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Yule 2021

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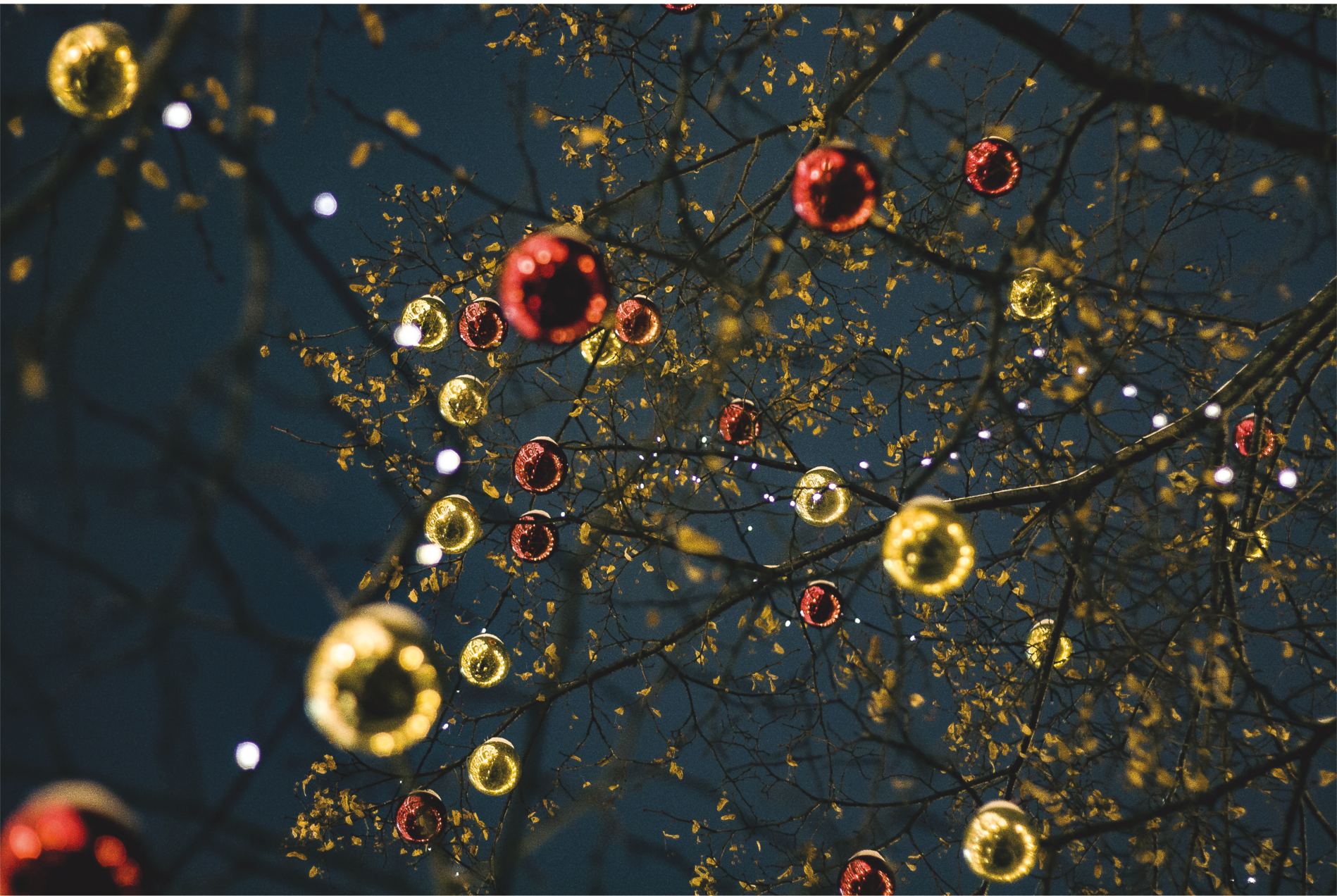
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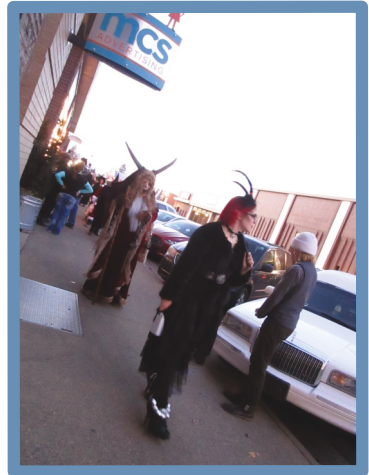
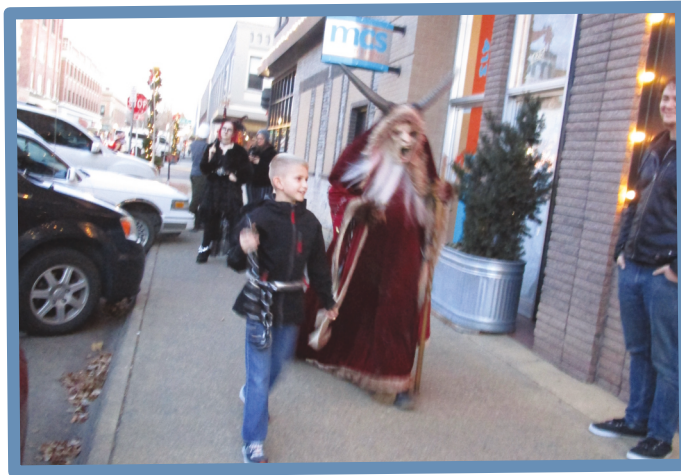
FREE



Krampus Parade 2021

Idaho Falls, Idaho, USA - December 4, 2021

Krampus Walk was a big hit in downtown Idaho Falls, Idaho. Over one-hundred walkers came together on a beautiful uncharacteristically warm December night, to put our own spin on the European festival of Krampusnacht. The weather was mild and the crowd was delighted. Mostly onlookers waved and cheered from the sidelines, except for the ones that gave us really strange looks! We paraded through downtown from Healing Hands Metaphysical Store to Shaddow Domain, wandered through a few bars and ended up at The Egyptian Coffee House for free hot drinks and cookies.



FROM THE EDITOR



Yule is such a fun time of year. Tim Minchin sums it up nicely with his song, "White Wine in the Sun." With equal parts damning of the prevalent culture, and nostalgia for love of family, it makes me tear up every time.

Like Tim Minchin, I like irreverence. I like breaking taboos. I like being the cow-catcher on the front of the train to clear the tracks for those wishing to live an authentic life to safely come along. I know that this vocation provokes ire from my local community, but my role is a calling, an important challenge given to me by the Goddess herself. I like being Her representative; Her pin in the map at this place, at this time, in this plane.

Metaphysical Times is just one small part of that role. It has certainly arrived on the scene at the right time. People are hungrily seeking more information about metaphysical and spiritual topics, as well as a community with which to enjoy those pursuits. You may ask yourself, "How can I help my spiritual community to grow, and help create a safe space for others to find ways to experience and express their spirituality without fear?" There are many ways. Live authentically yourself. Write an article for this publication, get in touch with your local mystical event planners and lend a hand. Show this newspaper to your friends that own businesses and ask them to consider advertising with us! Attend events and spread the word. By joining in and becoming a part of this community, you can help create the magick we are all seeking to find for ourselves!

Terri

To get a copy of Metaphysical Times, head to your local metaphysical shop and ask for it!

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

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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- Mabon - September 9
- Samhain - October 14
- Yule - December 2

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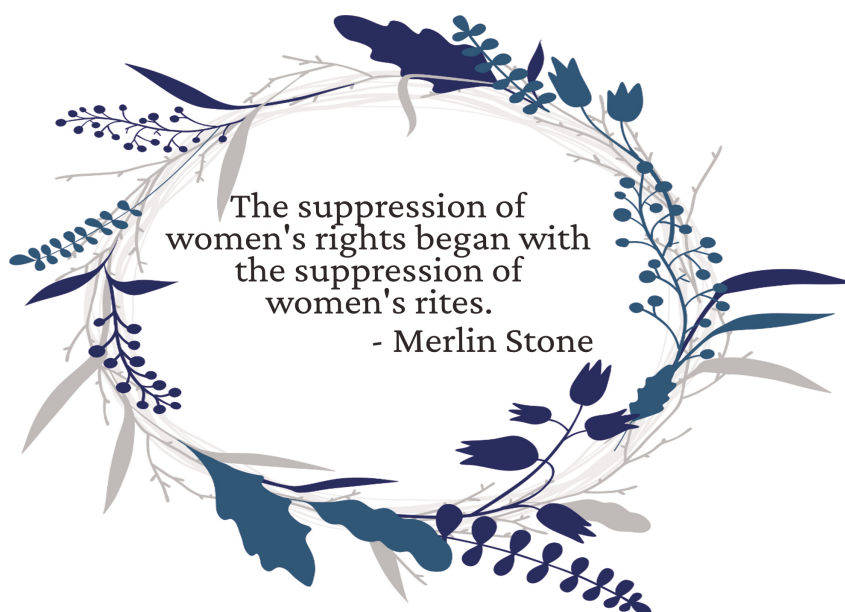
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KosmikCreations – A Dream Manifested into a Reality

Mykel Brotzman

It all started with an intention. An intention to explore much deeper levels of consciousness, connection, and universal understanding. This, as well as a deep desire - a calling, if you will- to heal and be healed.

These are the fundamental ideals that lead my husband, Brandon Brotzman, and me to pursue our own business in the metaphysical world. We started by just charging moon water and sharing our love for crystals and rocks with our friends. We had no idea the growth and opportunities that would be opened up to us...

Let me start by introducing myself. I am Mykel Brotzman-she/her (Instagram-mrskosmik. Facebook-KosmikCreations.) - spiritual yogi and creative entrepreneur, writer, a practitioner of healing arts, Tarot reader, and witch. I am a lot of things actually, most of which don't fit into certain "boxes." I am a spirit in a body, sharing this Earth experience, just like you. But it's my intention that drives me - my intention that sets me apart. It is my intentions and my story that bring these words to you today.

As a child, I was very connected to my magic. I could feel it in my hands. I would touch the Earth to heal it with my energy. I would make potions with grass and sticks, meditate, read and write like nobody's business. I would connect to animal spirits and run free with them in my mind. I was

highly sensitive too; I swear I could feel EVERYTHING. I was loving, sweet, and innocent. I knew who I was and I did what made me feel good.

And then my dad died.

Now, let me say, there are thousands of doors in my story that we could walk through. But I will chalk this one up to this- when I lost him, I lost myself.

I lost all connection to myself and pretty much everyone around me. I was angry. I blacked out. Going into high school, I started drinking. It helped to numb me. I pretty much became "the party girl" and maintained that status for years. Those years were... let's just say, not easy.

I don't want to say that they were all bad because the truth is, they weren't. I laughed just as much as I cried. I traveled, fell in love (a lot), explored, and I must confess, I was learning constantly. However, there was always something in the back of my mind, calling me to reconnect to myself and experience something deeper...

That calling in the back of my mind is what led me to my first deck of Oracle Cards. It was the reason I kept up on my yoga practice throughout all those years. It is what kept my heart and mind open to the ideas of magic, spirituality, and healing.

It wasn't until the end of 2019

when I had discovered Reiki, and started receiving it consistently, that I learned the true meaning of healing and the power of my practice. It was as if the blinders of my limiting thoughts and beliefs were lifted from my eyes for the first time in years. I could see myself again! I could love myself. I could feel the support from my ancestors and spirit guides. I could recognize the need for deep, inner transformation and healing within myself and in my ancestral lineage.

I recognized that I too had wisdom and magic that was calling to come forth. I thought, "if I can heal and change my mindset to become a better and happier person - can't I help others do the same?" With the deepening of my spiritual practice, came the growth of our business. My vision was becoming clearer and old versions of myself that didn't align with it were shedding at light speed. I was able to put my fears and doubts aside; because deep inside me, is that fire that burns with longing for deeper connections, and for more open-minded thoughts.

By January 2020 we were officially a licensed LLC, and our Etsy shop opened up in May of that same year. 2021 brought major change as we started to participate in local events, offer Reiki and Tarot readings, and host moon ceremonies. Although it was challenging - and sad - to leave

our newfound community behind, we picked up and moved to Boise for a fresh start in July of this year.

This new city has offered us the most beautiful connections and lessons. It feels as though there are magical new opportunities around every corner. I think a lot about the people back home, and I'm truly happy for them.

I often wonder if it is one of my soul duties to travel and spread little seeds of inspiration and encouragement wherever I roam. It would make sense, wouldn't it? As if my sole intention is to remind those of their light.

I'm excited to see what is next for us. New ideas, events, and platforms are bubbling like electricity in the air we breathe. And I am open to it all. One of the biggest things this beautiful work has taught me is to release all expectations.

Set your intention, create space, and allow it to happen. Do not try to control it, or set restrictions on it in any way. Just be your most authentic self and the rest will follow.

Thank you for reading my words. Thank you for seeing me, dear reader. I'd love to stay connected over social media or see you at one of my moon ceremonies in the Boise area.

Reading inquiries, blog, and product line all available at www.kosmikconnections.com



Mykel Brotzman- co founder and creator of KosmikCreations, LLC. I am a female witch who lives in Boise with my hubby and our 3 magical fur babies. When I am not pouring candles or reading Tarot for my small business, I enjoy reading and writing, practicing yoga, or spending time in the beautiful outdoors. I am super open minded and love talking about energy, astrology, and anything related!

Deities of Yule

Alcyone (Greek)	Frau Holle (Norse)
Ameratasu (Japan)	Frigga (Norse)
Baldur (Norse)	Hodr (Norse)
Bona Dea (Roman)	Holly King (British/Celtic)
Cailleach Bheur (Celtic)	Odin (Norse)
Demeter (Greek)	Spider Woman (Hopi)
Dionysus (Greek)	

Yule is celebrated on December 21. It is one of the eight Sabbats celebrated by Pagans (Wiccans, Druids, Heathens, Witches, Magicians, Kemetics, etc.) on the Wheel of the Year. On that day (or close to it), an amazing thing happens in the sky. The earth's axis tilts away from the sun in the Northern Hemisphere, and the sun reaches its greatest distance from the equatorial plane. It is the longest night of the year and is a celebration of the return of the light as the nights become shorter and the days become longer. Many cultures have winter festivals that are in fact celebrations of light. In addition to Christmas, there's Hanukkah with its brightly lit menorahs, Kwanzaa candles, and any number of other holidays. As a festival of the Sun, the most important part of any Yule celebration is light: candles, bonfires, and more. Celebrate the sun's return by preparing all kinds of winter foods; cornbread, a pot of buttered rum, plum pudding, cranberry dressing, game stew, etc.

St. Nicholas is commonly linked to Odin, the ruler of Asgard, one of the major gods in Germanic mythology who was depicted as a white-bearded man with magical powers. However, Odin's ties to Santa Claus may be more pronounced. The winter solstice, also known as Yule, was a time when Odin led a hunting party, known as the Wild Hunt, in the sky with an eight-legged horse named Sleipnir. The 13th century Poetic Edda said the mythical

horse could leap great distances - a trait reindeer possess. Children would leave their boots by the chimney, filled with carrots and hay to feed Sleipnir. Legend has it that whenever Odin flew by, he would leave gifts by their boots. Frau Holda is the Germanic goddess of winter. In German folk legends, she is depicted as a beautiful blonde who is the protector of children's souls. Like Odin, she would fly through the night and give gifts to children. In some depictions, Holda is dressed in red and uses chimneys to deliver gifts. Some Germanic traditions involve leaving food and milk for Holda Dec. 24, known as Mother Night.

Setting up a Yule Altar

Winter is here, and even if the snow hasn't fallen yet, there's a definite chill in the air. Use cold colors to decorate your altar, such as blues and silvers and whites. Also find ways to include the reds, whites, and greens of the season. If you're using white on your altar at Yule, consider incorporating it into rituals that focus on purification, or your spiritual development. Since winter solstice is the season of the sun, gold is often associated with solar power and energy. If your tradition honors the return of the sun, hang some gold suns around your house as a tribute. Use a gold candle to represent the sun on your altar.

Cover your altar with a cloth in a cool color, and then add

candles in a variety of different wintry shades. Use candles in similar colors. Add solar symbols to your altar. Gold discs, yellow candles, anything bright and shiny can represent the sun. A large pillar candle, inscribed with solar symbols, can be designated as the sun candle. You can also add evergreen boughs, sprigs of holly, pine cones, a Yule log, and even Santa Claus. Consider antlers or reindeer, along with other symbols of fertility.

Try incorporating sacred plants associated with the winter solstice as well. Evergreen boughs like pines, fir, juniper, and cedar are all part of the evergreen family, and they're typically associated with themes of protection and prosperity, as well as that of a continuation of life and renewal. Hang a sprig of holly in your house to ensure good luck and safety to your family. Wear it as a charm, or make holly water (which you probably read as holy water!) by soaking leaves overnight in spring water under a full moon.

Use birch branches to craft your besom for magical workings and in spells and rituals related to enchantments, renewal, purification, fresh starts, and new beginnings.

Consider some of these items as part of your Sabbat decor:

fruit, nuts, mistletoe, snowflakes,

icicles, a bowl of snow, candy canes, bells, and sun wheels.

Your Yule Shopping List:

- Altar cloths (Red, green, gold, blue, silver, etc.)
- Candles (Red, green, gold, blue, ect.)
- Incense/Resin (Frankincense, Myrrh, Loban, Cinnamon, cinnamon-orange, Cinnamon-Apple, Cedar, and Clove)
- Charcoals
- God/Goddess statue
- Offering bowl
- Lemon Quartz (for abundance, warmth, creativity)
- Golden Calcite (for super energy)
- Sunstone (for creativity)
- Unakite (for joy in daily life)
- Ametrine (for optimism)
- Goldstone (pure sparkling vitality!)
- Lepidolite (Violet ray burns away greyness)

Hemimorphite (increases energy to complete projects)☼

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Fate Calculation

The Imaginator

At first, there is a whiteness in my head that is similar to the glaring star brightness from a piece of blank paper. I imagine a black pen, whose nib draws a circle that draws itself—ouroboros?—with a punctiform in its center, and from that, a single black line that connects the intermediacy to the edge. This line will represent a thing in general, whatever is so appropriate for a thought-manifesting-creature called human, that is connected to the origin of the interior dot of the ouroboros circle to the emanation of its presumed outer edges, and beyond, if possible.

Is that possible? An ouroboros is also a circle; not an infinity figure, but not quite a simple circle either. Such visualizations are reconfiguration of sapience required for higher thought, for abstract thought; this is to come close to the mystery of mysteries, the spiritual experience. The encompassing of fervor and desire that devours certain individuals who realize the realization of existence, and that there is more than what manifests as forms to the eyes, sounds to the ears, words to the mouth.

Another line was drawn in the

time the above paragraph was read - from its center, despite the presence of an observer who kept the image of this circle vaguely in mind. But how? Nobody was looking. Then, another line is connected to the edge—surprise—filling in another absence, but the circle has only begun the fine contours of its shape. So many things are happening, so many things are affiliated through the relation of these shapes' (dot, circle, line) interconnectedness. The circle and its thinly cut lines are exacted by an intangible knife whose qualities lie between phantasmagorical and sublime, two qualities which always envelope the physical world.

We only have to look askance for these interpreted relationships.

Spells—perhaps I could say, intentions?—are crafted with that intangible knife, and the hands that carve each one are equipped with a particular exactitude - though it would also sometimes manifest as a miracle, even if the work is not meticulous! - that is in essence, the destiny of a manifestation. It is an intricate fate calculation. What I mean is, we, the existent, the so-called enactor of all things, think of a

cause to manifest: joy/sorrow; blessings/curses; binaries/singularities. Then, invisible probabilities are calculated from an abacus. Questions are asked, answers are given. They are all correct, and the fates of each line are dormant, waiting as potentials. It is utterly beautiful. All these answer/intention hybrids have already happened/is happening/will happen. The slash is the connector between subject and will, object and force. These gorgeous intangibilities began with a thought, a circle, no—a spiral. This shape has evolved into a conflagration of words, the soul of language. Yes, it is true: all these expressions are interconnected.

This is the wonder in a thing, its expressions and connections. Language is a soul that permeates throughout qualia. The connectedness of the encompassing, the splendor and passions of all things, reminds me of Buddhist Enlightenment, DKMU Paradigm Shifting, Thelema's Great Work, and so many other threatening phrases whose authority is elevated with a simple inclusion of a capitalized letter.


All these things are around us, waiting in silence and noise. In

between, each one is seen, heard, intuited. Nouns, adjectives, observations. Who is it that can understand these connections? Everyone can, actually, but it is magicians and witches and poets who will, those who embody the meaning of the thing while eternally reconciling the paradox of the I and the intended manifestation. Does a manifestation need an I to initialize it? Quite often, I am told that the universe will take care of it, and that most, if not all constructs of the I is to be discarded and forgotten so that a sigil's purpose is left to the cosmic, and that the primordial we can begin its unconscious work.

This is all still underneath the contours of fate calculation, the transformation of potential meaning into meaning made physical. But this is also how unreality transforms into reality, how Meinong's ontology seamlessly weaves itself into our existence/subsistence/abstinence, and how magic is everywhere, imbued in everything. The circle is already complete—it always has been—and its center is the origin (what/who/why is it?) from which the black lines that protrude from it begin the intricacy of manifesting. And yet, all this magnificence, all the exactitude of love and care that wielders wield this intangible knife—ritual—with, is still just one line carving another line. All for the sake of expressing reality with desired meanings.

And yet we still wonder if fate exists. ☞

Featured Stone: Unakite



Unakite balances both the emotional and spiritual bodies and provides a gentle release of energetic blockages. It helps us to move on from outmoded beliefs from the past. Unakite can also be used to help with past-life regression therapy, facilitating the understanding of previous events, and their roles in the current incarnation. Unakite's grounding effect can bring a calming influence to any environment and is great for the workplace or the home - sending out peaceful vibes to all those nearby.



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IRELAND ACRES

MOBILE HOME PARK

New Ownership and Expansion Announcement: Enchantments, Pocatello

Enchantments in Pocatello, Idaho is excited to announce its new ownership. Krystal Charlton purchased Enchantments in August 2021. Krystal has been hard at work bringing her vision of spiritual healing and health into the store. When I first met Krystal, I was immediately drawn to her passion for the store and all that she has planned for its future. I asked Krystal what made her want to buy the store, to which she replied,

“I knew it was meant to be mine the minute I walked in. I could feel the building welcome me as if it knew me. I felt an instant connection and could almost sense the walls breathing in a deep breath as I did. This is not just any store, it is something bigger than anything I have ever felt. I know I was called here to help expand spiritual healing for the community.”

The changes to the store's appearance are just a small scratch on the surface of what is about to come. Krystal has been working towards expanding the store. This will include a full apothecary next door with intentional teas, as well as a full line of essential oils, bath products, candles and jewelry making. Krystal also plans on adding a spiritual healing spa (Golden Soul Healing), which will include a salt room, deprivation tanks, amethyst beds, energy healers, readers, classes, and an aura photo booth (where you take a picture and see your aura).

Many customers who have come to the store in recent weeks continuously comment on the energy shift that can be felt the minute they walk

through the door. A recent review, left by customer Kara Morgan reads,

“The new owner has completely changed the atmosphere in here. As a loyal customer to the store before and after the change, I have to say what she's done is absolutely astonishing and blissful. The energy and friendliness in this beautiful shop are out of this world. The owner is completely in touch with herself and her spirituality, and is the most kind, loving and generous business owner I've ever met. If you need anything from house decor; to very detailed spiritual development oriented crystals, incense, herbs, or candles etc. I would recommend this place a million and ten times to everyone I know!”

Big changes are in the air as we have all been feeling an enormous shift in the collective consciousness. More people than ever are awakening to their spiritual callings and gifts. Krystal is dedicated to helping both new and old in the metaphysical community through the shifts ahead by bringing light and healing through her store. Enchantments has been bringing new products onto the shelves daily and will continue to expand the products available. Krystal has also recently partnered with a full-time Medium and Tarot reader, Katrina Corney Allen (Im Saved Tarot). Tarot readings are currently available Monday through Friday as walk-in or by appointment in Enchantments. Katrina reads both Tarot and Oracle cards to deliver



messages from your higher power - as well as loved ones who have passed on. Customer Robin England left a review stating,

“I love Katrina! She gave me a very spot on reading. I often read for myself, but often I feel that I want the cards to say what I want and not what I need. I'll be coming back for more readings. My next will be to connect with family members that have crossed over. I highly recommend Katrina Kay Allen.”

Katrina plans to continue her partnership with Enchantments, expanding her services in the future to include in-depth tarot reading classes. Katrina has a passion for empowering each individual to take the lead in their spiritual healing. When asked if she was concerned that she would lose clients for her readings if others learned to read, Katrina stated,

“If I do what I know I am called

to, which is to teach others, I hope that I will one day be out of a job as a Tarot reader. It would mean that I did my best to help others on their spiritual journey. Everyone has the ability to tap into their higher power. They should have the opportunity to heal and grow in life no matter the availability of someone to read for them. The more people that learn to read and use their intuition, the higher the vibration and healing of the earth. Each individual deserves the opportunity to step into their own spiritual power and take charge of their path.”

For me, it has never been easier to get all of your spiritual needs met in one store - and this is just the beginning. Enchantments in Pocatello is open Monday through Saturday from 10 a.m. to 7 p.m. weekly. Come in and see all the amazing changes and what made Enchantments, LLC voted Best Unique Gift Store 2021 Finalist in the Idaho State Journal. ☺

Cranberry Prosperity Sauce

Gabrielle Xanthus

Growing up with a kitchen witch was always such a delight for the holidays! My mother had so many beautiful recipes that were handed down to her by my great grandmother and she used them every year. My absolute favorite was her Cranberry sauce which included spiced apple and orange. Even the smell is enough to brighten your spirits and add a bit of abundance to your home.

Recipe

1 bag of cranberries
1/2 cup of honey
1 cup of orange juice
1 green apple
1 orange

1/2 tbs of cinnamon and clove
1 teaspoon of nutmeg and allspice

Peel and chop the orange and apple into small diced squares. Combine all the ingredients in a medium saucepan. Place the pan on the stove and bring to a boil stirring the ingredients together until fully combined. Then reduce the heat to simmer for 20 minutes. After you will cover the pot and remove it from the heat allowing time for it to cool to room temperature before storing or serving. This sauce will live in the refrigerator for up to 2 weeks or frozen to enjoy all year long.

Spellwork

As you add each ingredient to the pot, take a moment to hold them in your hands and feel the intention: Apple is for love, orange is for luck, cinnamon is for protection, clove removes negative energy, nutmeg is for health, allspice is for wealth, and honey is the sweetness that binds it altogether. While you are stirring, be sure to chant this blessing into the sauce to imbue it with all those warm holiday vibes. Once is enough but if you feel the urge to repeat it, then trust that intuition and say it as many times as you feel it needs.

“With this apple so bright I

give my love. With this orange so ripe I bring prosperity. Cinnamon, clove and spice are my blessing of health, wealth and wholeness to all those who share in this.”

When you are spicing your sauce, just remember to trust your intuition. Some spices may be stronger than others based on where they come from. Be sure to use your nose and follow your heart to get the balance just right. ☺

Gabrielle was raised in a kitchen/ green witch family. Their great grandmother Kathrine came to America from Ireland and brought with her the Celtic herbal traditions that have been handed down for centuries. Growing up they were taught that no matter what your cooking there is magic to be found.

Interpretation of Green

Purbasha Roy

Colours are like rooms. Some with tight windows, some with benevolent doors. Keen to accept more and more memories. Though I would not call it my favourite, its presence and impact on my life is the deepest - longest.

The biggest room any colour had made inside my feelings-home was green. Green always stays in some shade or other - like the reason to forgive, we manage to find for people we love.

Colonies where my childhood glided through had vast foliage pirouetting a hello . In the guise of wind gushes or bird calls, whose names today I find interesting in the native language - learnt in scraps at that time.

The word 'kusum' is a sweet-sour fruit; but it also means flower. This was quite confusing at times, when correct use of language wasn't mastered.

Rich greenness and the adventure of finding new paths among them filled the young heart with special joys that somehow are lost as time

snatches innocence from body and mind.

In the un-blossoming time, the woolly lantana leaves surfaces were the favourite handy toy .

Childhood knows no hesitations to dirt and expresses alignment for the earth elements openly. The bushes opened up to a small opening and trekking up there in the bright coloured sneakers was the translation of the first independent decision making ability.

A place I could spend a lifetime, if not called by my mother with the fall of cicadas crackle filled dusk. Wrapping all the days' light and replacing it with shadowlands, I remember the details clearly as today's breakfast incident. Today, the neighborhood child tripped the shuttle inside our garden and his face was a mixed zone of fear and apology. How it transformed to thankful blushes as I handed him his property back with a smile .

I could see the distant blue hills and kept staring at them for hours as if searching for something that I didn't know

had any intangible peripheries and shapes.

This landscape had become synonymous with the feeling of freedom that I was sure couldn't be found elsewhere but there in a remote part of the world.

My world was silent, dramaless. Among all these, a new shade of green entered my life. It became the first season of grieving - apart from the physical injuries I got being unluckily accident prone.

Our parents brought many toys for the three of us. I am the middle one among the three siblings, with my elder brother and a kid sister. That moment, a green guitar entered my life. In spite of holding my dream in my hands, I failed to claim my ownership upon it.

I had always dreamt of playing the guitar like a cowboy in the ranches. Too long a wait reduces the happiness of actually getting it. Who believed in these kinds of philosophies then - or was I even aware of stuff like this at first.

The guitar was colored frond. What stood between the guitar and me, like a cotton veil, was the fear of losing it. For months I kept arguing with the paleness of resistance for the cross of space and flung my guards to far oceans. That would forget the return path like the 19th century cinema reels destroyed with no carbon copies in entirety.

Finally, when I gathered all the courage - like a pack of bees taking over the evening hive, I realised the guitar was already in custody of my brother. It's strings vibrating under his fingers.

That morning I understood what it is to lose something that you couldn't owe for the fear of losing. This only leads to a writhed absence. Like being parallel to a story that remains destined to have no beginning.

When you asked a fortnight ago, why do I avoid wearing the green shawl you gifted me? I instantly returned to the green room that has every wall left enharmonically wintering.

Purbasha Roy is a writer from Jharkhand India. A she/her.

Hathor's Ringing Dance

Ginger Strivelli

Hathor, our Goddess of love and righteous wrath dances

jingaling tingaling ringaling

wearing bells and throwing loving glances

jingaling tingaling ringaling

giving warriors and lovers second chances

jingaling tingaling ringaling.

Hathor, with all the stars in Her hair

jingaling tingaling ringaling

dances with Her worshipers everywhere

jingaling tingaling ringaling

as their sistrums ring along in Her prayer

jingaling tingaling ringaling.

Hush, listen to Hathor's bells

shake and sound

jingaling tingaling ringaling

as She dances around and around

jingaling tingaling ringaling

glowing like the Sundisk with which She is crowned

jingaling, tingaling, ringaling.

Hathor, with bells on Her hands and feet

jingaling tingaling ringaling

helping soul-mates, forever-fated couples meet

jingaling tingaling ringaling

and keeping just warriors from being unfairly beat

jingaling tingaling ringaling.

Hathor, the cow-eared Egyptian Goddess

jingaling tingaling ringaling

shimmying the bells on Her gown's bodice

jingaling tingaling ringaling

offering her worshipers commendations and solace

jingaling tingaling ringaling.

Let the warriors who fight against wrong

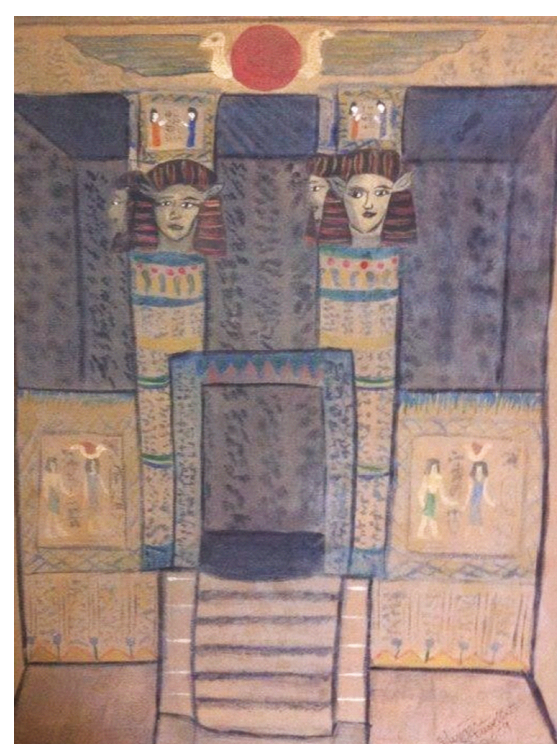
jingaling tingaling ringaling

and the couples who's love is true and strong

jingaling tingaling ringaling

join in with Hathor's ringing song. ☸

Ginger Strivelli is an American artist, world traveler, and writer. She has six grown children including three who are autistic. She writes non-fiction regularly for Autism Parenting Magazine and various Pagan Religious publications and anthologies. She also writes science fiction and fantasy short stories.



Painted by the author, Ginger Strivelli, used with permission

Psychic Protection for the Holiday Season

Lysander Xanthus

It's the holiday season and time to visit friends and family, or maybe this year they may be coming to stay with you. This is also the season of higher exposure to psychic contamination, when you come under oppression from the telepathic or empathic influence of those close relationships. All humans are intuitive, and have energy bodies that interact with everything around them, including you. This can lead to feeling not-yourself as you are overwhelmed by other people's energy, or having your own energy stimulated negatively. This can potentially leave you feeling off for months after the holidays or even feeling steadily worse year after year. It doesn't have to be that way. You can take back responsibility for your own energy body and life experience!

We may be feeling reluctant about the festivities ahead, even as we may be glad to see our loved ones, because of how we have felt in the past during holidays. In years past, you may have already experienced many of the symptoms of psychic contamination from your close relations. How can we protect ourselves this season, and going forward? These are some methods you can utilize:

Assume good intentions and good things. People subconsciously respond to what we are thinking and feeling. And when we expect hostility, we can even plant those feelings into them when otherwise they might have acted differently. The default is we are all influencing each other all the time. Try putting yourself in a benevolent place first, as it will deflect ill will being directed at you and not add negativity to others.

Energy shielding. There are many ways to do this, and the one that will work best for you will depend a little on your own experimentation. Essentially, you will want to imagine or sense yourself inside of a sphere, made of any material/energy/barrier that you fully feel will be protective and that for you defines where you end and everyone else begins.

My preferred method was taught to me by my teacher and she referred to it as the **Rose-Cross Shield**¹. You begin by standing, then using your dominant hand you draw a golden (imagine this, or simply intend it) equal armed cross in the air in front of you. Then pointing at the center of the cross, see a white rose bud open and bloom. As it blooms, you draw a spiral outwards and clockwise from the center of the cross out to the ends of the cross-arms. Then in a line move your arm across to point to your right, and repeat drawing the symbol. You will repeat drawing the rose cross behind you and to the left of you. Then move your arm to connect the crosses in a circle, joined by golden rose briars. With your hand pointing in front of you again, swing your hand down to draw the symbol below you, then move your hand backwards in an arc until you are pointing above you, and draw the rose cross above you. Move your arm to connect the crosses above, in front, below, and behind you in a vertical circle. End with your hand pointing to the ground so that you can move it out to your side, and connect the crosses to your right, below you, to your left, and above you. You will end with three gold rings connecting the crosses. You can additionally intend or visualize that the spaces between the rings are

filled with more golden briar, or with golden light. This shield has served me well over the years. You'll need to cast it at least once a day, and you can reinforce it if you feel the need to throughout the day.

Fully being in your own space. Either imagine seeing a ball, or imagine feeling a ball/pulse of energy in the center of your body. This is your essence and soul. See or feel that ball expand outwards, so you are encasing yourself in energy that is just yours. As that energy pushes outwards, it pushes out and away energy that is not yours. Continue until the sphere extends a few feet away from your body in all directions. Tell yourself that in your sphere is only your energy, and that outside your sphere is everyone and everything else. Repeat that to yourself a few times while feeling that separation between you and the environment. You can do this whenever you are feeling suffocated or intruded upon, as a way to reassert your boundaries and autonomy.

Once you have left an event or gone home from visiting, it will be helpful to take the next week to thoroughly clear your energy. Some tips for detoxing afterwards:

Detaching through mindfulness. Pay attention to each of your senses one at a time. Breathe. Have your attention right where you are now. Breathe. Tell yourself that you let go of anything that is not yours. You release every moment before now.

Cleansing. I suggest using multiple methods, to be sure you have removed anything that isn't serving you. Some methods include:

- grounding your energy into the earth - which to do, you need to just imagine feeling the energy move down out of your body and aura and down deep into the ground

- standing in sunlight and asking it to purify you

- asking the wind to blow through your aura, clearing everything away

- salt (which is purifying) baths

- fumigating your aura with incenses, plants, or resins like nag champa, frankincense, or rosemary

- using crystals to clear away your energy like black kyanite and selenite by using a sweeping motion across yourself

- putting energy into herbal teas with plants that have purifying properties such as: basil, cinnamon, rosemary, and lemon (not all together of course, that would taste strange!).

Regain your own sense of balance by engaging in activities that re-connect you with your sense of self and your daily rhythms. What those activities are can include anything that connects you to your peace. ☸

1. King, Francis, and Stephen Skinner. *Techniques of High Magic: A Manual of Self-Initiation*. Rochester, Vt.: Destiny Books, 1976.

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



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Cosmic Magic - Exploring Astrology and the Signs of the Zodiac Randi Ruby

"What's your sign?"

Possibly the most infamous pick up line ever. For over a millennia, humans have used Astrology to predict events. And most recently, Astrology has been used as a tool for interpreting one's own patterns of thinking and being in order to spark personal empowerment and expansion. It is so popular that almost anyone in the Western world can flip to the horoscopes section of their local newspaper or find them within the pages of their favorite magazine. But what is your sign? Why are people always asking us?

What is Astrology?

Astrology is a form of divination and/or system of thought that uses the Earth's position as relative to the Sun and planetary bodies to interpret the energy of our reality. There are 3 main pieces to understanding Astrology:

1. The Planets which rule over particular aspects of our reality and How the process of fulfilling that motivation.
2. The Signs of the Zodiac determine how the motivations of planetary influence manifest themselves as a blend of unique characteristics and behavioral tendencies.
3. The Houses which determine what areas of our lives in which these motivations will manifest. Today, we will be exploring the signs of the Zodiac.

What is the Zodiac?

Again, astrology is calculated based upon the Earth's position as relative to the Sun and other planetary bodies. From there, the cosmos is also divided into twelve sections. Each section is named after a constellation that falls within its realm and these sections are known as the Zodiac. As we travel around the Sun - though,

we on Earth, are the ones in motion - from our position on Earth it gives the illusion that the Sun is "moving" through each of the twelve signs in one calendar year. In addition, the planets then move through the signs as they make their own way around the Sun.

Our own signs are determined by our personal star charts, a record of the positions of the luminary bodies (Sun and Moon) as well as the planets at the times of our births. When someone refers to their sign, this is in reference to the sign the Sun falls under, as it is often the most dominant sign in one's chart. Each Zodiac sign has its own unique blend of characteristics that can help us explore our own patterns of thinking, being and help understand ourselves on a deeper level so we may grow. To better understand our signs, we must understand that each of the signs are each a blend of their ruling planetary influence, their element and their modality.

Now as you may be able to discern, the subject of astrology is COSMICALLY VAST; and therefore, too much to cover in a single issue. As such, today we won't be exploring the role of the planets. However, if you wish to cultivate a deeper understanding, please visit our website where you find the basics of Planetary Magic in the Samhain Issue under our column title, Cosmic



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Magic. (Printed October 13, 2021)

Elements

Fire - Fire is the element and/or energy of transformation. Fire is fast-acting, optimistic, inspirational, bold, passionate, enthusiastic and energetic. Therefore the Fire signs - Aries, Leo, Sagittarius - exude these qualities.

Earth - Earth is the element and/or energy of our physical world. Earth is slow and steady in its approach to life. Practicality, pragmatism, patience, and stability are all characteristics which the Earth signs - Taurus, Virgo, and Capricorn - share.

Air - Air is the element and/or energy of thought. Our minds create what we experience in our realities. Air is the element of space - and therefore movement, as space allows us the room to grow and expand in our abilities. The Air signs - Gemini, Libra and Aquarius - are social, diplomatic, witty, curious, flexible and free-spirited in their nature.

Water - Water is the element and/or energy of emotion and connection. Like Water, our emotions or how we FEEL about something or someone, influence how we interact with those entities. The Water signs - Cancer, Scorpio and Pisces - tend to be emotional, sensitive, intuitive, empathetic and creative using their hearts over their minds to ultimately make decisions.

Modalities

Cardinal signs - Aries, Cancer, Libra, Capricorn - Cardinal signs are the initiators and intention setters for their season. These signs are self-starters and passionate about their dreams and motivations but may lack the fortitude and practicality that would allow them to see those dreams come

to fruition.

Fixed signs - Taurus, Leo, Scorpio, and Aquarius - Fixed signs are those that do the WORK to begin anchoring the energy and intentions that were initiated by the Cardinal signs into our realities. These signs are stubborn and are not fond of change - which limits their ability to adapt to the challenges of an ever changing Universe.

Mutable signs - Gemini, Virgo, Sagittarius, and Pisces - Mutable signs integrate the lessons learned through the intentions and actions of the Cardinal and Fixed signs. These signs are flexible, adaptable and embrace new ways of being. However, they tend to see value in a myriad of things and therefore may lose focus or become easily distracted.

The signs of the Zodiac

Aries (March 21 - April 20) The first sign of the Zodiac, Aries are often viewed as natural born leaders. As a Cardinal Fire sign, Aries are courageous, energetic and dynamic signs who have a flare for inspirational ideas. However, Aries are also known to be impatient, impulsive and down right aggressive. This Ram likes to WIN, and Aries are not about to go down without a fight. In fact, they might even enjoy the challenge.

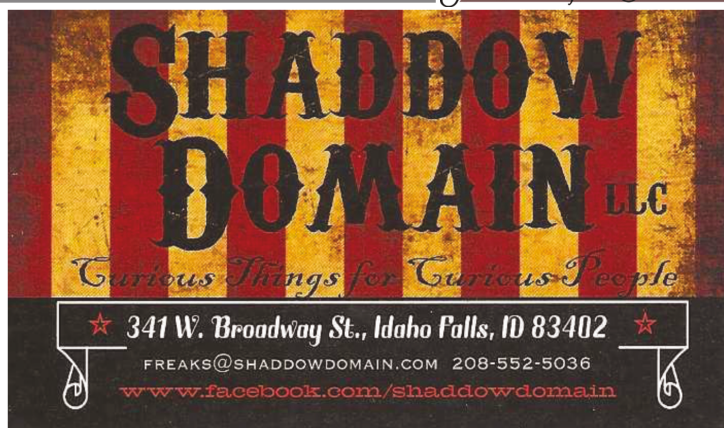
Taurus (April 21 - May 20) Taurus are practical, reliable and like their symbol, The Bull, willing to move slow and steady to get the work done in a manner that will ground their efforts into reality. As Taurus is FIXED Earth sign, they are known to be both stubborn and uncompromising; it will take a lot of weight to persuade these bulls off of their current path.

Continued on page 11

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Idaho Falls, Idaho, USA--An interview with Julie Denton Pederson Oliver, owner and creator of Shaddow Domain, a metaphysical store in Idaho Falls, Idaho.

Question: What is your title at Shaddow Domain?

Julie: Owner, Grand Pubaa, Grandma or Mom. I've answered to all of them.

Question: How long has Shaddow Domain been open?

Julie: We opened our store in 2002, making 2022 our 20th year, which seems absolutely crazy. I don't think any of us believed it would last this long, but this store kind of has a mind of its own, and it seems to know what it's doing.

Question: What would you say is the theme of your store?

Julie: People ask this question quite a bit, and it's a rough one to answer. I just order what I like, and I've always loved Halloween and horror. I guess the overriding theme is always creepy; morbid creepy, fun creepy, creepy cute... creepy. But the metaphysical side is a little different. I didn't know much about the metaphysical way of life until I opened the store, and customers immediately started asking me to order metaphysical items. I learn so much from my customers and their differing beliefs, which I think keeps our selection varied and eclectic, fitting nicely with the creepy aesthetic.

Question: What kinds of things do you sell?

Julie: The easy answer is oddity, metaphysical and novelty items, not necessarily in that order. We have candles, tarot cards and incense. We have creepy vintage dolls and adorable Tokidoki unicorns. We have shirts and purses, and dragon and fairy figurines. We have knives and swords. We have quite a variety of interesting things.

Question: What got you interested in those kinds of things?

Julie: My family spent many a night at the drive-in, watching 70's and 80's horror movies, it's in my blood, it's what I love. I used to travel to Salt Lake to shop, and I wondered why we didn't have somewhere local that carried the things I wanted, so I opened a store. Remember, this was twenty years ago, before internet shopping became so huge. In high school in the early 80's, I wanted to open a store called Wild Side. I envisioned a lot of zebra print, but that idea really didn't age well.

Question: Did you grow up in Idaho Falls?

Julie: I've lived my whole life in Idaho Falls, I guess I just never had a reason to leave. Watching over fifty years of change

is bittersweet, but I believe we have a great community and I'm proud to be a part of it. Shout out to Bonneville High School Class of '82!

Question: What is your favorite item to sell?

Julie: My favorite is really anything that makes people leave happy, but I love the connection people feel to the oddity creations that my consignors and I make ourselves. Seeing someone truly appreciate what we've put into our art is a great feeling that I'm sure every artist understands. Taxidermied ducks with four legs or dolls with squirrel heads may not be everyone's cup of tea, but to the collector they are beautiful.

Question: Tell us about your Dime Museum:

Julie: Our museum is basically my personal oddities collection. I'm not sure if a collection begins as something that we accrue on purpose or as an inability to get rid of anything, but I've been collecting most of my life. The item I've had the longest is a glow in the dark vampire model that I got for Christmas when I was very young (like I said, we've always loved horror). My house is too small to display my collection, and it's much more fun to share it with the world.

Question: How do you find the things in your museum?

Julie: I'm always searching, no matter where I am or what I'm doing, and I find things pretty much everywhere, auctions, estate sales, thrift stores, everywhere. I've been collecting for so long that people even bring me things. Sometimes they want to sell an item, sometimes they just need a creepy thing out of their house. We are kind of the island of misfit toys.

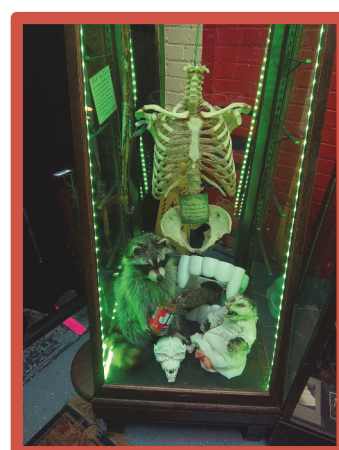
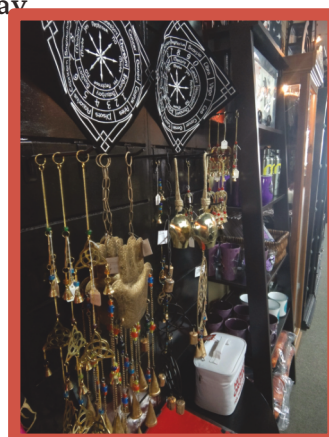
Question: What is your personal philosophy?

Julie: I started this answer several times and removed it and started over, I had to ponder what I think "personal philosophy" means. I think mine can be best summarized in memes: Be kind, you don't know what someone else is going through. Be nice until it's time to not be nice. You're not a doormat, don't let people walk on you. That pretty much sums it up.



Question: What are your plans for the future, and for Shaddow Domain's future?

Julie: As I said earlier, the store has always seemed to have a mind of its own, so I'm sure it has a plan. Or not. The future is always uncertain and malleable. I'd like to think that we would leave a hole if we weren't here, so my plan is to keep doing what we are doing, to be happy, and pass the store on when the time comes. As I get older, which is happening every day, I do plan to hand over more of the responsibility and spend more time with my amazing husband exploring the world, and I'm very excited about that! ☘



Continued from page 9

However, Taurus has a softer side that can be described as playful and sensual, but of course they'll be the first to spot any red flags so watch out!

Gemini (May 21- June 21) Possibly the most infamous of the signs, Gemini's are known for their dualistic nature best described by their symbol, the Twins. In one instance, Gemini's are the most curious, social and playful signs of the Zodiac - giving the impression that the Gemini is invested in a relationship or endeavor. In the following instance, one might find Gemini's to be reckless, mean-spirited and detached from those around them or even themselves. The constant juxtaposition in their thoughts and actions can make it difficult to understand where a Gemini's true loyalties lie, and lead them to make quick decisions that they may regret later.

Cancer (June 22 - July 22) Cancer's are the most nurturing, sensitive and family oriented sign of the Zodiac, but you'd never know it. Just like its symbol, the Crab, this sign is an expert at protecting themselves with a shell of armor and the occasional pinch. Cancer's proficiency in setting boundaries has a tendency to bring some moodiness and pessimism to the surface of their interactions, but for those who are willing to swim the depths, their hearts are as deep as the ocean.

Leo (July 23 - August 23) Ruled by the Sun, Leo's are born to shine. Confident, generous, and loyal, this sign knows how to command attention and loves being the center of it. However, that attention wouldn't mean much if it wasn't authentic and as such, Leo's are infamous for their shameless and beautifully authentic expression of themselves. Leo's often see themselves as the royalty of the zodiac, but like so many rulers, may fall victim to arrogance, stubbornness, and - of course - that Lion sized pride.

Virgo (August 24 - September 23) Virgo is a mutable Earth sign grounded into their desire to feel useful and be of service to the world. As such, Virgo's are often described as organized, detail-oriented, analytical, and - of course - altruistic. Though their symbol is the Virgin, don't discount this hard-working sign's willingness to get down and dirty to streamline efficiency or tidy up any loose ends. To be of greatest value and service, one must embark on the never ending pursuit of perfection. However, perfection is subjective, and Virgo may be less than accepting when they -

or those around - them fall short of that achievement.

Libra (September 24 - October 23) Libra's are known for their diplomacy, romantic heart and desire for harmony. As the sign of the Scales, this sign is always in search of what will make them balanced in the many areas of their lives, particularly in the areas of love and relationships. However, it is much harder to balance the scales than it is to tip them, and Libra's are known to be indecisive because their diplomacy allows them to see the value in numerous perspectives. In addition, Libra's tend to look at the world with those rose-tinted glasses on and may fall into bouts of depression or self-pity when reality's true colors are revealed.

Scorpio (October 24- November 22) As the only metamorphic sign in the Zodiac, Scorpio's are flexible in their perspectives and adapt quickly to new situations. Known for their cunning and magnetism, this Fixed Water sign has a way of connecting to a myriad of people through shared experiences and emotions. However, Scorpio is also the most mysterious of the Zodiac and has a notorious reputation for not being transparent about their thoughts, feelings and motives. For this reason, Scorpio's can be seen as manipulative and appear ruthless in pursuit of their desires.

Sagittarius (November 23 - December 21) Like their symbol, the Archer, Sagittarius are known for having their sights set on what will bring them joy, adventure, freedom and - above all else - truth. Often seen as the philosophers of the Zodiac, these adventurous spirits are driven to discover the deeper truths of our reality, often at the cost of comfort to both themselves and others. As a Mutable Fire sign, they are known to be inspirational, optimistic, and light-hearted. However, like their primary element, Sagittarius has the ability to leave those around them feeling burned on their quest for freedom, often brandishing truth - not as a liberator, but as a weapon. In addition, Sagittarius may burn bright with inspiration and intention, but as a mutable sign, have difficulty with follow through.

Capricorn (December 22 - January 20) Capricorn's are without a doubt the most resourceful sign of the Zodiac. As a Cardinal Earth sign, Capricorns know how to be conservative with their time, energy and money. Known for being hard-working,

disciplined and diligent, the Sea-Goat is ready to stick to their dreams like mud until they flow into reality. As an Earth sign, Capricorns are known to be anything but flexible and this sign has made a reputation for itself of being a know-it-all, more than a bit condescending and occasionally cheap..

Aquarius (January 21 - February 19) Due to the name, Aquarius are often mistaken as a Water sign. However, this Fixed Air sign can be described as many things, but emotional or overly sensitive are not among them. Progressive, innovative, and unique in their approach to life and thought, Aquarius is the sign associated with breaking the habits of the past in order to usher in a new future. Most focused on their visions beyond our current reality, this Air sign can have difficulty setting goals that are grounded in practical application and can appear detached from the people and places around them.

Pisces (February 20 - March 20) As a Mutable Water sign, with the symbol of the Fish, Pisces are native to the seas of emotion and empathy. And as the last sign of the zodiac, who can blame them for being more than a little sentimental? Pisces have a tendency to let their emotions flow, and with its expression, comes their great capacity for creativity, connection and spirituality. However, Pisces are sensitive, and even the most constructive criticism can be interpreted as a personal attack. In addition, because Water signs feel things so deeply, Pisces tend to fall victim to escapist tendencies such as day dreaming and even addiction.

Cosmic Moon Forecast

Full Moon in Gemini - December 19th

The Full Moon is a time for celebrating abundance and expressing our gratitude for growth and expansion. Now, it has been a looong two years full of setbacks, growing pains, loss...and though it is far easier for our minds to focus on the negative, now is time to embrace the duality of the Gemini Twins and shift our focus to the more positive aspects of our experience. What have you learned? How have you grown? What shifts have occurred that have expanded your consciousness? With the Full Moon in Gemini, the most social sign of the Zodiac, why not celebrate our achievements with family, friends, and/or colleagues?

Last Quarter Moon in Libra - December 27

Just in time for the New Year, this Last Quarter Moon is the perfect time to release anything that is blocking us from

experiencing more balance, love and harmony. As the holiday season comes to a close, we may feel like we are running on empty, and now is the time to reflect on what we can do differently in the future that won't leave us with our own cup feelings so desolate. In order to fill ourselves up, let's first look at what is blocking us from receiving in the first place - and release it. Do we need to banish negative self talk? Release old habits so that new, empowering habits can take their place? Break up friendships and/or relationships who haven't had our best interests at heart over the past year? Reflect and let the disempowering things go to establish a more harmonious life as we enter into a brand new 2022.

New Moon in Capricorn - January 2nd

This is the first new moon since the Winter Solstice, a time of rest and reflection, making this the perfect time to ground into new intentions of how we wish to spend our time, energy and money in this next year. Capricorn is the most resourceful and conservative of the Zodiac, so the theme of this New Moon is to work smarter not harder. In what areas of our lives are we needlessly spending our time? Energy? Money? How can we shift our mindsets and habits to better support our desires in this new year? Set those intentions and work with the Earthly qualities of patience, discipline and diligence to bring them to fruition.

First Quarter Moon in Aries - January 9

As it's the First Quarter Moon, this marks the time where we can really begin transforming those New Year and New Moon intentions into a reality by taking physical action steps and moving our bodies into alignment to receive what we desire. No amount of wishing and intention setting will create the opportunities and abundance we seek; even if we have the grand aspiration to win the lottery, we still must GO and buy the ticket. So call on upon your New Year's intentions, make a plan, and use the fiery Aries energy to GO and DO what you need to in order to create what you desire.

Randi Ruby is a modern witch and the creatrix of Witchpowerment - a blog and online community. Witchpowerment is a space dedicated to providing the practical and magical inspirations for creating lives we love living.

Iphys and The Two Sisters

Lysander Xanthus

In front of Iphys was an opened laptop, with a chat session on screen. They were in their room reserved for working in their apartment. Iphys began the video call.

Julisa was their client today.

“I really need to reach out to my sister. She died almost a year ago, and my niece died with her. It was just so shocking for the family, because the doctors said everything in her pregnancy was going fine. I just want to know if she’s okay, I just can’t stop thinking about her right now with Christmas coming up.”

“I’m sorry to hear about your loss.” Iphys wasn’t sure what else to say, Julisa nodded. “I will look for her in one moment. Please tell me her full name.”

Iphys stood up and began lighting the candles set up in a circle around the laptop, as Julisa answered. They whispered an invocation as they lit each one, until all nine were alight. Nine torches. Each served as a beacon, one for each of the nine dimensions in the world. They would help Iphys be able to see into each dimension to find the soul who needed help transitioning. Each candle had a key etched into the side, and was dressed in an oil dedicated to Hecate.

“Martina Elise Fernandez. She passed away on December 23rd last year, she was born July 3rd, 1987.”

Iphys thought the name to themselves, and reached out their consciousness through the dimensions. They saw Hecate standing in a room, and Iphys’ astral body was pulled to that point. Iphys was standing in front of Hecate, and Iphys looked around to see that they stood in a hospital room.

Iphys could feel Martina, but

not see her. Iphys reached out and expanded threads of their energy into the room, to feel for the spirit and draw her out. Then they saw her. A woman with dark hair in a white gown, as if painted by an impressionist. All her features ran into each other in an oily blur. Her mouth was distended, and her stomach was lacerated. She screamed at Iphys, stretching her mouth into a wide black pit. Iphys threw up their hand and imagined a grey energy around Martina, who fell still. Iphys could sense that the room was also occupied by living people, the room was still being used for deliveries. Iphys knew that this spirit’s presence had likely caused some damage to the other mothers who had given birth in this room since.

“I am here on behalf of your sister, Julisa, because she was hoping to speak to you. I am also here for you, to help you out of this place.” Iphys projected their thoughts to Martina.

Only a few seconds had passed. Iphys opened their eyes a moment to look at Julisa on their laptop. “I have found her, it does seem that she has stayed behind; but at the end of this session, I will transition her spirit. Is there anything you wanted me to tell her or that you would like to know?”

Julisa looked uncertain.

“Please tell her that I still think about her all the time, and I miss her. Does she have anything she wants to say to me...?”

Iphys had their awareness split between their ritual room and the hospital room. They focused on Martina and repeated what Julisa said. Martina scowled, and was silent for a moment. Then she projected a series of feelings and images at Iphys.

“Martina says that she wishes she had made more time for you when you both were younger. The times when you would go on car trips across the country were some of the best times of her life. She’s so grateful that you were there for her-” Iphys paused, wrestling between wanting to be sensitive and her duty to relay the message, “through her pregnancy.”

Julisa nodded eagerly, tearing up.

“Of course I was there for her, she is my big sister. I’m so sorry for what happened. I’m still thinking about how I could’ve helped things go differently. It is killing me.” She paused, putting her hand to her mouth to stifle a sob. “She was there for me so much more than she knows. I just want her to know it was more than enough. She doesn’t need to be sorry for anything. I love her so much.”

Iphys relayed this to Martina. Iphys felt strong waves of emotion, and though Martina didn’t speak, Iphys knew and felt.

“She loves you. She is so grateful you reached out to her. She was feeling really stuck in her own grief. Hearing from you that she was there for you enough has made a difference. She doesn’t want you to be held back by what happened to her, she believes in you so much, in what it is you want to do after you finish school.” Iphys felt that deeply, and felt themselves tearing up. “I apologize, I usually am better about holding my composure - she seems like she is feeling more like herself the longer we are talking to her.”

Martina’s appearance had shifted bit by bit as they talked. She now appeared more as she had in life, alive and whole.

“I’m glad I could still help her in some way.” Julisa said. “And I promise, Martina, I will keep living the way you want me to - I will help people, I will be happy.”

“At the end of our session, I will move her on.” Iphys said, “I think that will be best to allow her to enter the next stage where she can process this life.”

Julisa nodded.

“Thank you so much. This has meant everything to me.”

They said goodbye to each other, and ended the call.

Iphys stood in the candle ring, and focused their full attention on Martina. They raised their hands.

“Hecate, help me guide her. As the sun returns from winter to the world, her soul will return from the transitory plane to life again. To love again.”

Iphys felt The Presence and instinctually moved themselves and their energy. Iphys was in the hospital room facing Martina, and raised their hand. A portal opened in the air, the border spinning. It opened out onto a long shore along a river. Iphys took Martina by the hand, and they stepped together through the portal which closed behind them.

“Wait here, and the ferryman will take you to where you will go next. When you get there you will have the chance to go through all you are feeling, and then you will have the chance to live again. Be brave, and continue forward.”

Iphys stepped back and mentally pulled themselves back into their body - back in their room. They slapped their hand to their chest, symbolically pushing their astral body in. Iphys opened their eyes and went around blowing out each candle.

They sat down and took a deep breath. Iphys reached for their phone, and called Frankie.

“Happy Yule.” Iphys said.

“Hey! It’s not Yule yet - but, what’s up?”

Iphys paused.

“I just needed to tell you that I’m glad you’re in my life.” ☽

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



December 2021 Guidance: Astrological Card Readings by Sign

Robert Vecchio

Aries- Your three cards are: relaxation, protection and embrace. Take this time to focus on yourself and do more things that make you happy. There is guidance from above in all aspects of your life. Remember there are things in life that you can - and can't - change.

Taurus- Your three cards are: beginnings, harmony and fulfillment. Today is the best day to start something new that will bring joy into your life. Balance is key to finding inner peace. Your dreams are coming into fruition.

Gemini- Your three cards are: wholeness, joy and blessings. It is time to open up your heart chakra to allow happiness into your life. There are good things coming to you. Allow yourself to receive them. There is nothing holding you back.

Cancer- Your three cards are: cultivation, drive and

achievement. Listen to music, as it will give you messages from the universe. You need to look forward and never backward. Be grateful for the little things in your life.

Leo- Your three cards are: enlightenment, understanding and empowerment. Stay focused on what you are doing and what you are working toward. It is important to stay grounded so you don't lose that focus. Trust your gut and the answers will be given to you.

Virgo- Your three cards are: revelation, splendor and innocence. Look at all sides of a situation in order to make a correct decision. While doing so, take time to smell the flowers. Don't rush the process. Go after what you have always wanted to do.

Libra- Your three cards are: be candid, reflection and achievement. It is very important to speak your truth

in order to live your best life. Look back at the past to see how far you have come, but don't live in the past. Be grateful for everything that you have accomplished and where you are headed.

Scorpio- Your three cards are: personal transformation, belonging and embrace. The whole world is at your fingertips. The universe has a plan for you, allow it to happen. This is where you are meant to be. You are learning the lessons that you need to.

Sagittarius- Your three cards are: generosity, insight and revelation. Use your inner voice and your gut to see everything that is going on in any situation. Stop giving and expecting in return. You need to help yourself first before you help anyone else.

Capricorn- Your three cards are: beginnings, inner knowing and capacity to love. It is a

good time to open up your heart to the proper person. Love yourself in order for love to find you. Remember, today is the best day to start something new.

Aquarius- Your three cards are: steadfastness, positive outlook and generosity. Look forward, not backward. Stay strong in order to move forward. Balance is key for this to happen. Take care of yourself first.

Pisces- Your three cards are: promise of the future, spiritual practice and childlike expression. There is light at the end of the tunnel. Stay grounded in order to overcome any obstacles thrown at you. Go after your dreams with full force. ☸

Robert Vecchio is the High Priest of the Practical Magick II coven. Psychic medium.

Yuletide Peppermint Cheer Heidi Jensen

As the weather gets colder and colder, the season of Yule swiftly approaches. Although Yule is a time for joy and cheer, often it also comes with depression, and cold. A time when bugs and rodents turn inward looking for warmth. Peppermint oil is great at curing all of these ailments. The genus name for peppermint is *Mentha* and it comes from the Greek word *Minthe*. *Minthe* was a nymph in Greek mythology who was beloved by Hades. She was transformed into the mint plant by his jealous wife *Persephone*. She would then step on *Minthe* with all her might time and time again,

with each step she released the plant's sweet aroma.

While many of us rather enjoy the smell of Peppermint, this aroma is unpleasant to many insects and rodents. In order to help with the control of these, mix 2-3 drops of the oil per cup of water. Add the mixture to a spray bottle and mist all doorways, windows, and along the borders of rooms and the outer perimeter of the house, garden, or any other location where they may wander. This should be done at every two weeks. This same mixture is also said to help keep negativity away and aids in protecting the home.

Peppermint increases the vibrations of a place and expels negative energy. That is also why it is a good idea to include all the window and door seals, and along the hearth if you have one, when applying it throughout the home - two birds, one stone. Peppermint is used in the home as a protective herb because it belongs to the sphere of Venus - that which brings us joy and pleasure. It has long been used in healing potions and mixtures.

Since the earliest of time, Peppermint has been mentioned as

being used in Greek and Roman feasts. They used it in wreaths, table decorations and, best of all, mixed into wine and sauces as a flavouring agent. There are also mentions, as early as the 13th century, in Icelandic Pharmacopoeias and was cultivated by Egyptians. In Scotland, it was a medieval flavouring in whiskey. As you can gather, it has been used as a digestive and herbal aid for many centuries and in many regions of the world.

Continued on page 14...

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...Continued from page 13

Many still use Peppermint oil today. Ingesting peppermint can help to relieve the symptoms of various cold and flu viruses. A classic cold remedy, that will also unblock the sinuses, is: two drops of food-grade Peppermint essential oil, two drops of food-grade Eucalyptus essential oil and two tablespoons of lemon juice in a cup of hot water. First, inhale the mixture and then drink it while it remains warm. Adding honey to the mixture will soothe a sore throat. Peppermint applied at the wrist has been used to ensure that you will not become ill. You can also make an ointment that can be used on the chest and under the nose to aid with congestion. You will need: 1/2 oz. Eucalyptus Oil, 1/2 oz. Rosemary Oil, 1/2 oz. Peppermint Oil, 2 oz Hard Paraffin Wax, and 2 oz Soft Paraffin Wax. Melt these

ingredients together and stir as it cools down. You'll want to make certain you mix the mixture well. Then, store it in an airtight container with a label and away from heat. This can be applied several times a day, as needed.

Unfortunately, colds, the flu and other such viruses are not the only ailments that plague us during winter. The colder months also tend to bring on more depressive states of mind. We may find ourselves restless and/or bogged down with worry and fear. To aid with headaches, as a result of such worry, rub Peppermint oil on your temples, back of the neck, and on the pressure points next to and behind your ears. Spray your pillow, or place a satchel with Unakite and a few drops of Peppermint under your pillow, to encourage sleep and peaceful dreams. This will allow the heart to open to joy and also access the vibrational healing properties of both the Peppermint oil and Unakite.

Many times they may induce prophetic dreams of the future or help work through shadow work from the past and present. Journal what takes place, even the small details - everything that sticks out.

You can also use Peppermint oil in spells to create positive changes in your life. For example, this spell uses candles, anointed with peppermint essential oil, to help lift your spirits when you need inspiration. Set your altar/space up with an Unakite stone, a white candle, an indigo candle and a mixing jar with lid. Mix three drops of Peppermint oil with 2 teaspoons of carrier oil, such as almond, into the jar. Light the white candle and focus on your intention. Hold the mixture in your hands and focus that intention and energy into the oil. Once you feel it is well charged, take the indigo candle and inscribe it with something meaningful to you - a sigil, a phrase, or even the word joy.

Anoint that candle with your mixture, return it to its holder and light it. Chant the following:

Oh Powers that be,

Please send inspiration down to me.

Fill my mind with energy to cheer

And remove all traces of fear.

Let it be and.

Blessed Be.

As the candle melts, feel all your worry and stress melt away. Let go of all that negative energy. Let joy, light, and cheerfulness feel your heart and soul! ☸

Heidi Jensen was born and raised in Idaho Falls. She is co-founder of her coven, President of the SEIML Guild, co-host of the Mystic Gathering Coffee group, Boss Witch at Jensen's Lil House of Demons- AKC Shih Tzu Kennel, and one of the editors for Metaphysical Times.

Redefine Manifesting

Sarai Peotdi

Manifesting is such a buzzword right now, and everyone is talking about, "Learn how to do it." I'm going to bring a new definition to the word. The way I see it, manifesting is something we already do daily. What we're experiencing right now, at this moment, was manifested in previous moments. Just because we're looking at what we have and saying it's not what we want, we let our brains tell us that we don't know how to do it. Well, no one said it is only positive - or that we can only manifest good things. Manifesting is changing thoughts/vibration/frequency, and making it a reality. Therefore, to actually be real, it is a visual representation of our inner world; changing the invisible to visible, immaterial to material, regardless of how we feel about the outcome. Manifesting is, quite literally, the shaping of our reality.

This is GOOD. NEWS. It means that: 1) we already know how to do it and don't have to learn something from scratch and 2) with some minor adjustments - a change in direction/focus - we can create a different reality JUST AS EASILY as we created our current reality. We already do it, but by accident - unintentionally. Now we get to do it on purpose, with a specific intention.

What we're experiencing is a direct result of what and where our attention and focus lies on a daily basis. If we're not happy about our reality and want to change our circumstances, we

have to start at the source: thoughts. It's about focusing our thoughts in a specific direction - for a specific purpose. We know thoughts are energy, which is why the starting place is to get clear on what, where, and how we use our energy. What are we letting bother us? What consumes our mental and emotional energy? When negative situations occur, how much energy are we using to focus on them? When we have negative thoughts, and feelings, how much time gets wrapped up in that? The more time, the more energy. How we distribute our energy - where we allow our energy to go - is key. We think that if our situation sucks, then we have to "report the news" and tell it like it is, which often includes feeling shitty. We think that we can't possibly feel good about it, much less turn around and create a nicer one. The most interesting part? We think that the thing itself (i.e. money, work, love, weight) is what is causing us to suffer; but, it's actually the story we tell ourselves about the thing that causes the suffering. This is why a change in approach to our circumstance is pivotal.

Redirect your energy and thoughts away from what isn't working and in the direction of your wants, desires, and passions. We've all heard, "Envision life as you want it to be." Why? So that we become a match for that thing we're wanting. Not just on a vibrational level, but on a total psyche level where we embody that person who goes out and

takes the necessary action to produce the results we seek. We think spells and visualization are about making that thing come to us. Yes, on a certain level, that's true. But more than that, it's about changing ourselves from the inside - so that we start thinking like a person who achieves the results we're looking for. This sort of intentional focus requires us to have total concentration on our desire - and that does take effort, energy, and focus. Most of us haven't trained our brains to stay focused long enough for the frequency to take hold.

This is why, it's not just as simple as doing a spell and calling it a day. It requires deliberate focus of energy to redirect our brains back to the aspect of what we DO want. Often, we wait for the reality to occur in order for us to feel okay being happy. But, the thought and feeling MUST occur first in order for reality to happen. Getting into this mindset, and vibration, before the goal has been accomplished feels like a lie, especially when we're not used to it; but, we have to match our desires in our mind, otherwise we'll always be out of sync with it. Plus, it just feels way better to match it. Rewriting

our story. The way we want it to be. And being the person we want to be. The person who gets up in the morning knowing that their thoughts, words, and actions have an effect on the world - so literally - that they carefully choose and direct what they say, think, and do. Be that person who already has the money, the love, the health, the career - How do they act? What do they wear? Consume? How do they spend their time? Get clear on who we will become as the result of what we're wanting, and then, becoming that person NOW is how we manifest our dreams.

You don't need your reality to be different. Change YOU and your reality will follow. ☸

Sarai is The Witchy Life Coach. For the past 6 years she has been teaching others the art and science of magick and manifesting, helping them to reclaim their power by aligning mindset and spirit through 1:1 coaching.



What do the Gods get out of Their Relationships with Us?

Rick Tschauder

What do the Gods get out on Their Relationships with us?

Rick Tschauder

On September 21, 2011, Ravenari posted this question on the Pagan Veil, a now extinct chat room:

“If you are one of the many (or few) who sees Gods as individual entities that exist with or without our help (and not as individual greater parts of a whole); what do you think They get out of helping you? Why does a God connect to, or even 'own' someone in an intensive relationship? And how could what we as humans offer ever really be hugely significant to Them? Or is it that we bother to make the offerings at all? What do you think the Gods get out of your relationship with Them?”

Squirrely Productions in Spokane decided to present this topic for discussion at one of their coffees. The answers were interesting and varied.

The resident cynic, of course, blurted out, “Entertainment!” Several nearly spewed their drinks, which of course, only gave credence to his statement. After all, how many of us have not, at one time or another, felt that a Deity had a good laugh at our expense?

Then the discussion became more serious, though it was hard to stay focused on the original question without addressing what a Deity really is. Everyone seems to have their own ideas, even when it comes down to individual Deities. My concept of the Morrigan - and how She appears to me, for example - is very different from how some

others perceive Her as the wise Crone.

A number of people on a variety of paths (Hellenic, Wicca, Asatru) perceive a parent-child relationship, with humans in the role of children of course. In this sense, the Gods are there to teach and help us grow for future lives. One Hellenistic follower told a story of how Hera taught her a lesson on vanity by requiring her to cut her hair; while others cited an ancestral connection with their Deity. While a Deity may or may not be helping us toward a higher level of spirituality, this line of discussion begged the question of why. What does the Deity get out of helping us in this manner? The best response was an analogy to parents getting pride out of watching their children grow, and the reward of teaching them. This ascribes a nurturance role to the Deities that really doesn't fit all of Them. Aries or Loki as nurturing Gods is a somewhat difficult concept, at least for me.

The participants who saw their Deity in this manner were all mothers, with strong nurturing motivations themselves. That raises the question of whether we perceive a Deity in terms of Jungian archetypal images. As such, They exist as we perceive Them, and like certain quantum mechanical phenomena, perhaps a Deity does not exist without us to believe in and perceive. In this manner of thinking, what a Deity gets from Their relationship with us, is everything: Their very existence.

Another participant saw their Deity as a personification of

energy and that the exchange of energy between mortals and a Deity is what the Gods get out of the relationship. As mortals, we do not work directly with a Deity, but rather with energy. A Deity gets more energy from worshipers than what it would without worshippers and can, therefore, channel more energy as they see fit. One would think, however, that the further a Being moves from having a material form, the more energy it must have (matter being converted to energy according to Einstein's equations). Why would a Being of such immense energy need our paltry human contribution?

One person in the group brought up the idea that we cannot know the motivations of Deities. Another countered with the idea that we can look at Their lore to understand Their motivations. Undoubtedly, the further removed a Being is from our Earthly level, the more powerful Their energy level. Undeniably, there are Beings of awesome power and unfamiliar energies so far removed from the human experience that They become unknowable and unfathomable to our limited senses and psychic abilities. But are these the Deities we relate to in our craft?

All these arguments imply that the Gods, at least the ones we can relate to, have motivations. This makes the Deities much like us. Some want power; some want a nurturing relationship; some recognition. Most have Their own agenda that They are trying to achieve. Each Deity has a set of motivations unique to that Deity. This makes Them

psychologically just like humans; just like many of the other spiritual beings with which we share this and other planes of existence.

Plants will grow in the garden without our help; but, not the plants we want. Some aspects of a Deity are creating and growing the garden as They want it to grow. They have an agenda for us, and it is unlikely that Their various agendas are perfectly aligned. Some of Their agendas may actually conflict, such as in the myth of Prometheus versus Zeus.

Perhaps Poppy Palin said it best in Craft of the Wild Witch. When we take on a patron Goddess or God, we make a promise. We do not promise to worship necessarily; but we do promise, as fellow sentient beings, that:

“we will express Their will, Their way and Their wisdom to the world. We are incarnate and They are not. We can make manifest change while They are not able to express Themselves in a way considered substantial. We have the means of making a difference while on Earth while They may be given little credence in the modern frame of reference. Yet for all the disregard They are accustomed to experiencing in human realms, They have that which is most valuable to us: greater access to truths, to that which is hidden to our mortal eyes at present.”

They are our link to that which is beyond human perception. We are Their link to this plane of existence. The relationship is symbiotic, with each of us getting from the other what we need. ☸

Elysium Evanescents

309 N Washington Blvd Ogden UT

Tim and Amanda Jones just opened up a magical, metaphysical, new-age store. They are your one stop shop for all your magical needs. They provide a wide range of classes to the public, as well as also having a Reiki healer, Tarot card readers, psychic mediums, quantum healer, and even a pet psychic. Their inspiration is to bring love and light to help you with your continued discovery of your spiritual growth. The retail side has a bit of

everything for everyone. The Jones' love that they have a shop that is a place for local artists and vendors to showcase and sell their beautiful items.

This shop is a dream of theirs, that started with their love story, and now has become a reality that they get to share with everyone. ☸

The shop has a warm, cozy welcome for everyone who steps in. They can't wait to see you!



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Methods for Spells

TO BIND- wrap in black thread, drip wax over. or seal in a jar and hide it in the dark.

TO BANISH- burn an effect to ash and sweep off the back door step. cast it out a window, or bury in the ground and spit on it

TO ENCOURAGE plant it by the front door/steps, bury by a window, or place it on a windowsill

TO HIDE- place in ajar painted black. cover with cloth and bury. or wrap with a ribbon

TO CLEANSE- bury it in a bowl of salt, burn herbs and pass through the smoke. or lay it in a moonwater bath

TO GLAMOUR- leave under the full moon. Hold its reflection over a mirror with herbs

TO Wish- place before a candle and blow it out. drown a coin in water. or let seeds blow into the wind

TO COMMUNICATE (with a spirit or deity) - anoint a candle. leave out offerings. or open the front doors and windows

The Coven-Spells, Incantations, Invocations, And Magical Information (a Facebook group)

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A Journey to Glastonbury

Regina Clarke

I spent nine days in Glastonbury in Somerset to explore the psychic and spiritual offerings it held. It was an unforgettable immersion at once into both the metaphysical and the palpable presence of other dimensions. My feeling was I had walked into the land of the fae; yet, also into the Neolithic world, though it had existed millennia before. I visited monoliths, walked across Bronze Age ground, climbed the Tor and saw the rain fill the valleys around it as if they were indeed the isle of Avalon.

I felt a change in the very air around me, as if I was walking in more than one world at once. Walking into a bookshop, I went into an alcove and found books and objects revealing the legends of the greenwood, the age of the Druids, the evocation of light and dark in a time before Christianity had come to Britain. In another shop, I walked amidst medieval fabrics and jewels, feeling an inexplicable link with it all.

In truth, I felt that link with everything I encountered in

that place and its surroundings. Two years before, I had spent an hour alone in Stonehenge before dawn, courtesy of the English Heritage Society, and the one lone person outside the circle took photos. I touched every stone and it seemed as if I had become a part of the circle, belonging there, that somehow I was meant to see it.

Personal photo—Pre-dawn
Personal photo—I am in the center of Stonehenge as light comes

In Glastonbury, the same thing happened when I was given a drive to Avebury and the avenues of the Neolithic creation that had been laid out six thousand years ago. And out my third floor window, in a bed & breakfast on Silver Street, I overlooked Glastonbury Abbey, often shrouded in mist. Its high gates appearing like sentinels over a landscape of stone ruins and history, and also, it was said, guarding the bones of Arthur and Guinevere.

These things changed me. I

understood all the times past are with us now in the same moment. We are meant to know this. There is no separation from the selves we have been and who we are now. All our many lives shape us and bring intense awareness, if we are open to this. We are touched by the merging of it all.

During those nine days in Glastonbury I had cream teas in perfect English shops with their flowers out front, so normal and predictable and lovely. Then I walked up the street to visit a psychic reader and time shifted again and I knew boundaries had dissolved between my life here and now and my life at other levels of being. It was not so much what the psychic reader told me as that I understood I had access on my own to such revelations, if I was willing to listen.

In my study, I have an 18-inch figure of Father Christmas, the ancient one with a crown of holly carrying a cloth bag of pine cones and forest branches and wearing a heavy coat lined with fur—it is not a modern

All our lives merge, if we allow this

Niklas Weiss

view—it comes from the merging of pagan and Christian with its return to the greenwood and its sense of winter and cold and journeying. I have carried this with me through twenty-one moves, for I find a continuity in the figure that is reassuring, and precious.

When we seek out the metaphysical deliberately, we can sometimes fool ourselves into thinking we can explain it. That is unlikely. It holds magic in it, and beauty, and legends, and contains our faith. It is there for us to experience.

But it is seldom there for us to know why it has affected us, or how.

That is the wonder of it all, and the mystery. ☞

Regina Clarke has English and Irish roots going back to 1200 A.D. Her stories have been published online and in print. Her fantasy novel MARI was a finalist in the ListenUp Audiobooks competition. Find her at www.regina-clarke.com

Spiritual Anarchy: Freedom of Self Expression

Arachnia Stoneskull

One of the greatest pleasures in life is free will, and the ability to exercise it to its fullest. Having independence and taking self-responsibility is one of the many ethical tenants that many witches adopt in their practices and daily life. There are many ways to practice, just as there are different types of witches and Pagans. One of the ways of practicing is what I like to refer to as spiritual anarchy.

Anarchy comes from the Greek word anarchos; “archos” meaning chief or leader, and “a” meaning without. Originally this meant governing one's self without a leader, or government interference. This is the definition that we'll use in this article.

What exactly does it mean to follow spiritual anarchy? How can you apply it into your daily practices? Since the phrase means to be spiritual without a leader, it is living a way of life free of dogma and rules

that normally come with religion and spiritual tenants. Spiritual anarchy is the freedom to completely practice, and believe, as you will. This does not mean that you are exempt from general laws and rules of science and the metaphysical, but that you are the navigator of your own destiny.

The simplest “rule” for starting your own practice is to delve into things you love. This includes 'mundane' activities such as hiking, art, and volunteer work – whatever really brings your passion out. That's where you will find your center of power, as it opens the heart.

However, there are still consequences and truths that are unmoved by our vanity. Many practitioners have fallen into the trap that their belief can stop or bring about situations that go against the laws of nature and metaphysics. These laws still dispassionately exist and

happen without a human's permission. This is something to keep in mind, as spiritual anarchy focuses also on great self-responsibility.

Here are some simple suggestions that will make the transition into spiritual anarchy easier:

- **Self Responsibility.** This is probably the paramount “rule” that you need to be aware of regarding this practice. Every action and reaction is yours to own. You get to decide how to react when situations do not derive from yourself, too. This includes actively recognizing when you need to apologize and rectify a situation; and occasionally enact restitution. This may be hard because you must admit you were wrong, and correct your actions to the people you have affected.

- **Integrity.** It is very important to keep your word and follow through. There are times that illness and other

circumstances arise. In these cases, don't be afraid to give a brief explanation. Then, if you can, try to make up for it. If you are chronically ill, instead of making promises, explain that you will do your best but you can't guarantee anything due to health issues. Integrity also means that you don't lie, or spread rumors that are untrue. It is okay to talk out your feelings with trusted people, it is not okay to destroy another person's reputation based on false allegations.

- **Learn Natural Laws.** Natural laws are something that cannot be broken. For example, you cannot sprout wings and fly, but you can take a plane to get to a destination. There are similar laws when working with spirits and magic, which need to be followed in order to navigate the astral safely and effectively.

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Regional Events

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

Idaho

Boise:

1/9 - Vibrational Healing - 12pm-4pm - Bella's Grove

Idaho Falls:

12/15 - Pita Yoga Class - 730pm-830pm - Xanadu

12/17 - Kapha Yoga Class - 730pm-830pm - Xanadu

12/18 - Make Your Own Intention Ornament - 12pm-6pm - Mystic Misfits

12/19 - Full Moon Ceremony - 7pm-9pm - Mystic Misfits

12/20 - Vata Yoga Class - 730pm-830pm - Xanadu

12/21 - Solstice Sound Ceremony - 415pm-6pm - The Niche

12/21 Walk-in Tarot with Michelle - 5pm-7pm Healing Hands

12/22 - Pita Yoga Class - 730pm-830pm - Xanadu

12/24 - Kapha Yoga Class - 730pm-830pm - Xanadu

12/27 - Vata Yoga Class - 730pm-830pm - Xanadu

12/29 - Pita Yoga Class - 730pm-830pm - Xanadu

12/31 - Kapha Yoga Class - 730pm-830pm - Xanadu

1/3 - Vata Yoga Class - 730pm-830pm - Xanadu

1/4 - Walk-in Tarot with Michelle - 5pm-7pm Healing Hands

1/5 - Pita Yoga Class - 730pm-830pm - Xanadu

1/7 - Kapha Yoga Class - 730pm-830pm - Xanadu

1/8 - Energy Exchange - 1130am-130pm - Healing Hands

1/10 - Vata Yoga Class - 730pm-830pm - Xanadu

1/11 - Walk-in Tarot with Michelle - 5pm-7pm Healing Hands

1/12 - Pita Yoga Class - 730pm-830pm - Xanadu

Pocatello:

12/19 - Solstice Drumming, Blessing, Talking Circle - 4pm-6pm - Whole Health Cooperative

12/15 - Weekly Meditation Circle - 6pm-7pm - Crystal EnLight Healing Center

12/19 - Free Reiki Share - 1pm-3pm - Crystal EnLight Healing Center

12/22 - Weekly Meditation Circle - 6pm-7pm - Crystal EnLight Healing Center

12/29 - Weekly Meditation Circle - 6pm-7pm - Crystal EnLight Healing Center

1/5 - Weekly Meditation Circle - 6pm-7pm - Crystal EnLight Healing Center

1/12 - Weekly Meditation Circle - 6pm-7pm - Crystal EnLight Healing Center

Utah

Salt Lake City:

12/18 - Crone's Hollow Holiday Fair - 12pm-6pm - Crone's Hollow

12/19 - Crone's Hollow Holiday Fair - 12pm-6pm - Crone's Hollow

Taylorsville:

12/15 - Spirit Channeling Practice Group - 7pm-9pm - Cat & Cauldron

12/17 - The Seance - 8pm-10pm - Cat & Cauldron

12/18 - Cleansing for the New Year - 7pm-8pm - Cat & Cauldron

12/19 - Writing Spells and Incantations - 5pm-6pm - Cat & Cauldron

1/3 - Palmistry - 6pm-8pm - Cat & Cauldron

1/5 - Working With Gods - 7pm-8pm - Cat & Cauldron

1/7 - Throwing the Bones - 7pm-8pm - Cat & Cauldron

Potions - A Practical Spellcraft Class - 8pm-9pm - Cat & Cauldron

1/9 - The Witch's Mindset - How to Think Like a Witch - 530pm-630pm - Cat & Cauldron

1/13 - Ask-A-Witch - 8pm-930pm - Cat & Cauldron

Washington

Spokane:

12/16 - Spokane Magical Moot - Mini Mari Madness - 5pm-7pm - Spokane County Library District Library

12/17 - Mystical Kids Adventure Club - Caroling - 515pm-715pm - Fire Station 97

12/19 - Mystical Kids Adventure Club - Cold Moon/Yule Celebration - 1pm-3pm - Lincoln Park Library

1/2 - Mystical Kids Adventure Club - New Moon setting intentions for 2022 - 2pm-3pm - Spokane Public Library - Shadle Park

Regional Metaphysical Stores

Idaho

Idaho Falls

Healing Hands Metaphysical Store, 429 B Street, Idaho Falls, ID 83402

Raven's Hollow (inside Healing Hands), 429 B St, Idaho Falls, ID 83402

Shaddow Domain, 341 W Broadway, Idaho Falls, ID 83402

Bristol's Broom Closet 2232 25th St Idaho Falls, ID 83404

Xanadu 451 River Parkway, Idaho Falls, ID 83401

Bee's Knees Pub and Catering Co. 850 Lindsay Blvd Idaho Falls Idaho 83402

Mystic Misfits 3035 E 17th St Ammon, ID 83406

Twin Falls

Crystals EnLight 132 Hansen Suite E Twin Falls, ID 83301

The Kindred Cauldron, 113 Shoshone St N, Twin Falls, ID 83301

St Anthony

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

Burley

Bent Broomstick 122 W 13th, Burley, ID 83318

Your Beautiful Life Hypnosis, 1108 Overland Ave, #8, Burley, ID 83318

Pocatello

Blue House Spiritual Wellness Center, 1430 Cottage Ave, Pocatello, ID 83201

Intuitive Wellness and Beauty 150 S. Arthur Ave, Suite 223 and 214, Pocatello, ID 83204

MIP Life Designs Metaphysical Store and More 147 So UT 84405

Arthur, Pocatello, ID 83202

Enchantments 233 N Main Suite B, Pocatello, ID 83202

Caldwell

Gypsy's Tree of Life, 18801 Lariat Lane, Caldwell, ID 83607

Rexburg

Book Viking, 155 W Main, #10, Rexburg, ID 83440

Soul Sister Healing 30 College Ave Suite 101, Rexburg, ID 83440

Boise

Bella's Grove 2210 S Broadway, Suite B Boise ID 83706

Crone's Cupboard 712 N. Orchard Boise, ID 83706

Kosmik Connections 7061 W Ustick Rd Boise Id 83704

Coeur d'Alene

The Good Witch Apothecary 610 Hubbard Ave, Ste. 211 Coeur d'Alene, ID 83814

Utah

Salt Lake City

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

Ogden

Bryson's Rock Shop 326 Washington Blvd. Ogden, UT 84404

Vibez 168 W 36th St Ogden, UT 84405

Elysium Evanescents 309 N Washington Blvd, Ogden, 59105

Logan

Earthly Awakenings 21 Federal Ave Logan UT 84321

St George

Dixie Rocks and Fossils 946 W. Sunset Blvd, #I St George, UT 84770

Taylorsville

Cat and Cauldron 1922 W 4700 S Taylorsville, UT 84129

Washington

Mead

My Crystal Stop 12120 N Market St Mead, WA 99021

Walla Walla

Skye Gardens 38 E Main St #208 Walla Walla, WA 99362

Mississippi

Waynesboro

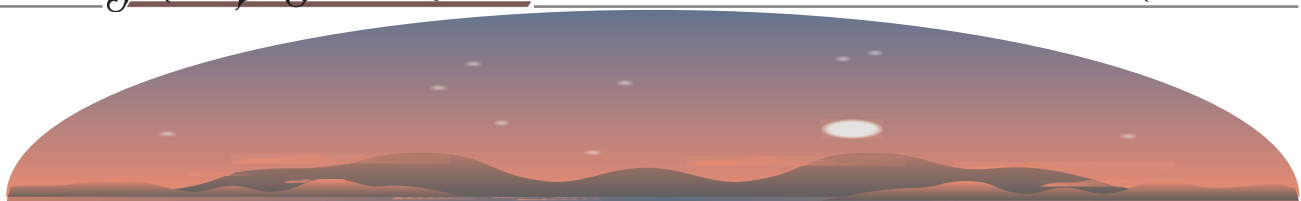
Faerietale Creations of Waynesboro and Laurel 25 Malone-Stennett Dr Waynesboro, MS 39367

Montana

Billings

Willows Mysticals 520 Wicks Ln, Ste 7A Billings MT

Directory



Apparel, Drinkware & More

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

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

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Graphic Design - Business Cards - Signage - Banners - Flags - Vinyl - Laser - Promo items and more
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hello@witchindesigns.com

Medium

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

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

Tattoo

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

Tarot Readings

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

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

Cranio-Sacral Therapy

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

Herbs, Potions, & Teas

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

Pagan Clergy

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

Therapeutic Massage

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

Energy Healing

Sara Shipley
Distance Reiki
energy healing sessions.
sarashipley0302@gmail.com,
208-201-4742-texting is preferred!

Jewelry

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

Psychic Readings

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

Wellness Coach

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

Restaurants

Bee's Knees
850 Lindsey Blvd
Idaho Falls ID
208-524-1669



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Healing Hands 2022 Calendar

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
						31

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1



Have a magical year!