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Imbolc 2022

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Happy Chinese New Year!

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Metaphysical Times

ISSUE 2.1

Imbolc 2022



What is Imbolc?

Terri Ireland

Imbolc is the festival marking the beginning of spring that has been celebrated since ancient times. It is a Cross Quarter Day, the midpoint between the Winter Solstice and the Spring Equinox.

In the Northern Hemisphere, Imbolc usually occurs on or near February 1st. It is one of the eight Sabbats celebrated by Pagans (Wiccans, Druids, Heathens, Witches, Magicians, etc.) on the Wheel of the Year. It is a traditional Gaelic festival honoring the Goddess Brigid,

and depending on which author you read, was later christianized into St. Brigid or St Bridget. Some claim the Brigid is a misremembering of the Celtic Goddess Danu.

Imbolc derives from the Old Irish *i mbolc* / ' *Imb0lk* / meaning in the belly, a time when sheep began to lactate and their udders filled and the grass began to grow. It is also considered to be derived from *Oimelc*, which means "ewes milk" and is associated with the birth of lambs in early

Spring. The coming of the milk meant that Spring was around the corner and winter diets - which consisted of dried foods and very little meat - could be enhanced with milk and soft cheeses. This time of year was a cause for celebration and reverence to the gods who brought such bounty.

Imbolc is a celebration of many things to many people, but one thing is clear - for folks in the Northern Hemisphere, it's the halfway point between the dark of winter and the

beginning of spring. The Roman celebration of Lupercalia, which takes place around this same time, brings with it a purification theme, as does the Christian celebration of Candlemas. This festival of fire and light is the perfect time to honor the gods or goddesses of your hearth and home, whomever they may be.

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FROM THE EDITOR



Hello my fellow witches and pagans. This issue finds me deep in our Idaho winter, and deep in contemplation. It's still and cold, and it has been for weeks now. I am always awestruck by the silence created by fresh snowfall, and I love how nights aren't really dark because of the glowing snow. Metaphysical Times has celebrated its first birthday, and its first foray into other countries. Our growth has been rapid, but we need your help to continue. We need more distributors in more states and more countries. We need a steady stream of metaphysical content to print, and most importantly, we need advertising revenue. Please consider helping us in any of those ways. Write articles, ask your local shops to become distributors, and, if you are a practitioner or a shop, please purchase advertising. Support us through Patreon too! It's true that we have niche readership, but it is a huge worldwide niche! As people all over the world return to the old ways, they are searching for information, knowledge, advice, collaborators, community and meaningful connections. And Metaphysical Times, in both print and online editions, delivers.

Terri

Metaphysical Times

The Metaphysical Times is a new age newspaper published in both print and digital editions, published eight times per year. Each issue is themed to match the Sabbats of the Wheel of the Year. This publication is a voice for alternative spiritual and holistic health communities in the West. Our aim is to promote spiritual wellness for all.

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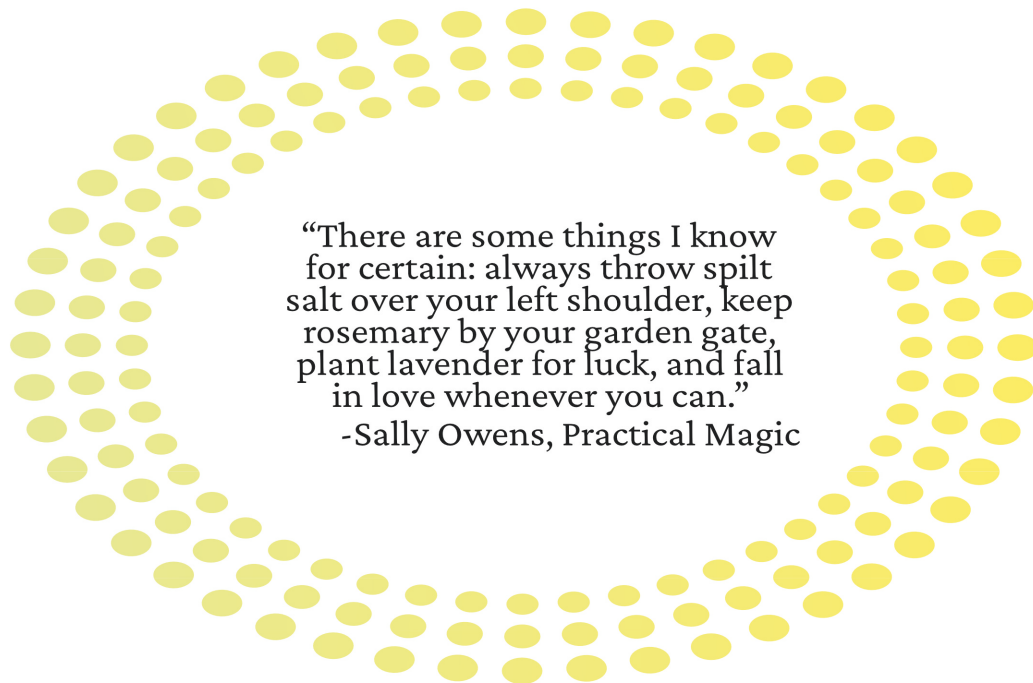
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“There are some things I know for certain: always throw spilt salt over your left shoulder, keep rosemary by your garden gate, plant lavender for luck, and fall in love whenever you can.”

-Sally Owens, Practical Magic



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Junk Drawer

Robin Lehman

"Here I am again," she thought. Staring at the piles of boxes and stacks of plastic storage bins. "My life is one big junk drawer!" she shouted, tears welling. The cat looked up briefly, but otherwise she was talking to no one. She started down the well-beaten path of guilt and overwhelm when she heard a male voice retort, "So, what's wrong with that?" She looked around nervously. The cat was staring at her. He was "Gandalf The Grey" and she called him her wizard kitty, but mostly in jest. He wasn't blinking. "Huh?" she said, waiting to see if she was really doing a Sabrina The Teenage Witch stunt, at her age.

Gandalf just kept staring. She heard, "You think your mess is your weakness, but it is your strength." She thought she might be losing her mind but decided to play along. "How is it a strength to have random stuff shoved in bins like none of it matters?" "Because you had to hide your magic in plain sight. Think about it. All that stuff doesn't look like much, but you have always been able to find what you need."

She guessed that was true. Still, it felt overwhelming and everyone always made fun of her for never being organized. And plans? Ha! She felt like a failure every single time someone asked, "What's the plan?" She tried to joke it off by quoting the well-used, "life is what happens while you are making other plans." It made her sound maybe a little wise,

but she still was afraid that everyone thought she needed to get it together.

"My magic?" she shot back. "Winging it is not magic." "Oh, but it is indeed." bellowed the voice. "That's how you have found your way. Otherwise, they would have not let you go. Your mess is your freedom. You cook from it, write from it, live from it. It was the best camouflage. They didn't bother to keep you down because you looked like you were keeping yourself down."

"That wasn't magic, that was survival," she explained, irritated. "Ah yes, magical survival. That's what you need now." She rolled her eyes, not knowing if she could even trust herself. Was she talking to herself, her cat, or just plain imagining it all? She glanced over at Gandalf, who quickly started grooming himself. She decided she had to try to tackle some of the bins. As she opened one, she saw her son's yellow belt, one of her old business cards, a lipstick and some Crazy Glue. "Ugh. All this is pointless!" But she picked up the lipstick and remembered that she had gotten it when her son was in the hospital. She had been sick with worry, but decided she needed some hope in the brightest fuschia she could find. She wore that lipstick every day until he was released.

Then she picked up the business card. Starting to feel like a failure again, she said

under her breath, "what a waste. Maybe I handed out twenty?" "So what!" came the voice, a little more forcefully now. "You aren't good at promoting yourself. You spent most of your life flying under the radar because you had to. Who cares if you waste a box of business cards? You must stop trying so hard to prove yourself to everyone. That time is done. Set some boundaries and move on."

She shook her head. Boundaries. Like she's ever been any good at that. Boundaries was the new way to be on top of everything. If you didn't have good boundaries, then no wonder people stomped on you. She got it intellectually. She always tried to shield energetically. But people would leak onto her anyway. And she onto them. Social media made it easy to talk about "Highly Sensitive People," also known as empaths, but it was still hard to be one with bad shielding skills. And isn't it the nature of being human, to be leaky and to be leaked on?

She sighed heavily and picked up the yellow belt. "I really need to put all of his belts together in a case or something." She really didn't know where the time went. He had his first-degree black belt now. It was hard to remember when he was just starting out. She smiled, holding onto it for a bit longer, tears welling again as she thought of how she almost lost him a year ago.

"You know, you kept yourself going with that fuschia lipstick, and because you kept going, he got better," said the voice. She didn't know that she deserved the credit. The doctors and nurses did the work. But she rolled with it anyway because she was starting to see the importance in the seemingly unimportant.

"Crazy Glue." She laughed. "I should probably stick this in my pocket in case I am losing my marbles...but who am I kidding, I've never successfully glued anything back together with Crazy Glue."

You're usually too impatient. But again..."

"Who cares?" She finished his sentence for him. "Right! You're catching on!" She glanced over at Gandalf and could have sworn that he smirked a little. "Yep. Gonna need that Crazy Glue to work this time." she thought. "So, what...she asked out loud...so even if I did hide my magic in plain sight, in my junk drawer of a life, now what?"

"Now you come out of hiding to people you can trust."

"And how do I know who those people are? I haven't had great luck with finding trustworthy individuals..."

"You start by trusting yourself."

"Um...isn't that along the same lines of loving yourself? Everyone knows that they need to, but doing it is convoluted."

"Yes, but that's only because people try to love themselves with their head and look for proof. Loving yourself and trusting yourself is about the heart and the gut. They are feelings, where you feel it sink into your body. Then you know."

She felt herself getting irritated again. Only once in meditation did she ever feel like she really "got" the felt body sense of really loving herself. And it is a feeling she recollects as often as she remembers to. But it still didn't feel like something she had exactly figured out enough to have control over.

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"There you go thinking too much" teased the voice.

"But I like my brain. I like figuring things out."

"You have a good brain, but this isn't a brain problem," came the response. "Practice trusting yourself and you will find who to trust."

"What about all these bins of randomness?"

"You will find your path through making the connections you had to hide from in your past. Follow the connections and the random things become useful. Quite possibly The Magic Key, even."

She shot Gandalf a look, thinking he was being, maybe, just a bit pretentious with "The Magic Key" bit. But she named him

after a wizard, so what did she expect? The guilt and feelings of being overwhelmed she felt earlier were gone. Now she felt like a detective, looking for clues in the bins. She smiled, remembering that she had wanted to be a detective when she was a little girl. She had even made business cards. "Guess those cards weren't a waste, huh Gandalf?"

Gandalf purred his way over to

her lap and snuggled up.

The love and trust of a cat. "It's all gonna be ok," she said. And she felt it in her heart and her gut.

Robin Lehman is a Certified Integrative Nutrition Health Coach, mindfulness instructor, and lover of essential oils. She lives with her son and two rather interesting felines in Eugene Oregon.

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

Helen Keller

Imbolc Oil - Recipes for the Promise of Spring

Heidi Jensen

*And so it is with our Mother, the Earth. This is the time, when deep in Her belly there is a stirring, a quickening! She begins to warm and just a bit of movement is perceived. From my days in Middle Tennessee, I remember it as the time when the beautiful crocus peaked out and bloomed in the snow. Clearly, a hint! Yes, Spring is on its way! - Words from "To Begin Anew" by Deanne Quarrie, D.Min**

The days are getting longer and the light of spring is glimmering bashfully at the end of winter's long, dark tunnel. During this time of the year, we begin to feel the energies begin to shift from the cold and dark of winter to the warmth of Brigid's flame. As we relight Her flame within our own hearts, it begins to ignite our creativity and passion to keep reinventing and renewing ourselves - just as nature does. Imbolc is a Irish/Pagan Festival marking winter's retreat and the approach of spring. It translates to "in the belly" - a reference to the potential for new life, held within the belly of the Great Mother. Life is beginning to stir and the land is awakening. Below you will find some oil recipes to help cleanse your spirit and home, create manifestations for the coming spring, and awaken your fire within. Each mixture is added to 2 oz of your

preferred carrier oil such as: Olive, Grapeseed, or Almond. All dry ingredients are optional, but with the promise of spring ahead, all are included to help imbue good fortune and growth.

Oil #1

6 drops Lemon
6 drops Lavender/Petitgrain
5 drops Jasmine
5 drops Rose
Crushed Chamomile
Crushed Jasmine

Oil #2

3 drops Cinnamon
2 drops Basil
2 drops Bay
2 drops Lavender/Petitgrain
1 drop Rosemary

Oil #3

3 drops Orange
2 drops Lemongrass
2 drops Lemon
1 drop Lime

Oil #4

6 drops Orange
4 drops Nutmeg
3 drops Cinnamon
2 whole Cloves

Oil #5

3 drops Juniper
2 drops Eucalyptus
1 drop Pine
Pinch of Pine Needles

Oil #6

4 drops Sage
4 drops Dragon's Blood
1 small Garnet, Crushed
1 small white flower, such as Chamomile, Crushed
1/4 tsp dried Rosemary
Warm in a pot over low heat before transferring to a container.

All oils may be used for

anointing candles, the body, and other tools. May also be used during ritual work or spell work. I also enjoy using oils while taking a ritual bath in lieu of upcoming Sabbats or Moon ceremonies.

*To read Deanne's full article about Imbolc: <https://www.magoism.net/2019/01/to-begin-anew-by-deanne-quarrie-d-min/>

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Iphys and the Ex's Curse

Lysander Xanthus

Iphys stood in the middle of their client's living room, reaching their energy out across the home and property. They had been called there by Briana, who had moved into her house about seven months ago and had been experiencing, what she felt was, a haunting. She had been seeing and hearing a male presence, things had moved, and she had been grabbed. It was scaring her. Iphys kept feeling out around them, but not finding anyone there. They could also feel how upsetting this experience has been for Briana so they continued to feel, yet still there was nothing. Finally, Iphys opened their dark eyes and looked at Briana, who was eagerly waiting for answers.

"I'm sorry... but there is no ghost here." Iphys saw a black wiggle of energy behind Briana as she sat on the couch, and there was a recognizable feeling emanating from it. "Actually, I think you may have a curse."

"But what about the ghost touching me?"

"A curse can do that too, especially if it is made up of someone's emotional energy. I need to call someone who knows more about getting rid of these than I do. Do you mind if I let my sister join in on this session? She has been one of my teachers, and has more experience in working with people and things of this nature."

"Oh, so is your whole family psychic?"

"Yes, something along those lines."

Iphys pulled out their phone and called their sister.

"Hey lil' sis- uh, sibling," Kalisha laughed awkwardly, "What's up?"

"I need some advice on getting rid of a curse."

"Okay, give me a moment to tune into your location."

"It's not on me, it's on my client. Her name is Briana Smith."

"Of course it's not on you, we taught you better than that!"

They both chuckled.

"Can I put you on speaker phone, so Briana can hear you?"

"Sure."

Iphys did so, then turned back to Briana.

"I called my sister, Kalisha. She is an intuitive like myself, but she specializes in undoing spell work rather than in spirits. She is reading you and the house right now."

"Oh okay-" Briana said, then to the phone, "It's nice to meet you!"

"Nice to meet you, Briana! So, sweetie, I'm sorry to say this but Iphys is right. My impression is that you do have some malevolent energy around you, you might be experiencing: being touched, feeling watched, feeling exhausted, being accident prone."

"That's- that's what's been happening! I've been feeling so anxious with everything seeming like it's going wrong lately - you're saying all that is caused by this?"

"Right. A curse, or a person's concentrated ill will, can be pretty nasty. I can feel the energy of the person who put this on you as well. If I just go with what I'm feeling, then I would say it is from an ex, like a guy you were seeing about seven months ago. Seems like

he is pretty pissed about things ending. Sometimes when a person doesn't want to let go - spiritually, they'll hold on. And that can create something like what you're experiencing, including the bad luck, and anxiety."

"Oh my god! I broke up with my boyfriend last year," Briana paused to count, "And you're right, it was seven months ago! I can't believe it was him - he doesn't even believe in this kind of stuff."

"Unfortunately, a person doesn't need to be a practitioner or conscious of what they are doing to cast a curse. Through the strength of one's emotions, a person can do so if they have enough directed ill will. It's like what people used to call "the evil eye." The good news is that we can definitely take care of this for you."

"Great, I don't want any part of him around!"

"I don't blame you. Based on the energy, he doesn't seem, well, ideal." Kalisha said.

Briana snorted.

"That's putting it generously!"

"Alright, so, what's your advice on this?" Iphys said.

"So, you can see the energy coming off Briana right?"

"Yep. The wiggling stuff."

"What supplies do you have with you?"

Iphys paused, and made a face.

"None."

A sigh was heard over the phone.

"Iphys, you always bring the kit, even if you don't think you need the kit, even if you never

use the kit - you bring the kit!"

"I have been pretty successful at doing things my way. I was just caught off guard today." Iphys said, then smirked.

"Well," Kalisha paused, "You need to pull the dark energy off of Briana, and then get rid of it. And, remove the connection to the ex, and it's best to create a protective barrier to prevent reattachment. Can you do that all psychically?"

"I'm getting the hang of handling spirits that way, so I think I can handle the energy the same way."

"I guess you don't really need more advice from me then. I can give you suggestions on tools and ingredients, but it sounds like you're going to try without them first. Don't forget to protect yourself and cleanse your own energy when you leave."

"Of course." Iphys said, "Alright, I'll call you after, thanks for everything."

"You're welcome, bye. Bye, Briana! Good luck!"

"Thanks!" Briana said. "She sounds nice."

"Well, yes." Iphys said a bit clumsily, "So - if you would like me to do so, I can remove this for you?"

"Yes, please! Do I need to do anything?"

"Not really, just sit and breathe, and I will do the energy work around you."

"Okay, sounds good."

Briana stilled herself and closed her eyes.

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IRELAND ACRES
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Iphys stood in front of her, a few feet away, and closed their eyes. They observed with their mind's eye the dark aura radiating off of Briana, and the small dark tendrils of energy moving around her, touching her on the arm and face occasionally. Iphys raised their arms and began moving their hands in the air. They were motioning as they used their own energy body to grab the dark energy and pull it off of Briana. Iphys collected it into a

tight ball floating at their side. Once all the energy was collected, they turned their attention onto the ex boyfriend's energy, and sent the orb of negative energy back to him. After all, it belonged to him, and doing so was an act of restoring balance. That's what Hecate had said once to Iphys, on an occasion when they were clearing their own energy. Iphys saw the cord of energy connecting Briana and her ex. It looked like a harpoon shot through her head, with the rope leading back to him. That

would explain the massive anxiety attacks she had described to Iphys. Iphys raised their hand to it and saw it dissolve, and they flung their hand towards the ex boyfriend to dissolve the entirety of the cord between them. Iphys ended with sealing Briana inside an orb of light to discourage reconnection.

"Okay, Briana, it's gone. How do you feel?" Iphys said.

Briana stood and looked around, and smiled.

"Lighter."

Lysander is a spiritual life coach, an intuitive, a healer, a medium psychopomp, an artist and an author. His focus is on assisting others in their development spiritually and psychically, and works with clients in person and remotely. He is trans and queer. His spiritual path is Universalist and polytheist. Lysander can be found at <https://www.facebook.com/lysanderclairvoyant>

Featured Stone: Peach Moonstone



Peach Moonstone brings soothing relief to emotional issues, such as depression or anger. It can also help to eliminate any worry or fear we may be carrying around. Physically, Moonstone supports the digestive and reproductive systems. Moonstone is a very soothing stone that helps to relieve stress. Many women like Moonstone for its ability to balance hormonal and menstrual cycles. Peach Moonstone can be especially helpful for Indigo Children. It is associated with the Sacral and Solar Plexus Chakras.

Children of the Crossroads has Seeker Classes

Children of the Crossroads, an ATC-affiliated coven based in Spokane, Washington, has created a weekly Seekers Online Discussion series called "The Seekers Path." They will cover topics that will serve as your "year and a day" Pagan basics. At the end of each discussion, you will receive an original image created by local artist Ari Bratsis. At the end of the year, if you have attended

each discussion, you will have collected 52 images and have your own divination tool! Please do not share or distribute these images with anyone who has not attended the weekly discussions. This event will run every Wednesday throughout the year.

Classes will be held on the group's "Seekers Path Discord

Server: " <https://discord.gg/GqzcvhpXR8>. Schedule thus far:

*Jan 5th, 2022 - Book of Shadows

* Jan 12th - The Self

*Jan 19th - Act of Power

*Jan 26 - Altar

*Feb 2 - Ordains

* Feb 9 - The Shadow

*Feb 16 - Three-fold Return

* Feb 23 - Witches Pyramid

* March 2 - The Goddess

*March 9 - The God

See Additional Classes by joining the Facebook group:

<https://www.facebook.com/groups/179937779420705/>

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Carry of Querencia

Purbasha Roy

Sense of places descended upon me today. It stays like the collective goodness that the heart bathes in after a pilgrimage.

I clearly remember the sun behind the not-so-far-off treeline while washing my three foot tall body in the final hour of evening. Although this seemed to pierce muscles, I never desired it to leave. Rude time to enter home arrived. I squinted to stare at the sun with a monumental kind of sadness for which there is no word. Hurt is kind of a relief, if seen from a different perspective.

I must confess my first memory was made much before this. My relation to sleep was an uneasy affair, so Mother used to say "go and pick the mogras, pay attention to fresh ones." I did as she said. Even now, I know that smell, it utters closed songs of wellness.

Soon age learnt disobedience. Our child gang, including my brother and sister, encroached the colony woodlot filled with lantana bushes and Schleicheria Oleosa trees with their ripe fruits dangling down.

For savouring those fruits of nature's delight, we were rewarded with sore, orange tongues, and we'd compete to have the brightest one. Even if our tongues kept hurting for the rest of the day, we never remorse this naughty deed.

Unknowingly, I learnt joy holds no meaning without an underriver of pain.

A frockfull of lantana blooms became the carpet of our front doorways. Our little hearts were super excited witnessing the colour show. We adored the art and I shrieked, "all pink, all pink!" I believe this is the first verseless poem that sunk into the bowl of my soul. Those were the moments I witnessed gentleness as mother never stepped on them though it was a mess we created. It was the guide to learn acceptance.

It can't be given a heavy word like "unforgivable." Perhaps "ignorance" would fit better. I had collected many spiders, as many holy bodies of velvet spiders as would fit inside my geometry box. Their polka dots and softness gave them that name and made them popular among kids. The fragile harmless beings, once discovered by Mother, were thrown out one afternoon, fearing their venomous spit. I kept thinking long and hard about what happened to them. Staring at blue hills. Crane flocks flying overhead. I began to use silence as my only sanctuary, evermore so when things would turn unfavourable.

One morning, the backyard pipeline leaked. The water inside it failed to stay contained and it gushed out with a funny noise. My parents

warned against getting my school uniform wet, as I closely observed patterns made on falls and low-rises of gurgling water against the bucolic ochertint landscape. After returning from school I noted that the water had dried. I felt a mournful absence for something that was never meant to be there. I don't know what to call this. Amusingly, much later I started observing your absence, even though you were never part of life before that.

In the upper grades, extra classes made me go school all alone. The cobbled path and bushes on either side washed my eyes in green ordinariness. This felt like solidarity with my unspecial looks. My love for trees and bushes was great, as they were the unbruised shadows of me. Intact. Forest wind had such an amicable wordlessness that took every woe in a magical way. The trees and bushes and wind were my for me-time. I forgot all about memorizing theorems, and assigned chapters. Instead I was mesmerized hearing cuckoo-calls. Advised several times for snakes, luckily never saw one. I was free, brave. Happiness is most important.

Surely, as I travelled cities my eyes touched upon meticulously crafted bushes given the shapes of peacocks, huts and many other innovative things. My heart could not ever agree with the wild growth being tamed, and

the disappointing landscape swirled like a vortex in my mind. I absorbed the message from the plants that this is a kind of cruelty.

Etymology of flourishing is known and practiced best by nature if left on it's own.

Many years followed, and I am now surrounded by great distance from the woodlot which is such a colourful part of my memory. The formative years of my life, I spent among trees, light, notes, blooms. It eclipsed my failures and taught me stillness. Here and now, stillness is a grief that licks the shapes of hopes until all left is nothing.

Surely, I don't know what shall become of me in this uncertain time-tide. Instead I keep believing I shall always feel sweetness for a place I can't return to. From where I learnt exchanging words is not always necessary to find peace.

I divulge my heart often into the woods where I find the thoughtful me, happiest me pressed against calm. And this looks like the tenderness of the womb.

Purbasha Roy is a writer from Jharkhand, India. Her work has appeared or is forthcoming in Rigorous Magazine, Panoply, Better than Starbucks, Shrapnel, Metaphysical-Times and elsewhere.

Astrological Guidance for Year of 2022

Robert Vecchio

Clifton, New Jersey, US - At the beginning of every year we make New Year's resolutions. Most times, they are broken within the first weeks. So, for this year, let's work on bettering ourselves by working on our inside selves first. It is never too late to start something new. I have decided to pull six cards for each astrological sign, to help provide guidance regarding what areas you may need to work on during 2022..

Aries-In 2022, make it a priority to go after what you have always wanted to do. It is never too late to go after your dreams. No one is stopping you except for you. Change your mind frame from you can't to you CAN. Speak your truth and

have the courage to stick to it no matter what anyone says. Your opinion counts just as much as anyone else's. You are always helping others when you should be helping yourself first. It is important to do what is right for yourself. I know that might sound selfish but you need to put yourself first. Bring more joy and happiness into your life. Going with the flow is another thing you should work on. Not everything has to be planned. Spontaneity keeps your energy flowing. Always believe that whatever you are working on will be fulfilled. You can do anything that you put your mind to. Go after your dreams. Cards drawn for your sign: Childlike Expression, Courage,

Generosity, Joy, Fulfillment, and Energetic Movement.

Taurus-In 2022, you must look at every situation from all sides. There is no need to rush into anything. Gather all the facts first. If you are signing any kind of contract, read carefully. Always remember that we have exactly what we need to survive. Don't be afraid to ask the Universe for anything. Embrace your reality. It goes back to asking questions; but this time, it is about your surroundings. What areas can be improved? What areas are good? Always believe that whatever you are working on will be fulfilled. You can do anything that you put your mind to. Go after your dreams.

Cards drawn for Taurus: Revelation, Sustenance, Embrace, Guidance, Fulfillment, and Childlike Expression.

Gemini-In 2022, it's ok to reflect and learn from the past - but you can't live there. Unfortunately, you can't fix the past. You must learn from it and move forward. You need to embrace that and make peace with it. Stay in the present. Take the proper steps forward in order to have a wonderful future. Use your intuition to see the answers that are being provided to you. Take this year to meditate more and become one with yourself.

Continued on page 8...

...Continued from page 7

We are only given this one life, so enjoy it. If something does not make you happy, get rid of it. No need to hang on to things that no longer serve you. Stay focused when it comes to all matters of your life. Don't become distracted when making decisions which need your full attention. Your cards for 2022 are: Reflection, Embrace, Insight, Inner Knowing, Concentration, and Decision.

Cancer-In 2022, today is the best day to start something new! Stop procrastinating and just do it. No regrets. Take time to nurture your goals and yourself. Work on both daily. You can't get anything done if you are worn out. It is very important to take time for yourself by slowing down and appreciating what you have accomplished so far. Stop looking at the big picture for a moment. Instead, look at the baby steps that you have taken to get here. You need to keep doing things that make you happy. Live in the moment. You are exactly where you need to be at this very time. If you are unhappy with a specific aspect of your life, have the strength to change it, all the while standing in your power. That is something no one can take away from you. Allow the energy to flow freely. Cancer's cards for 2022: Beginnings, Nurture, Splendor, Joy, Belonging, and Empowerment.

Leo-In 2022, be grateful for everything that you have achieved so far. Stop looking at the big picture, congratulate yourself for - and focus on - the smaller accomplishments that you have made in order to get where you are. Keep laying the groundwork for your dreams. They will come true as long as you believe in yourself. You are the most powerful tool that you have. There is nothing that you can't do in this life. Keep focused on your goals. Nothing is out of your reach. Trust your intuition and your gut. They will not steer you wrong. You are guided from above. Look for the signs and the messages. Open up to receive them. The Universe has your back. The cards drawn for Leo: achievement, Empowerment, Childlike Expression, Insight,

Inner Knowing, and Guidance.

Virgo-In 2022, it is important to take your time and know all the information regarding a situation and/or conflict. Don't get involved in something that does not concern you. Let them figure it out for themselves. Get rid of anything that no longer serves your highest interest. It is just weighing you down and holding you back from moving forward. Allow your intuition to flow freely. The Universe will guide you accordingly. Be strong in your path and your decisions. Stick to your opinion as long as you listen to your heart. You have a lot of fire and passion behind your convictions, so let it show through. No matter what you are going through, you will come out of it much better. The Universe is trying to teach you a lesson. Learn it now because it will be repeated if you don't. Cards drawn for your sign: Revelation, Belonging, Enlightenment, Determination, Beginnings, and Healing.

Libra-In 2022, be open to the many blessings that the Universe will bestow upon you. Make sure to look at all sides of a situation before you enter into it. Don't get involved if it doesn't concern you. Stay out of it. Use your intuition and allow your gifts and messages to be received. Don't overthink and trust your gut. It will not steer you wrong. The biggest lesson you will experience is to open your heart to the proper person. You need to love yourself before you can allow love into your life. The Universe has your back and will send you that proper person when you are ready. Listen to the messages and watch for the signs. Happiness is all around you. Figure out what makes you happy and do it. Life is way too short. Libra's cards were: Blessings, Revelation, Insight, Capacity to Love, Protection and Delight.

Scorpio-In 2022, it is time to stop always giving to others when you need to help yourself first. Be prepared for the many blessings that the Universe will be bringing to you. You deserve them, for you have worked really hard. Keep your energy moving by not becoming stagnant and procrastinating.

Stay in the now. Don't let anything, or anyone, affect your moods. Figure out what you are missing in your life so that you can become whole. Look within in order to answer that. Trust your intuition and the Universe will provide the answers that you seek. Change whatever it is in your life that no longer serves your highest good. You are exactly where you need to be right now. Your cards are: Generosity, Blessings, Energetic Movement, Wholeness, Insight, and Belonging.

Sagittarius- In 2022, it is time to allow the Universe to assist you in your dreams and aspirations. Remain calm and still in order for the answers to be given to you. Listen to your surroundings and believe in your intuition. It will not steer you wrong. The Universe will provide you with signs and messages, but you need to be open to receive them. Keep your energy moving with physical activity. Avoid procrastination. Stay in the now. Don't let anything or anyone affect your moods. You are well protected by the Universe. Trust and believe in the process. The Universe has no time frame. Things will happen when they are meant to happen. It is important to stay focused on what you are trying to achieve. Believe in yourself. The world is at your fingertips. Even though you are going through a change right now, you are meant to do so because life is a journey in learning. The cards drawn for your year are: Innocence, Insight, Energetic Movement, Protection, Concentration, and Personal Transformation.

Capricorn-In 2022, it is important to get connected to your higher self and ones that have come before you. They are all around you. Trust them as they will not steer you wrong. Accept that there are things in life that you can and can't change. You have everything that you need in order to survive in life. Open up your heart to the proper person. It is time to fully embrace your self-love. Belief in yourself will allow you to tackle anything that is put in front of you. Remain calm and steady in all situations. Find things that make you happy and do more

of them. Life is way too short. The little things in life will bring you the most comfort. Capricorn's cards for the year are: Divine Support, Acceptance, Embrace, Inner Knowing, Delight, and Capacity to Love.

Aquarius- In 2022, it is time to go after your goals and dreams. Don't let anything stand in your way of achieving them. You are worthy of them. Cultivate them by having a proactive plan to achieve them. This upcoming year is a good time to nurture yourself by taking care of your needs. Listen to your body. Take time to relax and surrender to the process. It is ok to put your needs first. By doing so, you can then accomplish anything you want to. You will be much stronger for the things that are thrown at you. Speak your truth. Your opinion is just as important as anyone else's. Trust the Universe as it will guide you always. The cards drawn for Aquarius for 2022: Childlike Expression, Nurture, Surrender, Relaxation, Be Candid, and Guidance.

Pisces- In 2022, look to whatever it is that you consider Divine for messages and signs. They are always here to help you. It is important to know all sides of a situation before you get involved. Sometimes it is better to keep your comments to yourself when something does not concern you. Stop looking at the big picture and appreciate all of the smaller steps that you have achieved along the way so far. There are a lot of good things coming for you. Be patient and wait your turn. Do more of what makes you happy. Stand in your own power by working on your solar plexus chakra... You are the most powerful tool that you have. You can accomplish anything that you put your mind to. Stop procrastinating. Cards drawn: Guidance, Achievement, Prosperity, Revelation, Empowerment, and Joy.

Robert Vecchio hails from New Jersey and is the High Priest of the Practical Magick II Coven, and a psychic medium.



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Astrological Guidance for February 2022

Robert Vecchio

Aries-The three theme cards drawn for this sign are: Personal Transformation, Clearing your Energy, and Determination. No matter what you are going through in your life, you can overcome it. Allow yourself to get rid of anything that no longer serves your best interest. You have the fire and power to do so. Get rid of the clutter.

Taurus-This sign's three cards are: Embrace, Sustenance and Divine Support. You have everything that you need in order to move forward. The universe has your back and will guide you accordingly. Slow down your pace and cherish the moments as they come to you.

Gemini-The three cards drawn for Gemini are: Revelation, Achievement and Generosity. Be grateful for the small accomplishments that you have achieved on your way to your dreams. The universe is unveiling your path to you one piece at a time. Clear your mind and allow it to happen.

Cancer-Your themes for February are: Blessings, Understanding and Acceptance. The universe is giving you what you need when you need it. There are things in your life that you can and can't change. Focus on what you can change and the universe will help you.

Leo-The cards drawn are:

Fulfillment, Priorities and Embrace. You need to make yourself a priority by taking care of your needs. Be more encouraging of what you want to do in your life. The universe is listening and ready to make it happen.

Virgo-February's theme for Virgo is: Acceptance, Innocence and Empowerment. Stand in your own power because you are the most powerful tool in making your dreams a reality. This is your life's journey, no one else's. Stay calm and move forward.

Libra-The three cards drawn for you are: Determination, Personal Transformation and Decision. Life will throw you many obstacles. They can be overcome with strength, will power and staying grounded. You have the universe at your fingertips. Believe in the process.

Scorpio-Your three cards are: Spiritual Quest, Decision and Wholeness. Continue on your path by finding yourself. Life is like a puzzle. Find the missing pieces that will complete it. No matter what decisions that you need to make, trust your intuition.

Sagittarius-You get a tall order for February, dear Sagittarius. The three cards drawn are: Courage, Determination and Fulfillment. Speak your truth so you can be true to yourself. While doing so, stay grounded. Whatever you are working on will come to fruition as long as you believe in yourself.

Capricorn-Your three cards were drawn in this order, and are: Sustenance, Beginnings and Energetic Movement. Each day of February is one of the best days to start something new. You have everything that you need in order to move

forward. Stay positive and continue moving forward.

Aquarius-Your three cards are: Relaxation, Insight and Clearing your Energy. Go within. Relaxation will provide a proper foundation to a more balanced life. Get rid of anything that no longer serves you. Your intuition will guide you on how to proceed.

Pisces-The three cards drawn for this sign are: Splendor, Achievement and Clearing your Energy. Be grateful for all of your smaller achievements. They have taken you closer to your dreams. Take time for yourself because you deserve it. Get rid of anything standing in your way of moving forward.

Robert Vecchio hails from New Jersey and is the High Priest of the Practical Magick II Coven, and a psychic medium.



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A Beginner's Guide to Creating Sigils

What are Sigils?

Sigils are simple, stylized drawings used to represent something important. For example – a heart for love, the sun for success, the moon for intuition, a star for light, and a tree for strength. Sigils are used as reminders, to keep us mindful of the intentions we set for ourselves and the dreams we hope to achieve.

Every time we see a sigil, it prompts us to recall what we were trying to achieve when it was created. This helps clarify the thoughts and guide the actions.

How to Create Sigils

Sigils work because they're personally meaningful symbols. Symbols are very powerful communication tools that side step the need for language. They speak directly to the subconscious.

The easiest way to create sigils is to draw one. Don't worry if you're not a fantastic artist: sigils are very simple stylized drawings that don't need time or special talent to create. In fact, if you find yourself doing a lot of detailed work and shading, it's a pretty good sign you're creating a drawing or sketch, rather than a sigil.

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A necklace with a Phases of the Moon design. The Moon is a powerful symbol for intuition. Photo: DevaDesigns

Sigils are very simple drawings – a very minimal approach that expresses the essence of the symbol to you, powerfully and directly.

For example, here are some of my own sigils I've created and use in my own life:



How do you decide what symbol you should choose for your sigil? There are two ways I like to go about this. Both methods work equally well, so choose the route that makes the most sense when you feel the need for a sigil.

The First Route: Symbol-Started

There may be symbols that are already important to you. You may find yourself drawn to these symbols time and time again, either over the course of your life, or surrounding a particular situation. It could be a basic symbol, an animal, a tree, a flower, or a shape.

If there is a symbol or an image that you are consistently drawn to in your life, spend time reflecting on it. What does that symbol mean for you? What does it represent? Why is it important to you? Do you want to bring more of those qualities into your life?

If so, then try creating a very simplified version of that symbol. For ease of use, the simpler the sigil is, the better. The more effortless it is to draw, the more likely you'll use it, and therefore the more often you'll be reminded of what you're trying to achieve. An effective sigil is something you could draw in a moment if you wanted to.

For example, the Sun, Moon, and Stars are part of everyone's existence and have a lot of symbolism associated with them. The sigils we created to evoke these celestial bodies and everything they represent are shown above. You can see how simple and to the point they are.

(Continued on next page)



Symbol-Started (continued)

Another example – if you were drawn to the image of the Fox, and you wanted to create a sigil to remind yourself of their quick wit & wisdom, then perhaps drawing just the pointy ears, or a swirled line to represent the floofy tail, would be enough to tell your sub-conscious: that’s a fox!

The sigil doesn’t need to be a complicated, highly-finished art piece, because what we’re trying to do is create a very quick visual symbol that will speak directly to your subconscious.

The Second Route: Symbol-Seeking

An alternate way to create a sigil is when you have a quality in mind that you want to expand in your life, and you want to create a sigil to remind you of that quality. Sometimes you have a purpose or goal that a sigil could help you attain, but you don’t know what symbol is appropriate for your situation.

For example, let’s say you’d like a symbol for Resilience. How could you go about creating a sigil to represent Resilience?

The first question to ask yourself is: What represents resilience for you? The natural world is a great source of inspiration for sigils. Consider what plants or animals have qualities that inspire thoughts of resilience in you. Brainstorm multiple ideas, and then consider each one and what they represent to you. It’s often easier to identify 3 possible symbols to begin with, and then spend time with each to determine which one works best for you.



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Every symbol embodies both positive and negative aspects, so you’ll want to think them through before deciding which one’s energies you’d like to have in your life. For example – the badger is very resilient, so you may consider her for your sigil. But the badger also has an abrasive side, and if that cranky energy isn’t what you’re looking for, you might want to choose something else.

Once you’ve chosen your symbol, the creation process is the same: draw some simple stylized drawings until you come up with something you can easily draw in just a few seconds. This is your sigil!

How to Use Your Sigil

Place your sigil anywhere you want to be reminded of your purpose or intention. The list of possibilities is almost endless. Here are a few options to get you started:

- Put your sigils in your planner to set the tone & focus for the day
- Make your sigil the background on your phone – great for sigils for joy, connection, and speaking truth to power
- Use your sigil as your profile pic on social media
- Write your sigil on the inside of your hand with magic marker – try courage, strength, or resolve
- When giving a presentation, put your sigil on your notes for confidence, focus, eloquence
- Draw or paint it on a pebble, and keep it by your bedside so it’s the first thing you see each morning
- Write your sigil in the sand at the beach
- Mark candles with sigils – great for meditation and spiritual work
- Put your sigil on your suitcase or traveling bags for safe journey
- Embroider your sigil on pillowcases or favorite garments
- Put your sigil in your wallet – prosperity, generosity, and good fortune are popular choices.

You Can Re-Direct Your Energy

Remember: Sigils help you connect with the energy of the universe to help you achieve your intentions. Choose thoughtfully, work consistently, and appreciate the new level of mindfulness you can achieve using sigils.

Blessings,
Suzie
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Manannon and The Cailleach

Rick Tschauder

Clayton, Washington, US - The land was warm, but plants and animals had yet to discover it. This did not bother the Bandia Og, as She lay, warming Herself on the ancient bedrock peak, high above a sky-blue lake. She gazed down at the lake below Her; one of the few freshwater lakes that existed. Her keen eyes marked a swirl in the water where one large fish had just dined on smaller prey, and She smiled. All was well.

Yet, it was time for Eochaid to sleep, and as He set in the west, the Bandia Og lay down to sleep as well. Tomorrow, She thought, She would go down to the lake and catch Herself a fish in the shallows, for Her supply of sun-dried meat was getting low. She slept, long and deep, only to be awakened by the ground shaking.

The Bandia Og reached out with Her senses searching for the cause of the disturbance. She felt Her precious lake being torn apart, saltwater entering from the north, and She knew that it would kill all Her fish! Her senses penetrated deep into the earth and found hot sea brines racing through caverns there: caverns that led to the Otherworld and beyond. A rift was forming that would tear the land apart. "What foul magic is this," She cried out. "Who disturbs My land?"

With only a moment's hesitation to say a prayer for those dying denizens of the lake, She ripped into the rift, pulling the upper layers of the earth apart. The fresh water of the lake plunged into the void, mixing with the hot brines below, cooling them, quenching their contained salts and metals into solid rock. But the ground continued to fracture. The rift kept growing wider.

The Bandia Og turned red with anger, and raised hot magma from the depths, crystallizing it into black rock. Even this could

not stop the rift from growing. "What trickery is this?" She screamed.

"Easy to answer," a voice responded. "For I have need of an ocean here. Long have I planned for this moment, to rend the land masses apart so that the seas may flow freely between them."

"Manannon!" the Bandia Og hissed. "This land is mine! How dare you!"

"I dare," Manannon replied, standing on a wave in what used to be Her lake. "For My realm is the depths: the ocean and the paths to the Otherworld are Mine to control." He smiled. "For life in the ocean is rich and diversified, while the land has nothing but rocks and sand. I control the living. Therefore, I control the Web on Earth. I dare, for I have the power to sculpt the world the way I wish! And I wish it to be water!"

The Bandia Og screamed and cursed, but the land continued to rift apart. None of Her spells could stop it. "Then I will bring life to the land," She thought. She cast Her spells into the sea, causing the plants and animals of the deep to seek out a life above the waves. The lands continued to drift apart, but as life spread across Her barren rocks, She felt Her strength grow. Manannon no longer was in complete control.

The battles with Manannon continued. He used the wind and waves to erode the land, and the Underworld powers to rip it apart, while She called up magma from the depths of the earth to create more land. She used her magical stones to create mountains where once there were only shallow seas. He sent storms to bludgeon the seashores. She called up magma to form volcanoes in the middle of the ocean.

The Bandia Og became near equal in strength, but Manannon pushed the land from the warm areas into the cold north. The icy winds began to blow, and the Bandia Og's heart grew cold as well. Her skin turned blue and She aged more rapidly than any immortal should. She built the land up; Manannon's waves eroded it away. Finally, in Her coldness, She had an idea. She let the winds bring snow to a cold land. The snow stopped melting. The north became encased in ice sheets miles thick. The land sank beneath the weight of the ice to where it was below the level of the sea, yet not beneath the sea, as ice sat directly on the land. It did not matter to the Bandia Og, for the ice was now Her domain. As the ice sheets grew and began to cover oceans, the Bandia Og's power grew, while Manannon's waned.

On the east side of the ocean He had created, Manannon confronted the Bandia Og as She stood atop Her glacier. "What have You done?" He cried. "You have made the land and sea alike too cold for life!"

"It was You who pushed MY Land to the cold north," She accused Him. "It was You who rendered it asunder. You are paying the price for Your arrogance!"

"All life is paying the price for Your anger!" He retorted.

The Bandia Og smiled. "Not all. At least not yet. The fish will live."

"All will die if you turn the entire planet into a giant snowball!"

"If the earth becomes a giant snowball, then Your power is finished. You will have lost, and I will have My precious lands reunited. United across vast fields of ice, but united nevertheless."

"I will go to Eochaid and ask His help in defeating You," Manannon threatened. "The Sun will melt away Your glaciers and restore My powers to Me!"

"You will not go to Eochaid alone," the Bandia Og replied, "I will state My complaint against You as well."

And so the two Immortals waited on a beach, in the liminal space between Their domains, and waited for

Eochaid to awaken. As the sun rose above Bandia's vast icefields, Manannon made His plea, and the Bandia Og made Hers. As the sun began to set, Eochaid issued His decision.

"Long have I watched the Two of You quarrel," spoke Eochaid, "but I did nothing, for without Your quarrels, the land would not have been populated with so many different types of plants and animals. Even with these icefields, life continues to adapt. Now I sense it is time to intervene."

"Manannon, Your quest was a foolish one, for in using Your powers to move the vast blocks of land around, many shallow seas, and the life in them disappeared. You won nothing of consequence, yet You caused great changes. Both of You did. It is time to stop the growth of Your oceans. You may keep what You have created, but no more!" Manannon pursed His lips but remained silent.

"The land now is populated, and some beings have become sapient. Soon, new Gods and Goddesses will join Us – in part ascendant from the peoples that have evolved, thanks to Your argument." Both Bandia Og and Manannon accepted this praise with bowed heads.

"Bandia Og, it is not My desire to see the earth frozen and life ended. The far north and the far south I give to You as lands of permanent winter. You must allow the rest to experience the seasons. Yet, I give You control over winter and rename you the Cailleach Beara – the Hag of Winter. You will be known as being among the oldest of the Gods."

Manannon smiled, thinking that the lands under ice would soon be underwater and His power would surpass that of the Cailleach again. The Cailleach gripped Her staff so tightly that Her knuckles turned from blue to white.

"Now," Eochaid continued, "I give You this task, oh Hag of Winter. Your glaciers have sculpted the land. You have carved great valleys and high peaks. I now charge You to let the glaciers melt and to fly across the land scattering stones from Your magic bag on those special places where these new Deities will live and create Their own mythologies.

Continued on page 14...



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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

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...Continued from page 12

You will decide where these new Deities will live. The mountains will bear Your name. Your mountains will become Their sacred sites. From these places, You and other Earth Goddesses will rule the land. Will You do this, oh Hag of Winter?"

"This I will do," the Cailleach replied, with a knowing smirk. "For these sacred sites will be remembered for so long as there are people to remember Them." With a wave of Her hand, the Cailleach dissolved Her spell, so that the ice would start melting. "The melting ice and the floods that follow will be like a huge boar, plowing ruts into the landscape," She prophesied. "The ruts will become valleys with rivers and where there are places to ford these rivers, great deeds will take place. There will be lakes, full of fish. And My hills will become great centers where kings and queens will rule, and Deities will come into being." The Blue Hag smiled. "This is a power that You will never be able to duplicate," She spat at Manannon. "And no hills will be Yours!"

"I need no hill for My sacred sites, for I am of the sea. But do not think I will have no influence here, Hag," He replied. "For as the ice melts Your land will be flooded again. Pick the resting places of Your stones very carefully."

"Foolish Sea God," the Hag sneered. "As the weight of the ice is removed, the land will rise. Some will be flooded, but eventually, I will reclaim even that."

"I will batter Your cliffs until they fall into the sea," Manannon stormed.

The Cailleach smiled. "We shall see," she said, patting Her bag of stones. "We shall see."

Eochaid just smiled as He faded beneath the horizon. For His own agenda was being fulfilled.

Rick Tschauer is also known as Woods Wizard, and is a community leader in Spokane (Washington, United States). He operates Spokane Pagan Village Commons, a gathering place, website and information distributor for the metaphysical communities in that area.

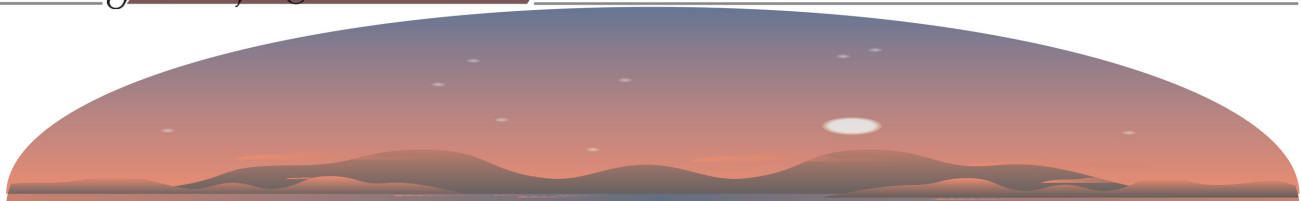
Chinese New Year 2022

Terri Ireland

The Chinese New Year is a 16 day-long celebration marking the movement from one zodiac sign to another. For 2022, it marks the transition from the Year of the Ox (2021) to the Year of the Tiger (2022). It begins on February 1st, and continues until February 11th, and then is quickly followed on February 15th with "The Lantern Festival." All are a time of joyful festivities, compassion, optimism, and a return to the light - similar to ancient European cultures and their Spring Festivals. It is celebrated with televised galas, parades, feasts and the giving of gifts of money in small red envelopes. It is noisy too, as if to waken Mother Earth and let her know it is nearly time for Spring!



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