

The Witchtower

Pagan Network Magazine

Summer Solstice/Lammas 2008

**Discover Why You Should
be A Fair Trade Witch!**



Is It All A Dream?

Learn all about Shielding

The Witchtower

Summer Solstice/Lammas 08

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Editorial

Welcome once again to a bumper packed issue!

So what have we in store for you? This issue we have some beautiful cover art from Pathian (www.pathian.co.uk). We also have our regular contribution from Trisha of Ghostbustersuk who tells us all about dreams and reveals some of her own. Andy keeps us informed about the new Consumer Protection Regulations and Beith-ann gives you a Whistle Stop Tour of Anglesey. For our animal totem section we fly with Owl and swim in the ocean with the majestic Whale.

Sit back and relax with our story The Lady of Light and Dark by Karen Collins or practice your gardening skills with our regular spot Stilly's Potting Shed. Oh, and whilst your there why not practice Shielding!

Don't forget that if you'd like to contribute an article to the magazine just drop us an email at the witchtower@gmail.com

Enjoy your reading!

Twilightgirl and the Editorial Team

Dreams have puzzled man since the beginning of time and have had a variety of different meanings to the many different races that make up our world on this planet.

Everyone dreams - yes, everyone! Even those of us who do not remember our dreams, as nine out of ten dreams vanish on waking. If you would like to try to remember your dreams I suggest you tell yourself over and over on preparing for sleep that you will remember your dreams, I know it sounds strange but repetition of anything has a way of penetrating the subconscious mind, which we will see is an important part of the dreaming process. Also keep a 'Dream Diary' or notebook and pencil by the bed and if you awake in the night or at your usual waking hour in the morning - before you do anything else - write down anything you can remember of the dream. It must be done as soon as you wake up, because as the normal days events begin dreams are very often lost to memory.

Dreams, we are told by those eminent men and women who have studied the subject at great length, occur approximately every ninety-minutes throughout our sleep period and during Rapid Eye Movement sleep (REM sleep). During this time the eyes can be seen rapidly moving beneath the closed eye lids. At the same time we also experience sleep paralysis which means we are unable to move, our bodies safeguard against us acting out our dreams and injuring ourselves.

The somnambulist or sleepwalker enters a kind of hypnotic trance very often found in the hypnopompic state between sleep and wakefulness, when it is thought that messages pass from the right brain, seat of the subconscious mind via the fibrous bundle, known as the corpus colosum, that forms a bridge to the left brain, seat of conscious mind, over-riding the paralysis and allowing the sleeper to walk. But this act of walking is usually forgotten on waking.

It has also been noted that it is often during this hypnagogic/hypnopompic state that paranormal experiences are encountered. Hypnagogic means - state of drowsiness before sleep and Hypnopompic - a state between sleep and wakefulness. Out of the body experiences (OBEs) often happen within this period of time giving rise to the idea that our subconscious mind may once again be responsible for this apparent phenomenon too.

Very often our dreams are so bizarre in nature that we desperately seek to know their meaning - hence the many and varied books published on dream interpretation, all of which seem to tell us more about the author than the actual mystery of dreaming. Some say we would go mad if we did not dream and preventing sleep is a known form of torture in some parts of the world. It is certainly a fact that if a person is continually deprived of sleep especially REM sleep they do become extremely agitated, as has been shown during the many experiments on the subject. Personally I think anyone would



become extremely agitated if continually awakened throughout a period of sleep, but is that necessarily because they are deprived of their dream or their sleep? I leave that to those who have spent great parts of their life exploring the subject to explain more fully.

Definitions

What is a dream? I still find that question puzzling. According to the Oxford English Dictionary - 'dream' - noun is defined as 'a series of scenes in the mind of a sleeping person'..... - which moves us on to the word sleep?

'Sleep' - noun - is defined as 'a condition in which the eyes are closed, muscles and nerves relaxed and consciousness suspended'. - This can all be detected by Electro-Encephalogram or EEG machine which records brain waves. Classified as ~ Beta waves - waking consciousness / Alpha waves which are slower - relaxation level / Delta even slower - where healing and paranormal events can occur / Theta the slowest - level of visual imagery and dreams.

'Mind' - noun - 'seat of consciousness, thought, volition and feeling. 2. attention, concentration. 3. intellect. 4. memory 5. opinion. 6. sanity'. BUT according to the definition of sleep above it says the consciousness is suspended - does that mean that the mind is also suspended if so where does the dream appear if not in our mind - which also bodes the question of what and where is the mind? It all gets a little confusing.

'Memory' (4 in mind definition above) - noun - '1. Faculty by which things are recalled to or kept in mind'. BUT once again according to the definition of 'Mind' above, if memory is kept in mind, and mind which is the seat of consciousness is suspended in sleep, then where oh where is this dream taking place??? This all takes us back to our original question of - what is a dream??? - Round and round we go, getting more and more confused. It is no wonder we cannot remember most of them on waking!

But the eminent scientist Louisa E Rhine suggested that dreams may be the most efficient carriers of ESP messages because in sleep the barriers from the unconscious to the conscious mind seem to be thinnest. So maybe this will enable us to deduce that dreams actually take place in the unconscious mind which becomes activated when the conscious mind is quiet or asleep, the same process as in

hypnosis and meditation.

It is also said that dreams throw light upon the inner workings of the human mind. But remember, according to our definitions above 'mind' is suspended in sleep as it is the seat of consciousness! - It may be assumed by the reader that I am just trying to confuse the whole issue of sleep and dreaming - that is not my intention - I am just trying to illustrate how confusing other peoples interpretations can be if one starts trying to make sense of them, as you do when you start researching a subject.

So maybe now we can all more readily accept the idea that during sleep the consciousness mind, reason, and logic are at rest. The subconscious mind which shelters our instinct is said also to command our dreams, which must mean that it is more active when the conscious mind is at rest. Which explains how hypnosis works as the therapist learns to quiet the conscious mind and communicate with the unconscious mind of the patient, similar to the method we use when we meditate.

What do Dreams mean?

Many people feel the need to be able to interpret the meaning of their dreams, but that can also prove to be a veritable mine-field!! There are so many books on dream interpretation on the market where does one start? As the interpretations contained therein are after all only the opinions of the author. I am sure many of them have been well researched but dreams must not only be specific to the individual but also to their life style. So if one looks up a simple example e.g. 1..to hear 'Music' - in one book tells me "Sorrow is coming to the dreamer from far off". and the other says - it "augurs great good fortune in all that deeply concerns you". 2..'Swimming' in one says - "either an unexpected death or financial trouble is at hand". The other says - "swimming in the nude means good luck in all that concerns you or in a suit suggests a forth-coming social embarrassment or disappointment".

It is difficult to comment on these type of publications which are at best a bit of fun, and at the worst dangerous. Remember 'nothing is written in stone'. I am afraid I can only recommend a pleasant meal out with a friend as a better alternative for your cash. At least this way you may have an interesting evening with stimulating conversation.

Freud said that 'The dream is a road to the knowledge stored in the unconscious mind, and explained that dreams were a way of the unconscious bringing things that had to be dealt with into the conscious mind to obtain greater understanding. He was also big in his interpretation of dream symbols with hidden sexual connotations e.g. The snake represented the male penis and a cave the vagina. But then, according to Freud, the penis could also be represented by a simple object such as a key and the vagina then becomes a key-hole. His ideas certainly seem to be overloaded with sexual representation. But then if we do repress our sexual urges and desires maybe they do appear as such symbols during our

dream state. Freud also maintains that our everyday slips of the tongue maybe a way of the subconscious mind breaking through into our conscious mind and therefore into our speech.

Carl G. Jung said that even illness seen in dreams can be a way of the unconscious trying to tell you something is wrong, before the symptoms become apparent. It is said too that to 'sleep on' a problem helps to solve it in ways that may not be immediately obvious to the dreamer but it does seem to work. The Ancient Egyptians believed that dreams were messages from the Gods.

The ancient Chinese sage Chung-Tsu 350 BC said 'only fools believe themselves to be awake now'. He dreamed he was a butterfly saying that suddenly he was awakened and asked himself 'was he a man dreaming that he was a butterfly or a butterfly dreaming he was a man?'

The Talisman

A popular talisman used by the North American Indians, which can now be purchased in most occult and gift type shops, is the Dream Catcher; a hoop with intricate webbing at its centre which ensures a good sleep without bad dreams.

The Dream Catcher's mystical web lets the good dreams caught there filter through and float down to the sleeper along the hanging laces and feathers - whilst the bad dreams are hopelessly entangled and held fast in the web where they perish at first light of dawn.

During my research into dreams and dreaming I have spoken to many hundreds of different types of people over many years and amazingly a huge percentage of them that own a dream catcher actually maintain the idea that it really works for them - I have been told by many that since hanging a dream catcher in the bedroom they have established better sleep patterns. Their dreams have become clearer and less disturbing and some have even said that nightmares have become a thing of the past, maybe this North American Talisman has therefore acted as a catalyst to quiet a troubled mind, or help the individual relax, thus enabling the natural process of a deeper and more relaxed sleep state - which I would presume in turn could establish a quieter and easier subconscious mind and finally more peaceful dreams. If this is then attributed to the power of the dream catcher instead of the individuals power over their own unconscious mind, so be it - whatever works for that person in gaining control once more of their own body and mind surely must be to their advantage, provided of course they do not then pass control completely over to an inanimate object thus giving it then power over their own choices.

Sleep Disturbance

Personally I think one of the biggest culprits in sleep disturbance or deprivation has to be having a personal television, or even worse a game console, in the bedroom. Unfortunately this is an inevitable problem that most parents will face at sometime with their offspring. It is so much easier to go along with the request/demand from our children, and unfortunately we all tend to opt out of the respon-

sibility of choice here and give in to their demands, even when in our hearts we know that this is not conducive to a good nights sleep. Then we wonder why young people want to stay in bed all day, become disruptive, bad tempered or even violent, depending not only upon their viewing but also upon their parents lack of involvement in their real lives. Some of us opt out of all responsibility when our children become of a certain age, which appears to become younger every year that goes by, not knowing where they are, who they are with, or what they are doing and sadly some do not even care - it is so much easier to blame the young people themselves, their schools, their friends, the media and a multitude of other outside influences than to look at ones own influence or lack of interest in their lives. In all things we face in life there are choices to be made - from whether we should eat another chocolate, to the type of life changing decisions we all inevitably face at some time or other BUT sometimes, sometimes this is where that old GUT instinct/ESP kicks in and we have to learn to be strong enough to actually listen to it.

Provided of course we are in a position to choose. Situations of life and death, pain and oblivion, starvation or a full stomach are not always open to choice for those individuals facing such overwhelming odds.

Personally I believe bedrooms should be kept for relaxing, meditating, sleeping or making love, not that love making should of course be restricted to the bedroom, and that could be the title of another book!

Dream States

Healing; can also take place within our subconscious mind in the form of a dream which guides the dreamer into ways capable of stimulating a natural physical cure.

Lucid Dreams; are dreams in which we become aware that we are dreaming and can, with practice, actually control events during the dream.

Dr. Keith Hearne PhD. wrote a thesis on aspects of the dream state, in particular lucid dreaming, and ran a sleep-laboratory in which he used his dream-machine to facilitate lucid dreams in volunteers. He has co-authored several excellent books on the subject of dreaming which are well worth the time taken to study them. He explains, along with his co-author David Melbourne, all about different forms of sleep and states of dreaming. They even have a theory on dream interpretation based on the method of stimulating the unconscious mind to pass messages through into the conscious mind and thus interpreting the resolving dreams by an innovative method of alphabetical substitution.

The False Awakening; which is brought about by dreaming that you are awake, after which you actually can wake up, or even discover that this is yet another false awakening. Eventually of course we do wake up and the effect of the false awakening causes us no harm.

Premonitions; or premature knowledge of a forthcoming event by other methods than the

usual senses are completely disregarded by many scientists of the physical world, as to accept their very existence would turn life as we know it completely on its head, because they believe that an effect cannot possibly precede the cause. Yet there have been countless cases of foreknowledge of events reported from all over the world during premonitory dreams. This particular phenomena has been experienced it is said by approximately 40 percent of the world's population, why then is it such an anathema to science? How much proof do these scientists require? It was Carl G. Jung who said "I shall not commit the fashionable error of regarding everything I cannot explain as a fraud".

Maybe the world is not quite as simple as we think. Could 'Castaneda' be more correct with his interpretation of the world being constructed in layers like an onion and different realities existing on similar planes? Quantum physics is already considering the probable existence of parallel worlds.

I like to think that people are becoming more open minded about the whole subject of paranormal phenomena, and if dreams are a product of the subconscious mind then maybe they should also be classed as paranormal phenomena - then the complete sceptics among us could say they did not dream either! Maybe one day we will all know?

By Tricia Nymh 1995 ©

Perchance to dream...

"...To sleep: perchance to dream: ay, there's the rub;
For in that sleep of death what dreams may come
When we have shuffled off this mortal coil,
Must give us pause:..." Wm. Shakespeare - Hamlet (3.1.64-98)

On Wednesday 12th. January 1994 I had a very vivid dream. I was walking along a street I did not recognise when the buildings on either side of me began to collapse. The ground on which I was standing was also moving like a crazy ride at a fairground.

As I stood there bewildered, looking around me, a voice said clearly, "IT'S OK, IT'S ONLY AN EARTHQUAKE"....I watched fascinated as pieces of buildings fell along the street ahead and yet I was not at any time afraid. I remember when the shaking stopped going into one of the buildings and looking amongst the rubble to see if anyone there had been hurt. Then I was once again back in the street and continuing my journey with the voice around me saying "DON'T WORRY, THEY'RE SAFE, THEY'RE SAFE."

It was at this point that somehow I knew that the THEY in my dream was in fact my daughter Juliet and her husband Paul who live 20 miles North West of Los Angeles in California, USA. This sudden realization brought me out of my dream with a start and I awoke feeling troubled but strangely unafraid. That morning I recorded my dream in the notebook that I keep at the side of the bed.

I have had vivid dreams all my life, a few of which have been of a premonitory nature, but usually quite small insignificant events, and my husband is quite used to me retelling them and discussing them with him. I never had cause to write them down until I started to study the world of dreams.

On this particular occasion I did not talk about my bizarre dream to my husband as he was in fact preparing to fly to America just two days later and maybe this had been the cause of this particular incident - who knows? He was going to complete some business and then stay with our daughter and her husband in California for two weeks. So I pushed the experience to the back of my mind. I did talk to my younger daughter, Louise, about it all and we decided to say nothing and chalk it up as just another one of my dreams.

During the next day everything went according to plan and my husband duly flew to L.A. and joined our daughter Juliet to spend two pleasant weeks there. We were in touch by phone and all was fine: my dream was almost

forgotten and became just another entry in my diary.

At this particular time in my life I was taking a full-time course at our local college. I left at my usual time on Monday morning leaving Louise to get herself off to her own studies at a different college. On my way to town I usually stopped in the next village to pick-up the daughter of a friend of mine. But as I drove along that day I had a very strange experience. A voice in my head kept repeating "DON'T WORRY, HE'S WITH THEM THEY ARE SAFE."

I remember actually shaking my head as I drove along to rid myself of this voice. The time was then approximately 8.30 am, our time. L.A. is eight hours behind us which meant it was 30 minute past midnight, the early hours of Monday morning in California. Then the memory of my dream came flooding back but before I could worry too much about this very strange experience I had arrived at my friend's house. Her daughter jumped into the car bursting to tell me about her weekend away with her sister and my dream and the voice disappeared as she chattered gaily away.

On my return home that afternoon I pulled into our drive to see Louise's very ancient car already parked as she had arrived home ahead of me. I went into the house, calling her name. I found her glued to the television and as I began to ask her if she had had a good day she stopped me and told me to sit down! She said I was not to worry but there had been a big earthquake in California, close to Juliet, that measured 6.8 on the 'Richter' scale.

She said that my sister, who also lives in the area, had rung to say that they were all right but that she had been unable to contact Juliet and Paul as the telephones in their area were out. I went cold and numb as once again my dream began to haunt me, but deep down inside I knew that everything was going to be all right. Louise was surprised at how calm I was and said it was all really spooky how I had dreamt of an earthquake just five days earlier. She said that she had tried to contact her sister but could not get through so she had then put the television on hoping for news and up to date details.

The world, of course knows what happened on Monday 17th January 1994 at 4.31am local time in California, 31 minutes past noon our time. During the next week the news was to be full of the disaster. I spent the next two hours dialling my daughter's number in California without a break. Every time I dialled a recorded voice told me that I was ringing a number in an earthquake zone and could not be connected, but I could not give up. I needed to hear the

sound of her voice just to put my mind at rest. Two hours later I managed to get through and suddenly there she was on the other end of the telephone line. Her voice was very shaky and, although the Earthquake had been severe and they had lost everything breakable in the house, they were all fine. Then she suddenly said: "Got to go Mum, having another....." The line went dead.

My daughter's condominium was only four miles from the epicentre of the Earthquake and during the next two weeks they had literally hundreds of after-shocks in the same area, some of which were nearly as severe as the first quake. The building in which she lives is two storeys high and approximately 250 foot long yet the whole thing moved two inches to the North.

The mountain range just a few miles behind them actually grew eighteen inches higher and moved a foot closer to the sea as the earth below it was forced in an upwards direction. Juliet and Paul and my husband moved in to sleep with Paul's parents by night but by day they returned to their own home to clean up the broken crockery and glass and see what they could salvage. During that time, between continuing after-shocks, my family and their neighbours pooled their food and spent time helping each other and eating barbecued meals outside.



I have been told since then by some of Juliet's neighbours that she was marvelous. With the moral support of her husband and father she calmly tried to organise things to help everyone to continue somehow with their lives - a true spirit of the war which she knew only from films and history books. And here at home her young sister Louise was a great support to me as we both felt so helpless. Between the times when they were not taking shelter from the shaking earth they all watched the surrounding devastation on their television.

Juliet said it was like living in a war zone with gas and water mains exploding around them and the acrid smell of fire in the air, punctuated by the sound of sirens from the emergency services as they rushed from one side of the valley to the other. She said how strange it was to see all the havoc on the television and



then to open the front door and find it was right outside! The epicentre was beneath the California State University at Northridge, where Juliet was studying for her degree in business/accounting, and the three-storey car park there folded onto its side like a page in a book. Yet considering the limited damage caused by the original earthquake and its following after-shocks, it was a tribute to the building ability and technology of the civil and structural engineers in the area.



Unfortunately, fifty-two people died as a direct consequence of the earthquake and hundreds had minor injuries. This too is a remarkable tribute to the State of California as similar size quakes in other parts of the world have killed hundreds of thousands of people and left even more homeless as whole cities collapsed. It is of course inconceivable to even think of the unimaginable horror that could have befallen that city if the Earthquake had struck just five hours later, at the height of rush hour. It may be there is such a thing as fate or Kismet - who knows?

If this is the case then why do we have the ability to think at all. Why are we not automata, although maybe some of us are!! Within hours there were tent cities, supplied by the state and large business concerns in the area, springing up in surrounding parklands. They were to house people whose property was considered unsafe or for those who were simply too afraid to return home as the world around them continued to shudder and shake. In fact many did leave the area for good, never to return.

The extent of the devastation is clear from the photographs. Nothing can begin to describe the feelings and emotions, during those brief sixty-seconds, when Mother Earth showed Man the true meaning of the word 'POWER'.

When my husband came home he was obviously shaken. After spending seventeen years away deep at sea in the Merchant Navy, he had experienced hurricanes and mountainous seas but his brain could not accept the fact that he was not at sea that day. He said the noise was incredible as timbers creaked and buildings cracked and glass and crockery smashed about them amidst falling furniture and fittings. The ground beneath them shook so violently that they were unable to walk and so had to crawl on hands and knees into the shelter of the doorway whilst they waited to see whether their lives were to end at that

point. He had to keep telling himself that he was not on board ship but on what, to that day, had always been terra firma to him. As my husband and I talked about the experiences he said it was the longest forty-five seconds of his life and I told him about my dream and the voice I had heard saying: "IT'S OK, IT'S ONLY AN EARTHQUAKE."

He looked visibly shaken and said: "My God, that is exactly what Juliet said to me after I finally made it to the safety of the door-frame of my bedroom in the pitch dark. He said he felt a small hand reach out and take his. It was Juliet, sheltering in the doorway of their adjoining bedroom with her husband, and as she squeezed his hand, for comfort, she said "IT'S OK, IT'S ONLY AN EARTHQUAKE!"

For several years after this event the time in California was spent clearing up and rebuilding not only damaged buildings but also damaged lives.

My daughter and her husband, who had only been married eighteen-months, replaced broken articles destroyed in the quake. They repaired the damage to their home and belongings. They have recovered from the trauma very well, without the aid of medical or psychological assistance. Although, even now, the look that passes across their faces in a split second if heavy traffic causes a car park they are in to suddenly vibrate says it all! After this particular quake there were literally thousands of recordable after-shocks in the area but the Californians are used to the occasional tremor. For most people there life goes on pretty well as it always has and time has a way of slipping by as memory fades. As it does the world over.

Three years after my original dream on Monday 21st April 1997 I was telling two good friends of mine about another dream I had recently experienced. It had shaken me a little as it was once more about an earthquake and a voice saying "This is the big one!!" One of my friends said I should tell my daughter as I would never forgive myself if it came true, but obviously I was torn then between 'giving a warning' or being 'a harbinger of doom'.

Then on April 26th, whilst I was at work, my husband had a phone call from Juliet, my daughter, to say that at 3am local Californian time, I am our time, they had another earthquake - only 5.0 on the Richter scale, followed in five minutes by a 4.8. The epicentre of which was in Simi Valley, just a few miles to the north of them. This time there had been no damage and no one had been hurt, so needless to say it did not make the news over here, but my heart sank!

What really is a dream? How does one know the difference between just dreaming and pre-cognitive information? If there is a method of differentiating between them then what, if anything, should one do with that knowledge? How far does one go with a warning before one is labelled 'a crank'?

Several days later they had two more earthquakes, again in the early hours of the morn-

ing, both approximately 4.0 on the Richter scale. Their epicenters in the Castaic Lake area, once again just to the north of them. Whilst I was speaking to them that evening our time, 8am their time, my son-in-law suddenly said, "whoops, here we go again, we're having another shake. - It's OK it's passing, it was just a small one, maybe 2-3 on the Richter scale."

So at that time it seemed as though fate had suddenly taken a hand and this prompted me to say that Juliet's information about the latest earthquakes had broken my dream. I told her about it but I could not bring myself to tell her about the voice I had heard. Should I have done so? Who knows the right answer to this one? I hope I never have to find out and this all just disappears as 'just another one of Mums dreams'.

The media in California were divided in their opinion of those series of quakes: One side said they were still after-shocks from the original 6.8 three years earlier - even though they also said it was unusual to have after-shocks three years later. The other side said they could have been preliminary shocks to 'The big one'.

The considerable damage sustained at California State University, Northridge, during the original quake has, of course, been put right but the three-storey car park, shown in ruins in the picture, was never rebuilt - it seems they learnt that lesson.



As a family we believe that if we have to travel 6000 miles to die in an earthquake, then so mote it be. After all, death is the only thing we can be sure will catch us all in the end. It seems to me that it is impossible to hide away from life. Although I do not believe in courting disaster, I do believe that life must be lived to the full, as best we can.

On Wednesday 7th January 1998, I had yet another earthquake dream. This time I was in California with a friend of mine from work. The dream was short and consisted of her and I in a grassy area with the earth shaking all around us. All I can remember was saying aloud "it's an earth-quake". There were no other details.

Two days later I had yet another earthquake dream. This time I was with my daughter Juliet, we were going shopping, when suddenly she grabbed my hand and said "Mum, its an earth-

quake". Then I awoke in a real sweat, I felt troubled and anxious and found it difficult to get back to sleep. Once again this is all I can remember.

At that time I believe that these two dreams could have been associated with the fact that my husband and I had just booked a trip to California to see my daughter and her husband, in their new house, up in the Thousand Oaks area. Maybe somehow my mind had been full of the impending trip which transposed itself into a dream. The fact that I could only remember both dreams by such a brief incident could be because I no longer keep a dream diary. As most people know, it is very easy to forget dreams on waking as soon as the conscious mind clicks into action and one faces the day's chores.

Since the above incidents we have visited

California and my daughter's family many times without incident - but I have still never been with the friend I was with during one of these dreams - and it will not stop me going with her should we ever have the opportunity. Personally, I cannot begin to explain any of what happens in a precognitive dream and leave that to the experts BUT, for once, I am very glad to say that, to date, apart from the usual quivers from 'Shaking City', things there are as they usually are which is comforting as now I have two beautiful Grandchildren there and nothing either on this earth or beneath it will ever keep me from visiting my family there.

By Tricia Nymh January 1994 ©

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Common Dreams and suggested meanings

Falling Dreams

Dreams about falling are very common anxiety dreams that can represent underlying fears and feelings of inadequacy and helplessness. Interpret your dream by considering your primary fears, current difficulties, and situations in your life that seem to be on a downward spiral, especially those situations that seem outside of your control (financial, romantic, etc.). Some people believe that if you keep falling in your dream and don't wake up that you will die at the point of impact. This is absolutely not true. In a falling dream you wake up out of fear and not because of danger of dying.

Nudity Dreams

Being naked in a dream suggests vulnerability and exposure. It could be compensation to what is going on in daily life. Are you very guarded and unwilling to let people see the "real" you or are you feeling embarrassment as a result of a mistake or emotional reaction? With this dream the unconscious might be encouraging you to become more open with your feelings and more accessible emotionally. Additionally, if you see yourself naked in inappropriate places, your rebellious side may be coming through and with it some fear that people may not accept you for what you really are.

Chase Dreams

Folklore interpretations say that if you are looking at a chase or participating in it, you will have a comfortable old age. Although this may be comforting, there is a more realistic understanding of this activity in a dream. If you are being chased, maybe you are running away from or trying to escape those things that are frightening and unpleasant (possibly your own habits and negative behaviours). If you are doing the chasing, it may be that you are expressing some aggressive feelings toward others or are pursuing a very difficult goal. On the deepest level, if a stranger is chasing you it may represent your chasing a part of yourself, the unconscious attempts to catch up with the conscious in order for you to become more aware of yourself and your own multidimensional nature.

Teeth Dreams

Dreaming about teeth is very common in all cultures and age groups. Most dreams about teeth leave people feeling uneasy and anxious. Consider the overall content and context of the dream and note if you are having dental problems before making interpretation. Teeth usually symbolise power and/or control. Animals use their teeth for defence and nourishment and show their teeth when they are angry. Humans often display similar behaviours. Look and see if you are losing or abusing power and control in any area of your life (especially if you are losing teeth in your dream).

Running Dreams

Dreaming of running competitively should be distinguished from dreams that have you running to or from something. If you are simply running with no goal, it may be an indication that you need to slow down in your every day life. If you are competing, you need to consider your recent rivalries and realistically look at the current challenges. If you are running in a race and win, your unconscious may be expressing confidence that you may or may not feel in the wakened state. Running in your dreams may also symbolise the energy levels, the strength, or the force that you have to get through life.

Faeces Dreams

Dreams containing faeces may be odd but they are not uncommon. Faeces represent those things that you no longer need, things that are currently rubbish or waste and need to be discarded. This dream may represent healthy psychological progress. It may indicate that you are cleansing yourself of unnecessary and possibly hurtful attitudes, ideas, and emotions. At times, and depending on the details of the dream, faeces could represent a contaminated area of your life, mind, or spirit. Look at the details and consider if the image of faeces is in regard to something that you have been trying to clean or if it brings up stress provoking thoughts, confusion, and difficult and unresolved areas of your life. In some cultures people believe that if you are dreaming about faeces you will soon prosper financially.

Ancient

Circle

As we go through the Great Gateway to Summer, we are going to look at the signs that the Sun is going through in that season and the element of Water, the element of the sign, Cancer, which is at the height of that season.

The Element of Water

Cancer, Scorpio, Pisces.

Throughout time WATER has symbolised emotions. This is exactly where the Water signs live, within their emotions. If you think about it, we use quite watery language to describe emotions. "A love as deep as the ocean, as wide as the sea" 'Tides of emotion' 'sea of love' 'cry me a river' 'emotional depths'. I could go on, and perhaps you could think of a few more.

In order for this element to be kept under control it needs to be contained and is liable to take on the shape of its container. It can also take on a form of two of the other elements, (using the third, or lack of it, as a catalyst) in the form of ice (solid, earth) or water vapour (gas, air). Therefore it is the most versatile of the elements. As Liz Greene points out in her book 'Astrology for Lovers' (Rubbish title, great book) "The greater percentage of the human body - something like 85% - is composed of water. Water covers two thirds of the earth's surface. And from water, the Koran tells us, all life begins"

There is an almost primitive power with Water, underrated because there is a tendency to equate the watery type with being wet. However, when you look at valleys formed by the erosive properties of the river you can see that there is a persistence with water which will not be ignored. I have a pervasive image from a film of a dam being burst after it was weakened by just making small cracks in the structure. Water finds weakness and takes advantage of it, breaking down the structure, wearing it away or bursting through.

Water finds its identity within an EMOTIONAL relationship with others, either being dependant or having someone to depend upon, usually both. It's like the patient needing the nurse in order to get well, but the nurse needing the patient in order to validate them. If there is one thing that Water needs, it is that sort of containment, to feel needed for something. Why else should they get the reputation for self-sacrifice? Cancer is the

ever devoted mother (even the men), Scorpio tends to become enveloped in intense emotional experiences (and yet they are scared to death of them as well) and Pisces just wishes to make the world a more acceptable place for everyone, but chiefly for themselves.

Like the creatures that symbolise the water signs, the members of the water trinity can live in places that are inhospitable to humans. Not only in the physical sense, because water can endure hardship beyond all other signs, except perhaps for Capricorn, but also existing within the realms of instinct and feelings, something that the other signs find harder to cope with. The experience of life is the most real to them. It doesn't matter if you cannot theorise about it or touch it, if it can be experienced it exists. Water signs have a well honed sixth sense that the other elements have buried through lack of use.

Because of this existence in the world of the intangible, Water signs tend to have a better idea than most what is real and what is imagined, but sometimes prefer to escape into a world of imagination. Don't ever underestimate how much water signs really know, they have a wisdom that comes from an inner knowing and a connection with all realms, sometimes not even knowing where their thoughts and 'knowings' come from.

These signs tend to get a bad press now days because what they are concerned with is not the concern of society in general. The psychic realms and areas that are covered by instincts and feelings are something that tends to be knocked out of people at a young age. We live in a Fire/Air orientated world whose priorities are not those of the Water signs. Their empathy makes them the healers and the prophets, the counsellors and the psychotherapists, the nurses and even the prison warders of this world.

The 'Summer' Signs

Cancer

Element:- Water.
Quality:- Cardinal.
Ruler:- Moon.
Keyword:- Family.

CANCER is sign of the Summer Solstice. The main principle of CANCER is the emotions and so this sign tends to run with their feelings. It is a time of heightened experience in nature too, where the nurturing aspect of the sign needs to come into play. Any neglect now of anything could mean disaster. Crops need to be protected from "pests" and although strong in growth, this could be a time where anything going wrong could mean the end of the crop. This was obvious during the major drought some years ago (remember droughts), the lack of water didn't just

Astrology and the Wheel of the Year

affect the crops directly, but other areas indirectly. Husbandry farmers were unable to grow enough grass to store for the coming winter feed. Too much water, as last year, means that crops rot in the field and can't be harvested. Nature needs balance to continue and none more so than during the time of Cancer. The young in nature are still dependant on the mother/parents for food. They need protecting from predators. It is a family time of year.

When it comes to Cancer as a personality the image of the Earth Mother comes to mind. Cardinal/Water means that Cancer is the most overtly emotional of the signs. The need to feel a sense of belonging is paramount to them and all their security stems from having dependants and those who they can depend on. They are also very much aware of their need to be rooted, from having a base from which they can go out into the world to understanding their ancestry.

They have a great respect for the past and use its lessons to live in the present and move them into the future. The downside of this is that they can get stuck in the past, continually going on about the 'good old days', even if they hadn't even been born then. When they are feeling insecure they can cling onto anything, the family, their friends, the past and things. They will be the last ones to notice the smell of ripe Gorgonzola coming from their 10 year old pair of slippers because they were the last present that Auntie Grace gave them before she died.

Don't be fooled by their lovely cuddly mumsie air, Cancerians can be demons, just look at the size of their pincers. When it comes to their family they take no prisoners. They fiercely defend their own no matter what. They are not above emotional blackmail either, in fact they are past masters at it. They control by nurturing. I remember family get-togethers at my Cancerian Grandmother's home, the walls were coming apart at the seams with every living member of her family and there was enough food to keep a small army going for a week. If we didn't finish it, she would start with 'keeping your strength up', continue with the starving in Africa and her final volley would be 'I've been up since dawn getting this lot ready for you!'

By
Beith-ann

Nurturing, the keyword for the sign and the season.

Ancient

Leo

Element:- Fire.
Quality:- Fixed
Ruler:- Sun.
Keyword:- Honour.

Although the Sun has hit its strongest point at the solstice, a month later we are still feeling its heat and light strongly, more strongly than at its height for the most part. This is a time of ripening and filling out.

There is a powerful creative urge around this time when nature is at its richest and those living with it don't have to do too much to survive. Therefore, with the long days and good weather, people still save this time to follow pursuits merely for pleasure. The principle of creativity is basic to the LEO personality; even the symbol for the Sun is the circle of eternity with the point of the creative spark in the centre. The pre-Christian myth of the Sacrificed King links with the LEO personality.

If Cancer is the Mum of the Zodiac, Leo is the Dad. Like the Sun, the whole of existence revolves around them and they need to be the centre of attention. If they can't get it one way, by being outgoing and energetic and 'in-yer-face' then they will get it by feigning incompetence (in the things they don't want to do). I remember hearing Howard Sasportas, an astrological hero of mine, asking "Who is the most powerful person in a family unit?" the answer is, of course, the weakest. Everyone runs around to the demands of a baby because they are unable to do things for themselves. The Leo personality, if they feel they cannot impress their authority in any other way, will be seen to be the weakest, therefore the most powerful. (they won't admit it though).

Leos constantly need reassurance of their effectiveness and your admiration. For all their reputation for bossiness, this only comes out when they are feeling ineffectual. If you live with a Leo, you may find life easier if you bolster their ego, then they are loyal and loving and fiercely protective. They are proud of their loved-ones achievements and, as long as they are not made to feel inadequate in themselves, will give support and encouragement all the way.

A Leo who is at ease with themselves is gentle and creative, strong and supportive and forever giving of themselves. They are a fire sign and need people to look up to them and adore them. Like the Mythical King of Lammas, they will sacrifice themselves for their family and loved ones, as long as they are still admired for it, not that their family always

Circle

Virgo

Element:- Earth.
Quality:- Mutable.
Ruler:- Mercury
Keyword:- Perfection.

want such a sacrifice. However, adore your Leo, and they will adore you in return and much, much more

The implication of the keyword, as I see it, is linked with reaching perfection or wholeness as opposed to in the usual 'flawless' usage. VIRGO is the sign of the harvest; as the maiden she is often portrayed as Ceres, the Goddess of the Harvest. This is what the VIRGO personality wishes to obtain, for themselves and others, the best that they are capable of and to reap the harvest of their labours. This is one of the reasons that VIRGOs have the reputation of being critical with the principle of analysis.

Rather like a squirrel storing the hazel nuts away for harder days, the Virgo personality collects and stores bits of information. I remember a Virgo relative of mine having a box labelled 'bits of string too short for usefulness' and they are the same with information. You never know when you might need a particular bit of knowledge and you can always bank on a Virgo to come up with the right bit for the right situation, no matter how obscure it is. Another Virgo relative, an Aunt of mine, whenever we used to visit stately homes, would read the guidebook before she went in, memorise it and tell us all about it as we went around. Not only did it save us a lot of money on the purchase of guidebooks, she was often mistaken for the official guide and attracted large crowds of followers at times.

Being an Earth sign, Virgo is very aware of their body and its functions. They are interested in health and at worse look through medical encyclopedias looking for an ailment to match (usually imagined) symptoms. I suspect the types who self diagnose yellow swamp fever when they have eaten something that gave them a bit of wind (stomach problems are the bane of a Virgo's life) have a strong Virgo planet somewhere. At best they make efficient and unsqueamish nurses and great healers. Because of this body awareness, (in spite of the name) when sexually active they make terrific if rather unemotional, lovers because they analyse their performance and know exactly what has the best effect. However, they can also be prudish, not wishing to be seen as undignified or unkempt.

They are critical only because they want their loved ones to be as good as they possibly can be, to be the prize rose in the show. They are their own harshest critics so be gentle with your Virgo, they only want the best for you.

Next time I shall deal with the Autumn signs Libra, Scorpio and Sagittarius and the element of Air

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By
Beith-ann

Out Of The Shadows

So it's May 27th and your latest client arrives for a tarot reading, or for a bit of healing, or perhaps for a recharging of the charm you sold them a year ago. Hmm - business as usual - and the money will help pay the latest bill.

Strangely the client seems a bit cockier this time. They ask for a written description of the service you are offering and want to know the terms under which you operate. They want to know if you are going to guarantee that a) you know what you are doing, b) that you are in any way qualified to do it, and c) that it will work. They also ask to be able to record the process.

It's all a bit of shock. Do they really think they have the right to question what you are offering to do for them - even if you are only charging a very reasonable fee?

Well, yes, actually they do!

Until recently the more unusual services that may have been offered were not particularly well covered by the law. The Fraudulent Mediums Act has been repealed and replaced by the Consumer Protection Regulations which came into force on 26th May 2008. This should not have been any great surprise because this was a direct result of the EU Unfair Commercial Practices Directive (UCPD) which was adopted in the UK on 11 May 2005.

In the past you could be done for being a fraudulent medium. Anyone who pretended to act as a spiritualistic medium or to exercise any powers of telepathy, clairvoyance or other similar powers with intent to deceive, or used any fraudulent device to do so was guilty of an offence. However you couldn't be done for it if you hadn't "acted for reward". That didn't, by the way, merely mean getting paid, but could also cover receiving goods or services in exchange. You could in theory get up to 2 years in jail, or a £500 fine under the Fraudulent Mediums Act.

Now for the first time all services, including anything magical, psychic or spiritual is very definitely covered by the new consumer protection law. I don't see why people who set out to con or exploit the vulnerable by selling them fake services of any kind should expect to get away with it - that includes people who call themselves tarot readers, reiki masters, wise women, shamans or any other label that they may use just to get money, or goods, out of the unwary, or desperate.

Fair Trade Witch

The new regulations prohibit conduct which misleads the average consumer and thereby causes, or is likely to cause him to take a transactional decision he would not have taken otherwise. Now quite whether an "average customer" is going to be visiting the modern equivalent of a cunning man is open to debate, but these customers now have a legal right to

expect to be treated fairly. Turning on the witchy play-acting could be enough to be misleading conduct and under the new rules there is now no need to prove an intent to deceive a customer. Those who fall foul of the new laws could be done in both civil and criminal courts.

And by the way, this may affect all sorts of "services" - what happens if you (well not you obviously) chip into your church collection plate in expectation of having your prayers answered after the nice vicar has reassured you and the rest of the congregation that God will sort out all your personal problems?

But - back to us lot... so - what's a poor Pagan to do then? I think the answer is don't worry. If you are genuine in what you do and you really do things for others as a service rather than to extort money, goods or services from them, then there should be no problems. If on the other hand you are given to play-acting to make yourself seem like the arch-high wise-woman/man all-powerful anointed shamanic super being and you do it to exploit the weak and vulnerable who may have difficult and unusual problems then so far as I'm concerned you will deserve all that you get.

If someone asks you for some proof that what you say you can do for him or her works and that you offer value for money I suggest you get worried and think very carefully about what you are doing. But then none of you are offering dodgy services are you? It's up to you!

By Andy Norfolk

The EU Directive:

Harmonises unfair trading laws in all EU Member States; Introduces a general prohibition on traders not to treat consumers unfairly. This prohibition is intended to act as safety-net consumer protection legislation.

In particular, the Directive will oblige businesses not to mislead consumers through acts or omissions; or subject them to aggressive commercial practices such as high pressure selling techniques. The Directive also provides additional protections for vulnerable consumers who are often the target of unscrupulous traders.

The Consumer Protection Regulations apply to the activities of all persons acting in trade or business connected with the supply of goods and services to consumers. The Regulations will prohibit those activities that are misleading or aggressive. So the Regulations will not affect the supply of spiritualistic, Pagan, magical, or similar services in themselves. They will however apply to misleading activities related to the supply of such services. Consumers must be protected from misleading activities by traders connected with the supply of all services including spiritualistic, Pagan, magical, or similar services.

Walk Between Worlds

Now then - pay attention at the back there - I've a few questions to ask about why you're doing what you are. Any ideas? Where does all this Pagan way of doing stuff come from? No, I don't have the complete answer either, but it's fascinating to try and join up the dots and there have been some strange twists and turns along the way. Witch-hunts are part of the story.

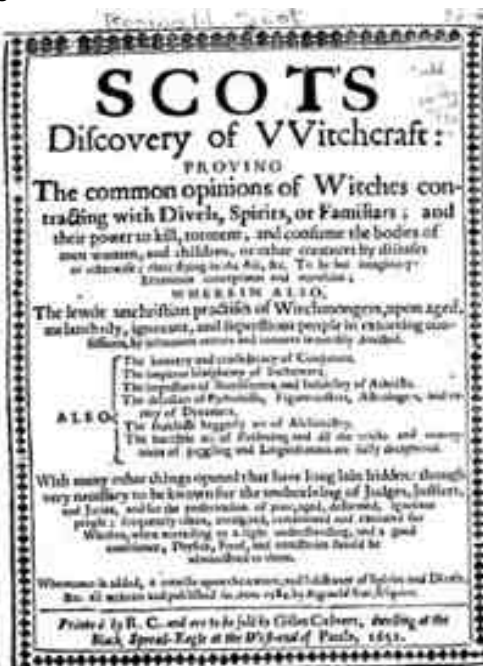
Witch-hunts took place mostly between about 1450 and 1750 in Europe, including Britain. Current estimates are that there were perhaps 100,000 witch trials resulting in 40,000 to 50,000 executions, 20% - 25% of which were of men. Don't forget that this was at a time when capital punishment was normal and widespread for many crimes. Those who were accused of witchcraft had often been upsetting their neighbours in some way for 15 to 20 years before they were accused. It seems to be quite widely accepted now by academics, though perhaps not by some modern Pagans, that most of those who were accused were not witches at all.

In 1584, while witch trials were increasing in frequency, Reginald Scot published a rather odd book, "The Discoverie of Witchcraft" - it was odd at the time because he said that witches didn't exist and set out to prove it. He was a Justice of the Peace in Kent and his book was a reaction to and a protest against the rising tide of the persecution of innocents by a superstitious clergy. His conclusion was that because the scriptures and a bit of common sense showed that witches did not exist there was no point in setting out to find any to punish them. This did not amuse King James of Scotland who was probably prompted by this to write his own dour book, *Daemonologie*, published in 1597, which claimed that of course witches did exist and that of course they should be punished. Scot had said quite bluntly that the prosecution of those accused of witchcraft was irrational and not Christian, and that the Roman Catholic church was responsible for promoting the idea that witchcraft existed and then creating hysteria about it. James was so unamused by "The Discoverie" that when he became King of England, as well as Scotland, in 1603 he ordered that it should be burnt.

Scot was scathing about cunning folk and said that they were all conscious frauds. He wrote about Mother Bungy who was known as the "great witch of Rochester" and had a reputation for being "the chief ringleader of other witches". However, Scot pointed out that she was "found to be a mere cozener; confessing in her death-bed freely, without compulsion or enforcement, that her cunning consisted only in deluding and deceiving the people, saying she had, towards the maintenance of her credit in the cozening trade, some sight (skill) in physic and surgery..." He also wrote scathingly about other wise women of his day such as Mother Baker of Stonestreet, near New Romney.

Now why is this relevant to us? Well oddly because Scot's book became a manual of how to do witchcraft. In trying to explain how cunning folk "coosened" the unwary he described in details how juggling legerdemain and juggling could be used and provided a collection of spells and conjurations to show how ineffective they really were. Despite his intention of exploding the myth of witchcraft promoted by the church he ended up writing one of the first manuals on practical magic. Soon after it was published it was apparently already being used by cunning folk. It was reprinted in 1651 and again in 1665, not because people were now even more sceptical about witchcraft, but because of a surge in interest in the occult generated by the publication of Agrippa's "Three Books of Occult Philosophy" in 1651 and translations by Robert Turner of various books such as "Ars Notoria" and "Paracelsus of the Supreme Mysteries of Nature". In fact, the 1665 edition of "Discoverie" included an extra text on ritual magic - and it is clear that this repackaging was for people using it as a grimoire. Owen Davies in *Popular Magic* says that when Ann Watts, who made a living as a fortune teller on the outskirts of London, was caught sleeping rough in a wood in 1687 she had her working books with her - and one of them was "The Discoverie of Witchcraft". This book continued to be part of the well read occultist's and cunning person's library for a long time, though often in a plagiarised form. For example an anonymous book called "Witchcraft Detected and Prevented or The School of the Black Art Newly Reopened" published at least three times in the 1820s and apparently aimed at the popular market, says in its introduction that "the greater part of this highly curious little volume is selected from the principal writers on these subjects, particularly from SCOTT'S Discoverie of Witchcraft... It also contains a variety of the most approved CHARMS in magic; RECEIPTS in Medicine, Natural Philosophy and Chemistry etc".

Great Scot?



Poor Reginald, far from persuading anyone that witchcraft didn't exist, provoked King James into a paddy with nasty consequences and provided a do-it-yourself guide to witchcraft that was popular for a couple of hundred years. It's a funny old world.

By Andy Norfolk

See

Robin Briggs, "Witches and Neighbours - the Social and Cultural Context of European Witchcraft", Viking, 1996

Owen Davies, "Popular Magic - Cunning-folk in English History", Hambledon Continuum, 2007 paperback.

The Discoverie of Witchcraft is available on-line Facsimile of entire book at <http://dlxs2.library.cornell.edu/cgi/t/text/textidx?c=witch;cc=witch;view=toc;subview=short;idno=wit081>

For the entire book up to Chapter 42 but excluding Book XVI, the conclusions, at <http://www.esotericarchives.com/solomon/scot16.htm>

Or same in modern English at

<http://www.conjuror.com/archives/discoverie/discoverie.html>

Whistle Stop Tour of Anglesey

Pagan Postcards

I had never been to Anglesey before; I had been to other places in Wales and loved them, but never Anglesey, so when I found that I had a couple of days holiday left over just near my birthday weekend in early March I decided that is where I wanted to go.

Anglesey is a small island off the North West tip of Wales and it is famous as being the last stand of the Druids against the Roman invasion. In fact, legend has it that it was such an important place for teaching Druidry that the Romans were particularly brutal with the brave inhabitants when they attacked.

What struck me when we first drove off the Britannia Bridge was the lack of reference to Druids, Druidry and nasty Roman troops. Other places would have milked such a legend for all they are worth and there would have been little Druid visitor's centres, tea rooms and gift shops all over the place. We didn't see one mention of this story in a touristy way, not in hotel or shop names or even in the tourist literature.

In fact, the whole place didn't seem to be ready for great numbers of tourists, mainly being flat farmland and a few rocky places. We were based in the north of the island, away from the main centres but, even so, it was a strangely unspoilt place with many places of interest for the historical and ancient monument lover.

The weather that weekend was set to be wet and windy so we braced

ourselves but as we arrived at around 2 pm the sun was out although there was a cool breeze. After settling into our accommodation we still had plenty of time to set out and look at a couple of nearby dolmens at Ystafell Gladdu Presaddfed.



After that there was enough daylight remaining to make for the beach for some pebble collecting and the clouds retreated just in time for pictures of a glorious early spring sunset over the sea at Church Bay.

The next day, my birthday, dawned surprisingly bright given the weather forecast so, after speaking to the B&B owners about the places of interest nearby, we set out early for the next phase of our visit.

The first stop was a winding road up the side of a cliff overlooking Cemaes Bay to the 5th century church at Llanbadrig, thought to be established in an earlier form by the Irish Saint Patrick. Not a Pagan site but certainly an interesting historical one. Unfortunately, we couldn't see inside and as we walked around it the ever strengthening wind promised to whip us over the cliff. Being the coward that I am I made my way back to the car and sat listening to the radio whilst my more courageous companion explored the cliffs for another 10 minutes or so.

<http://www.anglesey-today.com/llanbadrig.html>

We made our way further around the coast and on towards Moelfre where there was a nearby collection of monuments at Din Lligwy that spanned several thousand years. There is an interesting Neolithic Chamber mound with the biggest capstone that I have ever seen. It is unique in that it weighs 25 tons and you can still see the scoring on it where it was cut and probably where the ropes needed to go.

The second was the remains of the fortified Romano British village of Din Lligwy, set at the top of a hill overlooking the bay. Although there are a lot of trees around it now so that you don't see it until you actually enter the site, in the past it must have had a wonderful view over the

bay. It covers half an acre with a large round house, some smaller buildings which may have been dwellings and a workshop which had evidence of smelting and metal work still there. The preservation is excellent and it was a surprising discovery.

Below is a photo graph of the Chieftains roundhouse.
<http://www.anglesey-history.co.uk/places/lligwy/index.html>

Walking back across the field we visited the ruins Hen Capel Lligwy (Old Lligwy Chapel) which is Mediaeval and marked the cessation of Viking attacks on Anglesey and the beginning of a period of stability. Originally 12th century, with some reconstruction in the 14th century and an additional small chapel with a crypt underneath that was built in the 16th century.



The final stop of the day was at Bryn Celli Ddu. The weather was beginning to break and in the light drizzle we walked along a path by a hedge, turned onto a marked route around a field and it was not until we were almost at our destination that the really well preserved passage tomb suddenly came into view. It is one of the most interesting sites that I have been to because of its structure. The tomb seems to have been built in stages on over a stone circle with some of the stones still in situ. Scrabbling inside, once our eyes got used to the gloom, we could see a standing stone with decorations on it. It was probably one of the best passage tombs I had been to simply because its structure and history are pretty unique.

More information here
<http://www.megalithics.com/wales/bryncelli/celmain.htm> and a picture of the tomb opposite.

It was a fascinating site and well worth the walk back in the driving rain. We saw a lot of other monuments from the road as we drove back and after a couple of hours the rain had cleared up enough that we could walk around the nature reserve at Cemaes Bay. The next day was for travelling back home but I really enjoyed my whistle stop tour of Anglesey and its ancient sites. We only just scraped the surface so it gives us plenty of scope for another visit.

We had not read any information on the sites we visited, in fact in the case of Bryn Celli Ddu we were actually looking for Llyn Cerrig Bach where the hoard had been found and we mixed up the names, so we actually see the visit to Bryn Celli Ddu as a rather serendipitous event.

All the places came from looking at an ordinary map, seeing where the standing stones or ancient monuments were marked and then just heading in that general direction. We find this works very well and the sense of discovery is increased.

I would highly recommend a trip to Anglesey. We had a warm, friendly welcome, the accommodation was comfortable and the sunsets over the sea were breathtaking. I had a great birthday but next time I shall take time to visit some of the famous geological sites as well.

Beith-Ann
All Photographs © R.M Carr



Inner Sanctum

The series for beginners!

Shielding Systems

When it comes to shielding everyone has their own way doing it, there is no one correct way. There are many variations of shielding techniques and over the following sections I will describe some of the different types of shielding systems, along with my own system. If you do not already use a shielding system then my advice to you would be to create your own personal one, adapting components from other shielding systems that you feel happy and secure with. Shielding doesn't have to take a long time to do either, once you have found a system you are happy with, it can take as little as 2 minutes.

There are a lot of reasons why you should shield yourself on a daily basis; psychic vampirism is ever growing in the kind of society we now live in, along with negative thought forms and pollutants to name but a few.

Below are three types of popular shielding techniques, all of which involve using visualisation. There are however many other shielding techniques that I haven't gone into using physical objects such as crystals, trees and symbols.

Hard Shielding

Hard shielding is probably the most common form of shielding. It is called hard shielding because of the way the shield operates to protect you from incoming energy. Variations of this type of shield include techniques such as the mirror, bounceback, or porcupine.

Shields such as mirror or bounceback are designed to stop incoming energy at the point of contact with the shield and then bounce or reflect it back in the direction it came from. The porcupine shield incorporate energy spikes on the outer layer of the shield that deliver an energy jolt to any person approaching too close.

Hard shielding tends to be classed as an aggressive shielding technique because the shields treat all incoming energy as something to be rejected and, whilst this can be very effective, it can also cut the person off from normal energy interaction with others. Because hard shields are rigid in structure you need to use more energy for your shields to remain firm and bounce back any incoming energy.

Soft Shielding

Variations of soft shielding include techniques such as the column of light, pyramid of light, ring of fire or a cloak of light or mesh/net. With these shields there is no clearly defined separate area around the person. Soft shielding allows energy to enter and then diverts it around the owner of the shield, allowing it to continue on behind the person.

Soft shielding is easy to build and is effective against random energy. They are also relatively effective against directed energy, whether subconscious or not, without provoking or worsening a situation. They also have the advantage in personal energy exchanges of reducing or neutralising any aggressive energy being thrown around and tend to defuse situations.

It is recommended that anyone who is unstable should not use this type of shielding, as they will find it difficult to maintain a consistently effective shield.

Bubble Shielding

Bubble shielding combines methods of both hard and soft shielding so it has many advantages. It defines an area within which the person operates by means of a bubble set at a distance from the physical body.

The bubble allows energy to approach without being bounced back, yet without affecting the shield. The bubble is clearly defined but also flexible in construction. It allows energy interpretation without involvement in that energy. It is low on energy maintenance since it does not resist incoming energy, merely diverting it around the person. It has the capability to handle vast amounts of incoming energy, since the direction of the shielding is not fixed and allows incorporation of both neutralising and redirecting incoming energy.

How To Create A Bubble Shield

The following exercise will show you how to create a bubble shield. Remember practice makes perfect!

1. First we will work with the chakra energy. There are many ways to perceive the chakras depending on what you have learnt. I see them as a flat spinning disk, a bit like a vortex but flat. For this exercise you can either visualise them as this or use your own system.

This part of the exercise is particularly useful if you are not used to working with your chakras. Visualise yourself standing alone in an environment that you are comfortable in. This could be your home, a meadow, a beach etc. Imagine yourself feeling relaxed and safe. Now step outside of yourself and look back at your body. You are now going to place your chakras into the picture of yourself.

- On the very top of your head place a purple chakra
- Behind your brow and central to your eyes place an indigo chakra
- In the hollow of your throat place a blue chakra
- In the centre of your breast bone, place a green chakra
- Between your breast bone and navel place a yellow chakra
- Behind your navel place an orange chakra
- At the base of your spine place a red chakra
- In the sole of your left foot, place a clear white chakra
- Do the same for your right foot.
- In the palm of your left hand place a clear white chakra
- Do the same for your right hand.

When you have done this, imagine yourself stepping back into your body and feel the chakras that you have placed within yourself. Take some time to feel that the chakras are a part of yourself.

As you become more practiced at this you will find yourself just visualising the chakras within yourself without having to step outside of your body.

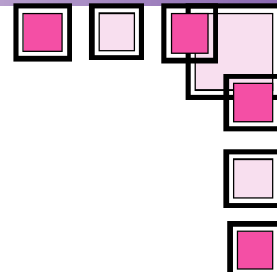
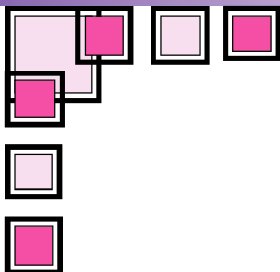
2. Next we shall create the bubble. The bubble can be thought of as a line between you as an energy being and the rest of the physical worlds energy. As you become proficient at creating the bubble shield you might be surprised to discover that people stop invading your body space.

Visualise the picture of your body with the chakras placed and coloured, as they should be. Now visualise a large bubble about 6 feet across in all directions (you can make it bigger or smaller if you wish). This bubble totally surrounds your physical body. The bubble is clear and light and you can see through it but it is very resilient. It completely surrounds your body and is a perfect sphere, you feel very safe inside your bubble.

3. Now we are going to connect your chakras to the bubble shield. By doing this your bubble has a continuous energy source; also the bubble will pass energy information back into your chakras where it will travel to your subconscious mind and then into your conscious mind. By doing this the bubble will be able to tell you what sort of information it is coming across. You will find yourself becoming more sensitive to the emotions of others without having them imposed upon you.

Now back to the image of yourself with your chakras in place, surrounded by a large clear bubble. From your chakras imagine that each one emits energy in a solid cone shape, both front and back, (in the colour of itself). These cones of energy reach out from your body and chakra until they touch the bubble. The coloured energy links with the bubble and spreads throughout it, creating and defining the bubble. The coloured energy intermingles with the skin of the bubble until all the colours are well mixed, after which the bubble becomes clear, strong and resilient.

Shielding




Inner Sanctum

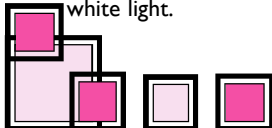
The series for beginners!

4. The next step involves closing and locking your chakras. A lot of people disagree with this thinking that it will stop the chakra from spinning or generating energy, there are also a lot of other arguments. However, closing and locking your chakra will keep out unwanted energies. Chakras on their own, speed up, slow down, open and close depending on the personal emotions that each is associated with. When I first read this I was wary about it, but having tried and used it for a year now I find it has no ill effects and if anything I feel a whole lot better for it. But the decision is down to you, if you so wish you can follow the steps below or leave this step out.

Back to the image of yourself within the bubble and the cones of energy connecting each chakra to the bubble. Start with the chakra at your feet and work your way upwards towards the top of your head. With each chakra (for example if you are using a flower to represent the chakra) imagine the petals of the flower slowly closing inwards, where they meet in the centre. Once closed imagine yourself inserting a small key into the hole where the petals meet and turn the key, thereby locking the chakra with the knowledge that only you can open, close or gain access to it.

5. The next step will help clear your aura of negative energy whilst in the bubble. Even with the best shielding there will be occasions when some negative energy penetrates your shield or when you simply generate the negative energy yourself.

 Back once again to the image of your body surrounded by your bubble shield. Visualise that each cell in your body gives out a clear white energy and that this energy is projected out until it reaches the bubble where it stops. Visualise that all the energy from your cells fills up all the space between your body and the bubble shield, so that the bubble is now filled with a soft, clear white light.



Imagine this; the warm summer breeze rustles the leaves in the trees overhead and the warm evening sun shines down, casting friendly dappled shadows on the ground. Somewhere close by, a small animal scuttles through the undergrowth and the sound of chattering birds filters through the trees, cutting through the peaceful atmosphere.

The grass beneath your bare feet feels soft and comforting and your hair moves a little with the gentle wind. The sun is warm on your closed eyelids and as you breathe in and out, relaxing, you become aware of energy from wildlife and trees around you pulsing through the air, mingling with your own.

Completely relaxed, you sink to your knees and slowly, slowly, slowly lean backwards until you are lying on your back, the sweet scented grass cushioning you, the trees protecting you, the forest sounds comforting you...and you smile, completely at peace with the world.

Beautiful, huh? Wondering why you're feeling so drawn to it? Well, here's one idea why...

Everyone knows that everything in Paganism is based on nature - whether it's the Wheel of the Year or the Moon cycles, it's nature, and that's what Paganism is all about.

I don't know about you, but working magic

And that's all there is to creating a bubble shield. So next time you find someone is projecting unwanted energy at you, visualise that their energy, words, emotions or body language is intercepted as it reaches your bubble shield and that it slides around the bubble and then disappears off into the distance behind you.

My Shield

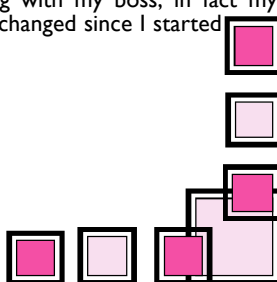
After trying a variety of shielding techniques, I decided to create my own using some of the techniques that I had learnt, and through trial, error and modification I created my personal shield. My shield starts out as the bubble shield, which is effective against every day negativity. However, as I have a stressful job and a "moody" boss, I felt I still needed more, so once I had finished the bubble shield steps, I followed up with a mirror ball effect, so that my shield looks like a soft but resilient bubble on the inside, and a mirror ball on the outside, each little mirror reflects back any negative energy that is directed at me. After creating the mirror ball effect, I say to myself the following,

"I am safe, I am protected, negative energy is reflected"
 "I am safe, I am protected, negative energy is reflected"
 "I am safe, I am protected, negative energy is reflected, so mote it be"

As I am saying this, I visualise negative energy hitting the mirror ball and being bounced or reflected back while I stay safe and protected within my shield. From my personal experience I have found this shield to be very effective, especially when dealing with my boss, in fact my whole working relationship with her has changed since I started using it.

Good luck with your shielding.

Twilightgirl



So what's nature to us Pagans?

outside has always felt really special to me - being at one with the Earth and everything in it makes me feel so close to the Goddess, and I feel as if anything is possible - perhaps that's what gives me my determination?

Even before I discovered Wicca I'd always loved being on my own outside, and now I love it even more because I know why I love it.

Before calendars as we know them today existed, our ancestors knew when it was time to harvest, or when it was time to celebrate Beltane or start the New Year...it was ingrained knowledge based on following nature's path. But now, everything is so prescriptive...Imbolc is on February 2nd and people just accept it...but Pagans, who have followed a pagan path for a long time can usually tell that something special is going to happen, they "tune into nature" and instinctively know and that's our history coming out in our beliefs.

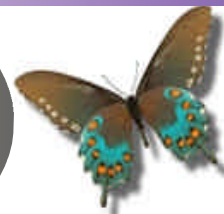
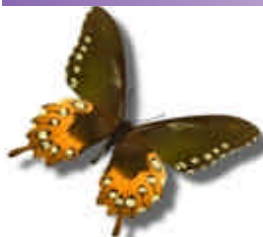
Paganism reawakens our connection with nature - hence the reason why we feel so drawn to it. Everything in nature has different magical properties; everything is alive and has its own pure energy whether it is animal or

plant. Living in a technological age, many people have a tendency to live in their own little artificial worlds that consist merely of computers, TVs, game consoles and mobile phones, they never venture outside into nature and are therefore unaware of the magic that runs through every single living thing on this planet.

To have a connection like the one that we have with nature is probably one of the most incredible and beautiful things you will ever experience. Everything out there has a meaning, like a story of its very own to tell and we have our ancestors to thank for the fact that we have access to these miracles.

This was written drawing on my own experience and knowledge - I know there's so much more out there to discover, and I can't wait to find it...to reach out and touch it and know that so many before me have experienced the thrill of knowing what I now know...and I hope you're lucky enough to find it too.

By Naomi Leveton



ENCHANTED EARTH

Stilly's Potting Shed

Hello dearies, how have we been, haven't seen you about for a while, hope everything is okay and you're weathering this odd weather we seem to be having. I don't know, we're having sleet one minute and bright sunshine the next. It's enough to send anyone into a spin, let alone our poor veggies and plants!

So you have just started on your plot then and you're having some teething problems, well come on in, kettle's on as always and I'll see if I can give you some pointers.

Well first of all don't take on too much, Rome wasn't built in a day you know. This time of year you will be struggling to get much in the ground but you should be okay for Runner Beans, French Beans, Courgettes, Spring Cabbages and quick growing salads such as Radishes and Lettuce.

First of all make a plan, ideally you need a minimum of 4 beds so that you can practice crop rotation. The reason we do this is to minimise the risk of soil borne diseases such as club root that affects brassicas (Caulis, cabbages etc.). For example you should have Brassicas follow Legumes and roots before Brassicas and one plot fallow for green manure. The reason for this is that the Brassicas are nitrogen hungry and the peas and beans are nitrogen fixing crops. Also NEVER, EVER put potatoes in a bed that has had brassicas in the previous year, as you will need to lime the soil for them and potatoes do not like a soil with too much lime in it.

Ideally your beds should be about 10ft by 4 ft as this makes reaching the middle a lot easier. This size also helps when weeding and harvesting. Also by making the beds this size you do not need to deep dig them every year, as you will not be walking on them therefore compressing the soil. You can use 3ft by 3ft beds and this will do the same job if you have a smaller area. Another benefit of this system is that you can plant really quite densely and still get really good crops.

If you have very little space or a courtyard garden you can still grow plenty of crops in containers. For example you can grow courgettes, cucumbers, tomatoes, salad leaves and I've even seen runner beans grown in a container. The one thing you must remember is that you must water at least twice a day when growing veggies in containers.

Once you have your plan and beds laid out, next it is time to dig them out, now you can do this in a number of ways depending on how bad the soil is.

1. Glyphosphate (Round Up) the areas you want to initially dig. Glyphosphate is a weed killer that is bio-degradable and harmless to pets, children and wild life. If you have a really bad plot this can be used. It is generally accepted as okay for most organic gardens. Alternatively you can mark out the beds and dig them out weeding as you go, this can be a long and laborious process but on the flip side it is the greenest of the options. You can rotivate the area but I would strongly advise against it because you will chop all the weeds up and the problem that was bad to start with will become a hundred times worse.

2. Edging your beds, so you have spent days digging the beds and you now have a sore back and biceps like Arnie. You will now want to edge them with something. Now this can be a bit problematic as well, you can buy timber from a timber merchant or DIY store, make sure that it comes from a sustainable source, look for the FSC mark before you buy, alternatively you can get spent scaffold boards, these can be picked up very cheaply from your local scaffold company. By law they have to replace their boards every 12 months so there should be some about, there may be a small charge for delivery or a price per board. One problem with wood is as it decays it tends to become a breeding ground for some of the garden's nasties, such as slugs and snails. You can purchase ready preformed plastic beds that come in kits. These are very good and last a long time, the only thing is, they

are not that green. The other option is to use nothing. This is okay but as you add more and more compost or manure you will find the bed will get higher leading to a graveyard type appearance.

3. Filling the bed, if you go for the raised bed option then my tip is to dig one spit (Spade blade depth) deep and weed it, this will aid considerably with drainage and you will be able to remove those pesky perennial roots. Next build your bed. Once the bed is built, dig in about 2" of well rotted compost or manure, DO NOT use fresh manure because you will not be able to grow anything until it rots down. Once that is done you should be able to get some crops in.

Next, we need to talk compost bins. I made mine over there from old pallets, most factories etc will let you have them for nowt, you will need 4 - 3 for the sides and one for the door. Make sure that they are anchored down well. Almost anything can be added to the compost bin, all your veggie peelings, grass mowings, garden refuse, cardboard, vacuum cleaner contents, even your wee is good for the heap. Things to avoid are all cooked food especially meat, glossy paper, perennial weed roots such as dandelion, dock, bindweed etc and brassica roots. You will need to turn the heap every week or so during the summer. It should take about 6 weeks to rot down before it will provide a good mulch for your plants.

Water? yep we need that alright but first we need to look at ways to conserve it. Why do we need to conserve it? Well climate change is surely taking hold and with the increase in the population we need more water to go round. One of the easiest ways is to collect rainwater in butts either off your house or through guttering on your sheds and greenhouses.

First of all keep the soil surface lightly broken, this introduces air and therefore reduces evaporation. Next mulch your plants - if you make sure your plants are well mulched they will not need watering as much. But we will need water and one of the best ways is to set up a couple of water butts on the shed and the greenhouse, you'll be surprised how much water comes off a small roof. Another way of conserving water is to ensure plenty of organic material in the soil, this acts as a sponge and releases it in the same way.

Some jobs for those of us that have established plots are:

Plant out leeks, when they are about pencil thickness dib them out about 9 inches apart and water in well.

Tomatoes; keep them well watered and pinch out the side shoots of cordon varieties and once the first truss has set, water once a week with a tomato feed.

Sweetcorn should be planted in blocks and not in rows this helps with fertilisation

Keep picking sweet peas, the more you pick the better they will be.

Gooseberries should be nice and ripe (mmm, gooseberry crumble with vanilla ice cream)

Sow swede and spring cabbages, also winter radishes such as Spanish Black Long are good winter varieties.

Protect your soft fruit from the attentions of our feathered friends with netting.

If you have a green house ensure that it is well ventilated to prevent scorching.

Water in slug busting nematodes, these are little worms that kill slugs and do not harm hedgehogs or other garden friendly creatures.

Well now I hope that has been of some help to you and answered some of those pesky little teething problems. If you happen to be passing always pop your head round the door, kettle's on and this time of year and there may be even a beer or two in here as well.

Enjoy your solstice blessings

Stilly

Some useful websites:

BBC Gardeners' World - With Monty and the Crew
Thompson & Morgan - Good all round seed merchant plus extras
Chiltern Seeds - Heirloom and Rare varieties of seeds
Royal Horticultural Society - Exactly what it says on the tin

Stir the Cauldron

Granny Grackle's Good Grub Guide

Now when I were a girl, and that were a day or two gone, I was learnt by my granny. Oh she were a tough old duck, she were. She hadn't much time for book learning. If her granny had bothered to tell her summat - and she could remember it - it was good enough for her. She wasn't always sure about what her granny meant mind and I reckon she muddled a few things up herself. What she was very sure about though was meaning. You had to mean what you did she said and especially if there was any magicking involved.

She was very keen on what she called good grub, though I didn't understand that right away and some grubs taste very nasty. She said you should eat things that made you feel good and that you should also eat things that made you more magical. She said that you could look at things and get an idea of what they could do for you from how they were. I got that wrong too - when she said that some things were good for binding magic I thought eating spiders would work 'cos of their webs, but they just taste bad - and are a bit wriggly as they go down.

In any case she said all herbs and flowers and grasses and all were part nature and the gifts of the Mother so they must be magical. We only had to work out how. She was also sure that some things everyone knew were true weren't. She said that thing about growing an elder by your back door to keep witches away from it worked - sort of - but mainly because they'd probably be sitting in your front parlour waiting for a nice glass of elderflower wine instead of hanging about outside. She said she didn't think that growing elephant garlic worked though - 'cos who ever sees vampire elephants anyway!

Her garden was full of magical plants - great big sunflowers because the sun is the bringer of life, strength and light - and sweet herbs because they have the smell of success. She liked to grow St John's Wort because it was supposed to drive away evil spirits and she used to use it for people who were afflicted with sadness, because it got rid of their particular demons.

Now what she reckoned was that first off people needed to be healthy, so you need to eat your greens - and these days lots of 'em apparently. If you aren't right in yourself it's going to be hard to do much magical stuff. But next she reckoned you could eat the right stuff for whatever magic you wanted to do - it sort of fixes the magic all through you see! Now there's also no point in poisoning yourself either so don't go eating nothing nasty! If you aren't sure don't do it!

She was great one for doing things by the planets. See there's a planet for every hour of the day and doing things at the right time helps them work better. Course if you use the right plant for the right planet at the right

time for the right intent then it all goes with a whoosh. But you got to remember that these hours start at dawn and not at clock time. So pick your plant at the right hour, grind your herb at the right time and eat it just so and all will flow. Of course if you are going to eat magically, you don't have to stuff yourself, just eat a symbolic ritual meal with the right things in

So perhaps if you want to do something for illumination, vitality, health, honour, creativity or beauty you'd use plants associated with the sun. Marigold petals would fit and have been eaten for hundreds of years. You could add sunflower seeds, or sunflower petals and rosemary - and you could use bay leaves as well. Of course you don't have to eat just these things but if you want your magical food to work perhaps you need to think hard about what else you add. A bit of dandelion wine might help. In fact apple stewed with cinnamon would be just perfect.

For moon magic perhaps you'd be surprised to find that lettuce and cucumber are right - all those magical salads and you never realised - but of course you got to mean it to work. You can add apples and pears to them and perhaps dog rose petals, or rosehip wine. (Culpepper says the dog rose is under the dominion of the moon - but it gives me the shudders when he talks about the falling down of the fundament!). All those should help with things to do with dreams, female fertility, illusion and divination

Mercury is good for stuff to do with travel, business, knowledge and related things like exams! For magic to do with those things you could use hazel nuts, dill, fennel, marjoram and Good King Henry. That's a good one to grow in your garden anyway. If you want to make it a more symbolic meal as part of a ritual and the season is right the nectar sucked from the back of honeysuckle flowers would be just right.

And of course for Venus you have to have rose petals - but lemon verbena has been sacred to Venus since ancient Greece. Then there's that very witchy herb verbena, or vervain, though it's rather bitter. To add something a bit different the flowers of columbine are sweet and tasty and of course mint is a herb of Venus too. The magic of Venus isn't just about the obvious but also for friends, self respect and pleasure.

If you're wanting to deal with defence or discord you might want the magic of Mars. For that you could use the hot things like mustard, pepper and ginger. You could have rhubarb and ginger - and leave out the mustard and pepper! Perhaps the martial influence is why there are fights after a late-night curry?

For things ruled by Jupiter - luck, wealth, ambition, and prosperity - you could use sweet

chestnuts, figs, borage and balm. Blueberries are also under Jupiter. I'm sure my granny would have approved of a Pimms with borage in it!

Then there's stodgy old Saturn, good for doing things slowly and ponderously for title, position, binding and banishing. Although rice is solar, nutmeg is Jupiter's and so perhaps a rice pudding with plenty of nutmeg might work? Alexanders - that potheb the Romans introduced that grows wild by the sea - is a herb of Jupiter and might be useful. Comfrey is also Saturnian, (but don't use too much because it's supposed to be linked to liver cancer). Perhaps the easiest is blackcurrant which you can get almost anywhere as syrup though obviously your own home grown currants, picked at the right hour and made into wine, would be more fun.

Using food magically can add a lot to your life, just think magically, but the most important thing is to eat healthy food and also eat what you want, and be happy. Do though think about the importance of how things are done - I don't reckon there's much magic about a fast food burger in a paper tub.

Most of all don't forget - any food becomes better with the right magical intent!

By Granny Grackle

Plantary Hours Table on next page to accompany this article

PLANTARY HOURS AM

Hour	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Sun	Moon	Mars	Mercury	Jupiter	Venus	Saturn
2	Venus	Saturn	Sun	Moon	Mars	Mercury	Jupiter
3	Mercury	Jupiter	Venus	Saturn	Sun	Moon	Mars
4	Moon	Mars	Mercury	Jupiter	Venus	Saturn	Sun
5	Saturn	Sun	Moon	Mars	Mercury	Jupiter	Venus
6	Jupiter	Venus	Saturn	Sun	Moon	Mars	Mercury
7	Mars	Mercury	Jupiter	Venus	Saturn	Sun	Moon
8	Sun	Moon	Mars	Mercury	Jupiter	Venus	Saturn
9	Venus	Saturn	Sun	Moon	Mars	Mercury	Jupiter
10	Mercury	Jupiter	Venus	Saturn	Sun	Moon	Mars
11	Moon	Mars	Mercury	Jupiter	Venus	Saturn	Sun
12	Saturn	Sun	Moon	Mars	Mercury	Jupiter	Venus

PLANTARY HOURS PM

Hour	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Jupiter	Venus	Saturn	Sun	Moon	Mars	Mercury
2	Mars	Mercury	Jupiter	Venus	Saturn	Sun	Moon
3	Sun	Moon	Mars	Mercury	Jupiter	Venus	Saturn
4	Venus	Saturn	Sun	Moon	Mars	Mercury	Jupiter
5	Mercury	Jupiter	Venus	Saturn	Sun	Moon	Mars
6	Moon	Mars	Mercury	Jupiter	Venus	Saturn	Sun
7	Saturn	Sun	Moon	Mars	Mercury	Jupiter	Venus
8	Jupiter	Venus	Saturn	Sun	Moon	Mars	Mercury
9	Mars	Mercury	Jupiter	Venus	Saturn	Sun	Moon
10	Sun	Moon	Mars	Mercury	Jupiter	Venus	Saturn
11	Venus	Saturn	Sun	Moon	Mars	Mercury	Jupiter
12	Mercury	Jupiter	Venus	Saturn	Sun	Moon	Mars

Donate A Book Scheme

Do you have a Pagan book you no longer want (or were given by that well meaning relative!)?

If so The Witchtower Magazine would be happy to receive it to review. It doesn't matter if it's an old or new book, or whether its Pagan fiction or non fiction.

Unfortunately we are unable to buy the book from you or pay the postage cost, but we would be happy to mention that you donated the book to The Witchtower Magazine for review, and you will get your name mentioned in the magazine, along with a PDF copy of the magazine that your book appears in!

If you do have any books you wish to donate please email us at the witchtower@gmail.com to let us know and we'll tell you where to post it.

Don't forget you can always submit your own reviews for publication too!



By Candlelight

Stories gathered from all corners of the land

The Lady of Light and Dark

The sun sends a shimmering carpet of muted light through the forest, its glow warm and peaceful. He stands leaning against a tree, the sun warm on his face. He feels the calm and peace wash over him relieving the tension from his body, he hears her before he sees her.

She moves through the forest alone and content, the Lady of the light. Her robe leaving a trail of movement as leaves flutter and fall slowly back to the forest floor. Singing softly as she wanders, touching trees gently as she passes, he watches mesmerised by her beauty and grace. He can smell her perfume as she passes by him, and his heart soars with a love so strong. His eyes take in her every movement; he slowly follows as she draws him to her. As he watches, the forest envelops his senses and taking a step forward he disturbs the tranquillity as birds rise in a flurry of noise that echoes around the forest as they fly away.

She stops and turns, glancing around her with a nervous smile then, as if in relief, she laughs out loud as she watches the birds flying up into the trees. Hardly daring to breathe he stands hidden as the forest slips back into a haven of peace. She resumes her walking though with her senses alert as if sensing that he is following her. He follows as he can do nothing else as she has him held tight in her spell.

They move slowly on through ancient paths that have not changed with time. She loves the forest and feels at peace and as she draws him closer he can feel his senses whirl with emotions and feelings that capture his very heart and soul.

She enters a clearing and whirls around with happiness her hands held high in the air embracing all in her world. This is her place and she takes it in with joy. Her oak tree strong and proud with boughs of laden foliage that shelter her as she sits. The mossy ground with faerie rings, the small stream trickling gently. He watches hidden on the edge of the clearing, the light summer breeze caressing their skin, the sun warm and the gentle whispering of the wood.

Time stands still as she sits her face raised in homage to the goddess, he can hardly breathe as he watches her every move, this maiden so beautiful and so pure.

The sun dips and she moves over to the oak, glancing around with a playful smile on her lovely face. She slowly and sensuously removes her robe; it falls slowly, moving down her perfect body like a silken river, stroking each contour before falling in a silken puddle on the forest floor. She steps out of it and raises her arms to the sky as she revels in her nudity. He can't breathe, his

heart is racing, he longs to go to her, hold and love her, this Lady of light. Turning until she is facing where he is hidden, she smiles and calls him softly

"M'Lord come to me for I am yours"

Slowly he walks out from behind the tree, his heart is pounding, his mouth is dry, his every move heavy as he makes his way to her. Taking his hand she takes him to her and he feels such lust and such love that his senses take over. In haste he removes his clothing as she smiles and watches, holding him with her eyes.

His arms pull her to him and he kisses her neck, her face and then the sweetness of her mouth. The forest no longer exists as he drowns in the depths of his love. Her skin feels soft and warm against his, his manhood risen, hard and proud; he lays her down and begins the song of love. She moans as he takes each part of her body, sighs as he takes her passion and slowly he enters his Lady of Light and the joyful rocking motion of love begins as their love and passion rises in waves over them. Crying out she holds him tight as he empties his seed deep within her.

The forest whispers around the couple as they lay sleeping and as time drifts away the forest is ageless in its age and beauty. He wakes and looks down at his Lady of light asleep in his arms and drifts back to sleep with a smile on his face.

He stretches and reaches to find that she has gone, he calls, his heart heavy for he knows that there is no-one there. As years go by, his heart in darkness, he searches in vain for his Lady of light and becomes of the forest waiting and hiding.

He senses her before he sees her, he is older but to him she is ageless. It is dusk and drawn to her yet again they move through the forest, he follows in awe, his heart racing, the love still so strong beating in his heart. They come to the clearing and as before they play out their roles. He hides and watches as she takes it all in with joy. She raises her hands and embraces the goddess and turns slowly to face him and softly calls

"M'Lord come to me for I am still yours"

Heart racing with such joy he rushes to her and as he draws near he sees not a maiden of his memory but a mother. He stops, his emotions in a whirl but she smiles gently and holds out her hand. As he comes to her she murmurs

"M'Lord"

And as if he was a child she holds him to her breast. They stay embraced and slowly he feels his love returning and with the experience of age he slowly undresses her and kisses her neck. She moans as his lips caress her skin, she strokes and caresses him as his

manhood rises hard and proud. He lays her gently on the ground her body plumper and softer from motherhood. As they feel their passion rise the slow and deeper feelings grow and he calls out for his lost love of the light and looks down on his Lady of the dark.

Crying out she holds him tight a tear falling as he calls for his youth. They lay in passion spent and she rises, her body beautiful as mother, her soul still light she moves away. He watches in wonder and sudden realisation that he has lost his love. A tear falls and joins hers on the ground.

She moves slowly through her forest this Lady of the dark. He follows hidden and watches as she moves away from him, he can smell her perfume and as his love soars he realised that she was his light and dark, for they have grown old together. He tries to catch her but she has gone too far ahead, he calls in desperation. She turns and smiles with tears on her face and then goes from his sight.

He falls to the ground, his mind is shattered for in realisation he has lost his one true love for, too late, he has realised that love is ageless. From Maiden to Mother to Crone they are all of the light and dark.

By Karen Collins

Ancient Wisdoms

This issue we are going to explore two totems that inhabit the air and the ocean.

THE OWL

Bird totems are considered to be messengers, and in particular the Owl is considered a messenger of darkness who can help you understand the shadow side of your personality.

Owl has been seen throughout the ages as a symbol of wisdom, knowledge, insight and mysteries. In mythology an Owl could be found with the Greek goddess Athena, who was known as the goddess of wisdom. In some cultures the

feel refreshed. You may even be able to develop shape-shifting abilities! Owl is also associated with magic and the occult.

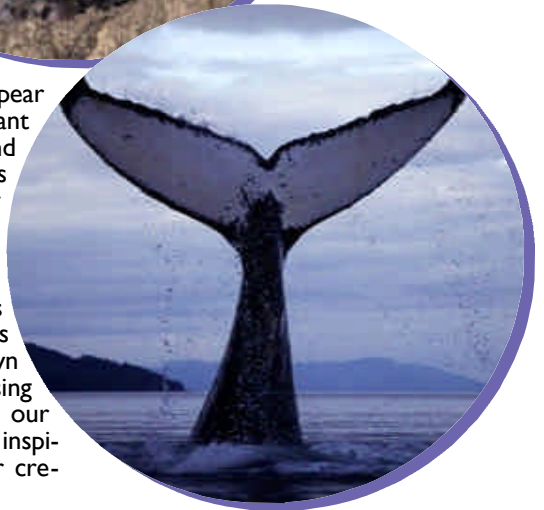
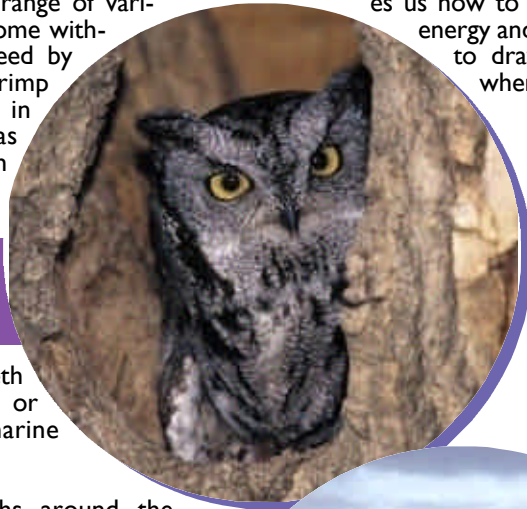
THE WHALE

Whales are majestic creatures of the seas and are the world's largest mammal. They come in a wide range of varieties and sizes, some without teeth that feed by filtering shrimp through plates in their mouth as they pass through the water and

the correct way to lead their lives. Highly intelligent, the whale is sensitive to emotions and responds to these in various ways.

In order for Whales to travel through the oceans they are surrounded by blubber. This acts to insulate the whale from the cold and helps the whale use its energy efficiently on its long journeys. This teaches us how to preserve our own energy and strength and how to draw on that energy when really needed.

by Twilightgirl



Animal Totems

Owl represents the recurring cycle of life, death and rebirth and you may find that you experience past life memories or have a strong interest in exploring past lives.

The Owl, being a nocturnal animal has powerful night vision eyes that are constantly alert for movement, this can help you understand how to penetrate the darkness, to see when people are being truthful with you or when they are lying. Owl also enables you to see what people are hiding by being alert to their behaviour. Not only do Owls process powerful night vision but they have remarkable hearing, this can aid you with any gifts you may have for clairvoyance or clairaudience, by either enhancing your abilities or by helping you discover them for the first time.

Flying with wings that are soft and thick allows Owl to fly silently, enabling them to slip in and out of places unnoticed as they swoop down on their prey. By studying the Owl you can learn how to travel about silent and unnoticed.

Owl is thought by some to appear as a totem when a death is due. This doesn't necessarily mean a physical death, but much like the tarot card Death, it can signify a part of you or your life that is no longer needed, that you need to let go of to move on.

Owl is one of the animals associated with the lunar cycle and is said to have shape shifting abilities. Through Owl you may find yourself drawn to practice lunar magic or feel the need to bask under the lunar light on a regular basis in order to

others with teeth that feed on fish or other small marine creatures.

Looking at myths around the world, you will find that whales appear in most cultures and play significant parts. Whales live very long lives and this has led to them being known as record keepers of the earth. They are also associated with regeneration.

Whales breathe through blowholes at the top of their heads. This reminds us about using our own breath properly to assist with releasing worries and activating or releasing our creativity. Whales help you find the inspiration around you to explore your creative energies.

When heard, Whale song is said to be beautiful. Whale song can teach us how to use sound and music in order to balance and heal ourselves and others, as well as learning how to find our own song or voice. Whales are peaceful creatures who use echo location as they swim around the oceans, this can help teach us how to calm our subconscious and tap into the deeper parts of the mind. Telepathic ability can also be cultivated.

Whales tend to live in groups known as herds or pods and they are very protective of their young and family unit. They have been shown to mourn the loss of a member of their family. Whale reminds us that the younger members of our generation need protection and to be shown

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Exploring Alchemy by Cherry Gilchrist

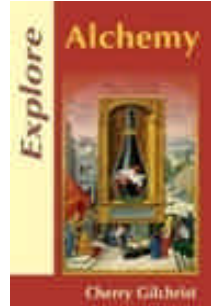
Publisher - Heart of Albion Books
Re-Published 2007

If you are expecting a mighty tome full of the secrets of how to transmute base metals into gold then you will be disappointed. This book, although only 174 pages long crams in a lot of information, sometimes to the point where I felt some points could have been explained a bit better.

Some chapters were a bit heavy going but overall I thought the book well thought out and well researched. There are a fair number of illustrations of alchemical symbolism as well as exploring not only the widely held belief in the transmutation of base metals and the Philosophers stone but also the connection between Alchemy and Baroque music and alchemy on the spiritual plane

Overall I felt this was a good book for the uninitiated (like me) into Alchemy and it also helps to diffuse some of the myths around it as well, but on the flip side it does ask more questions which will lead me into reading more on Alchemy.

By Adrian Stillwell



Experiencing the Greenman by Rob Hardy and Teresa Moorey.

Published by Capall Bann 2004

I chose to review this book as I've never really felt an affinity with the Greenman or any of the male gods/deities. I've always been more comfortable working with more feminine aspects so thought this book would be an excellent start for me to explore the Greenman.

Experiencing the Greenman starts by briefly defining what the Greenman is and where you are most likely to find images of him (in particular, churches and chapels). This particular section of the book is written in a style that I found to be more suitable to a 12 year old. The chapter then suddenly jumps into a practical session and, to me, it feels as though there is something missing in between the last paragraph of the chapter and the practical session. The practical session involves taking your camera and notebook and going out (to churches and chapels), taking photos of any images of the Greenman that you find and recording how they make you feel.



The book is interspersed with black and white photos which do little justice to the images and, in some cases, the photo is of poor quality. A bit of colour certainly wouldn't go amiss! I found it very disappointing that several of the photos didn't relate to what the page, or pages on either side, were talking about. In some cases, the photos related to several pages later. The number of photos included in the book led me to feel that the authors simply didn't have enough to say about the Greenman to fill the book, so thought they'd plump it out with photos, it's either that or someone is very camera happy!

The book seems to plod on rather slowly through several chapters covering some possible gods or other figures who could be classed as Greenmen, such as Robin Hood. Also included is a play which I found rather pointless, especially if you work as a solitary. There is a chapter on making a mask and a ritual, as well as info about the "new age" and different trees such as Robin Hood's Oak. There is also a chapter on church builders and woodworkers (known as Bodgers). The practical sessions were quite boring such as taking snaps with your camera inside churches, making a scrapbook, planting a tree, watching someone work with wood or attempting it yourself. We then return to chapters on churches and chapels. The final chapter is a pathworking which I found to be disjointed.

I personally feel this book should really be called Your Guide to Churches and Chapels, as a lot of the book seems to cover this. I expected something more from this book, especially given the back cover blurb. I feel this book is a let down to those seeking the Greenman and it certainly didn't bring me closer to discovering the Greenman, or even wet my appetite to want to know more, if anything it's put me off!

by Isauria

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