idea of what might be waiting for me when I began this path, and I am still finding new ways to surprise myself. It is important to note that I am still learning and building upon my skills every day. Everyday I am more capable. I am so grateful for my journey. I am grateful too for the fact that my choosing to commit fully to it almost a decade ago has now enabled me to help people in a unique way.

I can't teach what I do in a weekend or even in a year. When I have shared the full extent of the time which I invested into my current skill level, people are in disbelief or, sadly, discouraged. There is an expectation that you will become a master of this path in a few weeks or months, however, this is a way of life. A long path to be walked. You bring your whole life and your whole self to building these skills. There is no rush, no end to reach. You don't graduate. It has been a beautiful journey for me, and can be for you too.



## Deities of Lughnasadh

Celebrated on August 1st, Lughnasadh (Lammas) is one of the eight Sabbats celebrated by Pagans (Wiccans, Druids, Heathens, Witches, Magicians, Kemetics, etc.) on the Wheel of the Year. Lughnasadh is the celebration of this first harvest, Grain Harvest, a time for gathering in and giving thanks for abundance.

It is also the great festival of Lugh, the great Celtic Sun King and God of Light. August is His sacred month when He initiated grand festivities in honor of His mother, Tailtiu. Feasting, market fairs, games and bonfire celebrations were the order of the day. Circle dancing, reflecting the movement of the sun in sympathetic magic, was popular, as were all community gatherings. August was considered an auspicious month for handfastings and weddings. Underlying this is the knowledge that the bounty and energy of Lugh, of the Sun, is now beginning to wane. It is a time of change and shifts. Active growth is slowing down and the darker days of winter

and reflection are beckoning. At Lughnasadh, the Goddess is in Her aspect as Grain Mother, and as Corn Mother represents the ripe corn of this year's harvest. Her daughter Kore/Persephone represents the grain - the seed which drops back deep into the dark earth, hidden throughout the winter, and re-appears in the spring as new growth. This is the deep core meaning of Lughnasadh and comes in different guises: it is about the fullness and fulfillment of the present harvest holding at its heart the seed of all future harvest. So as the grain harvest is gathered in, there is food to feed the community through the winter and within that harvest is the seed of next year's rebirth, regeneration, and harvest. The Grain Mother is ripe and full, heavily

pregnant she carries the seed of the new year's Sun God within her.

The Sun God, Lugh, as John Barleycorn, is the living Spirit of the corn, or grain. As the corn is cut so John Barleycorn is cut down. He surrenders his life so that others may be sustained by the grain. He is both eaten as the bread and is then reborn as the seed returns to the earth.

The first sheaf of corn is supremely important, produces the first (and best) seed and assurance of future harvest. Death and rebirth; everything dies in its season. Everything is reborn; this is our whisper of immortality and the beautiful bittersweet of Lughnasadh. This Sabbat is about the cycle of birth, life, death, and rebirth -- the grain god dies but will be reborn again in the spring. Depending on your tradition, you may also observe this Sabbat as the day of the Celtic craftsman god, Lugh.

### Setting up a Lughnasadh Altar

It's the end of summer, and soon the leaves will begin to change. However, the sun is still fiery and hot. Use a combination of summer and fall colors -- the yellows and oranges and reds of the sun can also represent the turning leaves to come. Add some browns and greens to celebrate the fertility of the earth and the crops being harvested. Cover your altar with cloths that symbolize the changing of the season from summer to harvest time, and use candles in deep, vibrant colors -- reds, burgundies, or other autumn shades are perfect this time of

year.

The harvest is here, and that means it's time to include symbols of the fields on your altar. Sickles and scythes are appropriate, as are baskets, sheaves of grain, freshly picked fruits, and vegetables, a jar of honey and loaves of bread are perfect for the Lammastide altar.

If your celebrations focus more on the god Lugh, observe the Sabbat from an artisan's point of view.

Place symbols of your craft or skill on the altar -- a notebook, your special paints for artists, a pen for writers, and other tools of your creativity.

### OTHER SYMBOLS OF LUGHNASADH (LAMMAS)

- Grapes and wine
- Corn dolls
- Ears of corn
- Iron, such as tools or weaponry or armor
- Fall flowers, such as cornflowers or poppies
- Straw braids
- Onion garlands

### LUGHNASADH SHOPPING LIST

- Candles
- Baskets
- Cast Iron Cauldron
- Chalices
- Honey, oats, milk
- Antlers or horns
- Fresh fruits and vegetables
- Incense (Opium, The Sun, Strawberry, Cinnamon-Apple, Green Apple, Cherry)



Sources

<https://www.goddessandgreenman.co.uk/lammas>

**Home of the  
\$20 tapestries!**

**Healing Hands Metaphysical Store**  
Spiritual Wellness for All!

Get Your Copy  
\$16 Yearly

**Metaphysical Times**  
Subscription

One Full Year of Eight Issues  
Delivered Directly to You

[metaphysical-times.com/get-a-copy/](http://metaphysical-times.com/get-a-copy/)

**Magickal Wire Wrapping**  
by Megan

Rings - Pendants  
Custom Wraps

Megan Thee Witch

ONLY AVAILABLE @  
Healing Hands  
428 B STREET, DOWNTOWN IDAHO FALLS

# The First Harvest

Caitlyn Willey

The First Harvest is upon us as the God and Goddess present us with the gifts of their union. Lughnasadh - or Lammas - is a celebration of the first Grain Harvest and has wonderful traditions surrounding wheat and bread to go with it. The next Sabbat, Mabon, is the second harvest of fruit and then Samhain is the final harvest of nuts and berries.

I have a ritual that can be used by either solitary or group practitioners easily. For this one, you will need a stalk of wheat - or if there is a wheat allergy, then simply switch it out with other types of seeds - and something which you no longer wish to do; such as: bad habits or negative behaviors. 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 Lammas, a time of gratitude.  
 The harvest is upon us,  
 We have food on our tables, and  
 The soil is fertile.  
 The power of the Harvest is within us.  
 As the seeds fall to the earth and are reborn each year,  
 We too grow as the seasons change.  
 As the grain takes root in the fertile soil,  
 We too will find our roots and develop.  
 As the smallest seed blooms into a mighty stalk,  
 We too will bloom where we land.  
 As the wheat is harvested and saved for winter,  
 We too will set aside that which we can use later.  
 As the Lord sacrifices his power for the harvest,  
 So shall I sacrifice that which no longer serves me.  
 No more shall I... (State that which you no longer wish to embody)*



Hold the stalks of wheat before you, rub them between your fingers so that a few grains of wheat fall, and scatter them on the ground as a gift to the earth. If you're using seeds instead, then sprinkle them on the ground.

*My present and future self has grown past this.  
 So Mote it Be*

# Driving Magic

Terri Ireland

I learned to drive on a tractor. A John Deere 4020 to be exact. I watched "Hee Haw" because I liked it, not because nothing else was on. I live in a rural part of the country, we call it "these parts", in a place where, if you have been driving an hour, you are 60 miles away, not just nearly to the next off-ramp. But sometimes I do take my hick self to the big city, and they have this unnatural thing there called traffic.

It is quite distressing, this traffic. So, being the dirt-smelling, tree-hugging, vista-loving Green Goddess that I am, I decided to create for myself an energetic tool that makes driving in this traffic stress-free, and I am gifting this tool to you today. Before you travel, envision the vehicle with a giant white bubble all around it and ask your angels to protect it and you and your passengers from all harm for the duration of the trip. As you are traveling along and the traffic starts to increase, make 3 circles with your right hand while saying 3 times, "Everyone is driving with love". Then watch this manifesting miracle happen right before your eyes. All of the cars will spread out a comfortable distance from you and you will immediately feel more comfortable.



## FEATURED STONE: BOTSWANA AGATE

In geological terms, agate is a microcrystalline quartz that is deposited by silica bearing water in the cavities of other rocks. The lustrous layers you see in Botswana Agate were deposited slowly by these underground silica-rich waters in igneous, or volcanic rocks. The intricate bands were formed by repeated layers of silica falling out of solution, one layer at a time. The layers in agates can occur in any color, but in Botswana Agate, they are mostly pinks, greys, Prussian blue, eggplant and white.

Metaphysically, Botswana Agate stimulates explorations of the unknown and furthers one's quest towards enlightenment. It enhances creativity and releases emotional repression. It encourages conscientiousness and vigilance. It stimulates the crown chakra, encouraging eternal love and its constancy. It removes toxins and ameliorates depression and stress.

Botswana Agate is usually found in any decently stocked rock shop or metaphysical store. Get yourself one and see if it affects you!



## Oil Blends to Get us Outdoors

Heidi Jensen

With summer in full swing, most of us are turning to the outdoors. From beautiful sunsets to gorgeous sunrises, camping in the woods, going to the lake, and bbqing with friends... Summer in Idaho is truly amazing. I have lived in many states and Idaho summers are by far my favorite. That is... until the bugs and allergies hit. Here are some oil blends that should help with both of those pesky irritants.

First though, here are some of my favorite oils to use:

### **Insect Repellent:**

Lemongrass  
Peppermint  
Ylang Ylang  
Lavender  
Lime  
Neem  
TerraShield  
Cedarwood  
Purify  
Citronella  
Tea Tree (Melaleuca)  
Clove  
Rosemary  
Lemon  
Basil  
Geranium  
Thyme  
Eucalyptus  
Patchouli

### **Allergy helpers:**

Ginger  
Lemon  
Lavender  
Tea Tree (Melaleuca)  
Frankincense  
Peppermint  
Eucalyptus  
Roman Chamomile  
Cedarwood  
Ylang Ylang  
Clary Sage  
Hawaiian Sandalwood  
Orange  
Marjoram  
Grapefruit  
Lime  
Patchouli  
Blue Tansy  
Copaiba

As you can see, several of the oils work for multi-purposes.

For the spray repellents, I recommend about 25-30 drops total, mixed with 8 oz of filtered water (normal is fine, if that's all you have) and Epsom Salt (only about 1/4 tsp with no fragrances or fillers). Also, If you want the blend to last longer than a week in the bottle, adding Witch Hazel (or vodka) helps keep the water-solution sanitary. Use a glass bottle with a spray top and always shake well before use. For any of the diffuser blends, blend with your favorite carrier oil and use in a diffuser or humidifier.

**\*\*\*Also, if you are pregnant, forgo Clary Sage and use Roman Chamomile instead. Clary Sage can cause miscarriage and early labor.\*\*\***

These can be used in any combination, but here are some blends I like:

### **Allergy Soother Diffuser Blend:**

Equal drops of:

Peppermint

Lemon

Lavender

Chamomile

### **Soothes Throat Irritation Diffuser Blend:**

2 drops Lemon

2 drops Lavender

1 drop Tea Tree (Melaleuca)

Multi-symptom Allergy Support Diffuser Blend:

2 drops Lavender

2 drops Cedarwood

### **Boosting Immune Diffuser Blend:**

4 drops Lavender

3 drops Marjoram

2 drops Ylang Ylang

2 drops Clary Sage or Roman Chamomile

1 drop Lemon or Lime

Sinus Diffuser Blend

4 drops Peppermint

3 drops Grapefruit

1 drop Lemon

1 drop Lime

2 drops Roman Chamomile

1 drop Lemon or Eucalyptus

### **Outdoor Allergen Diffuser Blend:**

4 drops Lavender

3 drops Ginger

### **Multi-symptom Daily Allergy Support Diffuser Blend:**

3 drops Frankincense

3 drops Orange

2 drops Melissa

2 drops Hawaiian Sandalwood

1 drop Clary Sage or Roman Chamomile

### **Outdoor Bug Spray:**

15 drops TerraShield\*

5 drops Lavender

5 drops Geranium

Outdoor Bug Spray:

15 drops TerraShield\*

5 drops Lemongrass

5 drops Lime

5 drops Neem

### **Outdoor Bug Spray:**

15 Drops Purify\*

5 drops Geranium

5 drops Lavender

5 drops Cedarwood

### **Outdoor Bug Spray:**

30 Drops of your preference:

Lavender

Rosemary

Geranium

Clove

Tea Tree (Melaleuca)

\*TerraShield at home is a blend of Citronella, with your choice of Cedarwood, Arborvitae, Lemongrass, Spearmint, and Peppermint mixed with coconut oil.

\*Purify at home is a blend of Citronella, Lemongrass, Lavender, Rosemary, Tea Tree (Melaleuca), and Myrtle. Also with a carrier oil.

These are some good diffuser blends for Bug Repellent for outdoor use:

### **Near Food Diffuser Blend:**

6 drops Lemon Eucalyptus

4 drops Geranium

4 drops Lavender

### **Picnic Diffuser Blend:**

6 drops Citronella

4 drops Lemongrass

4 drops Peppermint

### **Spice Diffuser Blend:**

6 drops Clove

3 drops Clary Sage or Roman Chamomile

3 drops Basil

3 drops Thyme

### **Earth Diffuser Blend (best away from food):**

4 drops Patchouli

4 drops Geranium

3 drops Thyme

3 drops Catnip

### **Deep Woods Blend (Great For Camping):**

4 drops Cedar

3 drops Pine

3 drops Lemon Eucalyptus

3 drops Thyme

### **Indoor/ Outdoor Diffuser Blend:**

4 drops Geranium

4 drops Lavender

3 drops Vetiver

3 drops Peppermint

Now, get outside and go play!!!

Blessed Be!

\*Melaleuca is actually the species name of Tea Tree. Melaleuca oil is the same as tea tree.



# Wake Up, Witches!

Amanda Hope

In Lisa Lister’s book, “Witch: Unleashed, Untamed, Unapologetic,” the introduction comes straight out of the awesome 90’s cult-classic film, The Craft: “Now is the time. This is the hour. Ours is the magic. Ours is the power.”

As a child I felt magic flow freely. It was as natural as the trees we played in. Before religion, culture, society, media, parents, and peers dictated my self-perceptions, world views, personality, and ultimately, my life; the veil was thin and I was open. That wondrous feeling was so pure and joyful. And then, I forgot.

“...hearing the call will feel like a remembrance - maybe of a past life, maybe of a whisper from an ancestor, or maybe of a feeling deep in your bones. Either way, it’s a remembrance of who you were before you forgot.”

(Lisa Lister, Witch: Unleashed, Untamed, Unapologetic)

I know this feeling and I have heard this call. This remembrance is most certainly buried somewhere deep inside each of us, under many layers of ego and consciousness, yearning to be dug up and freed to see the sun. I would urge all women to hear this call. Not only to hear it, but to answer it.

The universe is sending us a plea at a time when it is essential that humanity journey toward healing. It is in the books we read, the groups we join, and in our social media feeds. This plea is an invitation to engage in the quest for love. Meeting the invitation with refusal at first, or even for the first few times it comes, is a normal reaction. However, the call will only get louder and louder until you either show up for the quest, or let that part of you die. The story ends when you deny the call.

This call-to-action is the spark that ignites the journey, just as Joseph Campbell describes in his monomyth theory of the Hero’s Journey. It sets the wheel turning, allowing the magic to unfold and the battle for truth to begin.

I’d like to be the heroine of my own journey. To do so, I must be able to meet the universe and it’s call with a willingness to transform. Metamorphosis is terrifying, but the “comfort zone” is a false friend. With evolution comes

dissolution, that of the status quo. The Hero's Journey can be intentionally embarked upon, in fact it has been recommended by psychological, religious and spiritual leaders alike. Advancing through the stages leads to significant growth. The path requires us to face our fears and overcome them. It requires us to star in the movie that is our own life.

Witches have an intimate knowledge of the cyclical nature of everything: the changing of the seasons, the wheel of the year, life-death-rebirth, lunar cycles, menstrual cycles, etc. This same cyclicity enshrouds the hero’s journey. Our journey begins, we conquer one fear, meet one challenge, and another arises. With each challenge we emerge stronger, smarter and better equipped to do battle with the next one. We empower our sisters to do likewise. It sounds exhausting. It is instead, freeing. There is no finish line, no graduation. There is no end. There is only “now”.

So how can we make “now” better?

*“It’s our responsibility as women living in this time and place to reclaim the word ‘witch’, and to respond to all that it calls up in us.*

*Are you ready?*

*Then step into the fire – the same fire that was once used to silence us. Let all the fear, pain, anger, and injustice burn.*

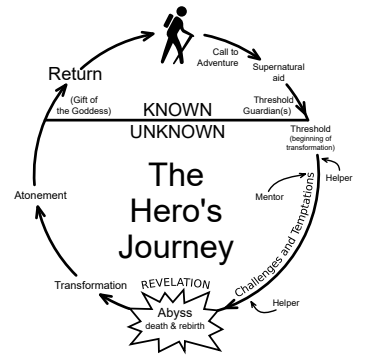
*Feel it’s heat licking at your toes.*

*Now, claim your power and wake the witch.*

*It’s time...*

*THIS is the witching hour”*

(Lisa Lister, Witch: Unleashed, Untamed, Unapologetic)




# THE POWER OF PENDULUMS

## Understanding This Powerful Divination Tool

By Suzie  
Deva Designs

### What is a Pendulum?

A pendulum is a weight that's suspended by a line from a fixed point in a way that allows it to swing freely. The name "pendulum" comes from the Latin pendulus, which means hanging down.

But the important thing about a pendulum is not that it hangs. It's that it moves.

### The Movement of the Pendulum

Humanity has been fascinated by the way pendulums move since the dawn of time. It was in the early seventeenth century that Galileo Galilei investigated the regular motion of pendulums.



and how that motion can be used to mark the passage of time. To this day, many fine timepieces rely on the motion of pendulums to maintain their accuracy.

This is a monumental achievement – but it's not the only contribution pendulums have made to the way we understand and appreciate the universe we live in. In 1851, Jean Bernard Léon Foucault hung a pendulum from the dome of the Pantheon in Paris. It was 220 feet from the pivot point to where the pendulum's tip brushed against a floor of wet sand. When the pendulum was set in motion,

it took a little more than a day for a 360 degree design to appear – a pattern that proved the rotation of the Earth, independently of any celestial observations. As fond as we are of stargazing and all things celestial, we still think that's really cool!

### Pendulums & Folk Magic

Pendulums are widely used in folk magic, up until the present day and in some very surprising places.



Dowsing is the art of looking for water, minerals, or other buried items using a pendulum, dowsing rods, or other device. Homesteaders often walked their lands, pendulum in hand, looking for the best location to dig a well. When oil prospectors do this, it's often called doodlebugging. And soldiers all around the world have been known to use pendulums to help them detect land mines, unexploded ordinance and tunnels.

While scientists have not been able to confirm that the pendulum's results were any better than chance, the fact remains that when people need answers to tough questions, they turn to pendulums.

A once very common folk magic practice – occasionally still seen today! – is to create a pendulum by hanging a wedding ring from a string and letting it swing over a pregnant Mama's belly to predict the gender of the baby.

### Using Pendulums Today

The pendulum can be thought of as an extension of your intuition. Believe it or not, you already know the answer to many of the questions that occupy your mind. The knowledge you seek resides within your subconscious – that portion of our mind that understands many things but communicates obliquely. The pendulum converts the knowledge of the subconscious into physical motion, making these insights much easier to access and understand.

### Getting Started

A pendulum is a very personal tool. Be prepared to spend some time with it, as the pendulum begins to align with your vibrations.

Pendulums can best give you two possible responses – a Yes or a No. To start, hold the pendulum from the top end, with the

chain of the pendulum falling loosely past your fingers, and the pendulum point hanging freely at the bottom of its chain. Then say "Pendulum, please show me Yes." Give the pendulum time to respond, and take notice of the direction of its swing. Don't worry if the swing is only subtle to begin with.

Once you're confident on how the pendulum shows you Yes, repeat the process, asking the pendulum to show you No.

Check the Yes/No responses every time you use your pendulum. Be aware that the pendulum's Yes/No responses can change over the course of time. This is a result of your growth and development. As your subconscious changes, the messages it sends out via the pendulum will also change.

### Asking Questions with the Pendulum

It is best to ask the pendulum questions about situations where you have a choice you are trying to make, where you're in control, or about things your subconscious already knows. Remember, these questions need to be Yes/No in nature, or when there are only 2 possible answers.

For example, you could use your pendulum to:

- Make a choice of any kind – Do I want to travel on vacation or stay home?
- Figure out what is best to do – Should I keep the job I have or look for a new one?
- Determine how you really feel about something – Do I want children in the near future?
- Assess your capabilities – Can I accomplish the task I've set for myself?

Pendulums can also be used to locate missing objects. This is great news if you lose your car keys or phone frequently. Simply ask the pendulum a series of Yes/No questions while retracing your steps. For example:

- Did I leave the keys in the car?
- Did I drop the keys in the driveway?
- Are the keys in my coat pocket?



Some pendulum users work with a map, accessing the power of their subconscious to locate water, oil, treasure, or even missing people or pets.

**Pendulum Precautions**

It's important to remember that the pendulum is an extension of your own intuition. It's not telling you anything you don't already know. Your pendulum works because it's in tune with your vibrations. For this reason, it's a good idea to not let anyone else handle your pendulum. If someone does handle it, spend some time with it and re-establish the Yes/No response.

Remember that the pendulum is there to help you make good decisions. It's not the only tool you have at your disposal. In addition to your intuition, engage your rational mind, and pay attention to your common sense. This combination is very powerful.

**When Choosing A Pendulum**

A pendulum is a very personal divination tool. Everyone is different, so there's no one sure route to finding "your" pendulum. Some people choose based on their personal affinity for a particular gemstone or symbol, while others like to try a few until they find the one that works best for them.

If you're in a pinch and making your own pendulum, here's a few tips to keep in mind: The traditional length of a pendulum is 6-9". However, you should feel free to adapt this tradition based on the materials you have on hand, as well as the size of your hand. As long as your cord is long enough to allow the pendulum to swing freely, it's long enough.

A pendulum can be made of any material. We've found that natural materials work best – that's why we choose gemstones like clear quartz (seen at right), amethyst, smoky quartz, hematite, and rose quartz for our crystal pendulums – but you can use anything that has a bit of weight to it that you feel drawn to.

**You Hold Inner Wisdom Within You**

Work with intention. Using divination tools is easier when you focus on what you'd like to achieve. The role of a pendulum is to help you build your intuition and better understand what the future may hold. Keep looking forward, and you can't go wrong.





## A Magical Emporium

Salt Lake's premiere resource  
for ritual supplies and Pagan Events

3834 South Main Street | Salt Lake City, UT 84115  
801.906.0470  
croneshollow.com












**GRAYT REAL ESTATE**  
KELLERWILLIAMS REALTY EAST IDAHO

Gracen Alexander Calica  
(619) 888-6027  
Grayt@GraytRealEstate.com  
3525 Merlin Drive,  
Idaho Falls, ID 83404




@Grayt\_RealEstate

Grayt Real Estate

Buying or selling your home? Curious about what your home is worth? Questions about the market? I AM HERE TO HELP! I am not like other pushy Real Estate agents who only think about a paycheck. YOU know what is best for you and your family. I am here to keep you up to date with the latest information on the market, answer any questions you may have, and make sure YOU and your family have a fun, pain-free Real Estate experience!

## ARTIST SPOTLIGHT: TIMOTHY A. FOSTER



Poetry, for a Witch, serves many functions. I began writing poetry when I was in high school, and it is something that has stayed with me over the years. Both Craft systems I have dedicated so much of my life to have been very poetic in their approach to teaching and practicing magic. Poetry is a way to express the deeper mysteries that are opened for the Witch brought about through Initiation or aligning the self with the currents of this earth. Poetry has a way of speaking to our higher selves and that part of ourselves which remembers and holds onto emotions. It also has the power to unlock forms of expanded consciousness which is why you find it used so often in ritual work. So, I'd like to take a moment and share some poetry with you all that I have written over the years

Unfolding

*Speak your truth,  
Those whose ears are ready to listen,  
will hear.  
Those whose eyes are ready to see, will  
see.  
Those whose hearts are ready to open,  
will open.  
Blossoming divine flower above me,  
Wash away my fears so that I may  
hear,  
Truth spoken upon the winds.  
Wash away my fears- so that I may see  
your*

Hekate

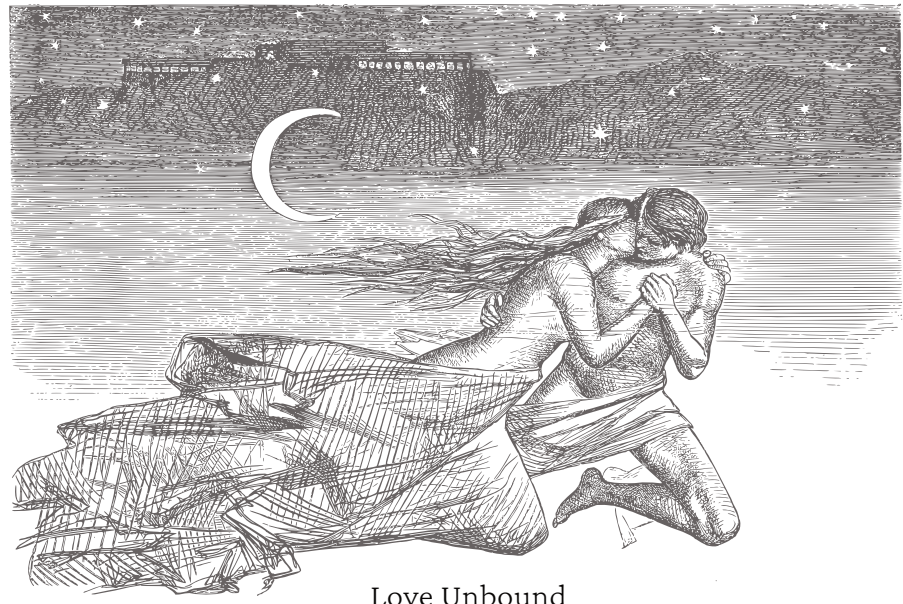
*Dark Lady of the midnight hour,  
You stand at the crossroads,  
A place that is betwixt and between  
Both time and space.  
Welcoming those who desire  
To learn your mysteries,  
In death is life-In life is death.  
The earth has become bare,  
The flowers have wilted away.  
Life dives deep into the earth  
Awaiting the time of rebirth.  
Dark Mother  
Whose hounds are hunting,  
Through the sands of time,  
Teach us the ways of old.*

Star Goddess

*Dark  
Shining  
Black Well of Space,  
Deep  
Womb  
Spiraling sparks of Creation,  
Virgin Mother of Outer Darkness.  
Moves,  
Flows,  
Creating—destroying,  
Pushing out-  
Pulling in.  
Stars sparkle,  
Light reflecting light-  
Root's form.  
Creation breaks forth,  
New life from old life  
-This is our life! -  
Tales of the ages spun forth,  
Upon webs of artistic creation.  
Our hearts sing through all time,  
Into worlds of form-  
A song of passion,  
A song of ecstasy,  
A song of love,  
A song of death,  
A song of rebirth.  
The Mystery reveals itself,  
Yet remains ever veiled.*

A Spell for Our Love

*My heart searches the darkness between the stars,  
As the vastness of the heavens unfold  
Before my very eyes you burst forth into life.  
I have taken your hand and dared you to dance,  
I placed my heated lips upon your heart,  
Praying gently the secrets of the night rose.  
Open further I say,  
Come to the edges of twilight,  
Unleash your hidden wings.  
Dare to drink of life's sweetest waters,  
Listening to the music of the spheres -  
Sparks of life, eyes of fire  
Through love we are made whole.*

Hambre Del Alma*Within the chamber of Night,**Under a moonless sky-**The song within our bones,**The song within our blood,**Whispers to us of a lost time.**A time before disease,**A time before heartbreak,**A time before the lies were used,**To capture our wild hearts.**Revealing,**A vision of ecstasy and nonduality**Where you and I are no different,**Brothers and Sisters,**Under the same Moon- under the same Sun.**This modern thing called life,**A system built on the greed of another's dream,**Can try to lay claim on all that is ours,**However- LOVE- this love.**My love for you,**For my own wild soul,**Creates the bridge.**Love asks us to step beyond those painful memories,**Creating in us a lifelessness.**Love asks us to forgive those who loved us the best they could,**Yet left us lost and broken.**Love asks us to step into Truth.**The soul of the wild one can never be held captive,**With tooth and nail we fight for life,**Having nothing to lose,**Her song guides us home.*Love Unbound*\*Heart\***His heart - Her heart**My Heart**Eyes locked in love,**Setting fear free.**\*Heart\***His heart - Her heart**My heart**Dancer's dancing**To a silent song.**\*Heart\***His heart - Her heart**My heart**Poets lost in love,**Finding their way home.**\*Heart\***His heart - Her heart**My heart**Lovers uniting in love,**Having broken the vault of heaven.**\*Heart\***His heart - Her heart**My heart**Seeking out the Elder God's through love,**Only to be shown a mirror.**\*Heart\***His heart - Her heart**My heart**Found hidden in a cave by love,  
Illuminating a fire cast in Eternity.*

## Tarot Signatures

### Michelle J Norton

There isn't some strange magic that gives a tarot signature to someone. It is just a combination of numerology and tarot using some basic math. There are many methods which allow you to use a signature, one is to find a personality card, either to represent the questioner in a reading or to use in various pathworking methods. Until now, I've been pulling these cards to use to compare the tarot to certain dates and people. I'd like to shift the column some now, to explain some interesting concepts in tarot.

We'll start with finding your own tarot signature or personality card. All you need is your birthday. For example: 03/04/21. If this were your birthday you will reduce it as follows.

$$03 + 04 + 2021 = 2028$$

$$2 + 0 + 2 + 8 = 12$$

Now take the Major Arcana of the tarot, the Suite of 22 named cards from the Fool to the World, these are numbered 0 - 21 - but for this purpose, 0 will be 22. With this birthdate, the signature card would be the Hanged Man.

You then apply the meaning of this card to yourself as a person. The hanged man may be a person trying to learn something new, someone who is willing to give up everything to change their life, or someone that takes unnecessary risks.

You can use this method against any date for people or events. Using it for daily readings is one way to pick a card and apply it for that day and study it. Similar to astrology, you can do this for famous people, or certain events, to better understand how cards apply or would predict those situations or people.

There are many ways to further reduce numerological sequences in order to find other cards for other uses, including exploring the shadow, or using numerology with tarot. If you're interested here are some resources:

Tarot for Yourself by Mary K. Greer

Spiritual Tarot by Robert Eugene Mueller, Sandra A. Thomson, and Signe E. Echols



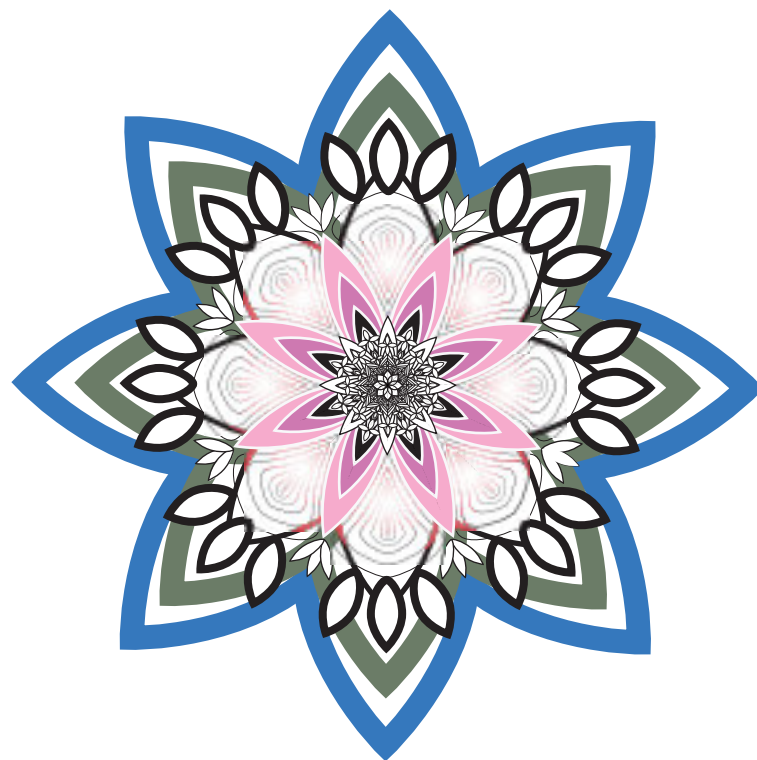
Want to learn to read tarot? Or perhaps use tarot in your magic practice? Join us for Tarot Talks 6pm Tuesdays at Healing Hands.

## Healers Commandments

Terri Ireland

You say you want to change, and grow, and heal. So here you go. Below is the list of the most important changes you must make in order to change your life.

- No complaining.
- No whining.
- No being critical.
- No being judgmental.
- No poking fun at others.
- No being cynical.
- No facetiousness.
- No creating reasons to be sorry.
- No saying you are sorry out of habit.
- No creating reasons to be stressed.
- No "should."
- No saying "I hope."
- No "try," do or not do (thanks Yoda).
- No affirming negative thoughts or feelings.
- No creating reasons to be angry.
- No seeking reasons to overcome, fight, struggle, or combat.
- No being anxious or overwhelmed.
- No worrying or self-doubt.
- No creating lack/scarcity mindset.
- No creating chaos or drama.
- There is no right or wrong, better or worse.



I love this list. It is the foundation for making big spiritual changes in your life. Whenever I feel "off," I re-read this list and discover, sure enough, I have slipped back into some bad habits. Clip this out and hang it somewhere you will see it every day and start making these changes. Don't wait for friends or family members to change, don't wait for the "right" job, the "right" mate or the "right" situation. Take responsibility for your energy and your ego, and start creating the abundant life you were born to have.

## Practical Witch

Michelle J Norton



*Q: What are some mundane things that a beginner witch might not know?*

*A:* I think there are many housekeeping items that a beginner witch may need to know that no longer belong to the popular consciousness. While there are many tips to cover, here are a few things to help you make use of your tools for a longer period of time.

Jars

Whether they hold your favorite pickle, jam, or candle, most of us start to accumulate jars quickly. Reusing jars just makes sense. There are plenty of resources on what to do with those jars after you clean them; but, how do you clean them?

The first step with any jar is of course, to clean it. If the jar held wax, place it in the freezer for four hours. The wax will then be brittle enough to break out of the jar. You can use a butter knife for this purpose. Place the jar on a flat, stable surface. While holding the jar firmly, apply gentle pressure to the wax. The wax will crack allowing you to pull it out.

Tip: Keep jar wax to make other jar candles.

Once the wax is removed, proceed to clean the jar with hot soap and water. If you can, pull off any stickers before putting them in water. Soaking in hot water for a few hours may help loosen the label; however, you may need some steel wool to scrub the label off. To remove any sticky residue, soak a paper towel in distilled, white vinegar. Wrap the jar in the paper towel, making sure the sticky spot is covered. Leave for 30 min. Depending on the glue, you may still need to scrub the sticky spot with steel wool; but, it will be much easier. Often the sticky spot can be wiped off.

Colored glass jars: Unfortunately, much of the colored glass on the market is only coated - which means a good cleaning will remove the color coating on the glass. Even gentle cleaning will scratch it, while leaving residue behind. If you are unsure if your glass is not actually colored glass, cleaning it will quickly tell you - as the color is scratched away.

Sand

It is common to use sand to disperse heat from charcoal when burning incense or to hold incense sticks. After some time, the ash and debris from the incense sticks builds up - filling the vessel. Cleaning the sand takes several steps and will keep you from having to throw out the sand itself. This is not a lossless process, and there are different stages from basic cleaning to full cleaning, where you might choose to stop.

First, take a fork and stir the ashes and sand. Lift out any large debris. Next, take the container and gently swirl the dish over a trash can. The heavier sand particles will fall to the bottom, while the ash and incense sticks rise to the top. You can scoop out the sticks using a fork.

At this point, you may want to put the sand through a sieve to remove any other incense nubs. If you are using stickless incense, you can still burn these and may want to use them completely. Finally, you can pour the sand and ash in a fine cheesecloth. Wrap the sand in a tight ball and then run under water until the water runs clear. Ash will dissolve in water and run out leaving the clean sand behind. Open the cheese cloth and spread out the sand to let it dry.

There is no harm in leaving the ash in the sand. It will still be useful to dissipate heat. Make sure you stir it from time to time to break up any large chunks and reveal any large degrees.

# Cosmic Magic

Randi Ruby

Since the dawn of our species, we have looked up to the heavens for answers to our deepest and most meaningful questions. We knew instinctively that the sparkling bodies above held guidance and wisdom. Our species has changed exponentially since the first humans tipped their heads to the heavens. We can now heal what were once incurable ailments, travel the globe, have access to the culmination of human experience and knowledge at our finger tips. Yet, at night when the world is quiet, we still look up to the heavens with questions in our minds and a silent prayer in our hearts that somewhere in the vastness of the cosmos lie the answers. I know I do, and that singular thought is what prompted my own journey to exploring celestial energies. The Stars, The Planets, The Moon, The Zodiac and Cosmic Rhythms - And how I became a practitioner of Cosmic Magic.

## WHAT IS COSMIC MAGIC?

Cosmic Magic is a collective of celestial magics. Earth's position in relationship to the Sun generates life here on Earth. Our position determines the seasons and reflects to us the cycles of life. In mystic traditions, we most often experience this alignment through the celebration of the solstices, equinoxes and their mid-points known in the modern age as the "Wheel of the Year" or as it should be called Sun Magic.

The moon's visible changes reflect the cycles of life through a more concentrated lens. Each lunar cycle lasts 28 days, while each moon phase lasts roughly 2.5 days. Where the nature of the Sun's energy is associated with outward projection, the moon is actually reflecting the Sun's light and is associated with inward reflection. Aligning with the Moon's energy and it's phases are lunar magic.

Planetary magic is working with energies of fellow planets of our solar system. Each planet reflects a particular energy within the Universe and, thus, particular aspects of our reality. Our relativity to our planets, celestial bodies and the cosmic energies that shape our reality are reflected in the Zodiac or Astrology. And when practiced together, these magics then become **COSMIC MAGIC**.

### Why Practice Cosmic Magic?

Aligning ourselves with these cosmic rhythms and celestial energies can serve as both practical and magical inspirations for creating lives of our dreams. The collection of practices provides a myriad of prompts to explore and cultivate aspects of oneself. The various cosmic rhythms act as structure and rhythm for manifesting short and long term goals.

We experience greater feelings of Purpose, Connection and Oneness as we explore our own relationships with the Cosmos.

### How to practice Cosmic Magic?

Sounds great right? But how do we exactly practice Cosmic Magic?

Cosmic Magic is again a collection of different celestial magics. So what's the best way to approach anything of cosmic proportions? One bit at a time!

That's why in each issue of the Metaphysical Times we will be exploring an aspect of Cosmic Magic, answering questions and providing guidance with a Cosmic Forecast to help you set your practice on a path to the stars and your life on the path to your dreams. And there is no better time than the present!

So, lets take a look at what the heavens have in store for us.

## COSMIC MAGIC FORECAST

### July 17th - First Quarter in Libra transitions to Scorpio

This First Quarter moon prompts us to examine the realm of Love and Relationships - specifically, how we show love and affection for ourselves and our beloved. In the beginning of the day, this moon will be in Libra - the sign of Love, Beauty and Money. Late that night, the moon will then transition into the sign of Scorpio - the sign of Death, Sex and Magic. This is really the moon to make a greater commitment to your Self-practice, taking the leap in that budding romance, or consciously fanning the flames of your current relationship. Date night anyone?

### July 24 - Full Moon in Aquarius

Full Moons are a time of Celebration. With this moon falling solidly into the sign of Aquarius - the sign of Vision, Innovation, and Freedom - now is a time to stop pursuing those goals for a moment, and just enjoy the journey. Plan a social gathering, whether in person or online (stay safe out there!), with like minded people. Celebrate good company, collective growth, and let yourself experience the freedom from thought as you just enjoy an Aquarian's favorite pastime - good conversation.

### July 31 - Third Quarter in Taurus

This moon could not be more perfectly timed. Last Quarter Moons are a time of transition, a time to release and let go of what is no longer serving us. And this moon also leads us into the midpoint of summer - August 1st. It's the time of year mystics celebrate as a time of transition and also the first harvest.

Collectively, we are going to feel the #summertimesadness as we realize that our first summer after the pandemic is drawing closer to its end. And if there is anything that you feel is holding you back from enjoying and indulging in the last half of the summer - now is the time to kick those bad habits and limiting mindsets.

### August 8th - New Moon in Leo

Three cheers for Leo! No seriously, the Sun, Moon and Mercury are all currently in Leo. So now, more than ever, is the time to SHINE YOUR LIGHT!

I think we can all agree that, the only way to live is as your whole self and not just pieces. This New Moon in Leo prompts us to dream our grandest dreams, ALL of our dreams, and not allow ourselves to be limited by the shadows that will inevitably be cast in such a bright light.

If you were to live as your fullest and most authentic version of yourself.... if you were to create the life of your grandest dreams or desires... what would that look like? Set those intentions and work with that fiery Leo drive to take it to the next level!

... continued on Page 14

Continued from Page 13 . . .

### August 15th - First Quarter in Scorpio

This First Quarter Moon resides in Scorpio - the sign of Death, Sex, Magic and Power Dynamics. At this time, Saturn/Jupiter/Neptune - and even Scorpio's ruling Planet, Pluto - are in retrograde. This is the perfect time to look inward and examine our definitions and emotions surrounding success, career goals, and finances.

What thoughts, beliefs and habits have prevented you from accomplishing what you desire?

What do you need to release in order to create a more fulfilling life?

### August 22 - Full Moon in Aquarius

Y'all might need to plan your chosen brew in advance because this Full Moon in Aquarius is about to rock our collective foundations.

As the sign of Vision, Innovation and Freedom - Aquarius is always calling us forth to break free from what binds us, to envision a new tomorrow, and to continuously be reaching towards our highest potentials. Now combine that with the FIVE planets in retrograde - and you might find yourself asking, "Is this a Full Moon or am I on the set of a Comedy Central roast?"

The best strategy - own it. Be honest and upfront with your mistakes - or short comings. Celebrate your epic ability to fail!

Once we let those shadowy aspects of ourselves out into the open air, they no longer hold power over us.

### August 30 - Last Quarter in Gemini

This Last Quarter in Gemini will feel like a sigh of relief - after the constant revelations and turbulence of retrograde season, as it is coming to it's end.

Gemini - the sign of Communication, Collaboration and Travel - prompts us to begin communicating the release of aspects about ourselves and our reality that no longer serve us. This release will allow us to let go and create the space that will be needed to house our new understanding and way of being.

Honor who you have been; however, also allow yourself the space to process your new thoughts, beliefs or actions you plan to take to create the change you want to see in the world.

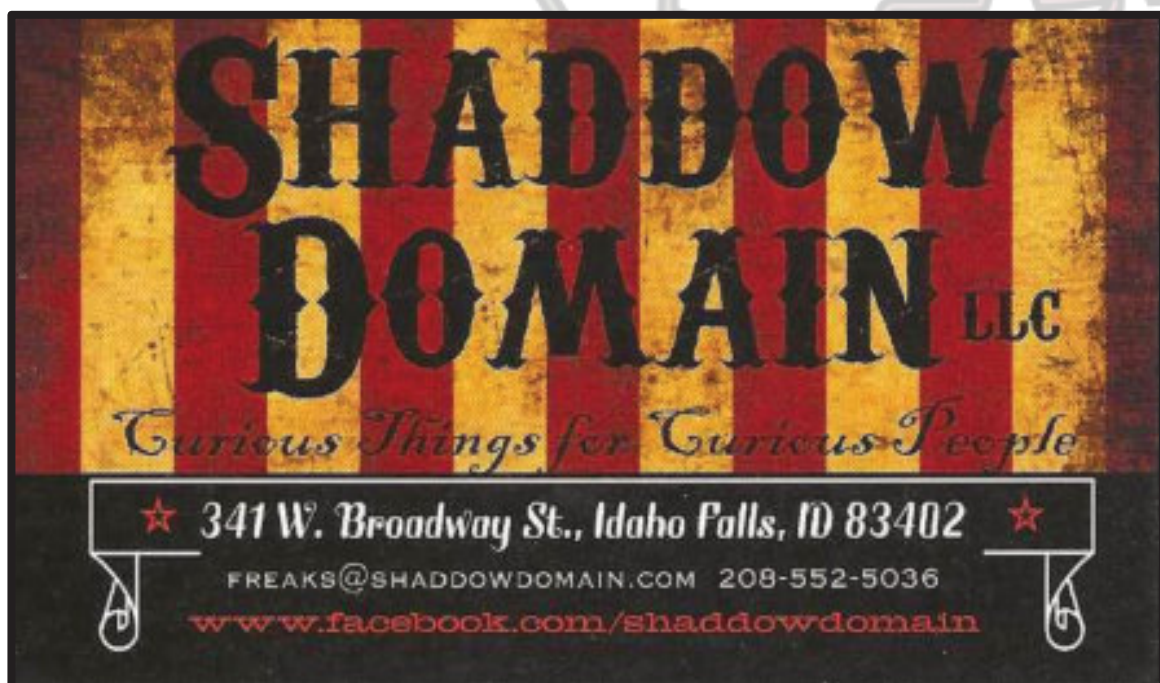
### September 7 New Moon in Virgo

This New Moon in Virgo - the sign of Practicality, Purity and Altruism - is the perfect time to begin exploring new strategies for creating and experiencing new levels of holistic wellness for ourselves and others.

If you have been slipping into bad habits - through the richness of the summer season, now is the time to set those new healthy intentions into motion with a new exercise routine, new budget or implementing new healthy habits.

By de-cluttering and organizing our mental, emotional, spiritual and physical spaces, we are able to serve the best interests of both ourselves and others.

What healthy habit can you begin today?





# Know Your Goddess: Ceres, Roman Goddess

Terri Ireland

Agricultural gods and goddesses are honored during this portion of the Wheel of the Year, as we are dependent upon successful harvests for our lives. Prior to the time of Christianity in ancient Rome, one of the goddesses of the harvest was Ceres. Her domain includes cereal crops (named so for her), fertility, and the motherly feelings a woman has for her child. The same tender feelings exist between a farmer and his crops, and Ceres was the one to hear your appeal. She was a goddess for the commoners of Rome, the farmers and pastoralists - their simple, hard working lives, and their wives and children, for it was their labors that nourished all of Rome. She is usually depicted as an adult female with a staff of grain - and sometimes a torch. She does not lead lascivious festivals like some of her counterparts. She is, however, honored with festivals of indulgence, games and athletic competitions at sowing and harvesting times. Her time stretches back to antiquity, when the Roman gods and goddesses came into existence to establish order in the universe following the fall of the Titans. Her Greek counterpart is Demeter, and their stories mirror each other. Her daughter is taken by the god of the Underworld, and a deal is struck for her partial return. When Ceres has her daughter with her, the seasons are spring and summer. When her daughter returns to the underworld, fall and winter consume the world, making agriculture impossible.



**Ravens Hollow**  
 herbal outlet  
 aesthetic creations - energetic intentions  
 curio nook - resin craft  
 429 B Street, Downtown Idaho Falls, Idaho  
 [Located inside Healing Hands]

*Mystical Advice  
 With Alice*  
 Tarot reader  
 208 644 0548  
 FB: @Mystical advice with Alice

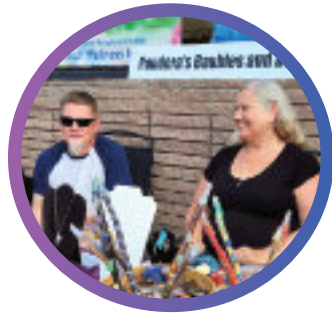
## TICKETS AVAILABLE NOW

*Witches & Wizards  
 Night Out:*  
**MONSTER MASH**  
 October 16, 2021  
 8pm - Midnight  
 Snake River Event Center (Snake) -  
 Idaho Falls, ID



*Yule  
 Masquerade  
 Ball*  
 Dec 12, 2021 @ 6pm - 11pm  
 Snake River Event Center (Snake) -  
 Idaho Falls, ID

# WHAT IS A WITCHES NIGHT MARKET?



Well, it's live music, psychic readings and groovy gift items - along with a little food. It's a great way to spend a hot summer night in beautiful downtown Idaho Falls. Musical guests vary, and include The Dewdroppers, Almost a Trio, and Janese Hurley.

The Witches Night Markets are the same evenings as the First Thursday Gallery Walk, sponsored by Idaho Falls Arts Council. Tour the downtown galleries, and then come on over to Healing Hands and Civitan Plaza. Get a BBQ sandwich from a local food truck, Oberg's BBQ, and stroll around our little street festival. Upcoming dates are August 5th, September 2nd and October 7th. All times are from 5:00-8:00pm, and admittance is free. Sponsored by Healing Hands Metaphysical Store and Ravens Hollow.

### Names of Witches Night Market participants and their booths:

Adam Smith – hand blown glass

Jeremy Barry – Crow Creek Antler and Oddities

Celest Sunn – Magickal witchcraft items and psychic readings

Kaylee Stemkoski – Not Your Basic B, plants and gift items, and tarot card readings

Mykel Church – KosmikCreations, candles and witchy items

Jenali Graham – Your Beautiful Life, crystals and tumbled stones

Grace Gokey – The Mystic Sister, artwork, candles and cottage core gift items

Diana Adams – Bone Magick readings, copper pyramids, and much more

Malorie Oswald – Witchin' Designs, witchy cups, hoodies, t-shirts

Alice Findlay – Tarot card readings

Stephanie Judge – Rustic Gems, handcrafted stone and copper items

Ephraim Paulsen – Rune Readings and local art

Bernard Finnigan – books

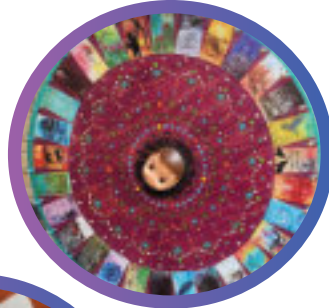
Kelly Walsh – Hawaiian sea glass, palm baskets, DoTerra oils

Sonya Herrera – Tarot card readings

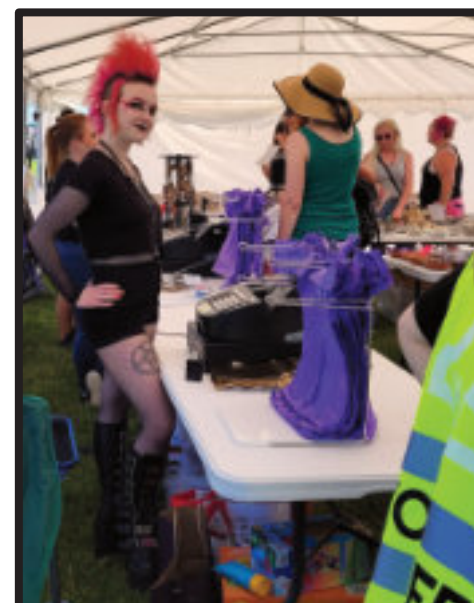
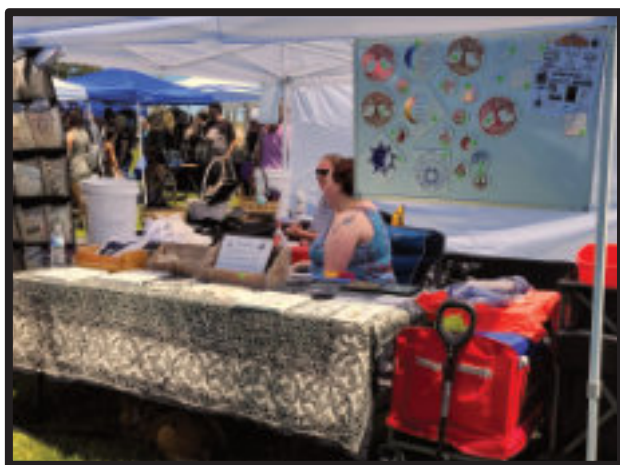
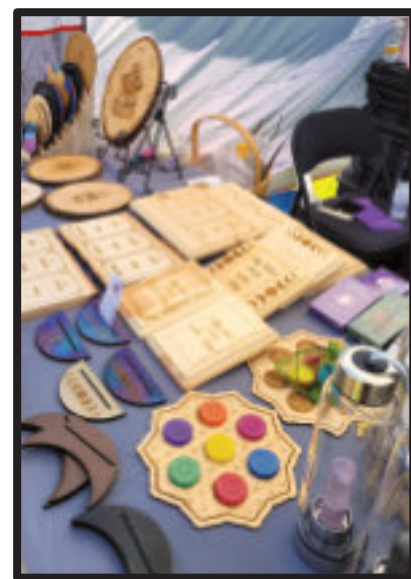
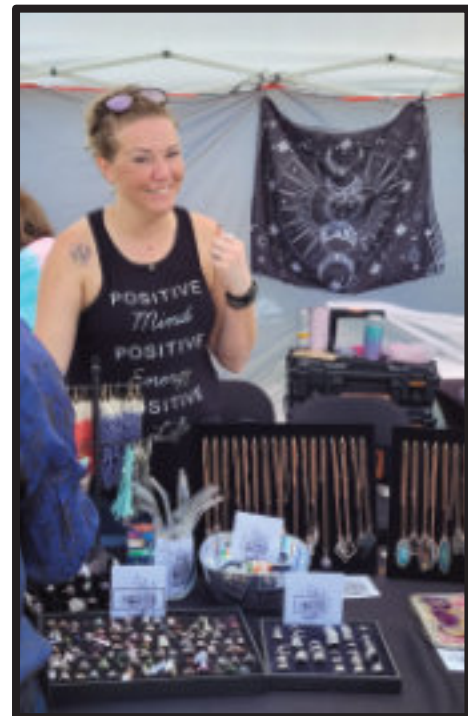
Jessie Lewis – chakra jewelry

Teresa Stevens – gift items

Southeast Idaho Mystic Leaders Guild – Information on upcoming events and groups within our community



# PSYCHIC FAIR 2021



# Events

## IDAHO FALLS

<p>July 17th Imagery and Intuition Class, with Anthem Intuitive Coaching</p> <p>July 18th July Coffee</p> <p>July 20th Walk-In Tarot Card Readings with Michelle Tarot Talks Seven Week Chakra Education Workshop</p> <p>July 26th Teen Brave</p> <p>July 27th Walk-In Tarot Card Readings with Michelle Tarot Talks Seven Week Chakra Education Workshop</p> <p>August 2nd Parents of Teen Brave</p> <p>August 3rd Walk-In Tarot Card Readings with Michelle Tarot Talks Seven Week Chakra Education Workshop</p> <p>August 5th Witches Night Market</p>	<p>August 9th Teen Brave</p> <p>August 10th Walk-In Tarot Card Readings with Michelle Tarot Talks Seven Week Chakra Education Workshop</p> <p>August 13th Friday the 13th Sale</p> <p>August 14th August Coffee</p> <p>August 17th Walk-In Tarot Card Readings with Michelle Tarot Talks Seven Week Chakra Education Workshop</p> <p>August 23rd Teen Brave</p> <p>August 24th Walk-In Tarot Card Readings with Michelle Tarot Talks</p> <p>August 31st Walk-In Tarot Card Readings with Michelle Tarot Talks</p>
---	---

## POCATELLO

July 20th  
Qigong Self Care with Daphne

July 24th  
Ho'oponopono

July 26th  
Ho'oponopono

July 27th  
Qigong Self Care with Daphne

August 3rd  
Qigong Self Care with Daphne

August 7th  
The 7 Universal Laws

August 10th  
Qigong Self Care with Daphne

August 17th  
Qigong Self Care with Daphne

August 24th  
Qigong Self Care with Daphne

August 31st  
Qigong Self Care with Daphne

## BOISE

July 24th  
Full Moon Ritual

August 7th  
Dark Moon Tea

August 8th  
Vibrational Healing

August 11th  
Treasure Valley Rune Guild Rune Discussion

August 13th  
Mystick Oils Class: Leo

August 22nd  
Full Moon Ritual

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

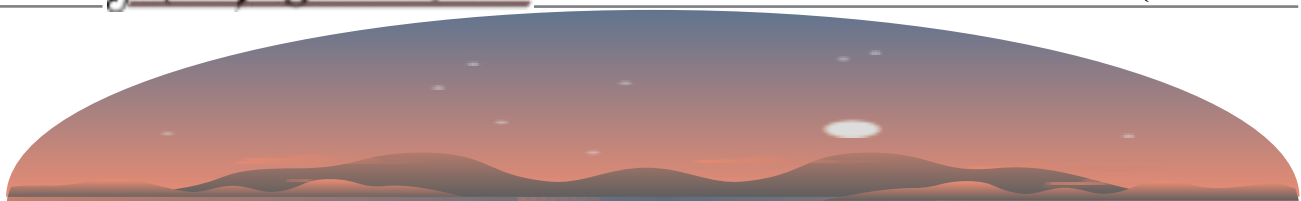
DO YOU HAVE AN EVENT? ADD YOUR EVENT TO OUR ONLINE CALENDAR!

# Regional Metaphysical Stores

<h2>BOISE</h2> <p>Altar Egos 1528 S Vista Ave, Boise, ID 83705 Bella's Grove 2210 S Broadway, Suite B, Boise, ID 83706 Crone's Cupboard 712 N. Orchard Boise, ID 83706</p> <h2>BONNERS FERRY</h2> <p>Silver Moon Magic 6653 Main St, Bonners Ferry, ID 83805</p> <h2>BURLEY</h2> <p>Bent Broomstick 122 W 13th, Burley, ID 83318 Your Beautiful Life Hypnosis 1108 Overland Ave, #8, Burley, ID 8331</p> <h2>CALDWELL</h2> <p>Earth Brite Rock Shop 3506 Cleveland Blvd, Caldwell, ID 83605 Gypsy's Tree of Life 18801 Lariat Lane, Caldwell, ID 83607</p> <h2>IDAHO FALLS</h2> <p>Bristol's Broom Closet 2232 25th St, Idaho Falls, ID 83404 Butterfly Maiden Intuitive Services 1337 E 17th St, Idaho Falls, ID 83404 Healing Hands 429 B St, Idaho Falls ID 83402 Raven's Hollow 429 B St, Idaho Falls ID 83402 Red Thread Holistics 635 S Woodruff, Idaho Falls, ID 83401 Shaddow Domain 341 W Broadway, Idaho Falls, ID 83402 Xanadu 451 River Parkway, Idaho Falls, ID 83401</p> <h2>NAMPA</h2> <p>Mystikal Misfits 924 12th Ave S, Nampa, ID 83651</p> <h2>OGDEN</h2> <p>Bryson's Rock Shop 326 Washington Blvd, Ogden, UT 84404 Vibez 168 W 36th St, Ogden, UT 84405</p>	<h2>POCATELLO</h2> <p>Blue House Spiritual and Wellness Center 1430 Cottage Ave, Pocatello, ID 83201 Enchantments 233 N Main St Suite B, Pocatello, ID 83204 WholeHealth Cooperative, 303 N 12th, Pocatello, ID 83201</p> <h2>SALT LAKE CITY</h2> <p>Crone's Hollow 3834 S Main St, Salt Lake City, UT 84115</p> <h2>ST ANTHONY</h2> <p>Serenity Isle 3247 W 7000 N, St. Anthony, ID 83445</p> <h2>TWIN FALLS</h2> <p>Crystals EnLight 132 Hansen Suite E, Twin Falls, ID 83301 The Kindred Cauldron 1511 9th Ave E, Twin Falls, ID 83301</p>
--	---



# Directory



## Apparel, Drinkware & More

Designs 208  
 Graphic Design - Business Cards - Signage - Banners - Flags - Vinyl - Laser - Promo items and more  
 208-351-5160  
 wes@designs208.com

Witchin' Designs  
 Malorie Oswald  
 208-921-7412  
 witchindesigns.com  
 hello@witchindesigns.com

## Graphic Design

Designs 208  
 Graphic Design - Business Cards - Signage - Banners - Flags - Vinyl - Laser - Promo items and more  
 208-351-5160  
 wes@designs208.com

Witchin' Designs  
 Malorie Oswald  
 208-921-7412  
 witchindesigns.com  
 hello@witchindesigns.com

## Medium

Tara Vogler LMT  
 CranioSacral - Therapy  
 Reiki • Mediumship  
 Psychic Intuitive • Quantum Healing  
 208-220-7371

## Pagan Clergy

Celest Sunn  
 Naming and Blessing  
 Handfastings and Weddings  
 Dedications and Initiations  
 Memorial and Funerals  
 LGBTQ+ friendly  
 208-241-7989

## Tarot Readings

Kaylee Stemkoski  
 Tarot Reader  
 208-201-4855  
 FB and Insta @not.your.basicb

Mystical Advice With Alice  
 Tarot Reader  
 208-844-0548  
 FB: @Mystical.advice.with.Alice

Michelle J Norton  
 Tarot - Tarot Classes - Web Design  
 78images.com

## Cranio-Sacral Therapy

Tara Vogler LMT  
 CranioSacral - Therapy  
 Reiki • Mediumship  
 Psychic Intuitive • Quantum Healing  
 208-220-7371

## Herbs, Potions, & Teas

Ravens Hollow  
 429 B St, Idaho Falls, ID 83402  
 raven.in.the.wolf.den@gmail.com  
 Facebook.com/raveninthewolfden  
 @raven.in.the.wolf.den  
 #ravenshollow  
 #raveninthewolfden

## Therapeutic Massage

Daphne Coon LMT  
 Positive Outlook  
 Therapeutic Massage  
 208-757-2461  
 Positiveoutlook-massagetherapy.com  
 429 B Street, Idaho Falls, Idaho

## Energy Healing

Tara Vogler LMT  
 CranioSacral - Therapy  
 Reiki • Mediumship  
 Psychic Intuitive • Quantum Healing  
 208-220-7371

## Jewelry

Wire Wrapped Crystal Pendants  
 Magickal Megan  
 Rings • Pendants • Custom Wraps  
 208-542-5446

## Psychic Reading

Celest Sunn  
 Psychic • Medium  
 Healer • Guide  
 208-241-7989

## Wellness Coach

D'Rock Wellness  
 Yoga - Ayurvedic Lifestyle Educator  
 ISSA Certified Personal Trainer  
 ISSA Certified Nutrition Coach  
 drockwellness.com  
 (916)616-5948

## Medium

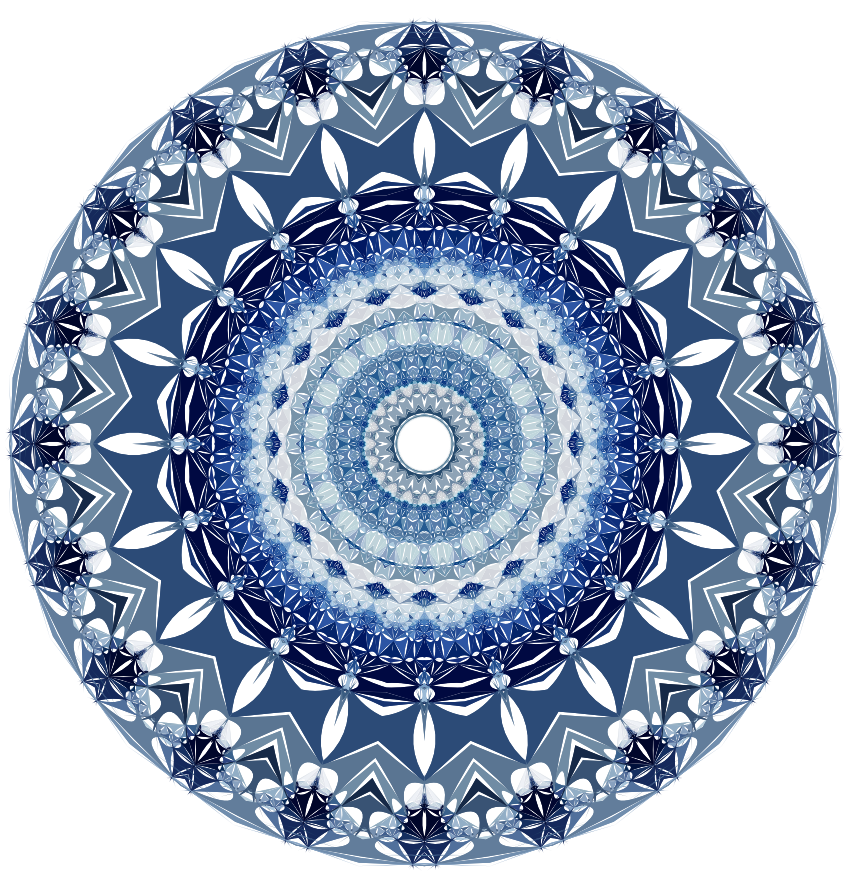
Celest Sunn  
 Psychic • Medium  
 Healer • Guide  
 208-241-7989

## Real Estate

GrayT Real Estate  
 Keller Williams Reality East Idaho  
 Gracen Alexander Calica  
 619.888.6027  
 Insta: @Grayt\_RealEstate  
 Facebook Grayt Real Estate  
 graytrealestate.com

## Tattoo

The Spiders Web  
<https://www.facebook.com/thespiderswebink>  
 477 W 17th, Idaho Falls, ID 83402  
 208-523-5301  
 leonspidersweb@yahoo.com



# YOUR AD HERE

<https://metaphysical-times.com/contact-us/advertising/>

Let the Metaphysical community know about your business. Reach thousands across Idaho and Utah and help us bring our community together.



# Healing Hands

- ALTAR TOOLS - CLOTH BAGS - BOXES
  - CANDLES - INCENSE & BURNERS - SAGE
  - PALO SANTO - JOURNALS - DRUMS
  - PENDULUMS - TAROT & ORACLE CARDS
  - CRYSTALS - JEWELRY - STICKERS
  - PRAYER FLAGS - SINGING BOWLS
  - MEDITATION CUSHIONS - TAPESTRIES
  - JADE BLOOM ESSENTIAL OILS
  - CLOTHING - ACCESSORIES
- WIRE-WRAPPED CRYSTAL PENDANTS  
BY MAGICKAL MEGAN
- HERBS BY RAVEN IN THE WOLF DEN
- GROUP SPACE FOR RENT

429 B STREET, IDAHO FALLS  
(208) 542 - 5446  
HEALINGHANDSIDAHO.COM

