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Issue 1.7

Metaphysical Times

Samhain 2021

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Metaphysical Times

ISSUE 1.7

Samhain 2021

FREE



On the Undisputed Reality of Ghosts

Victor T. Cypert

It is late summer, and a coolness has come to the mornings, threatening to linger until an hour before lunch, and promising to stay for the day after the equinox. Soon after that, we will observe Samhain, or Halloween, followed by All Soul's Day and then Fête Guédé in Haiti and New Orleans. The fall is approaching and I know I will be asked, as I am every year when the weather turns crisp, whether I believe in ghosts.

Belief does not enter the process when I contemplate the continuing presence of the dead. There is no need for belief. Ghosts are, without dispute, quite real.

I have no need for mediums, seances, or Ouija boards when I stare into the mirror each

morning. In my face are my late father's heavy-lidded eyes - which he took from his father. In the drawer of my writing desk sits a sepia-toned photograph of my paternal grandfather's father who shares the same taxed visage and, more strikingly, a chin hovering somewhere between nonexistence and prominence, a feature so awkward that it skipped two generations only to vex me - and so I cover it now with a goatee. The phenotypic inheritance I received from my mother is equally omnipresent in my reflection. A thousand generations of ancestors pour from every cell, provided I am not so vain as to fancy that my accidents are somehow self-begotten.

And if my body is an accident then my mind must be

substance, the seemingly unknowable quintessence that conveys being. Yet, even this nebulous quality of self is not me as it, too, is borrowed from the dead. My thoughts are shaped by philosophies constructed by other people whose names I half recall from history classes taken long ago: Euclid, Socrates, Aristotle, Cleopatra the Alchemist, Plotinus, Aquinas, Descartes, Schopenhauer, Freud, Jung, and Russell. Behind those minds lurk a thousand more luminaries: Imhotep, Thales, Plato, Augustine of Hippo, Noether, and Wittgenstein. And so on until the names are lost to the shadowy realm of prehistory and only the roughest outlines of the dead glow through the fog to illuminate the present.

Moreover, with respect to the atomic structure of consciousness, the words I choose are never my own. In my efforts to demonstrate my own perspicacity, I create nothing—I merely reorder those words crafted by others long since turned to dust. My only hope in this act of burglary is that nobody notices I have vomited pilfered cognitions into space, each of them veiled in equally stolen phonemes and graphemes that I brazenly claim as my own.

“Do you believe in ghosts?” Someone will ask me in the next few weeks.

Such a silly question!

I am made of ghosts.

FROM THE EDITOR



Welcome to the Samhain issue of Metaphysical Times. It doesn't my favorite holiday. Everything about this time of year brings me joy: haunted houses, mulled cider, the chilly mornings, and jack-o-lanterns. I feel freer and more inclined to let my hair down. Ever since I was a child, it has felt like the new year to me - and it has just been in the last few years that I learned that Samhain is sometimes referred to the Witch's New Year. This issue of Metaphysical Times is a real treat. It features articles by writers from across the United States and Canada.

matter to me if it is called Samhain or Halloween, it is the colored leaves falling, hot cocoa, trick-or-treating, and jack-o-lanterns. I feel freer and more inclined to let my hair down. Ever since I was a child, it has felt like the new year to me - and it has just been in the last few years that I learned that Samhain is sometimes referred to the Witch's New Year. This issue of Metaphysical Times is a real treat. It features articles by writers from across the United States and Canada.

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All locations are listed on <https://metaphysical-times.com>

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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Cultural Relevance Consultant: Jay Ford

2021 - 2022 Publishing Schedule

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

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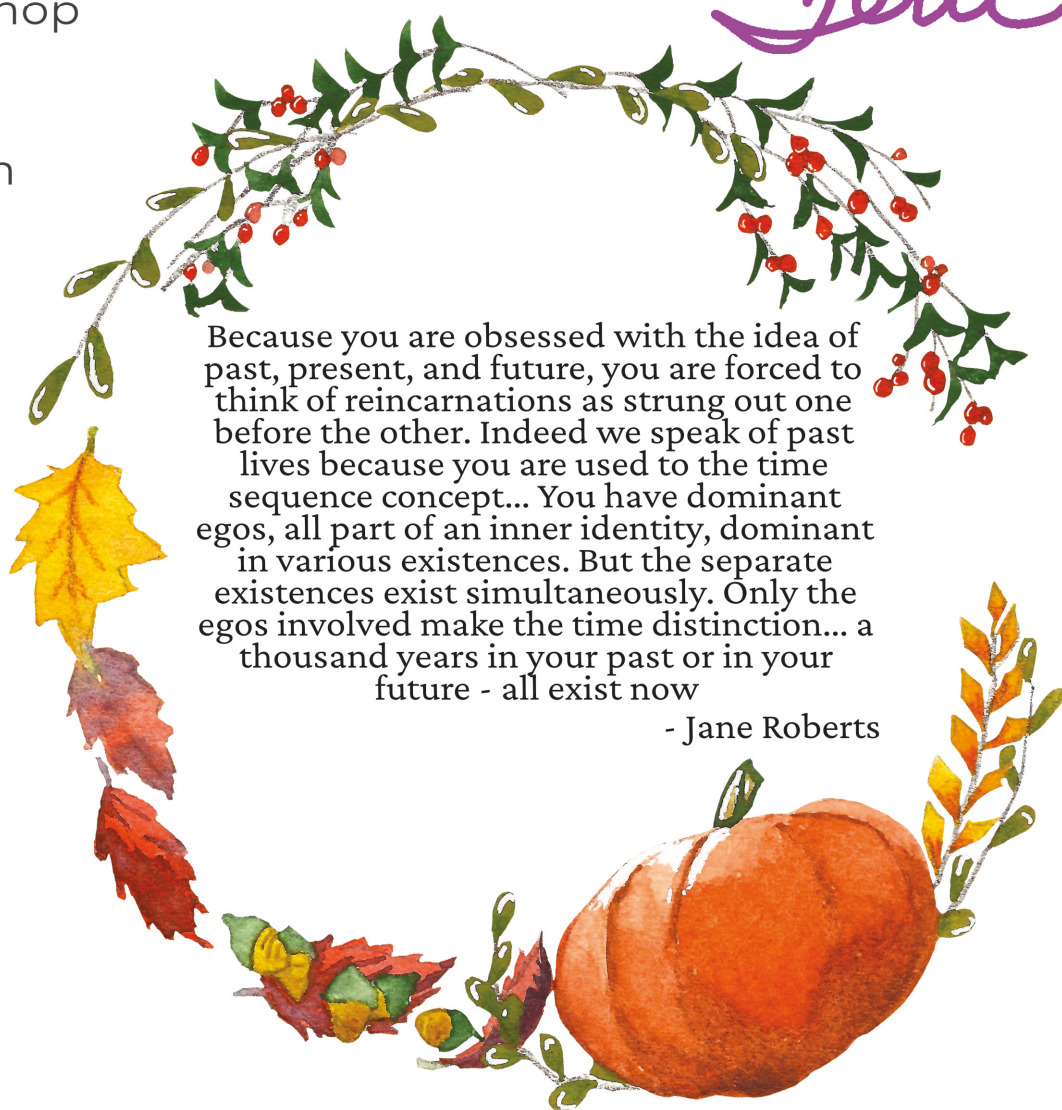
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Because you are obsessed with the idea of past, present, and future, you are forced to think of reincarnations as strung out one before the other. Indeed we speak of past lives because you are used to the time sequence concept... You have dominant egos, all part of an inner identity, dominant in various existences. But the separate existences exist simultaneously. Only the egos involved make the time distinction... a thousand years in your past or in your future - all exist now

- Jane Roberts

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Opening Announcement: MIP

Paula Robinson



147 South Arthur in Pocatello is abuzz with activity!! This address, in Historic Old Town Pocatello, will be the new home of MIP Life Designs – Metaphysical Store & More. Paula & Jeff Robinson are delighted to bring their vision to the area. Paula - My Intuitive Paula, a natural, organic Intuitive, teacher and spiritual life coach - has been serving the community here in Pocatello with intuitive readings, classes and guidance for the last 2 years upstairs at Enchantments and can't wait to share her new dedicated class space - as well as private office space - with you!



MIP Life Designs is a spiritual destination for anyone looking to grow in their spiritual practices. We are excited to offer practitioners in Reiki, toe reading, foot zoning, readers and so much more! We are looking forward to weekly classes and guest speakers from this area, as well as from out of state. We are excited as one of our first guest classes will be taught by a Shaman from Utah.

Our goal at MIP is to bring joy and delight into your spiritual journey. Wine and readings Wednesdays is one of the fabulous opportunities we are offering for you and 5 or more of your closest friends to

reserve a private session with Paula and enjoy your favorite beverage while experiencing a group reading.

The retail side of MIP Life Designs has been cultivated to bring you products that will assist your personal spiritual growth and nurture our spiritual community with many locally sourced products with a unique flare. We may not have everything you need but we just may have what you have been looking for!

Soft opening is tentatively scheduled for the 1st week in October and the Grand Opening to be announced for mid-October. Everyone is welcome to help us smudge and bless our new space! Store hours will be Tuesday – Saturday 10:00am – 6:00pm.

We will keep you posted on class schedules, unique offerings, times and prices!

Blessings,

Paula and Jeff Robinson

MIP Life Designs

Remember, You are the Gift!





Deities of Samhain

Samhain is celebrated from 31 October to 1 November. It is one of the eight Sabbats celebrated by Pagans (Wiccans, Druids, Heathens, Witches, Magicians, Kemetics, etc.) on the Wheel of the Year and is the Witches' New Year. Samhain presents us with the opportunity to once more celebrate the cycle of death and rebirth. For many Pagan traditions, Samhain is a time to reconnect with our ancestors, and honor those who have died. This is the time when the veil between our world and the spirit realm is thin, so it's the perfect time of year to make contact with the dead. On that day, all manner of beings are abroad: ghosts, fairies, and demons. You can carry Obsidian, Onyx and/or Smoky Quartz for protection.

Depending on your individual spiritual path, there are many different ways you can celebrate Samhain; but typically the focus is on either honoring our ancestors, or the cycle of death and rebirth. This

is the time of year when the gardens and fields are brown and dead. The nights are getting longer, there's a chill in the air, and winter is looming. We may choose to honor our ancestors,

celebrating those who have died, and even try to communicate with them.

Samhain became Halloween as a result of the Catholic church's efforts to wipe out "pagan" holidays, such as Samhain. In 601 A.D. Pope Gregory the First issued a now famous edict to his missionaries concerning the native beliefs and customs of the peoples he hoped to convert. Rather than try to obliterate native peoples'

customs and beliefs, the pope instructed his missionaries to use them: if a group of people worshiped a tree, rather than cut it down, he advised them to consecrate it to Christ and allow its continued worship. Thus, Samhain transformed into Halloween.

Setting up a Samhain Altar

This is a time when the earth is going dark, so reflect the colors of late autumn in your altar decorations. Use rich, deep colors like purples, burgundies and black, as well as harvest shades like gold and orange. Cover your altar with dark cloths, welcoming the coming darker nights. Add candles in deep, rich colors, or consider adding an ethereal contrasting touch with white or silver. Samhain is the time of the dying of the crops and of life itself. Add skulls, skeletons, grave rubbings or ghosts to your altar. Death itself is often portrayed carrying a scythe, so if you've got one of those handy, you can display that on your altar as well. Some people choose to add representations of their ancestors to their Samhain altar - you can certainly do this, or you can create a separate ancestor shrine.

In addition to symbols of death, cover your Samhain altar with the products of your final harvest. Add a basket of apples, pumpkins, squash, or root vegetables. Fill a cornucopia and add it to your table. If you live in an agricultural area, visit farmer's markets to gather up straw, sheaves of wheat, corn shucks,

and even sickles or other harvest tools. If you planted a herb garden this year, use seasonally appropriate herbs on your altar such as: rosemary to remember your ancestors, mugwort for divination, or yew branches, which are commonly associated with mortality.

If you're considering doing a bit of Samhain divination - and many of us do - add your divination tools to your altar for the season. Add a scrying mirror, your favorite deck of Tarot cards, or a pendulum to use in rituals related to divination at Samhain. If you do any kind of spirit communication work, this is a great time of year to reconsecrate them prior to use, and give them a bit of a magical boost.

Your Samhain Shopping List:

- Black or dark altar cloth
- Green or Red altar cloth
- Crystals (Obsidian, Onyx and Smoky Quartz)
- Candles (Orange, Black, Purple, Yellow, etc.)
- Skulls, skeletons or other symbols of Death
- Incense/Resin
- Charcoals
- Goddess statue
- Offering bowl



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

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Night of Hekate: Celebration and Manifestation

Arachnia Stoneskull

November brings in the images of fallen leaves and the beginning of frigid weather. Many have already celebrated Samhain, and maybe even All Saints Day and Day of the Dead. The crisp smell of Fall reminds us that all things must die, and then rest before being reborn. This is a time we set aside for ancestor worship, and for inner reflection.

There is another Pagan holiday associated with death that celebrates the Thracian Goddess, Hekate. She is a heroine in Greek mythology that helped the Olympians triumph over the Titans. A Titan herself, she was honored as the Goddess of Sea, Sky, and Earth. Later, in her chthonic aspect, She was seen as the heroine who helped Persephone (Kore) temporarily escape Hades.

The Night of Hekate, on November 16, is reflective of the journey into the Underworld. It is a time of reflection, but also manifestation. This is the time covens may perform the task of

judgment of members, but may also ask for a wish from Hekate. If you are solitary, this is a good time to meditate and reflect on your personal and spiritual goals for the year - and then ask for Hekate's help in manifesting your desires.

I haven't included any correlation with Hekate in connection with being Queen of the Witches; because while she is associated with certain types of magick, she is a people's goddess, and witchcraft was illegal in ancient Greece. This is a modern epithet attributed to her.

Correspondences

These correspondences include ancient and modern references that are generally used today.

Symbols and Associations: Keys; torches; the Moon; Dogs; Wild Animals - except spiders; Gourds; Herbs; Poisonous Plants; "Y" Crossroads; the Dead/Ghosts; Caves and Chthonic places; Earth, Sky, and Sea; Good Fortune; Healing

through Medicine; Knife/ Athame; Serpents; Fungi; Protection over Sailors, Women, Children, Homeless, the Sick and Lame.

Food and Drink: Garlic; Mullet (fish); Wine; Moon Cakes; Squash and Pumpkin; Mushrooms; Honey; Pomegranate (in association with Persephone).

Colors: Black, Red, Purple, Gold.

Incense: Storax, Queen of the Night, Opium, Mugwort.

Regarding offerings, you can also use flowers. There's no official flower associated with her, but I have used roses, lilies, and red gladiolas. You can also use carnations, chrysanthemums, and marigolds, which are all associated with death.

Prayers

These ancient prayers are great for any ritual to Hekate. These are not the full prayers or callings, but the parts that are

appropriate for this ritual. The "/" are stanza breaks in the prayers, and "..." indicate parts taken out for brevity.

"Three Faced Hekate, Come to me Beloved Mistress/ Graciously hear my sacred spells:/ Image of Night, Youthful One, Dawn-born Lightbringer to mortals/ Who rides upon fierce eyed bulls/ O Queen, you who drive your chariot on equal course with Helios/ You dance with the triple forms of the triple Graces... You frequent the three ways and are Mistress of the Three Decades./ Be gracious unto me who is invoking you and hearken favorably.

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Orchid Calcite is a combination of Orange Calcite and Black Tourmaline, so it carries the properties of both. Orange Calcite helps you to deeply connect with your Sacral chakra, bringing sensuality to the forefront, while Black Tourmaline helps to keep you grounded and filters incoming energies. This stone will help you to really focus into your creative outlets and things you are passionate about and will help to bring a spark of passion to your life.



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Lighting the Way: Samhain Ritual

Caitlyn Willey

It's Samhain, Witches! Possibly the biggest festival of the year - and many people's personal favorites. As in Beltane, the veil between the worlds becomes ever-so-thin on this night and is perfect for performing extra-strong workings. Where in Beltane we celebrate new life, on Samhain we celebrate and remember those who have passed on before us.

Once again, I have another little ritual that can be used by either solitary or group practitioners easily. For this one, you will need an offering of food for your ancestors, something as simple as crackers or an apple is perfect. You will also want a candle to

light the way for wandering spirits. The offering of food will be left on your doorstep and the candle will be left on your window all night long; therefore, you may consider an electric candle rather than an open flame, for safety. 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 Samhain, a time between
the worlds,
a time of life and a time of death.
This is the night when the*

*gateway between
our world and the spirit world is
thinnest.*

*Tonight is a night to call out
those who came before.*

Tonight we honor our ancestors.

*Spirits of our fathers and
mothers, we call to you,
and welcome you to join us for
this night.*

*You watch over us always,
protecting and guiding us,
and tonight we thank you.*

*Your blood runs in our veins,
your spirit is in our hearts,
your memories are in our souls.*

*This Feast I shall leave on my
doorstep all night.*

*In my window, one candle shall
burn bright,
to help my loved ones find their
way
as they travel this eve, and this
night, until day.*

*Bless my offering, both Lady and
Lord
of breads and fruits, greens and
gourd.*

With the gift of remembrance.

We remember all of you.

*You are dead but never forgotten,
and you live on within us,
and within those who are yet to
come.*

So Mote It Be.



Tarot Signatures

Michelle J Norton

In this issue, I wanted to talk about drawing cards in tarot. I recently had a person express their anger to me because they got a tarot reading - and claimed the reader had cheated them because "she only drew 3 cards." He wanted a standard tarot reading, which he claimed was a seven card draw... until he read further in the book he had purchased and then claimed it was a ten card draw he should have received.

The book was a small, little white book of material gathered off the internet. Not much more than key words and a few spreads. This person saw seven and ten card spreads and felt he was cheated - because to him, more is better. That is where the fallacy lies.

There is no standard manual for tarot. If you think older is better, you might argue that Papus, or Waite, or even de Geblin wrote the standard manual. Maybe if you're a Crowley fan, you hold on to the

Book of Thoth. In truth, divination and use of tarot was full of politics and hurt egos. For much of the history of divination with tarot, it's explosion was just a measuring contest which no one won, and for which more than one died penniless.

In the late nineteen-sixties, we start to see tarot manuals; however, these are rife with superstition. By the eighties and nineties, we start to see a standard format, with meanings, a few spreads, and ending usually with the Celtic Cross ten card spread becoming the norm. Though each person changed up this Celtic Cross spread, it was considered some sort of standard, if one with no standards at all. The 90s saw a great deal of books that were just kinda bad short stories about whatever fairy land the author thought their deck may have come from. Some still had meanings and a spread or two, some didn't.

We also see workbooks coming out about this time. Peach, Greer, and Connolly all wrote heavy workbooks with their own spin. Mary K. Greer's book, Tarot for Yourself, changed how tarot was seen and opened up reading for oneself as a new pathway into tarot.

It wasn't until the last ten years, that we started to see more books on tarot not associated with decks, and an explosion of artistically laid out manuals, filled with new content and ways to use the tarot. From Benebell Wen's magical tomes to Travis McHenry's veritable grimoires on tarot, as well as fun books that anyone could pick up and read to get a basic understanding. Many of these don't have the Celtic Cross.

This very long-winded point is that tarot is what you make of it. Do you draw a card every day? What about three cards every week? Do you journal? Or

have the cards read for you? There is no standard and the value you gain can only be judged by you.

If you've had your cards read by me, you may see me start with three or four cards, then start to layer on other cards to gain insight. Other readers keep a set of spreads that they practice with. You may read three cards a day and call that good.

Every card in tarot is a treasure. Each is rich with meaning. Whatever value you place upon a card is up to you.

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A Born Witch's Discovery of Traditions

Meredith Cook

As a natural born witch, I didn't grow up with the concept of actually being a witch or practicing witchcraft. I knew that I had unusual gifts or abilities; but, that was the extent of my "witchiness" and nothing was particularly public.

Growing up, we celebrated Christian holidays as did everyone that we knew. Although, with my family's strong draw to our heritage, we always had the opportunity to learn about our ancestral traditions. I was able to learn about how our ancestors would traditionally celebrate throughout the year. Like the Norse and German Yule and May Day (Beltane) or our Scotch/Irish Samhain (sah-win). We learned the meaning and origins, or what was known of these traditions at the time, behind the ancient celebrations. I also learned how these traditions and celebrations were affected by the change from Paganism to Christianity.

But even these pagan traditions from my ancestors are different from the Sabbats rooted in their history.

When I married, I talked to my husband about wanting to build our family traditions around our ancestral traditions and celebrations. How important it was to me that our children would grow up knowing their roots and having the knowledge to choose their own paths. Don't get me wrong, we still celebrate most Christian holidays, but we also include aspects of the pagan celebrations.

Then I accepted the title of witch and started looking into witchcraft. I was learning about practices and rituals, things that I might want to know going forward with this lifestyle. I found many of the practices I was learning overlapped with things I already did. One thing, however, that I wasn't expecting was how the Sabbats were rooted in the old world traditions I had learned from researching my heritage. I took some time to research a little bit about each of the Sabbats and see if I wanted them to be witchy celebrations or keep to the traditions I grew up with. I eventually settled on incorporating a few witchy traditions... even if just for myself.

One "witchy tradition" I

decided to include was Mabon. Growing up, my family always started decorating our home around the Autumn Equinox by bringing in the warm colors of fall such as : the colored leaves, squash, pumpkins, and apples. We would start baking and making richer foods. It wasn't part of a holiday, specifically, but just the natural turn of the seasons. When I was researching Mabon, it clicked that these were already things we did, but we could make it a celebration that would mark our traditions.

The Sabbat that had the biggest effect on me was probably Samhain. I have a strong connection to my Celtic ancestors and have always celebrated Halloween with a Celtic twist. It was about baking and having the family time while we carve our pumpkins and light the candles. Trick-or-treating was just the cherry on top. We would have different breads and candied apples, made homemade pumpkin bars and roasted the pumpkin seeds, made either a roast or a chili to warm us up after trick or treating, and had apple cider with cinnamon sticks and a twist of orange peel. It was fun, it was messy, and it was done as a family around the concept of using the crops that were in season.

So what is Samhain?

Samhain marked the start of the Celtic New Year. It was the time to celebrate the end of Summer and the end of the harvest. It was also a time when they believed the veil thinned between the world, that of their Gods and the spirit world. The faerie folk and dark entities could freely cross between worlds. The Gods would meet between the veil in order to start time over again.

All of the crops had been harvested and prepared for the winter stores and the people would finally bring the cattle in from roaming the countryside, to keep them for the winter. Any livestock that would not survive the winter would be harvested and fed to - or preserved for - the community. Grains would be ground into flour or stored for feeding the livestock. Fruits and berries would be harvested and dried, some were baked into sweets or breads for the celebrations. This is the time when the fish and fowl - or the occasional pig - that had sustained the people throughout the Summer would

be exchanged for the hearty red meats that would help them survive the cold, dark months ahead.

The community would gather to feast in celebration of the end of the harvest season. Warm oat breads and dishes made from the products of the harvest would be made for the feast. Some would be saved to be offered as tribute to the Faerie people, to trick evil beings and as gifts to visiting spirits. Candles would be lit and placed in windows in the hope that lost loved ones could find their way back home to visit for the night when the veil between worlds thinned.

During the celebrations, bonfires would be lit - typically two that would symbolize protection - and the community would gather around them. The cattle would even be driven between the bonfires for protection against the cold they would face during the winter months - and even help remove any fleas or bugs that might be brought in from the countryside. During the harvest and celebrations, every hearth was left to extinguish itself while the community was working together and each family would then take a branch - lit by the protective bonfires - to relight their hearths. These fires would be kept burning throughout winter, protecting the home and all who dwelt within.

For fear of the faerie folk - and any malicious spirits - the community would gather treats and offerings to be left as tribute outside of the village. Those who would travel to the homes, would do so wearing dried animal skulls that had been decorated to scare or trick any fae or spirits away and ensure that they were not taken as tribute. Some believe this is where the origins of trick-or-treating began.

If a home did not give their offering, they would be "tricked" by the community - or some thought the faeries and spirits. Sometimes little tricks, other times they were more serious. Some stories tell of people, especially children, being forcibly taken as tribute by the faeries or evil spirits. Some believed if they did not fulfill their tribute, that illness or misfortune could befall the home or even the community as a whole.

This was also a time when kings would be crowned and

laws, or legal complaints, would be dealt with. Often large gatherings would seek counsel from the lords and decisions about land, property or family matters would be handed down. During the celebrations, especially the gatherings of the lords, there was absolutely no violence permitted.

Samhain was honored and celebrated by the community as a whole. Everyone would come together to complete the work that was needed, to celebrate, and prepare for the winter to come.

Here is a traditional recipe to help celebrate your Samhain.

Samhain Pumpkin Oat Bread

Ingredients

- 2 – 2 1/2 cups Oat Flour
- 3/4 tsp Salt
- 1 tsp Baking Soda
- 1 1/2 tsp Cinnamon
- 1/2 tsp Nutmeg
- 1/2 tsp Allspice
- 1/2 tsp Cloves
- 1 (15 oz) can Canned Pumpkin
- 1 1/3 cups Creamed Honey
- 1/3 cup Water
- 3 lg Eggs
- 1tsp Vanilla Extract
- 1/2 cup Butter (melted)
- Handful of raw oats

Preheat your oven to 350 F

Grease and flour two loaf pans

In a large bowl, combine flour, salt, baking soda, cinnamon, nutmeg, allspice and cloves.

In a second bowl, mix canned pumpkin, honey, water, eggs, vanilla and butter.

In small increments, add the wet mixture to the dry, whisking continuously until well mixed.

Divide the batter between the two loaf pans and garnish with raw oats.

Bake for 50 – 60 minutes or until the top is golden brown. When you insert a toothpick and it comes out clean, it is fully cooked.

Embracing Kairos: New Thoughts on the Wheel of the Year

Eve Morton

In Katrina Rasbold's book on weather magick, she makes the astute observation that the Wheel of the Year does not merely rotate round and round, constantly returning to the same date every year. Rather, the Wheel of the Year is a spiral formation - so that when we visit each holiday or celebration, we are actually revisiting it. We are not the same people we were last season or the season before, as much as the trees are not the same from season to season, from year to year. Time, like the weather, is ever-changing and always curved.

I loved this observation because it helped to crystalize something I had been struggling with for years in relation to neo-pagan and Wiccan practices: What happens after a year and a day?

For such a long time, and certainly before the online world made information at a deeper level easier to access, I simply had no clue. I had a dozen introductory Wiccan and pagan books on my shelves; and while I loved them, they also left me feeling like it was always Groundhog Day over and over - or in this case, Groundhog year. In another strange coincidence, I always found myself seeking further information and research during the middle of winter, the beginning of February, when Groundhog day traditionally takes place.

As I got older, and obtained more access to information - thanks to a faster internet connection and a university library when I went away to university, it still felt as if I was seeking something outside of my grasp. I could move beyond

the basics, but instead of moving forward beyond a year and a day or Wicca 101, I was launched backwards in time. I found some amazing feminist authors who wrote about Goddess spirituality and the history of pre-Christian movements; authors and their works such as Starhawk's *The Spiral Dance*, *Drawing Down The Moon* by Margot Adler, and *When God was a Woman* by Merlin Stone soon became some of my favourites.

For a time, these books were enough. They returned me to a sense of rootedness and groundedness, something I could feel drawn to while also moving beyond basic correspondences and step-by-step spellwork. Moreover, Starhawk's treatment of the spiral gave me another way of seeing outside of the modern/masculine ways of reading time. History need not always look forward, and progress was never a straight line. History repeats instead, as a spiral or cycle of birth, life, death, and rebirth. This was a peaceful way of viewing historical time, outside of wars and politics which must always have a winner, and it was nice.

Yet, it wasn't until I read Katrina Rasbold's *Weather Witchery* that the full force of the spiral sunk in. Of course, *The Wheel of the Year* is a spiral and not a solid circle; nature repeats itself but never in the same way twice - so why should we? Finally, I felt I could wed my historical pagan research with my basic Wicca 101. By examining the weather, something that changes daily rather than yearly, Rasbold gave me a glimpse into the ordinary life of the spiral, the quotidian ways in which we are

affected by the magick of ordinary time that ceases to be bound by a clock.

In short, I finally understood the difference between the God Cronus and the Greek concept of Kairos. For those unaware, Cronus is the Greek equivalent of Saturn, son of Uranus the sky and Gaia the earth, and is a Titan. In one myth, Cronus is given a prophecy that his son will outrank him, so he vows to never let this happen and devours his children - until his wife outwits him by giving him a rock in place of one of his son Zeus. Afterwards, Zeus and his mother force Cronus to vomit up the rest of his children, thus making the Olympian gods.

When interpreting this myth, it is easy to see how the Greeks also used the name Chronus for the God of time, who is often mistaken to be Cronus; we have also become very familiar with this Greek word the past two years as we speak of asynchronous or synchronous classes/meetings. This type of time is that linear, progress-oriented masculine/modern sense. It is what we all agree on according to an external measure - a clock, a timezone, etc. As a figure, Cronus has a hard time with linear time because it means progress - and because progress means he will eventually be dethroned - and so he seeks to destroy it. He cannot, however, because he goes about destroying the external measure in the wrong manner: he eats his children - but the prophecy still remains. It's like breaking the clock and expecting the meeting to no longer exist. Cronus thus becomes a snake eating itself at both ends; he traps himself in a repetitive loop. You can't get out of linear time by breaking it

apart; you can't pretend time doesn't exist by simply hiding a clock.

But you can, according to the Greeks, embrace a different element of time itself called Kairos. It translates roughly into 'correct time' or 'opportune moment.' In this sense of time, however, this 'rightness' is measured by something internal - not a clock. This is the type of time that I believe, Rasbold and authors like Starhawk are striving towards when they write about spirals and circular time. It's the Greek time of qualitative measures, rather than quantitative ones; it's the type of time that simply feels different, as if it has not passed at all. And, quite naturally, the Greeks also used Kairos to speak about the weather. At one moment, it is sunny, then the next there is a storm. Sometimes we can predict it, but it is better to go with the flow, and simply to feel our way through this sense of time.

I needed Kairos in order to understand the full turning of the Wheel of the Year; especially as we reach Samhain, and - for some of us - the seasons begin to cycle all over again. I will be thinking of that spiral floating through my own life, each layer building on one another, returning and revisiting. In some traditions, Samhain is often seen as the 'new year;' but unlike traditional New Year's Resolutions - which are deeply rooted in Chronus and something external to measure, like weight or money, I will be embracing Kairos. Progress can be nice, of course, but I want to experience how good it will feel to return to this point once again, completely different and yet, still somehow the same.☁

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Samhain Connections

Ariel Curry

Life changes whether we want it to or not. Seasons change as quickly as life does. We feel the new energies that come with each changing season and welcome them. In our own lives, it is much harder to welcome the changes, and the beauty of those changes. Everything is connected and ever-flowing. There is no better time to remember and celebrate this than Samhain: a time the spirit world opens as the cycle of birth and death renews.

According to Celtic tradition, the Otherworld opens for a short period of time to Sidh (shee), fairies, and other supernatural folk during Samhain. It is the beginning of the new year and death of the old. During this time, several Celts with clairvoyance and talents in divination, would go to a sacred location at midnight. Those men that were courageous could look in the mists and see those spirits that would die in the coming year. Women would watch in scrying mirrors to see the future. This shows the great significance magic had - and has - during this time of year. Today, scrying is not only used to see the future but connect us with visions from the spirit realm that we and others may need.

Samhain is the time to bring

the light and dark together. It marks the beginning of the darker half of the year and means summer's end. It is important to remember that emotions are not bad. It is how we use them. Sometimes, to gain the effect you want in a spell, you must include all the emotions that you are feeling.

Samhain brings death and rebirth. Now is the perfect time to see what changes are happening in your life and affecting you. There are spiritual forces at work and sometimes we may need help. This is the wonderful thing about working with an entity or deity. They can guide you through when you cannot see through the storms in your own life. These can be physical, emotional, spiritual, etc.

Divination is a great way to

communicate with those that are helping you along your journey, even if you may not know what forces are helping you. There are many ways to divine from Tarot cards to scrying; from flames to wax readings. We have such great abilities, each unique. By using these gifts, we find our own path and can help others with theirs -- much like how the Celts did back then, and many witches today, it's all about meeting partway and taking the steps you need to get better. Having the faith that as things change, just as the seasons do, things will always cycle. There are new beginnings as there are goodbyes. There is always joy and grief.

There is much we can learn from historical sources. Just as

the connections made between civilizations can be shown, it's important to investigate our own lives and reflect on the connections that we've made as well. These connections can be spiritual, emotional, physical, etc. It is important that we remember and evaluate how those connections and changes have affected us. This path is hard and ever changing. Everything is connected. We see this in the veins of leaves being compared to the placenta, tree branches to lungs, and tree rings to fingerprints, etc. As the Otherworld opens, it's a time of great change. Do not be afraid of the dark, for that is where the best changes happen. ☸



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Oils to Enhance the Festivities of Samhain

Heidi Jensen

Samhain marks the third and final harvest and is usually celebrated with festivals. During these festivities, it is believed that the veil between the worlds thins and that communication with those who have gone before us is made easier. This is an excellent time to honor your ancestors. It is also believed by some that Fae and other creatures can traverse easier between the worlds. They tend to enjoy the festivities as well as play tricks on the humans around them. Spirits may also walk around amongst the living. The oils featured today will help with all of these festivities.

Juniper Berry Oil has been used for centuries during Celtic festivities in order to aid in clairvoyance and communication with the dead.

Juniper is typically connected to Jupiter as it contains some tin – which is the planetary's metal. Jupiter is also known for its protection and good fortune, among other properties. Juniper Berry Oil is used to aid in purification practices. Many times, it has been added to the fires burned during the festival in order to purify and protect the townspeople and livestock which would be passed through the flames in order to protect them from dying during the coming winter months. It is also great for blessing and purifying your home and other animals. Juniper is often connected to the dark side of the moon as it blooms closer to the dark half of the year and is connected to Samhain. Because of this connection, it helps aid in clairvoyance. Juniper essential

oil is steam distilled from the berries and needles. It has a woody and spicy aroma. The oil is great to be mixed with other oils such as Bergamot, Cedar, Eucalyptus, Mandarin, Rosemary, Sandalwood, and many other citrus or berry scents. It is also a great additive to incense.

It is important to keep yourself protected around this time of year as well – not only physically, but mentally. In order to aid with this, I recommend Sandalwood. Sandalwood has been used for millennia in India as a protective wood. People noticed how the wood was never attacked by termites and thus they believed that it held protective properties. It is also believed to be one of the most pleasing scents to the Gods – earning their favor as well.

Many practices nowadays use Sandalwood Oil to aid in purification, consecration, relaxation, and peace. This makes it ideal to pair with Juniper Berry Oil during Samhain. Just like Juniper, it is believed to be connected to the moon since it grows in the shadows of its hosts. This connection to the moon aids in divination – as well as its very high vibration – makes Samhain a perfect time to combine the two oils for use in rituals. Sandalwood has a calming, sedative effect and aids in meditation. It can be used to help calm and purify your mind which will aid in being able to both communicate with your ancestors and during divination practices.

Continued on page 14. . .



Tis the season of the Witch

Hello soul tribe! I'm Amber.

I have spent the last fifteen years becoming educated and weaving through the world of healthcare. I find comfort in helping people and I love learning about the anatomy and physiology of the human body. Navigating through career paths, I found Surgical Technology. This field of study led me right into the operating room where I had the pleasure of working with an amazing orthopedic team.

The last ten years or so, I developed a strong drive to learn about the chemical constituents found in plants and how their chemical structures interacted within our body systems. The familiarity I found between both the pharmaceuticals and the botanicals became so fascinating to me that it led me down an herbal path, that I will forever be grateful for. I chuckle to myself when I think about the binders and notebooks of alchemical structures, recipes, astrological time stamps, nature correspondences and everything in between that I managed to collect and jam into a giant old chest. Someday I will compile them but until then, they will continue to be random snippets that I constantly refer back to.

I love all things vintage and old! I collect old bottles, old signs, old pictures, old, old old!!! Something about that aesthetic that really gets me. It gives me butterflies thinking about all the treasures I have yet to come across!

I enjoy wildcrafting and foraging plants in the nearby mountainsides. I have spent many hours with my identifying books and pressing florals between the pages within those books so that I could study and take notes! I always get asked what is the easiest way to begin such a journey to learn and identify plants. I encourage everyone to utilize the resources that the local Forest Service provides. They have endangered species list, identifiable pictures and guides. As always, I encourage you not to ingest any foraged herbs, berries or roots unless you are absolutely certain it is not a poison look alike.



My craft and artistic outlets are always growing together.

I struggle putting my feelings into words and find it difficult for me to capture my true authentic self through literary expression. I have always been the artsy type but it wasn't until my late twenties when my love for botanical art and my spiritual journey crossed paths. That's when the magic really happened for me. I was no longer just studying the herbs. I was fully immersed in walking a plant path. From that point forward, I have focused on creating artistic outlets for myself by a means of expression and navigating through this world. It's my way of celebrating the cycles of nature in which these botanicals thrive. I love capturing their energetic vibrations, and creating items that bring people joy.



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I'm finding passion in piecing together who I am

I have put in many hours and long winter nights on the computer piecing together my ancestry. I feel as though I have created a pretty stable framework of my bloodline and I enjoy piecing these stories into a timeline and learning the ways of my ancestral traditions.



RAVENS HOLLOW

est. 2020



Raven in the Wolf Den was created in 2015 and for me, the brand represents balance.

*a place where intuition
and magical creativity
come together*

I fell in love with the process of gathering and creating with the botanicals that I was always learning about. I was given the opportunity to sell my items in a few various shops in my local community of Idaho Falls, Idaho. The feedback from the community has always been so genuine and I have always been grateful for such opportunities. I have since been able to expand my brand into other shops located throughout Idaho and Montana.

In the early days of 2020, I was approached with an idea. An idea to create a location where herbs and botanicals can be offered. A space where I can share the knowledge of what I love to do so much. Terri, the owner of Healing Hands, believed in me to make that happen. She gave me a chance and I ran wild with it, and Ravens Hollow was born.

Ravens Hollow is a place where your intuition and creativity come together. It is an outlet of my brand, Raven in the Wolf Den, where you can come and create your own magical and medicinal creations with herbs, roots and berries.

Single herbs can be purchased in minimal amounts or large quantities. I carry a variety of tinctures, oil infusions and flower essences that are blended and created by various companies that I trust. There is a small selection of curiosity items that have energetic value to add to your intention jars. There are seasonal items and upcycled vintage glassware with my resin art. I have handmade candles using plants and botanicals that have significance to the seasons as well as tea blends that serve as functional blends. While herbs are used for flavor or medicinal use, they also have energetic properties. Our plant allies are used for many different reasons over many different cultures. Whether you are making incense, bath soaks, facial steams, skin care products, infusions, tea blends, intention jars, or culinary dishes, you can stock up or refill at Ravens Hollow. I also look forward to sharing my knowledge and learning from all of you as a collective!

Until then, Happy Wildcrafting!

I'm beyond grateful to be featured in this edition of the Metaphysical Times Newspaper. Huge thank you to everyone working behind the scenes to make the newspaper a possibility!



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Iphys and the Haunted Medium at the Samhain Faire

Lysander Xanthus

Iphys and Frankie walked through the metaphysical faire, sprawling across several city blocks along the edge of the park by the river. Iphys had dark hair, eyes, and complexion. Iphys was a striking figure dressed in all black as they walked through such a colorful environment. The contrast was made more so by their companion, with whom they had linked arms. Frankie was dressed in a kind of foppish vampire look, with bright colors. He was pale, with bright yellow hair and green eyes. The pair walked around the erratically placed tents towards a stage in the park. All the seats were filled, and a small crowd was standing around. "As someone who's grown up around the real thing, I'm not really sure I'm into this kind of thing." Iphys said, looking around at the costumed crowd. Most were dressed as witches, with pointed hats.

"As someone who hasn't, I find the new-age aesthetic appealing - I know you're not into psychic events like this, but it'll be fun! I love them!" said Frankie.

They stopped around the edge of the crowd by the stage. Frankie looked around the booths near them.

"Are you hungry, by the way?" He asked.

He looked at Iphys, and noticed they were staring off.

"This is the first year I haven't been with my sisters this time of the year. They aren't happy that I'm not joining them for the Samhain ancestral offering. We've done it together every year my entire life." Iphys sighed.

"They practice hoodoo, right?"

"The family has privately practiced our ways for generations, which includes that but is much more than the craft. Don't get me wrong, I'm proud of my lineage - but there are some more recent ancestors I would rather not honor." Iphys tsked, frowning. "I want to form my own ways."

"That's what we're here for, to discover something new." Frankie put his arm around them and squeezed. He paused, and both of them tensed. Frankie looked down at Iphys. "I suddenly feel kinda sick. There's something - someone - bad near." He covered his eyes

with his hand. "Do you see anything?"

Iphys looked around. They had sensed a shift as well, but to them it was not an ill feeling but the presence of a fiend. A kind of ghost that was deteriorated - and dangerous.

The people around them were cheerfully walking around them, or seated, and talking amongst themselves about the psychic medium who was going to give a presentation on the stage at any moment. Iphys' gaze was drawn to the stage itself. A woman was walking up to the stage and a few stagehands were testing out the sound equipment briefly so that they could mic her. In their mind's eye, Iphys could perceive what appeared to be a crawling, black mass following the woman.

"Yes," Iphys said, "That's the medium you wanted to see, isn't it?" They pointed. "She's got someone on her."

Others began to notice the woman and started clapping. She stepped onto the stage and opened her arms.

"Happy Samhain," the woman exclaimed! She was blonde, and wearing all white. "I bid you welcome to this wonderful festival hosted by Purple Crescent, our local metaphysical haven we all love. My name is Clara Dougherty. I am pleased to share the connection with our loved ones and guides with you this evening. In a moment, I will begin to open myself to receive the messages of anyone who may be here with us, anyone who may have a message. A moment of silence." She lifted a hand and everyone quieted, "Let us all take a moment for presence and to bring ourselves fully here. Breathe."

Frankie leaned down to Iphys.

"What is that thing? I can only sense it's presence, I can't see it."

"A ghost." Iphys said.

In their mind's eye they continued to perceive the spirit standing next to the Medium. It appeared as a mass of twisted arms and legs - bent and protruding from the center of a cluster of what looked like black hair. A whispering sound was coming from it and Iphys realized it was speaking to the medium. They watched the

aura of the entity reach out and begin touching the crowd as the Medium began reading for people in the audience. Iphys described in a low whisper what they were seeing to Frankie, who listened intently. As they focused more on the entity, information bloomed in their mind. It was once a living teenage girl. She had committed suicide by impulsively jumping off her school building. Her boyfriend had broken up with her. The feeling of fear and regret mid-fall hit Iphys as they watched the event unfold in their mind. Iphys steadied themselves. They shifted their attention to listening to the psychic for a moment - still watching the ghost, and from the interplay of their energies, Iphys could tell that the only reading happening was the Medium being fed information that the ghost was pulling from the energy of the audience. Iphys felt a shift in their chest and stomach, they could also feel that the ghost was exacting a toll from the Medium for this assistance. In other parts of the Medium's aura, they could see vacancies where the ghost had eaten the energy away.

"So, can we do anything? Should we?" Frankie said, who had listened intently to all of this.

Iphys closed their eyes.

"It's up to her."

Iphys reached outwards with their energy and mind, and they called out.

Hecate.

Iphys felt the presence of the Goddess wash over them as literally the sense of someone turning their attention onto you. Frankie touched their arm, he could sense the change as well. In their mind, Iphys perceived Hecate standing before her - a pale woman wearing saffron robes with black hair trailing to the ground. At her forehead was a diadem with a star in the center. Her pink and purple eyes looked into Iphys'. She pointed to the ghost.

"I will show you how." said Hecate.

Outwardly Iphys did not move, an instinct arose. In their mind, they reached out to the ghost and wrapped a cocoon of energy around her. They imagined the cocoon flowing down a multitude of

shimmering, rust colored roads with a sense of traveling downwards. Iphys traveled beside the large orb, and they could feel the roads beneath their feet. The path led to the bank of the great river Styx. Iphys released the ghost from the cocoon, and they perceived the spirit looking around confused. The ferryman would soon make all things clear. Iphys felt their attention return to where they were standing at the faire, next to Frankie. Hecate had gone.

"It's gone!" Frankie said.

On stage, the Medium was thanking the audience, now at the end of her presentation. Iphys wondered if she would know why she would struggle to read the next time, or what had happened. The ghost had been with her for a long time; thus, she would have been quite used to the presence. Iphys was certain the girl's boyfriend was this Medium's brother.

"Yes, it's gone." Iphys said, and leaned on Frankie. "Now, I'm hungry!" ☞

Continued Next Time in our Yule Issue.

Mercury Retrograde in Libra: A Time to Work on Inner Balance

Leah Mueller

In astrology, Mercury is the planet of communication. In mythology, he is the trickster. In the tarot, he closely aligns with the Magician card. Just as the Magician pulls rabbits from hats, Mercury finds lightning-fast solutions to seemingly intractable problems.

Mercury goes into apparent retrograde motion 3-4 times every year. Most of us are well familiar with the shenanigans that occur during these times: cars break down, computers crash, flights get cancelled. A trip across town that normally takes half an hour ends up taking two. Even the best-laid plans fall through. We remind ourselves to be flexible—because Mercury retrograde—but find ourselves in the middle of yet another meltdown. We end up losing our tempers and saying exactly the wrong thing. Of course, we're only human.

It seems as though the minute we complete another arduous retrograde, another looms around the corner. That's because Mercury remains retro for nearly four weeks. The two-week period before and after is known as "the shadow." Though the two words conjure images of late-night monster movies, their real meaning is less sinister. Think of a train that stalls and then takes a while to speed back up. It also slowed down for a while before screeching to a halt, right? That's what the shadow's energy feels like.

Luckily, 2021 only gave us three Mercury retrogrades. Thoughtful of it, huh? The October retrograde is the final one of the year. It began on September 26 at 25 degrees Libra and completes its backwards dance on October 18 at 10 degrees of the same sign. Libra aligns with the concept of balance. Think of the Justice card in tarot. A proactive, cardinal air sign, it can administer justice like an impartial, unemotional judge. Fairness is not always warm and cuddly. In fact, it's often the opposite.

Mercury retrograde in Libra sends the concept of fairness into a tailspin. This showcases Libra at its most waffly, seeing both sides of a question to the point of being unable to make a cogent decision. You may find yourself in an intellectual and emotional tailspin, constantly sifting through arguments from a variety of perspectives - unable to take a stand. On a mundane level, you might be unable to choose which groceries to buy, where to go on vacation, or whether you should even leave the house.

Mercury made several alignments with other planets during this retrograde period. Perhaps most notable is its conjunction with Mars, exact on October 9th. Mars represents anger, lust, passion, and aggression. When it teams up with Mercury, words fly like bullets. Be careful of what you say - even if you think you're

being perfectly fair! - and try not to get caught in someone else's verbal crossfire. Mars' energy is physical, while Mercury's is mental. It's a good time for an intense workout, writing a persuasive treatise, or working on important home projects. Just don't overdo it!

On October 1, Mercury squared Pluto. The two planets literally "square off" in a 90-degree alignment. The energy could be felt for a few days before and after. Yes, that can be as stressful as it sounds. Pluto's domain is power, secrets, death, and rebirth. During the first few days when this happens long-buried information may come to light. Often, it will surface at the most inconvenient time. The already volatile global situation can become explosive. On a personal level, you might find yourself obsessed with an idea or emotion that may or may not serve you. Meditate, go for a walk, do some dancing or journaling. Try to work with this energy instead of letting it get on top of you.

Spirits lift at the tail end of the retrograde period when Mercury trines Jupiter in Aquarius. Jupiterian energy creates a feeling of luck, expansion, and joviality. A trine is a harmonious, flowing, 120-degree angle between two planets that are usually in the same element - in this case, air. Suddenly, solutions to problems come more easily, as do the words to express them.

It's a great time to have a vigorous, lively discussion to clear the air or take on a new creative project - especially writing. You will likely feel an immense sense of relief!

Keep in mind that the planetary alignments, including retrogrades, affect everyone a bit differently - depending on your astrological makeup. If you have planets in the cardinal signs

Libra, Capricorn, Aries, and Cancer, you will likely feel the energy more intensely in such a retrograde. But even if you sailed through this period, many other folks in your orbit might be experiencing more difficulty. Do your utmost to be kind! In fact, that's usually a good policy, no matter what the planets are doing.

Avoid taking a duck-and-cover approach to Mercury retrograde. It's a time to slow down, re-do, reflect, and spend some time working on your inner landscape. With a little work and self-awareness, this time can be quite productive. That is, if you can avoid pulling your hair out first!

Take heart, Halloween is around the corner - just past the retrograde. It is my favorite holiday, and probably many of yours, as well. In the meantime, enjoy the cool autumn breezes and remember to be nice! 🍂



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Sandalwood oil is steam-distilled from the roots and heartwood of the mature tree-which can take up to 80 years to fully mature. The yield is low which results in higher prices. Sandalwood Oil is one of the most fragrant of all oils and has a very potent woody, smooth, sweet balsamic aroma and is usually used by diluting it with a carrier oil. Sandalwood pairs well with Frankincense and is believed to be very inviting to angels. This blend is often used in consecrating rituals. If you pair it with Lavender or Petitgrain, it is used to call good spirits. Pairing it with Jasmine aids in peaceful dreams. To boost your psychic abilities, mix Sandalwood with Acacia – one of its host plants.

Samhain is also the time when Persephone returns to her throne in the Underworld; therefore, Pomegranate Oil is very common during this time. As we all know, it only took a handful of Pomegranate seeds to seal Persephone to Hades. It is a very powerful and fragrant oil that is cold-pressed from the seeds of the fruit.

Pomegranate Oil represents both the energy of the Goddess of Fertility and Spring and also the Queen of the Underworld's dark and barren winter. The Pomegranate reminds us that to glimpse beyond the veil is to

know beyond the veil, and once you know you can never go back. This is why I believe it is a good oil to combine with those mentioned above, since Samhain is when the veil is thin. Pomegranate oil can assist in reaching the divine and increase your own wisdom. A single pomegranate can contain anywhere from 200-1200 seeds and therefore represents abundance, prosperity, and ambition. It is an excellent reminder of the abundance of gifts and magic that ensues in the unseen worlds. Pomegranate Oil is very potent and requires very little for the effects to be felt. It also blends well with Frankincense, Lavender, Grapefruit, and Bergamot.

The last oil I want to discuss is Cinnamon Oil. Throughout history, cinnamon and its oil have been tied to protection and prosperity. It is one of the oldest spices known to man. It is said to have been part of an oil mixture that protected graverobbers from getting the plague during the 15th century. Today, uses include anointing ritual tools to be used in healing and protection spells, as well as diffusing, in order to raise your vibrations in your sacred space while enhancing your divination ability. Many people will use Cinnamon Oil to cleanse and protect doorways, charms, and even on

pressure points to aid in protection while using psychic powers. Taking a bath in Cinnamon Oil for at least 30 minutes is believed to promote creative thinking, calm the mood, induce positive dreams, and allow oneself to delve deeper into meditation. Because cinnamon is such a strong spice and even more potent in oil form, it is added to many other blends to enhance the magical workings by increasing their energies. There are two main types of Cinnamon Oil commonly available – Cinnamon Leaf Oil and Cinnamon Bark Oil. Just as the names suggest, the main component of each depends on which part of the plant they are derived from. Cinnamon Bark Oil is extracted from the outer bark of the cinnamon tree. It's considered very potent and has a strong, perfume-like smell – like taking an intense whiff of ground cinnamon. Cinnamon Bark Oil is usually more expensive – and potent – than Cinnamon Leaf Oil. Cinnamon Leaf Oil tends to have more of a musky and spicy aroma. It also tends to be lighter in color. They blend well with the above-mentioned oils as well as: Bergamot, Clove, Ginger, Nutmeg, Peppermint, Orange and Vanilla.

Blending these four oils together should help create the perfect Samhain oil – one that

provides protection, manifests clairvoyance, helps with divination and amplifies your abilities. In this particular blend, I would recommend using Coconut oil for dilution. It will allow the aromas to be more of the focal point since it is quite subtle. Remember that both Cinnamon and Pomegranate oils are extremely potent and don't require very much in order to have desired effects. I also recommend using a dropper-style bottle in order to aid in ease with anointing tools and applying to pressure points. If you are just going to diffuse it or add to water to cleanse, any bottle should suffice. The recipe can be used to make larger quantities – but I suggest starting small until you get the desired fragrance you prefer.

For every 2 tbsp Coconut oil:

4-5 drops Sandalwood Oil

3-4 drops Juniper Berry Oil

1-2 drops Pomegranate Oil

2-3 drops Cinnamon Leaf Oil (or 1-2 drops Cinnamon Bark Oil)

As always, this is just a suggested base. Tailor it to your preferences.☞

Cosmic Magic

Randi Ruby

What do the Sun, Moon, Planets and Astrology have in common?

They are each a path of celestial magic that contributes to a larger collective known as Cosmic Magic. Cosmic magic is an astronomical well of information; brimming with resources for exploration, empowerment and enlightenment. The myriad of perspectives and ways of practice serve as practical and magical inspirations to cultivate our potential and grant us the ability to live the soul fulfilling lives of our deepest desires. Now obviously, this is a vast topic. Astronomically vast! So today we are going to begin by exploring the energies of each planet and how we can work with the natural energies and rhythms of the cosmos.

The Planets*

As we begin exploring Planetary magic, the first thing we may notice is that though labeled a "planet" not all that fall under this label are as such

under the standards of Astronomy. One thing to note when beginning our Cosmic Magic journey is that although related - Astronomy is a Science, Astrology has been described as a system of thought, a language, an art and a magic.

Therefore not everything correlates between the two. These planets represent our motivations and the archetypal forces within our universe. They are the WHY and WHAT is happening in the aspects of ourselves, our relationships, families, communities, society and beyond. Each planet has the greatest influence or "rules" over 1 - 2 houses - which represent the areas of our lives WHERE these planetary energies are expressed. Each planet then also rules over 1-2 signs which represent HOW each energy is being expressed.

Sun - The Sun is the center of our solar system and the sole provider of the heat and light needed to sustain life on Earth. As such, the Sun's role is to

energize the chart and is often viewed as the primary motivation for being. The Sun also rules the sign Leo and the 6th House of Authenticity and Self Expression.

Moon - The Moon is our closest cosmic body. Known for its influence over the tides, the Moon is associated with the element of Water. Water is required for all life on our planet and therefore the role of the Moon is to nourish. The Moon rules over the sign of Cancer and the 4th House of Partnership, Family and Home. When looking at our star chart, our Moon placement represents our emotional needs and the relationship we have to our feelings.

Mercury - As the closest planet to the Sun, Mercury is viewed as the messenger of the Sun's energy. How that is expressed is through thought, communication, coordination and travel. Mercury is the natural ruler of the signs Gemini and Virgo and rules over both the 3rd House of Communication, Thinking, and

Technology and the 6th House of Routine, Wellness, and Service. In relation to our star charts, Mercury represents our thoughts - how we communicate and how we receive information.

Venus - Named after the Goddess of Love and Beauty, Venus is considered the "lover" of cosmic space. Venus represents our love, pleasure, how we experience and interpret beauty, value, and natural ruler of the signs Taurus and Libra. Venus also rules the 2nd House of Values, Worth and Possessions and the 7th House of Partnerships, Commitment and Relationships. In our star charts, Venus represents how we give love and how we receive love.

Mars - The Warrior of the Zodiac, Mars represents the fighter in all of us and the qualities that drive us to conquer our aims such as: confidence, motivation, courage, passion and tenacity.

Continued on page 15. . .

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Mars is the natural ruler of the sign Aries and the 1st House of Self, Identity and Motivation. Mars in our charts represents how we take action, what drives us to achieve our goals, pursue our passions, and fight for what we believe in.

Jupiter - Jupiter is said to be the first of the "social planets" meaning it's influence is exerted on the roles we play while interacting with others in a social setting. Jupiter itself represents joy, luck, abundance, freedom and connects us with knowledge and truth. Jupiter is the natural ruler of Sagittarius and the 9th

House of High Thought, Growth and Knowledge. In our charts, Jupiter represents the way in which we grow and expand.

Saturn - Saturn is the last of the social planets and represents structure, limits, boundaries, fear and control. It is the natural ruler of the sign Capricorn and the 10th House of Career, Status, and Public Persona. Within our chart, Saturn represents how we experience obstacles, boundaries and our relationship to authority.

Uranus - Uranus is the first planet to be discovered that lays beyond the reach of the

naked eye. For this reason, Uranus represents enlightenment, progress, unconventionality and the shattering of boundaries. In addition, Uranus is what is considered the first of the "generational planets" meaning that due to the length of its orbit in a particular sign, that expression is felt by an entire generation. Uranus is the natural ruler of the sign Aquarius and the 11th House of Community, Collective Consciousness, and Humanitarianism. Within our own charts, Uranus represents our relationship to our communities and to the larger collective.

Neptune - Named after the Roman God of the sea, Neptune symbolizes what lies beyond the surface of our consciousness. Neptune is associated with dreams, fantasies and illusions, connection and separation, and our desire to escape beyond the surface of our current experience. Neptune is the natural ruler of the sign Pisces and the 12th House of Mysticism, Spirituality, and Healing. In our charts, Neptune represents our karma, past lives, and the relationship we have with our spiritual selves.

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The Scariest Halloween Monsters You've Never Heard Of

Bernard Finnigan



Halloween isn't the holiday it used to be. Previously known as 'Samhain,' pronounced Saa-win, the festivity is far older than generally realized, with differing traditions overlapping throughout centuries.

And it has the nightmares to prove it. With millennia of oral histories to choose from, humankind has forgotten more monsters than it could ever remember. Even a few generations ago, children of the 60's and 70s had a large menagerie of Halloween terrors including Frankenstein's monster, Egyptian mummies, Caribbean pirates, and nostalgic memories from the Black Lagoon. But inevitably, those haunts faded away, lost to shifting cultural tastes and a flood of CGI. Whereas our entertainment previously had dozens of night stalkers, today our culture can boast barely two: vampires and werewolves, and even then, only if they're good looking. In a world of Disney princesses and

superheroes, modern Halloween is a pale imitation of its origins.

But can anything really vanish forever? Perhaps our childhood memories are but the latest additions to the Ghosts of Halloween Past, a foggy realm stretching back to the birthplace of Halloween itself, Celtic Ireland. Perusing this forgotten lore might be tempting, but one should tread lightly because many old haunts are left better off dead. The word 'Halloween' is an obvious corruption of 'All Hallow's Eve,' a term barely a few hundred years old. But the holiday's origins lay thousands of years in prehistory, and generations ago October 31st went under another ominous name entirely:

Pooka's Night.

October's original boss monster, the 'Pooka', terrified the Irish countryside as a

shape-shifting, man-eating demonic horse. It prowled farmers fields on Halloween for the sole purpose of claiming annual tribute. In old times, Samhain held the tradition as the final day of the autumn harvest. Any crop not claimed by sunset was left in the fields as 'Pooka's Share,' a bribe for a safe year. Failure to offer the tribute left any farmer at the mercy of a ravenous blast beast. The Pooka could assume many forms, both innocent and malign, stalking helpless Irish homes to claim the night that used to be its namesake. Trick or treat indeed.

Anyone tempting the Pooka would be well-warned of their fate. Infamous monsters like the Banshee gave the Irish ample portents of impending death, but nearly lost to myth is the far more horrifying 'Dullahan.' In 1819, Washington Irving borrowed this specter for The Legend of Sleepy Hollow, but as a headless rider and black steed

ripping red hot sparks out of the road with every gallop, the original Dullahan was nothing less than the Grim Reaper itself. Carrying a whip made from a human spine, the Dullahan rode the foggy roads of Ireland carrying his own severed laughing head as a lantern. If the head screeched someone's name, that person dropped dead where they stood. Maniacal cackles then echoed across the countryside as the charging rider disappeared into the fog with the collected soul.

Not even the water was safe. Just as nearly every culture has some version of the mermaid, the Celts were haunted by the 'Kelpie.' Haunting the British Isles under several different names, this shape-changing horse (a recurring theme) skulked underwater to lure mortals into lakes and streams.

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Practical Witch



This is about my nephew, who seems to have spirits attached to him and I would like to know what to do?

Spirits follow and attach themselves to people every day - and rarely pose any kind of threat. In most cases, such spirits will move on without the person ever knowing they were even there. Some offer help.

If you are sure they are of a kind that should not be around your nephew, a few pieces of hematite around his room and person will help. This mirror-like stone confuses spirits and they cannot pass by it or cause any action in its presence. Every full moon, pass the hematite through incense smoke to clear out the confused spirits.

However, spirits can aid in protection and growth. To encourage their presence, a small offering of alcohol in a small glass, refreshed every new moon, is suitable.

How do you know? Ask using a pendulum. Use only yes or no questions in a simple pattern such as:

Will you communicate with me?

Do you mean harm to me?

This will help you understand why the spirits are hanging around. For most, the spirits in our everyday lives mean us no harm and don't need any acknowledgment as they go about their otherworldly pursuits. You can acknowledge their presence as you wish with a small lit candle and a knowing smile.

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Remember Your Ancestors

Paisley Wilde



Hello, my lovelies and Joyous Samhain! Autumn is now upon us, and Nature is donning her glorious colors to prepare for the thinning of the veil. For many cultures around the world, this is a time to rejoice and celebrate those that have passed, the ending of the Pagan year, and to prepare for the year to come. For many others though, this is a time of darkness and fear.

In recent history, our society has been taught to fear death and the afterlife. However, death is but a doorway between this life and the next. Often, we do face some judgment as we pass through this door, but damnation is not as prevalent as many non-Pagan beliefs subscribe to. The judgment and damnation are a control tool of the living - rather than the dead. The dead have different priorities. Instead, I believe that when we pass from this world, we are either born again to learn new lessons - or TEACH them, or we move to the afterlife that aligns

with our spiritual path. This means that non-Christians rarely go to the Christian Hell. Instead, we go to the Summerlands, Elysian Fields, Valhalla, Hades, Purgatory, Tir na n'Og, etc. I include Purgatory in this list specifically because we must go somewhere as we await our rebirth. It is simply a place to cleanse ourselves of past traumas and prepare for our next life.

With the thinning of the veil, we can often more easily contact our ancestors who are in their afterlife to ask them for guidance or specific boons. Why, you might ask, do we approach our ancestors? Isn't that why we petition the Gods? Stop and think for a moment. Today, there are billions of people upon the Earth and there are only so many Deities. Often each Deity might be receiving petitions from thousands - or millions - of people in any one given moment. This means that they must divide their attention and

are not always willing, or able, to help us the way that we hope. Their energy is often neutral and can give a boost, but it might not be what we truly need. If we want focused energy, often appealing to our Ancestors is more appropriate. Afterall, they have a vested interest in our success and failures as we are the sum of everyone born before us.

Ancestor worship is a common tradition among many Pagan beliefs and has been for millennia. Each of the different traditions have unique ways to honor their Ancestors. The Norse cemeteries were often found on the outskirts of a village or town. This would allow the descendants to properly venerate those that had passed and then allow those same spirits to lend their energy to the land around them. The more that they were venerated, the more that the dead would bless the land.

In Mexico, the dead are often honored with each family

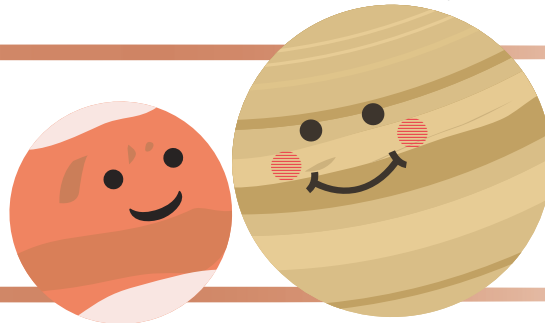
having an Ofrenda or altar. These altars are not for worshiping, rather they are for remembering the dead and to welcome them back to the land of the living for visits. The Ofrenda is generally loaded down with offerings: water, favorite foods, perhaps toys for children, and a photo for each member of the family that has passed on. Sugar skulls, marigolds and vibrant costuming all make an appearance during Dia de los Muertos or Day of the Dead. The Day of the Dead is a festival to celebrate life and to care for the dead. November 1st is known as Día de los Inocentes or Angelitos and is set aside to honor the spirits of children specifically. November 2nd is for honoring the adults that have passed on.

For many of us upon the Pagan Path, we celebrate Samhain (Pronounced Sow-een) rather than Halloween.

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Relationships Part 2

Ed Kohout



Continued from Mabon Issue

Conversely, if Mercury is having a similar interaction with the Saturn in the other chart, the Mercury person will feel restricted in communicating, and the Saturn person may want to dominate the situation. Saturn is the counterpart of Jupiter, being restrictive and limiting.

This doesn't mean that a beneficial relationship could not be had with a Mercury/Saturn interaction, however. If the Mercury person is someone who communicates without a proper "filter," for example, that Saturnian influence may be a good thing for the Mercury person. Saturn brings structure to things, and also promotes long-term efforts.

Taking this further, we can see that Mercury tends to get "pushed around" by the other planets, as the other planets will cause Mercury's neutrality to take on the polarity of the other planet. This is probably why Mercury's other bit of astro-notoriety is that of "the trickster."

Putting this all together, we can see that relationships are indeed complicated, and the success of any relationship will depend upon Mercury. You and your partner may be really hot for each other, and that part of it may come easy, but ultimately, Mercury rules the flow of information that it takes to maintain a relationship in the world outside of the bedroom.

I will endeavor to expound upon this in future articles that you will only find here in Metaphysical Times. If you want to chat about any of this, please contact me at ed@occursionmedia.com.

For anyone studying astrology, an excellent book to get on this facet of the craft is Lois Rodden's Mercury Method of Chart Comparison.

For intimate relationships, a bit more than Mercury connections need to be present in the astrological interactions between two people, and this is where it starts getting interesting.

There are four basic polarities, which generally have masculine versus feminine expressions, but can also have counterparts in other ways:

Masculine -- Feminine

Sun -- Moon

Mars[MA] -- Venus[VE]

Saturn -- Jupiter

Uranus -- Neptune

The ancients had basically figured this out - that gender was somehow connected with these planets. In our modern world, we can break it down into biochemical substances: testosterone and progesterone. Humans are, as is all life, electro-chemical entities, and the planets have rulership over such. Astrologers view Mars as industrious, action-oriented, aggressive, athletic, and practical. On the other hand, Venus is more about aesthetics, beauty, pleasure, and the art of just being.

Every chart has both planets -

so how does the cosmos decide which zygote becomes which gender? How does the cosmos determine who will be masculine or feminine?

There is no question that much of human personality is driven by our sexuality. Sex and intimacy are big motivating drivers of our behavior; and as such, contributes heavily to personality and character. We can tell much about a person simply by looking at Venus and Mars in their chart, and how those planets align with the other planets. We want to assess astrologically "What is this person about?" and "What makes this person tick?"

Before we get into that, though, let's look at some practical astrology that can give some insight into the person you just met and really like, but aren't so sure of. You must first ask, are our Venus' and Mars' interacting favorably? Are there imbalances?

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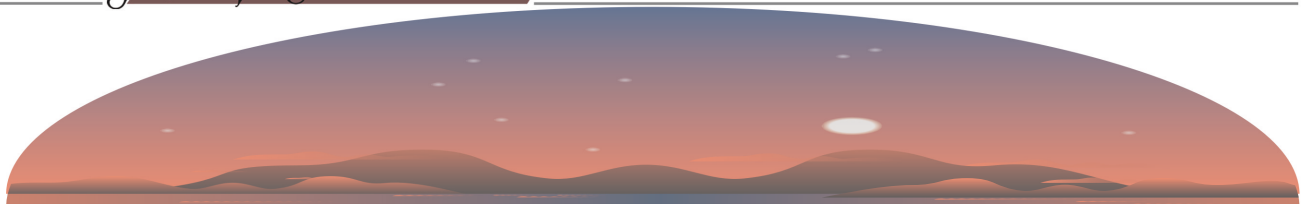
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