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Mabon 2021

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Metaphysical Times

ISSUE 1.6

Mabon 2021

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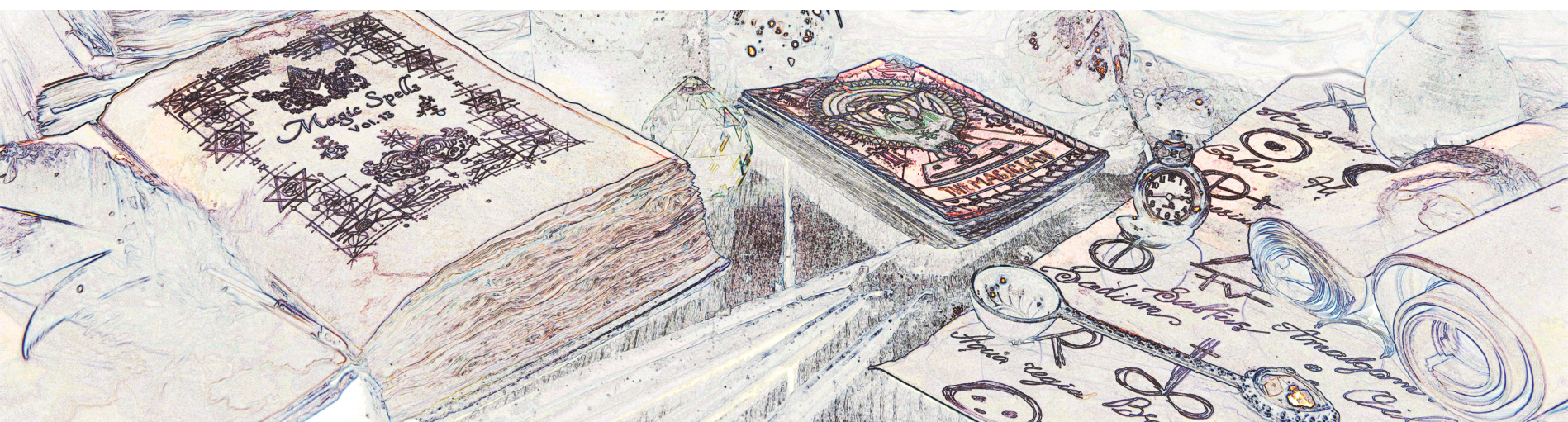
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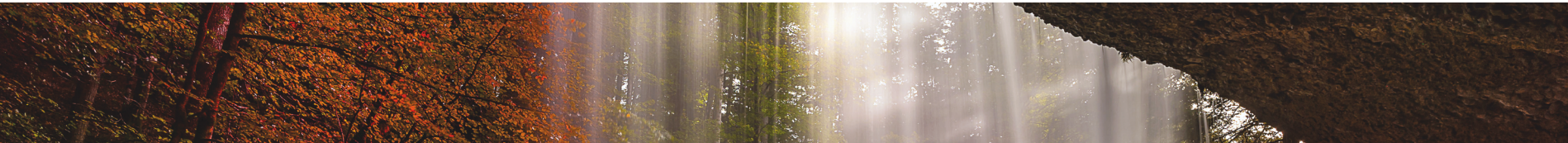
FROM THE EDITOR



Hello and welcome to Metaphysical Times. This new-age newspaper is uniting the metaphysical communities in Utah and Idaho, from the Canadian border to the Arizona state line. We are rapidly developing a presence in surrounding states as well. It is time for us to wave our freak flags and stand in our authenticity. This newspaper's goal is to help you to do just that, by providing useful information to help you deepen your practice, whatever it may be! My wish for you is that you have a joyous and blessed Mabon, taking time this harvest season to strengthen the bonds of family and friends as we begin our preparations for the cold season ahead.

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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.

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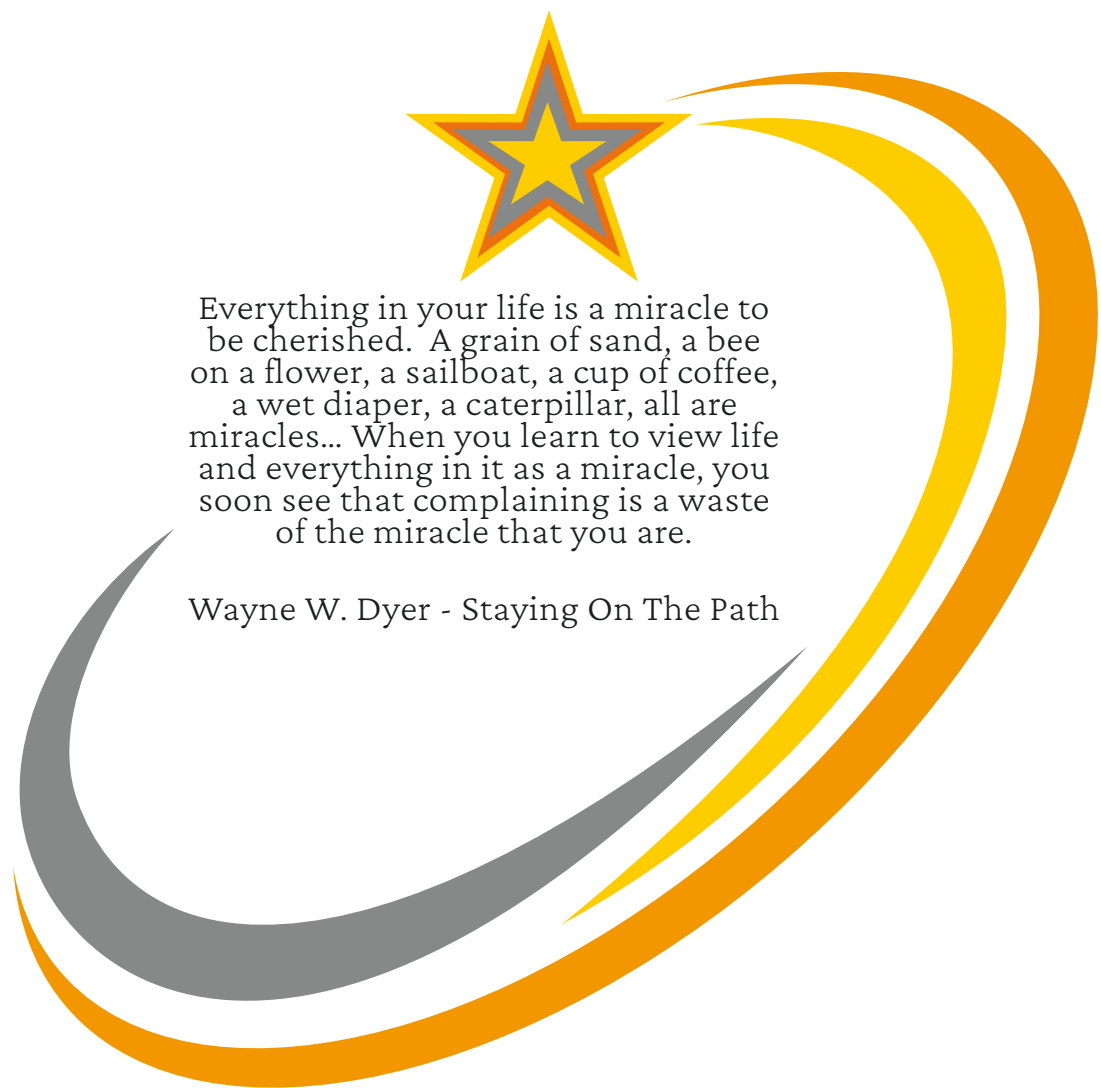
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Everything in your life is a miracle to be cherished. A grain of sand, a bee on a flower, a sailboat, a cup of coffee, a wet diaper, a caterpillar, all are miracles... When you learn to view life and everything in it as a miracle, you soon see that complaining is a waste of the miracle that you are.

Wayne W. Dyer - Staying On The Path



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Gratitude: Opening the Heart

Arachnia Stoneskull



Mabon is best known as the Witch's Thanksgiving in the Pagan community. One way to honor and celebrate Mabon is to give gratitude.

Gratitude regarding magick and spirit communication can be one of your most effective and diverse tools. Gratitude comes from the heart. Practicing it opens your heart up to love, intuition, and discernment. It also amplifies the ability to hear and speak with spirits. Many shamanistic cultures believe that the heart is the center of your soul. Ancient Egyptians similarly believed that a person's intelligence resided within the heart. The ability to communicate with spirits requires a "pure heart", or rather a discerning heart that can "see" through to the truth without bias. You can reach this goal by following techniques and suggestions in this article.

Gratitude Meditation

This is a visual meditation, and you may prefer a quiet place until you can do it anywhere without distraction. Eventually, you will be able to do this easily by just closing your eyes, and focusing on your heart for a few seconds.

First, you are going to want to find a quiet place and make yourself comfortable. The goal is to be able to fully focus on your heart energy center, also known as a chakra. Next, close your eyes and let your mind wander without engaging until it slows down enough to allow you to concentrate. When you feel you can focus,

concentrate on your Heart Center – which is in the middle of your chest, aligned to the spine. Breathe in, envisioning your breathing through your Heart Center; then breathe out through the Heart Center. Take three to four breaths. Now focus on the Heart Center until you can feel it. The energy felt is an individual experience, and may be warm, buzzing, or swirling. You will then concentrate on the feeling of gratitude. Do this by thinking of everything you are grateful to have in your life. When you are ready, count back from five to one, and then open your eyes. You should feel more relaxed, while being receptive to spirit and showing compassion.

You can use this exercise to start your day – which I found to be very helpful. You may also use this meditation before doing any magickal working, or if you begin to feel negative emotions. All emotions are important, but this exercise will help you to move through difficult emotions and stay grounded in reality.

Expressions of Gratitude

During the day you may not have the ability, or time, to meditate in the beginning. Here are some suggestions to help you keep your Heart Center open during the day:

- When you feel negative emotions, or thoughts, think about three things that bring gratitude. If you still feel the emotion, or thought, think of three more things until you feel grounded. This technique

greatly helps with anxiety.

- Practice kindness through empathy. You can do this by imagining how it must feel to be the person you are practicing kindness on. You still need to have boundaries, but this will assuage negative feelings within yourself, and allow you to make non-judgmental decisions.

- Keep a Gratitude Journal. This can be a specific notebook set aside for daily gratitude recording, or you can add it to your normal journaling routine. The key is to meditate on what you are writing, and thinking of all the feelings and images the subjects invoke.

- Before meals, or any chosen daily ritual, say a small list of things you are grateful for, while feeling gratitude speaking it. This may be included in any prayers or before meditation to amplify your experience. You may also do this before channeling, divination, or any ritual.

- Write a note or letter to someone that you are grateful to have in your life. If you wish to express your gratitude to someone who's passed, you can write a letter then burn or bury it. Both are considered valid ways to carry messages to the deceased.

- Establish a morning Gratitude Ritual. I do this by blessing and dedicating incense to the spirits that have helped me achieve my goals. Example: "I bless this incense in gratitude to those that have helped me with my spiritual goals and path. So Mote It Be." You can meditate, or take a

moment to sit in silence, while the incense burns. Remember to never leave incense or candles unattended.

- Jar magick is another way you can express gratitude. Here are two projects you may consider:

Jar of Gratitude Meditations

Take a jar and fill it with slips of paper that have a single word regarding things you have in your life. Each morning pull out one piece of paper in the morning. Read the word, and say out loud: "I am grateful for (word), and I will honor (word) today." Meditate on your gratitude for the chosen subject throughout the day.

Gratitude Sweet Jar

Sweet jars can be used for more than just endearing a person to you and your purpose; you can also use them to help display traits you want in yourself. Sweet jars are typically honey and corresponding herbs sealed in a glass jar, and then buried.

You will still want to keep your boundaries, so when choosing herbs, consider adding cinnamon or peppers to keep your "fire" while being considerate. Some herbs you may like to add are sage (psychic, intuition) rosemary (memory, discernment, intelligence), lavender (calmness), gladiolas (strength of character, generosity), etc. Pink carnations, sweet William, sweet pea, marantas, are some plants that symbolize gratitude itself. You will add these to your honey mixture in the jar. Next, write your full name on paper (pink or white paper is appropriate), and push it down far enough to be covered in the honey mixture. Lastly, you will tighten the lid of the jar, and seal it with pink wax. If you don't have pink wax, you can use a white wax for reflection, and tie a pink ribbon around the jar. When you finish your jar, you will want to program it with a spell. An example, "I bless this jar of gratitude with the traits (list the traits) for myself. So Mote It Be." Place your jar on a charged paton (altar tile) for three days and bury it on your property. If you cannot bury it on your property, then safely place the jar where it will not be disturbed within your home.

Remembering why you are grateful, while utilizing these techniques, will improve your magickal workings and daily life. Blessed Be.



Deities of Mabon

Celebrated September 21-24, Mabon, (also known as Harvest Home, Harvest Tide, Fall Equinox, Autumn Equinox, etc.) is one of the eight Sabbats celebrated by Pagans (Wiccans, Druids, Heathens, Witches, Magicians, Kemetics, etc.) on the Wheel of the Year.

Technically, an equinox is an astronomical point and, because the earth wobbles on its axis slightly, the date may vary by a few days depending on the year. The autumnal equinox occurs when the sun crosses the equator on its apparent journey southward, and we experience a day and a night that are of equal duration. Up until Mabon, the hours of daylight have been greater than the hours from dusk to dawn. But from now on, the reverse holds true.

Mabon marks the middle of harvest, it is a time of equal day and equal night, and - for the moment - nature is in balance. It is a time to reap what you have sown, give thanks for the harvest and the bounty the Earth provides; for finishing up old projects and

plans and planting the seeds for new enterprises or a change in lifestyle. Mabon is a time of celebration and balance.

This is the time to look back, not just on the past year, but also your life, and to plan for the future. In the rhythm of the year, Mabon is a time of rest and celebration, after the hard work of gathering the crops.

Warm autumn days are followed by chilly nights, as the Old Sun God returns to the embrace of the Goddess.

The passing of Mabon is inevitable, and The Sun God should be mourned. We too must remember that all things must come to an end. So the Sun God journeys into the lands of winter and into the Goddess' loving arms, but endings are a good time to celebrate our successes, thank ourselves and those who

helped us, and take part in the balance of life!

The idea of a harvest festival is nothing new. In fact, people have celebrated it for millennia, all around the world. In ancient Greece, Oschophoria was a festival held in the fall to celebrate the harvesting of grapes for wine.

China's Mid-Autumn festival is celebrated on the night of the Harvest Moon and is a festival of honoring family unity. Many cultures see the second harvest time of the fall equinox as a time of giving thanks. After all, it's when you figure out how well your crops did, how fat your animals have gotten, and whether or not your family will be able to eat during the coming winter.

Setting up a Mabon Altar

- Use yellows, oranges, reds, and browns. Cover your altar with cloths that symbolize the harvest season, or go a step further and put brightly colored fallen leaves on your work surface. Use candles in deep, vibrant colors -- reds, golds, or other autumn shades are perfect this time of year.

- Mabon is the time of the second harvest and the dying of the fields. Use corn, sheaves of wheat, squash and root vegetables on your altar. Add some tools of agriculture if you have them - scythes, sickles, and baskets.

- Remember, the equinoxes are the two nights of the year when the amount of light and darkness are equal. Decorate your altar to symbolize the aspect of the season. Try a small set of scales, a yin-yang symbol; a white candle paired up with a black one -- all are

things which represent the concept of balance.

Other Symbols of Mabon

- Wine, vines, and grapes
- Apples, cider, and apple juice
- Pomegranates
- Ears of corn
- Pumpkins
- Gods' Eyes
- Corn dolls
- Mid-autumn vegetables, like squashes and gourds
- Seeds, seed pods, nuts in their shells
- Baskets, symbolizing the gathering of crops
- Statuary of deities symbolizing the changing seasons

Your Mabon Shopping List

- Candles
- Baskets
- Symbols of balance: Yin Yang, scales, etc.
- Statues of Deities
- Fall harvest: apples, squash, seeds, and nuts, etc.
- Incense (Sandalwood, Attracts Money [for abundance], Cinnamon, Cinnamon-Apple, Green Apple, Cherry, Loban)



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A Hint of Warmth for Autumn

Heidi Jensen



The weather is beginning to change. Trees are painting the horizon various colors of reds, oranges, and yellows. Autumn is upon us. Warm Autumn days turn to crisp nights perfect for bonfires and sweaters. This is the perfect time of year to sip a warm beverage and snuggle under the blankets. In this issue, the essential oils focused upon are those that can help provide warmth to the body, heart, and soul.

Black Pepper

Black Pepper is a perennial vine with heart-shaped leaves and white flowers. As the plant matures the berries turn black. The oil is extracted via steam distillation from the fully-grown unripe fruit. Black Pepper was so popular with the Romans, that taxes were paid with it rather than with coins. Black Pepper has been used in charms and amulets for protection since Medieval Times. It blends well with Bergamot, Cypress, Eucalyptus, Ginger, and Lavender - just to name a few. Black Pepper has a warming aroma that can penetrate even the chilliest air. It is great for strengthening and stimulating the nervous system, mental faculties, and energizing the body. It is excellent for muscle aches, joint pain, and dispelling bruises. Be forewarned, use Black Pepper essential oil in moderation, as it can over-stimulate the kidneys.

Cardamom

Cardamom is a leafy shrub with purple-tipped yellow flowers. The oil is extracted from its dried seeds. It is used as an aid for digestion, antiseptic, antispasmodic, expectorant, stimulant, and tonic, making it ideal for when you feel weak or fatigued or need to stimulate the lungs, expel phlegm, and ease coughs. Some of the things that it blends well with are Black Pepper, Eucalyptus, Fennel, and Ginger. It has an uplifting, refreshing, warm

scent.

Cinnamon

Cinnamon is a tropical evergreen tree. The essential oil can come from both the bark or the leaf and is extracted via steam distillation. It blends well with Black Pepper, Clove, Eucalyptus, Ginger, Lavender, and Sweet Orange. Oil made from the bark of the tree has a full-bodied, sweet-warm and spicy aroma. Whereas the oil made from the leaf lacks the full body and depth of that of the bark and has a rather harsh warm, spicy aroma. It is excellent for exhaustion, depression, feelings of debilitation and weakness. Cinnamon is also an analgesic, antiseptic, antispasmodic, insecticide, stimulant, and can be used in tonics.

Clove

Clove is a slender evergreen with long buds and a rosy-pink corolla at the tip. The calyxes are beaten from the tree and then dried. These are the cloves we use commonly in cooking. The oil is extracted via water distillation from either the bud, stem, or leaf. It blends well with Black Pepper, Cinnamon, Ginger, Lavender, Sweet Orange, and many others. It has a strong, spicy aroma known to penetrate the room. The scent of clove feels positive and uplifts the mind, making it great for use with depression, stimulation, and reducing pain. Smelling the aroma of Clove is good when feeling lethargic or weak. It can also be used to treat infectious wounds; however, it is known to cause skin irritation and shouldn't be used for everyday skin care. Provide extra caution even for treating infectious wounds. The bud oil is much safer than the leaf oil.

Ginger

Ginger is a perennial herb with thick, tuberous roots. It smells pungent and spreads rapidly. The oil is

made from its root. Ginger blends well with Cedarwood, Black Pepper, Cinnamon, Clove, Eucalyptus, Nutmeg, and Sweet Orange. It aids in digestion and has a very sharp, spicy warmth about it. It can be used to cleanse the palate between foods. Ginger is great for relieving nausea and travel sickness. It can also help with treating colds, coughs, sore throats and clearing bruises. Many people use Ginger in tonics and as stimulants. It may cause sensitization in some people; therefore, exercise caution when using it.

As you can see, many of the warm oils work really well with each other. I like to combine these oils and create a Mabon mixture. Start with 1-2 drops of each and add in a few drops of Sweet Orange. Be sure to combine it in 2 tablespoons of a carrier oil of your choice. This is perfect to diffuse in home and to inhale. Add a few drops to your favorite diffuser jewelry. Use caution if applying to the skin. You can always add extra carrier oil to ease any sensitivity. I like to anoint my tools and altar with the blend. Also, here are two of my favorite fall-time recipes.

Ginger Ale: Makes ~ 5 Gallons

3 lbs Fresh Ginger- shredded
2.5 lbs Turbinado sugar
1.5 lbs Brown sugar
2 cups Lemon juice
1 cup Lime juice

4.5 - 5 gallons water (If you have a way to carbonate it such as keg and co2 canister, otherwise use 8 cups of water and then add enough club soda to equal 5 gallons)

Cook ginger in 8 cups of water. Add sugar and cook until dissolved. Add in lemon and

lime juice. Stir until blended well. Once ginger is soft, strain (either cheesecloth or strainer) into remaining water or club soda. If using a keg and co2 to carbonate, mix well and shake until desired pressure is reached. If using club soda, mix well, add ice, and enjoy!

Wassail: Makes ~ 1 Gallon

2.25 c sugar
4 c water
2 cinnamon sticks
1 slice fresh ginger
4 c orange juice
8 c apple juice or apple cider
2 c lemon juice
8 whole allspice berries
1 tbsp whole cloves

Boil sugar and water in a large saucepan. Remove from heat, add cinnamon sticks, ginger, cloves, allspice berries. Cover and let simmer for at least 1 hour. Just before serving, add orange juice, apple juice and lemon juice. Mix well and bring to a boil. Remove from heat & Enjoy!!

*Can also add all the ingredients to a crockpot and let simmer all day.

For more recipes like this one for Wassail, check out the Lion House Cookbook.





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A Mabon Ritual and Preparations

Caitlyn Willey

The second harvest has arrived, this time with the gift of fruit. Mabon, the Autumnal Equinox, is a time of balance and of giving thanks. We have been working and playing hard all summer long and now it's time to rest and care for ourselves. Day and night are equal at this time once more and now we must prepare for the coming darkness. This year, I look forward to the cooler times approaching, as this summer has been deadly, between the record heat and all the smoke filling the air from the fires around the world.

With the crisp air of Autumn rolling in, it encourages the need for rest, and boy have the tarot cards been yelling at me to do some self-care and shadow work for months now. My coven developed its own tarot spread to check in with how we're doing and where we're going during each Sabbat. We've done 3 now and it's very interesting to see what it's had to say, between the personal insights it's had on each of us, as well as for the coven as a whole, and how it all changes. The cards that represented me have all been either reprimands for working too hard and overburdening myself, or advice for how I can grow as a High Priestess.

In some of my recent personal

tarot check-ins, the cards have put their metaphorical feet down and told me that next, we all need to take some time for self-care and self-development during these next few months. They gave us the heads up that some big changes are approaching with the coming darkness and the cards suggest we take this time to recharge. My coven will be making some simple self-care spell jars to jump-start this and then it's up to each of us to take that energy and harness it. As for myself, I plan on doing a weekly tarot spread to check in with the situation, take moon blessed showers, do regular meditations to center myself, and do some shadow work every couple of days.

Once again, I have another little ritual that can be used by either solitary or group practitioners easily. For this one, you will need both a black candle for the Goddess and a white candle for her Consort. You and any other participants will also want to have in mind something you are grateful for from the past year. Begin and end with anything you usually choose to do for your rituals such as grounding, cleansing, and casting a circle, then things such as cakes and ale and dismissing the circle. Say aloud:

*The Wheel of the Year has turned
once more,
This is Mabon, the Autumnal
Equinox.
We enjoy a wealth of good food
and weather.
Beauty surrounds us as autumn
colors begin to blaze.
We reap the beauty and bounty of
this earth.
We also reap the fruit of the seeds
We have symbolically sown in our
lives this year.
Tonight we take time to count our
blessings, find balance,
And give thanks to the Lord and
Lady.
A balance of night and day,
A balance of light and dark
Today we seek balance in life
as it is found in the Universe.
A black candle for the Goddess,
for darkness,
And for things we should let go of.
A white candle for the Consort,
for light,
and for all the abundance we
wish to bring forth.
We are thankful for the many
blessings we have received thus
far this year.
--Have each member say what
they are thankful for--
At Mabon, the time of the
equinox,
there is harmony and balance in
the Universe,
and so there shall be in our lives.
So Mote It Be.*



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Balance and Mabon

Emma Gardner



Mabon is considered the Celtic Festival of Mea'n Fo'mhair, where the Green Man is honored. It is the time when libations are plentiful, and many people are reaping the fruits of their labors. Looking around at the farmers market and fruit trees, one can see an abundance. This is when it is proper to give libations. Mabon is also a time for telling stories. John Barleycorn is a tale that comes during the festival of Mabon.

The Barleycorn tale has been sung for numerous years but didn't become famous until Robert Burns published his version in 1782. John Barleycorn becomes an almost Christlike figure and suffers quite a bit before dying so people can live. The tale goes that John Barleycorn is killed because three kings want him dead. "But the cheerful Spring came kindly on' and showers began to fall. John Barleycorn got up again and sore surprised them all." He goes through the growing process becoming strong in the spring,

and then by Autumn he begins to wilt and his color pales. The enemies come and cut him down, some cut him by the knee, others beat him, some hang him up to dry, the miller crushes him to dust and uses his blood to make drink. A little morbid is the tale, but in the end, we find, "let us toast John Barleycorn, each man a glass in hand, and may his great posterity ne'er fail in old Scotland!" Barley is used in the making of spirits, hence John becomes a man who is used in food and bread to feed people and is used to create drink which makes people forget their troubles.

The tale brings about a feeling of honor for the vegetation that grows and then is cultivated to make food to survive. It is a time to feel proud of what we have produced in our personal harvests. One might not be a farmer or even cultivate some plant life, but each of us has personal successes worthy of being called "harvest".

This year's Mabon falls on

September 21. This is right after the full moon. Because it is fairly close to the full moon, many people spread their celebrations over a few days and incorporate their full moon ritual with Mabon. Mabon is the second of the harvest festivals and many people see similarities in the Thanksgiving meals by giving thanks and sharing abundance with the less fortunate.

One of my favorite libations offering for a Mabon ceremony comes from my Celtic Green Witch side. Many people can add what feels the best for them, but this is one that resonates with me. "This day I celebrate the Second Harvest, that of fruits, nuts, and the vines, and I remember those who struggle without. As I accept the gifts I have been given throughout the first of the year, I pass along what I have to those in need." And adding whatever deities one feels comfortable working with, "I offer aid and comfort to those who needs arise throughout the turning of

the wheel."

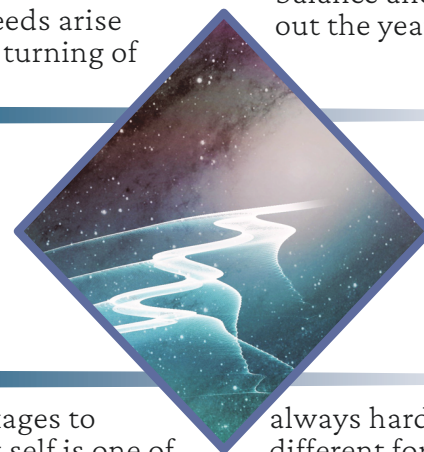
As the Wheel of the Year turns, it continuously calls back to balance. One must find the balance that resonates with you. Personally, for Mabon I like to bake and give bread to the neighbors. Besides baking for them I also make chili with fresh tomatoes from the garden and fresh herbs that I have collected.

In Ireland, people collect dried corn cobs at the doorways or doorposts to celebrate harvest. Others take three stalks of barley or wheat and weave them together to create a design and tie it off with a red ribbon, to give honor to John Barleycorn. The red thread can also be incorporated into creating protection charms out of Hazelnuts.

However you decide to celebrate Mabon this year, one can be proud of how far one has come and the challenges that one has overcome. Find balance and peace and finish out the year strong!

Mabon Reflections

Ariel Curry



Reflecting on Mabon, and what it means to me, I've come to see it as the time of balance. Balance is in every aspect of the universe. Everything of light must be in balance with the dark. Mabon is a great time to reflect on what I've accomplished and manifested over the past year. What hasn't manifested or served me the way that I wanted it to? What has manifested in a way that I didn't expect? Did that help or hinder my progress to be a better me?

Working with the Greek god Hades, as a god of justice, I've seen this as I've studied his lore. One of the signs of Mabon is the cornucopia which stands for fertility, abundance, and harvest. One of Hades' signs is also the cornucopia. At first, I didn't understand why Hades would have a cornucopia; until I learned that in ancient Greek, justice means creating a perfect balance between opposites. The cornucopia stands for his connection to his wife - Persephone - a goddess of spring, harvest, death, and rebirth.

In my research, I found that he can sometimes be a god of fertility - with his wife - because they share in the cycle of birth, death, and rebirth. Hades shares in some of these aspects because he is also known as a god of wealth, wealth of the ground and what's underneath it - gems, jewels, and precious metals. While Persephone is above ground creating life for harvest, Hades is overseeing what lies beneath the surface; thus, creating balance and aiding each other in their roles of fertility. Then, when she returns to the underworld, they balance each other again - wherein she helps him with his responsibilities as the ruler of the Underworld. Their relationship, though somewhat forced, is a great example of balance between forces of nature and equal support in a relationship.

As a practitioner, I've found that sometimes it's hard to bring everything into balance within myself, much like the cyclic story of Persephone and Hades. This can be especially true for shadow work. Working through trauma and

emotional blockages to become my best self is one of the hardest things I've decided to do. Fear sometimes takes hold and prevents me from pushing myself further. Mabon helps me to stop, breathe, and remember what I've managed to accomplish so far. This forces me to focus on fear's opposite - being thankful. Thankfulness gives me the courage to keep going. It helps me realize where I've been, where I am, and where I want to be.

Since Mabon represents the cycle of life and the seasons, just as the story of Persephone does, it's the perfect time to ponder balance and cycles. Seeing how balance works in my own life has helped me to stay centered - amidst all the chaos in the world I encounter on a daily basis. When I am centered and balanced, I can face any challenges that come my way. The challenges we all face are

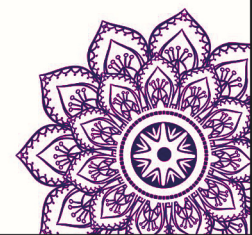
always hard, and they're different for each of us. Being centered and balanced makes that journey a little easier. The world isn't going to give you a break; but, being at peace with yourself and thankful for what has, is, and is yet to be, makes each step a little more solid and easier than the last.

As I well know, facing the dark is the hardest part of the year. It's easier to face the light; however, in order to become the best version of yourself, you need to have a balance of both. As Mabon comes, I hope you'll all take the time you need to balance yourself seriously. Learn to just be and recognize that you are awesome. You've come farther than you realize. Blessed be.

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Body, Mind, & Soul

Steve Dahms



I'm very new to the craft, or coven. I've neglected my spiritual life, having been ignorant of its existence. I'm now past midlife, heading towards those golden years, and have become acutely aware of my own spiritual well-being. As my career progressed, I became a caregiver and it has been my profession for the last 30 years. Six years ago, I met and fell in love with a spiritual healer with a long history of practicing alternative medicine or therapies. It was then and there that I became interested in addressing my spiritual life, or lack thereof.

Once our basic needs of food, shelter, and safety are met, most humans seek or strive for physical, mental and spiritual well-being or health. Can Western medicine - or any traditional religious organization - meet all those needs? I think not.

It is impossible for governments to mandate physical healthiness. It is equally impossible for them to mandate mental or spiritual health. It can be suggested or encouraged, but the path to health is traveled by individuals making their own choices and having varying levels of personal responsibility for those choices. Those interested in improving their wellness have many places to seek help. There are so many answers, healing modalities and

therapies that can be found around the world and in our own backyards. Ultimately though, individuals must find their own questions and answers, with the help of skilled and compassionate healers. If we don't even know something is broken, we could never be motivated to heal it, change it, or grow more complete because of it.

We have all heard, "common sense is becoming less common." Living a healthy lifestyle, one of weight control, clean diet, exercise, avoiding or reducing the amount of harmful or toxic substances that we put in our bodies, would seem to be common knowledge, alas, it is not.

Mental health is also guided by individual goals and choices. Most people will naturally seek happiness or tranquility. But many who are struggling with their mental health resort to self-destructive tendencies, toxic relationships and substances to try to feel better. There are many people in this country that still think getting help from mental health professionals is stigmatized as a sign of weakness, failure, and even "craziness." How do we know if we are mentally healthy? Are our relationships positive and fulfilling, or are they stressful and destructive? It's so easy to accept what we have grown accustomed to as normal. We need to occasionally look objectively

at our mental well-being, perhaps with the help of a mental health professional. Think about how easily we can see the absence of mental wellness in others, but not so much in ourselves. That's why a mental health check-up is never a bad idea.

Spiritual health is something that a lot of people neglect, as I did all those years. For some, it is a need we are not even aware of. I know that religious and/or spiritual leaders have no answers that resonate with me. I have met young, enthusiastic believers or missionaries that have an abundance of answers and testimony that they feel compelled to share. But their sharing also does not resonate with me. Spiritual well-being, just like physical health and mental health, is all about personal choices. There is no authentic spirituality with "one size fits all" or "cookie cutter medicine" or huge religious institutions. It can't be mandated, controlled or expunged by outside forces or governments. Some people like, or need to be spoon-fed spiritual answers and structure. And some folks prefer figuring it out for themselves.

Superiority is not part of mental or spiritual health. Self-confidence and humility are. Being healthy is a gift and responsibility that requires mind, spirit, and body exercise and nutrition. We need to

feed, grow and exercise all three aspects of our health and well-being. When it comes to health, it's a lifelong process, and the answers can be found all around us. That means exercise and nutrition for all three areas: physical, mental and spiritual well-being. Protect and share your energy, your gifts. You have energy and it is powerful. We are all connected. Visit or work in a nursing home, or with children - and you will quickly learn what a difference your energy makes, and how it affects those around you. This is true no matter where you work or play. Avoid getting trapped by depression and energy vampires. We all know the types that feed, but give nothing back. Practice common sense. Practice your Magick. Learn. Seek. Grow. Teach. Share. Thrive.

There is no single or easy answer for everyone. Certainly not from me, I've starved my spiritual health for decades. Surviving often supersedes thriving. I have barely started this journey. I've been blessed to finally meet the right person and am opening my eyes to the metaphysical world that's always been available. I will share the best - and first - lesson I learned in nursing school: "You have to take care of yourself, before you can take care of others." So simple, it's brilliant.



Cleansing Your Crystals

Salt: Put coarse sea salt in a shallow dish and bury the stone for 24 hours

Sage: Light sage and run the stones through the smoke

The Moon: Let the stones sit under the full moon

Selenite: Place stones on selenite overnight

Running your stones under water to cleanse is also an option, but not advisable as some stones may dissolve, rust, etc.





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Magickal Garden

Natalie Ruiz

The warm rays from the summer sun still shine bright but are coming to their equilibrium with the darkness of night. Mabon, correlative to Ostara, is the Autumn Equinox. Bringing the second harvest and preparation for the colder months. Some practitioners, much like me, have been tending and caring for their magickal garden since Ostara. A lot of hard work and dedication comes along with maintaining a garden. With that comes a lot of different challenges. Come along for my journey and consider taking on a garden of your own.

Starting out from scratch, I decided to till a patch of dirt in the backyard. With help, we hand-tilled some nutrients into the soil and leveled out the ground. Next was the daunting task of bordering the garden. Although not necessary, it helps keep the stubborn crabgrass at bay. Finally, it was time to plant. Starting with the spinach and lettuce rows, I worked from the right side to the left. Leaving space for tomato plants that would be planted later, I moved on to make rows for carrots and radishes. Next to them, zucchini and cucumbers found their home. Beside them, a row of sweet peas and two rows of sweet corn settled in.

Feeling like it was missing something, I found packets of chamomile, african daisies, and wildflower mix seeds. I ended up spreading them haphazardly along the border. Hoping to give the garden some summer color and help attract pollinators. Elsewhere in the backyard, a sunflower

patch had taken over a flower bed. After carefully uprooting a cluster of seedlings, we transplanted them into a small patch of dirt outside the garden border. When fully grown, they will provide much-needed shade from the hot evening sun.

Once the garden was complete, I wanted to get some herbs planted in pots. Hoping to bring them inside for the winter. Ensuring I won't have to plant them from seed again. Alongside that, some herbs are very fast spreading. This is why practitioners use time from Imbolc to Ostara to plan and research plants they wish to grow. After some decision-making, I went with thyme, garden sage, lemon and cinnamon basil, chives, and green onions. Gathering all the needed materials, I got to work. In no time I had seeds planted. After giving everything a good watering all that was left to do was wait.

The first two weeks were almost torture. It really just seems like you're watering a patch of dirt over and over again! As time went on, little baby sprouts made their way through the soil. Unfortunately, this was also around the time of the first heatwave. Trying to keep everything moist proved to be a problem. As the seedlings grew, the heat became hotter and the sun's rays became blistering. Effectively sunburning the leaves of what had started to grow. Killing the cucumbers, deforming the spinach, and severely stunting the only zucchini that had sprouted.

Devastated, I headed to the store and as always left with more than what I came for. Finding healthy-looking cucumbers, red and green peppers, tomatoes, and strawberry plants. Also grabbing a few bags of vegetable garden mulch, I was on my way. Making sure to carefully transplant the cucumbers, peppers, and tomatoes into their homes, I gave them a drink. Moving on, I made the strawberries their own small garden bed with a border, hopefully, to maintain their spread a bit.

Around this time, I also noticed that the carrots were the only seeds that did not have some sprouted. Looking back, I determined that I had either- planted them too deep or the watering had washed away the thin and small seeds. Taking that into account, I planted another row. Hoping I got it right this time. After replanting the deformed spinach and placing more zucchini seeds in the mound that hadn't sprouted, I laid down the garden mulch everywhere, trying to keep the weeds at bay. This type of mulch gives immense nutrients to the soil as they break down, but beware as some mulch can have harmful dyes.

Pretty soon, the garden was flourishing and abundant. The transplanted sunflowers initially were sad from being moved, but with lots of water and loads of sun they sprang up creating this forest of stalks. Tall and strong, they're filled with bright yellows and deep browns. Below them, a patch of chamomile thrives

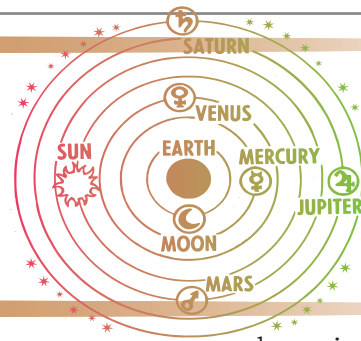
with small white flowers that dance in the wind. To my surprise, the wildflower mix had its own sunflower seeds. Seeming to have been the only thing that sprouted from the mixture, the flowers grew sparsely around the border. The African daisies with colors of pale yellow, bright orange, and pink grew in between. Altogether, the flowers brought plenty of pollinators.

I was able to harvest lettuce, spinach, and sweet peas continuously while the hardier vegetables developed. Recently I've been able to stash herbs and flowers to be dried and used for later magic. Most of the vegetables in the garden will be used to prepare for a feast on Mabon, that I will enjoy with my coven sisters. Throughout this entire journey, I've never felt more connected to Gaia and nature before. Even though there were some setbacks, it provided me the opportunity to make a connection to what I was growing. Strengthening my relationship with the Earth. Mabon allows me to look back on all the hard work I accomplished and how achievable and rewarding it was.

The equality of day and night provides guidance for the coming winter months. Giving us preparation for the unforgiving cold. This Sabbat, enjoy the rays from the sun and celebrate all you have achieved this year. Planting bulbs, having rituals, going for a walk, having a feast, or leaving offerings, any way you celebrate, Blessed be!

Relationships - Part 1

Ed Kohout



We all need each other, and how we relate to each other determines much of our quality of life.

Astrology has much to offer about relationships, so let's take a look.

We can differentiate between romantic and non-romantic relationships, as well as friendships versus business partners, for example. Yet all relationships depend on one planet for success, and that is Mercury, the planet that facilitates communication.

Mercury holds a unique status in astrology. It has no "gender" qualities, such as Mars or Venus would obviously have, and astrology does not see Mercury as a "malefic" or "benefic" influence. We can organize the

other planets as dualistic, having counterparts: Sun/Moon, Venus/Mars, Jupiter/Saturn, and Uranus/Neptune all represent polarities. Mercury has no such counterpart. Pluto, as of yet, has no apparent counterpart, but we are getting closer to finding it amidst all the new planetoids that have been recently discovered beyond Pluto.

Mercury stays very close to the Sun, never separating from it by more than 28° of arc, which is less than one 30° sun sign. For this, the ancients realized that Mercury is the "messenger of the Sun," and is classically depicted as a young male with a winged helmet, in motion. The young male motif is not meant to assign a gender role to Mercury, as the figure is that of a eunuch.

Mercury was also seen as an embodiment of the Hermetic principle where gender is transcended, and the best qualities of the masculine and feminine were amalgamated and the lower preoccupations with sex and desire were redirected into higher, more spiritual and humanistic efforts.

In modern astrology, guys like me tend to just see Mercury as the communication planet, and the quality of any relationship's communication can be gleaned by how Mercury is interacting with the other planets.

In any event, no relationship can thrive without good basic communication, and the quality of any relationship can be assessed at least partly on the way Mercury in both

charts interact. The astrologer, in doing such a chart comparison, should look for how one chart's Mercury makes aspects with the other chart's planets.

For instance, if one chart's Mercury is at 10° of Leo, and the other chart's Jupiter is at 10° of Leo, Scorpio, Aquarius, or Taurus, the Jupiter person would be more receptive to the communications of the Mercury person, and the Mercury person would feel safe in communicating with the Jupiter person.

Such a situation (remembering that we have to take both charts as a whole) would be optimum, and beneficial, as Jupiter is the planet that doles out all kinds of happy and positive stuff.

Ta Mysteria

Timothy A. Foster



This is the time of the harvest. All the seeds of growth that were planted over the year are now ready to be harvested. In parts of the world, where agriculture plays a key part in the community's survival, it makes sense why this time of year would be so important to many. We can turn our attention to the Eleusinian Mysteries - which were held in ancient Greece during the early Fall to celebrate the Greater Mysteries. This was a time of year dedicated to work with Demeter as the Earth Mother. One thing that the New Reformed Orthodox Order of the Golden Dawn put on in the San Francisco Bay area was a recreation of this ancient ritual drama and I was lucky to have been able to Initiate into these Mysteries.

The world has been through so much change over the past few years, a lot of which came about because of the pandemic that we all have been managing. The isolation

that people were forced into has caused them to dive deeply into the self. When we are allowed the space to sit with ourselves, the truth of who we are becomes clear. Which, I would say was the aim of the Mysteries as they were practiced in Eleusis. The Greater Mysteries were performed so the Initiate had a catalyst for spiritual illumination. It is this inner illumination that most spiritual paths lead us into - provided the alchemy of the soul is taken up with serious dedication and will. It is through coming to understand what was at the heart of these Mystery rites that we are able to glimpse into our eternal truth.

Walking the magical path often starts with trying to find balance and understanding of our lives and purpose within the cosmos. The further one walks down this path, the more one comes to know the nature of the soul and its place

in the great dance of life. It was through the Mysteries as practiced at Eleusis that the Initiate was shown a glimpse of the process that unfolds in life, death, and rebirth. With the eternal nature of the soul in sight, one is better able to approach life as someone who has been freed from the trappings that are often placed upon us. So, we must ask ourselves if we did the work to make the changes in our lives to bring about the harvest we intended? If this has not been the case, perhaps as we ready ourselves for the dark half of the year, we can reflect on all those things which need rearranging in our lives to allow magic to flow.

Following is an invocation that can be used during this time of year:

I, Priestess/Priest and Witch, do invoke the Gracious Mother of All!

As thy laws are, so shall they be, That thy children shall be nourished.

Great is the Mother who has given us tools to till the Earth,

Who has given us hands for working,

And a mouth to eat of the fruits you gift us with.

Rejoice, Children of the Lady!

Great Mother, all you have given to us we offer unto you,

For it is truly through you that we find life.

Come thou amongst us, Fill our hands with Earth's treasures,

And our hearts with the joys of Earth!

The season of gathering is at hand.

Practical Witch

Michelle J Norton



I want to learn Witchcraft but don't know where to start. How do I find groups to work with?

It can be overwhelming to see all the pagan books, topics, classes, and merchandise floating around. The witchy aesthetic is mainstream now but the community of paganism is as opaque as ever. Well, there are a few resources to help you on your journey.

First, get out your notebook and write a wish list. What are you looking for? Is religion what you need? What things that you think are witchy interest you? Is it just community or are you ready to delve into the books, so to speak, with some intense study? Maybe both? Are you looking to create a daily practice and change the way you currently live? Or do you want to celebrate a few holidays, worship a new god/dess, maybe learn how to cook with herbs you've only seen in the tea aisle at the supermarket?

Once you have that list, it's time to find what you want. Areas all over the world have Facebook groups you can join for free. Read their rules carefully, in fact, make sure they have rules. This is one way to find others in your area.

Get on Google Maps and do a

search for metaphysical stores, book stores, and pagan. You may be surprised at what you have in your town. Head over to these places and see if they have classes, discussion groups, or even postings for events in your area. Metaphysical Times has a list of stores in Idaho and Utah, and is always accepting listings for more. The paper also has an event calendar, take a look there.

Join Meetup. You'll find lots of groups organized through Meetup on all kinds of topics, with both in person and online meetings.

In Idaho Falls, we have the S.E.I.M.L. Guild which puts on events and has started connecting folks with covens, discussion groups, and classes. Google pagan groups in your city.

Start with a discussion group or class if you can. If you find a group is not for you, step away. A good group won't hold that against you. Many covens will have an outer circle - which allows you to learn if that is a path for you.

There are a lot of books out there on Witchcraft. How do I know what to read?

Nine times out of ten, when you pick up a book labeled witchcraft, you're going to

pick up a book on introductory Wicca. Traditional Wicca won't have much more than that, as it is still in the realms of covens in which the practice and religion evolves. Eclectic Wicca or non-traditional paths in Wicca still follow many of the same tenants but encourage you to create your own group or solitary practice.

How is this different from witchcraft? When Gerald Gardner created Wicca, he took practices from anthropological studies, folk practice, mythology, mystery schools, pre & post Christian pagan practices - both known and made up - to create a religious witchcraft which appealed to those that wanted ceremony and worship with a seemingly different foundation than Christianity. Witchcraft, however, was a myriad of practices passed down from word of mouth or closed door practices which may or may not have any religious qualities.

Finding beginner books on Wicca is fairly simple. There are many with Wicca in the title or the word witchcraft. If this is what you are looking for, you just need to pick your flavor. There are so many styles of Wicca you can find a version that works for you. If you're not though, things can get muddy. Many Wiccan

books will have nuggets that other witches may want to use, however going deeper gets difficult.

If you're not sure, flip through the table of contents. A Wiccan book will talk about the Wheel of the Year, a set of tools that looks fairly the same, casting a circle. These are all Wiccan tenets.

If you want to look at more than Wicca, here are a few things to look for in your reading material. Look for books on folk practices and civilizations. These can be fairly dry but will contain all kinds of items for you to use. Read books on high and ceremonial magic. Many of these are based on various grimoires written in the past. Read those grimoires. Many have been translated into English. They will be more expensive though. Look for books on topics like herbalism, crystals, and divination that don't contain any ceremony. Look for books on the occult and occult history.

Most importantly, do what feels right. Much of witchcraft is defining your own practice, creating your own ritual, and magic.

How I Manifest

Terri Ireland

We are coming up on the time of year when the seasons begin to change. This is a great time to manifest changes that you want to see in your home, at work, in your magick and all around you. What ritual will you do? How do you mark this special occasion? Many people choose to manifest during the new moon. Here is a method that I like to use.

As with any communication with the spiritual world, always begin by getting yourself into a meditative state. When you are relaxed and feel a strong connection to Creator, Spirit, Universe, Goddess, or whatever you choose to call the Divine, visualize yourself doing the thing, living the life, and feeling the feelings that would

come once that thing you desire so much has come to pass.

For example, you want to make all the changes necessary in your life in order to become healthy enough to run a marathon. In your visualization, you may see yourself buying organic produce, changing the way that you cook, making a change in your sleep patterns, purchasing snazzy new running shoes, creating habits of self-love, working out and running. As you see yourself doing these things, imagine every physical sensation that goes along with it. How do your feet feel as they hit the ground? How satisfied do you feel after a healthy meal? How much better do you feel after a

good night's sleep? Do you notice that, as you become more healthy, you also become more beautiful?

Now, in your mind, sprinkle glitter over all of these images. Say aloud, "Spirit I manifest these things for myself now." If at any point in these visualizations you cannot achieve the feelings and the pictures in your mind, that means that you have a subconscious belief blocking your progress. If so, contact an energy worker and get to work on healing and correcting those beliefs that are holding you back. Otherwise, set the images free into the ether and go on about your life, knowing that nothing that is yours may pass you by.



The Intentions Bowl

How To Use an Intentions Bowl to Counter Worries & Re-Set Your Day

While every emotion is important in its own way, worries and negative thoughts can easily become overwhelming. This is particularly true when stressful events are occurring. The Intentions Bowl is a simple, easy-to-use tool you can create to counter anxiety and regain a more balanced state of calm control.

How the Intentions Bowl Works

Stress and uncertainty can get our brains cycling on worries, anxious thoughts and fears. While this is completely natural, it does have the power to keep us from facing reality effectively. Anxiety clouds the thinking, and if the cycle continues unchecked, it damages the mind, body, and soul.

To stop the cycle, we need to do more than simply tell ourselves to stop thinking negative thoughts. It's essential to give the brain something else to think about. That's where the affirmations in the Intentions Bowl come in. They're alternative ideas for your mind to focus on – and because they're messages you find inspiring, uplifting and powerful, they help you achieve a more positive, balanced mindset.

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Creating Your Intentions Bowl

Choose a small bowl - that's visually pleasing and the right size - to be displayed somewhere you can access it easily, such as on your desk or nightstand. Then fill it with small messages & affirmations that speak to you and encourage you. We've provided a starter set that you can print out & cut (see below). Customize your Intentions Bowl by adding your own affirmations, quotes, lyrics, or phrases that speak to your heart and call your courage.

Using Your Intentions Bowl

Any time you feel the cycle of anxiety and negative thoughts starting to overwhelm you, go to your Intentions Bowl and choose an affirmation. Spend some time thinking about the words and what they mean to you. Relax and breathe three, deep breaths, then speak the affirmation aloud. This will help the positive direction you're creating set more firmly in your consciousness.

Then, as you go about the day, any time you feel the cycle of anxiety begin again, remember your affirmation. Let your focus return to what you want to achieve and take it away from the fears that are standing in your way. This small practice can help you stay calm and maintain your emotional balance.

The Intentions & Affirmations

My spirit is strong & shines like the sun

I am strong because I refuse to give up

May the Lady of the Spiral show you the path

Your light is within. Allow it to shine

I am strong because I am a warrior

May the Lady of the Trees give you strength

Wonders and beauty are everywhere

I am strong because I am a survivor

Connect to what inspires you

Blessings

May the Lady of the Moon guide your way

I am strong because I trust my intuition

Photo: DevaDesigns

These affirmations are chosen from Deva Designs' 'Sun Moon & Stars', 'Amulets of Avalon', and 'I am Strong' Pendants lines. Please enjoy them for use in your personal Intentions Bowl. You got this!

Blessings to you,

Suzie
DevaDesigns

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Featured Crystal: Tiger's Eye

Tiger's Eye is a Solar Plexus stone of vitality, practicality, and physical action. It helps us to take effective action in response to the needs and challenges of physical life. It gives us a sense of balance between extremes, allowing us to remain neutral in conflicts and during mediation. It gives a boost to your sense of personal power, creativity, protection, and confidence; thus, supporting you as you take on difficult tasks with ease. Tiger Eye combines grounding Earth energy with the bright and joyful Sun energy, alleviating the weight of dark and dreary days.

Tarot Signatures

Michelle J Norton



With so many tarot decks to choose from, it can be hard to pick just one - or to actually find a tarot deck. Luckily, tarot is a defined system that can be identified.

An oracle deck can be anything. Any number of cards or not cards at all. Tarot could be considered another oracle in fact. Tarot evolved from playing cards into a very specific system. A tarot deck has 78 cards with 4 suites

similar to playing cards. Each suit has four court cards. There is a fifth suit, of sorts, of 22 majors with a progression of archetypes.

There are three main types of tarot decks today. Pip decks, which draw inspiration from the Tarot de Marseilles, the popular deck for the game of tarot when de Gebelin first wrote on Tarot divination in the 1700s. The Rider-Waite-Smith, first published in 1909,

based on Golden Dawn teachings and illustrated suits. Finally, the Thoth, Crowley's decks published in 1944 based on his understanding of Golden Dawn practices.

From there thousands of decks have been published, all variations on those themes. To learn, you can pick any deck. Most decks that come with books are beginner books, some more in depth than others. In recent years, there

have been an influx of decks for magical practice, pushing more into symbolism and pathworking. What you choose to use depends on what you want to get out of tarot.

Oh, and signature for this column? For Mabon: the tarot signature is Strength. A change in seasons means getting yourself ready for the next phase of the year.

Tarot Readings Available
5 - 7pm Tuesdays at Healing Hands, Idaho Falls

Change Is Coming And It's So Exciting!

Terri Ireland

With the arrival of wave after wave of Indigo children - formally star children, rainbow children, crystal children, etc. - the world is changing. It is changing for the better, and change is coming faster. Social change moves across continents in a contagious fashion. For example, Joe from Tribe A visits Tribe B and sees that fishing is easier for them because they have developed a better tool for catching fish; therefore, Joe returns home and teaches his tribe all about the new tool. Jennifer, from America, visits Europe and sees that healthcare is universal, returns home and begins working with other like-minded people to change the healthcare system. We all influence each other. Our

ideas spread back and forth, get implemented and improved upon.

The technological and social changes seen in the last 100 years are exponentially greater than those that occurred between the advent of agriculture and the industrial revolution. The next generation will look back at mine like we had driven a horse and buggy!

Let's look at television for example. When it first arrived in our homes, it was only on for a few hours each evening and the whole family gathered in front of its eerie glow. Then it was on all day. Soon color followed, and the late, late show! Next came cable TV, and those in rural areas pined for it just as they had for

telephone service. Goodness, if you could afford it, you could even put a giant dish in your yard and get satellite broadcasts. Beta-max, VCR, DVD, and TiVO. It seemed the fabulous ways to watch television would never end! Then one more little idea built upon all of those and on demand screening like Hulu and Netflix became a reality. In a few years, no one cared anymore about cable TV, or Tivo. In one little leap - built upon the backs of hundreds of others - our social culture and technology changed. A revolutionary leap is also happening now with politics, family and religion. How are your views on these subjects different from your parents, and different even from your own of a decade ago?

As we are changing, we are not simply discarding everything that is no longer vogue; rather moving forward in a contemplative fashion, sorting wheat from chaff, and rediscovering old ways that are actually better. We are keeping what works, and moving forward, without what does not. We are reprioritizing our lives - and reassessing what we deem valuable - and it isn't possessions any longer. The pandemic of 2020 gave us that gift.

I am excited to be alive right now to have a front row seat for these changes that will leapfrog our lives into an entirely new reality, just like it was with that horseless carriage.



Artist Spotlight: Kari Kelley

Kari is currently 15 years old and has loved art since she was little. She has an amazing eye for art. Not only does Kari draw and paint, she also has started creating clay items - including incense burners. She is working on a care project that will be passed around to people from all over the world to show them that they're loved.

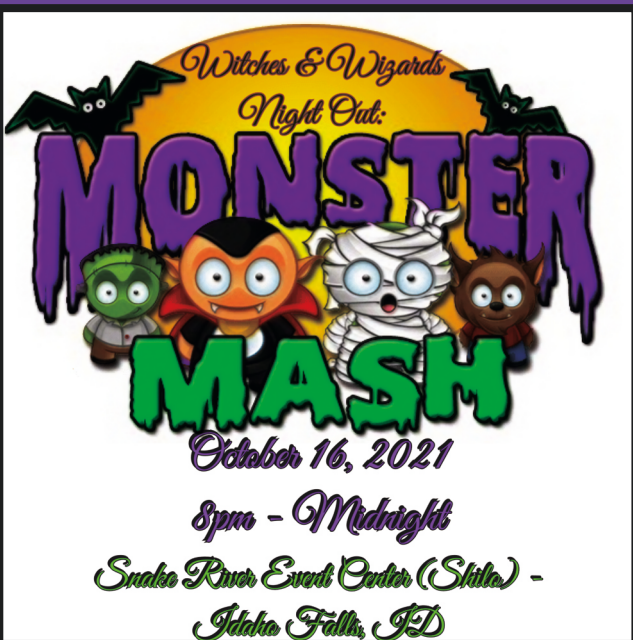
Kari's love for art extends into her dance. She has been dancing since she was 2 years old. She created her first solo this past year and even took sweepstakes with it at a statewide competition. She is currently dancing in two different programs: a private studio and for the Bonneville Bees.

Kari is newer to her path in the Metaphysical world. She has been learning more and more from her mom and loves to be around all things witchy. She is currently a junior member of a local coven, loves to help plan events with the Guild, teaching her friends it's ok to be different, and discovering all the Magick that lies within her.





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3rd Annual Krampusnacht Parade

Celebrate the European Pagan tradition of Krampusnacht with us! Assemble on Saturday, December 4th, 2021, at 5:00 PM at Healing Hands Metaphysical Store, (429 B St, Idaho Falls, Idaho). Parade through downtown Idaho Falls to Shaddow Domain, (341 W Broadway) and back again. Snacks and hot drinks will be available for no charge at Healing Hands, and commemorative hoodies will be on sale!

<https://fb.me/e/1FOUE4r7f>

Sign up
to be in
the
parade



In the Lammas Issue, Timothy A. Foster's poem *Unfolding* was misformatted resulting in the poem being cut off. Below is the poem in it's entirety.

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
Beauty in the life that surrounds me.
Wash away my fears- so that my ears can
Hear your song sung in the hearts of all.
Wash away my fears – so that I may taste
The sweet and bitterness of life, unbound.*

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We are looking for articles on metaphysical topics, community members, short stories, and locations of interest to the pagan community.

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Ravens Hollow

herbal outlet
aesthetic creations - energetic intentions
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429 B Street, Downtown Idaho Falls, Idaho
[Located inside Healing Hands]



Grand Opening
September 4th

Salon ♦ Energy Work ♦ Treasures ♦ Plants
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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 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:

Witches Night Market participants for Sep 2

The Dew Droppers jazz music

Gina Liftawi – Celest Sunn witchy gifts

Stephanie Judge -Rustic Gems jewelry

Diana Adams – Bone Magick witchy gifts, bone readings

Kaylee Stemkoski – Not Your Basic B plants and candles

Malorie Oswald – Witchin' Designs apparel and printed mugs

Jenali Winn - Crystal Shop

Grace Gokey – The Mystic Sister art, candles, witchy gifts

Adam Smith – AdamFiltH glass creations hand blown glass creations

Mykel Church – KosmikCreations personal care products, witchy gifts

Kelly Walsh – Kelly's Cre8tions DoTerra oils and accessories, sea glass jewelry

Ephraim Paulsen – Echo's consulting and sales art, rune readings

Jeremy Barry – Crow Creek Antler and Oddities bone creations

Diablas Kitchen – food and drink

Oberg's BBQ food truck

Sonya Herrera – card readings

Bernard Finnigan - author

Jessie Lewis - jewelry

Teresa Stevens - crafts

SEIML Guild – information



Events

IDAHO FALLS

Sept 2nd
**World Goddess Day
 Witches Night Market**

Sept 6th
Parents of Teen Brave

Sept 13th
Teen Brave

Sept 22nd
Mabon

Sept 27th
Teen Brave

Oct 4th
Parents of Teen Brave

Oct 7th
Witches Night Market

Oct 11th
Teen Brave

Oct 16th
**2nd Annual Witches &
 Wizards Night Out -
 Monster Mash**

Oct 31st,
Samhain

Ongoing Tuesday Evenings
**Walk in Tarot Readings
 with Michelle**

POCATELLO

Tuesdays
Qigong Self Care with Daphne

BOISE

Sept 8th
**Treasure Valley Rune Guild
 Rune Discussion**

Sept 10th
Mystic Oils Class: Virgo

Sept 24th - 26th
**Treasure Valley Witches Camp
 Out**

"Alone, we can do so little; together we can do so much"

Helen Keller

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Do You Have an Event?

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Bonnars Ferry

Silver Moon Magic 6653 Main St, Bonners Ferry, ID 83805

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Bent Broomstick 122 W 13th, Burley, ID 83318
 Your Beautiful Life Hypnosis 1108 Overland Ave, #8, Burley, ID 8331

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 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 Pkwy, Idaho Falls, ID 83402

Nampa

Mystikal Misfits 924 12th Ave S, Nampa, ID 83651

Pocatello

Blue House Spiritual and Wellness Center 1430 Cottage Ave,
 Pocatello, ID 83201
 Intuitive Wellness and Beauty 150 S. Arthur Ave, Suite 223 and 214,
 Pocatello, ID 83204
 WholeHealth Cooperative, 303 N 12th, Pocatello, ID 83201

St. Anthony

Serenity Isle 3247 W 7000 N, St. Anthony, ID 83445

Twin Falls

Crystals EnLight 132 Hansen Suite E Twin Falls, ID 83301
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 VibeZ 168 W 36th St, Ogden, UT 84405

Salt Lake City

Crone's Hollow 3834 S Main St Salt Lake City, UT 84115

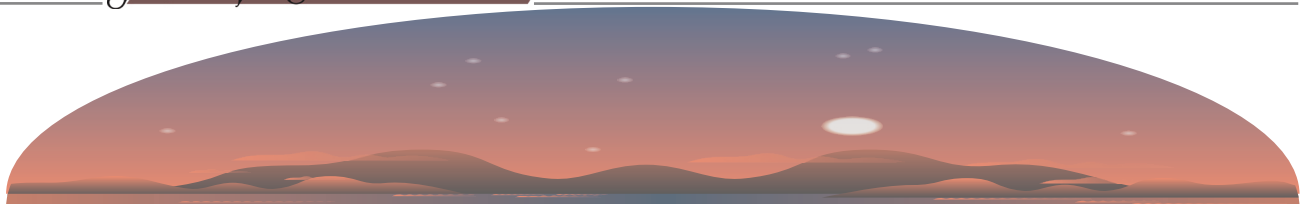
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