



Dark Mirror



Yule (Winter Solstice) 2016

Contents

Behind the Mirror	3
District Managers report	4
News and events	5
Cornwall	5
Devon.....	6
Articles	8
Practical Paganism - Steve Wills.....	8
Thoughts on spell casting - Alan Jones, Cornish School of Mysteries	12
Forthcoming events	14
Museum of Witchcraft and Magic (MWM).....	15
Other events.....	15
Moots	16
Cornwall (Kernow).....	16
Devon (Dumnonia)	17
Members advertisements	18
Handfasting & Ceremony	18
Counselling.....	18
Retail.....	18
Museum of Witchcraft and Magic	18
Cornwall School of Mystery and Magick	18
Who is who locally	19
Pagan Federation Devon, Cornwall & Isles	19
Your PF District Officers.....	19



Behind the Mirror

Welcome to the Dark Mirror Autumn Equinox Issue - this edition celebrates the period between Yule and Imbolc. The cover shows our dark mirror reflecting the winter sun next to our outdoor Goddess, draped in fir and ivy.

The editor welcomes news from local moots about their events and activities, directly or via their RC. News from our local moots encourages others to join and demonstrates just how active the pagan community is in this region, so please share your news. Thanks to all contributors to this issue.

Blessed Be
Harvey – DM Editor

Dark Mirror submissions

Dark Mirror (DM) is read by Pagan Federation District Members and most likely many other Pagans. The aim of the Dark Mirror continues to be to reflect the work of the local PF (PFDCI) and its members, illuminate news and events in our area, and to provide a platform for local pagans to share their thoughts, poems, prose, stories, recipes, craft items, views, and articles of general pagan interest. Articles can be ca 3-4 pages of A4 (inc. images). The editors' decision is final.

Send your submissions in any digital format to the DM editor via email
DarkMirrorMagazine@gmail.com or by mail to:
Dark Mirror c/o PF DCI, Torcroft, Commons Lane, Shaldon, TQ14 OHN.

Copy deadlines

Please get your articles in by the deadline and the editor will do his best to get them into the newsletter that aims to be with members by the relevant festival.

ISSUE	DEADLINE
Spring Equinox (Ostara)	21st February
Summer Solstice (Litha)	21st May
Autumn Equinox (Mabon)	21st August
Winter Solstice (Yule)	21st November

PF Members only advertising

Please note that we now offer FREE THREE LINE advertising entries to members

Disclaimer

Dark Mirror is the District Newsletter of the Pagan Federation - Devon, Cornwall and the Isles (PFDCJ) and is only available to members of the Pagan Federation. **The views and/or opinions expressed within this publication are not necessarily those of the editor, printers, PFDCI or the Pagan Federation.** Mention within this publication should not be seen as an endorsement of any events, meetings, moots or products, and no responsibility can be accepted by us for such items.

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District Managers report

A Few Words from Your District Manager – Maia

This is a Letter from Wales.

Today I am honouring our ancestors by visiting ancient sites near Cardiff, which includes a visit to Tinkinswood a super Neolithic chambered mound as recommended by the PF District Manager for Wales. The nearby equally majestic chambered 'mound' of St Lythians faces the winter solstice sunrise. As this is Wales, we can only dream about seeing the sun today! This site is known locally as the 'house of the rising sun'. At the winter solstice it seems appropriate to seek out places that our ancestors built everywhere in the whole of northern hemisphere, especially to honour this festival of darkness and the return of the light. Last night we were part of a beautiful gathering at Stonehenge and truly felt uplifted by the love that Pagans of all paths generate when they gather for a common cause. I hope you found your solstice tribe this year as the wider Pagan Community is the most inclusive and love generating group of people I know.



The wheel turns from the darkest and wettest times and soon the light will return. Many of our District Members tell me the start of spring for them is the weekend of our conference that is being held in Penstowe March 11th 2017; the details are in this magazine. A curious fact that I have noted for several years is that I leave for Penstowe on the Friday and when I travel home on the Sunday all the daffodils have magically arrived showing their colour on the Devon banks. The Welsh word 'dyfodol' means 'future', which I have always thought to be wonderfully appropriate.

The coordinators have included district news and events for you in this magazine and the choice is increasing and I have to say it is outstanding in quality as well. Check out their reports in this magazine and our Face book network.

Brightest of blessings from the darkest of times but with hope for your 'dyfodol' I wish you health, wealth and happiness in 2017.

Maia

District Manager Devon, Cornwall & Isles dcidm@paganfederation.co.uk

News and events

Cornwall

RC report Cornwall – Eve

To celebrate or not to celebrate; that is the Christmas question.

Writing about Christmas might seem an odd subject for our Dark Mirror newsletter but to pinch a song line from a certain film “*Christmas is all around us, it’s everywhere we go*”. So stick with me.

Many of our festivals coincide with mainstream celebrations but none more noticeably so than Christmas. This time of year can pose questions for many of us not living or working in pagan environments. Do we celebrate the Solstice and not Christmas? Do we celebrate Yule, (a term conveniently used by many Christmas card manufacturers as synonymous with Christmas), and therefore deftly sidestep the issue? Do we celebrate just like most people at Christmas, with family and friends, with a brief Solstice add-on?

Those of you who have met me will have noticed I do not have a Cornish accent. That is because I grew up in New Zealand, having emigrated there as a small child. People often make jokes about Aussies and Kiwis celebrating Christmas Day on the beach, “*slinging another prawn on the barbie*”. In reality, very few Kiwis spend Christmas Day on the beach, (Boxing Day, definitely!). I have childhood memories of my mother slaving away in a sweltering kitchen roasting potatoes, basting an enormous joint, steaming a Christmas pud. Despite summer temperatures, we dressed up and dutifully ploughed through an enormous roast dinner with all the trimmings. This was true of all our friends – not just the ex-pat families. Even now, my family still celebrate with an enormous meal with all the trimmings, although the roast is sometimes served cold and salads have replaced the brussel sprouts.

Looking back on those childhood Christmases, I can see the undercurrent of sorrow that underlay the jollity. My parents said goodbye to their parents on Southampton docks, knowing they would never see them alive again, (these were the days before flights, when a journey to NZ was six weeks on a liner, way beyond the reach of a working class family). Long before cheap mobile phone deals and Skype, all they had were photos and rare, expensive booked phone calls over crackling lines. I remember the ceremony surrounding a booked call at Christmas: the long echoing silence with occasional mysterious clicks, the faint crackling voice at the end of a phone, the impossibility of describing our new life in NZ in a few precious minutes to a Nanny left behind in London, my Mum getting tearful as she said goodbye and trying not to show it.

Christmas was not about the day or the season, not about snow, or robins, or church bells ringing. It was about belonging, and family, and a being a part of something, a common heritage.

I know that some of you reading this will have very strong opinions on the subject; for some any celebration of Christmas, a Christian festival, by a pagan is inappropriate. The commercialism of the season, the credit card worship at shopping mall cathedrals, the exclusion of the homeless, the old, the lonely, unless as recipients of our feel-good charity, is anathema.

For many other pagans there are practicalities involved, of only getting statutory days off work, family travelling distances to meet up, elderly relatives whose feelings we don’t want to hurt, or children keen to join in with school activities. Everyone will have their own solution. For some that will involve difficult choices or compromise. For some that might involve heartache, remembrance of loss, and loneliness. But whatever its origin, or commercial packaging, the message that keeps blaring from our radios and shop fronts and shining out from Christmas lights is equally valid, whether we are pagans, Christians, or people merely enjoying the chance to eat, drink, and be merry at the “holiday season”. Wishes for joy, hope or peace are always needed.

So – to quote someone entirely non-pagan! - may there be peace on earth, and good will toward men,

of whatever faith or belief.

May I wish you all the warmth and joy of the returning Light.

Eve

Devon

RC Report Devon - Michele

Midwinter is upon us, the days are often dark and wet with mist here on Dartmoor. Today's walk has been drizzly damp, the ground is soft mud, and soggy coppery leaves cluster around a few stubborn leathery green foxgloves. However, it has not been so cold; the occasional golden sunlight on bare branches against a superbly layered sky gladdens the soul. My thoughts turn to Yule and gatherings of family, friends, and those who went before us.

Again, I find myself pondering Newgrange, just one of three substantial temple mounds on the Boyne river, and the massive prehistoric landscape our ancestors constructed whilst first farming the land. The supreme effort these people invested into ensuring that the great wheel kept turning, and that the Earth Mother and Sky Father mated at mysterious Midwinter, cannot be overstated. The old Irish Gods still speak to us as the Sovereign and fertile Boann and the beautiful All Father Dagda who bring life to the sacred land in the form of the glorious sun child Aenghus Og, Ever-Young God of Love.



Locally, all the members of the District Council have been working hard on organising our next conference. I am pleased to say that Devon PF membership is steady rising and Devon moots have been busy. Just to give you a flavour of what's been happening:

- Devon Pagan Communities are incredibly active group and excellent communicators;
- Plymouth Pagan Moot have been exploring favourite gods or goddesses and why they like working with them;
- South West Devon Moot keeps all the seasonal rituals and has book reviews, regular readings by Jo O'C;
- Teignbridge Pagans had a recent healing workshop with Steve Wills;
- Torbay/South Devon Pagan Moot has been discussing Elementals and being Pixie led;
- Totnes moot has been exploring the links between paganism and industry, and
- Swan Shield Moot has been discussing views on, and practices in Paganism.

I wish you Good Cheer and make a toast for Peace. I pray you find time for inner reflection by a warm hearth and rest a while beneath the greenwood tree, who holds aloft the vast sea of stars. At Yuletide may the Dartmoor Badger show you the mysteries of incubation and inner wisdom, the Dartmoor Fox bring you courage and guidance, and the Dartmoor Buzzard let your soul take flight and transform you though this season of rebirth.

Bright Blessings

Michele

Teignbridge Moot News

Teignbridge moot has had a busy autumn with talks on dragons, stav runes, a healing workshop and the now traditional Yuletide Quiz in December. The 16th January moot will look at the astrological influences for the year, and we will have a stab at predicting events for 2017. The moots are always themed but with plenty of time allowed for socialising afterwards. Everybody is welcome.

Elaine

Taw and Torridge Moot.

The Taw and Torridge moot is still going and I am pleased to say growing steadily. Over the next few months we are hoping to theme our discussions around what happens in between festivals; how are we affected in our daily lives etc. 'It's not Just the festival'. Numbers have varied between 4 and 12 so we are hoping things grow steadily, and we are always there consistently. We are determined to make it work, and we have a Face book page by invite, 'Taw and Torridge moot'.

Minerva

South West Devon Moot

We've just had our last moot of 2016, a pleasant sociable evening running according to our usual format - news exchange, forward planning before a break for whatever "feast" has been brought, followed by readings and discussions, finishing 11-ish... We looked back on an interesting year, the most recent highlights being a group visit to Glastonbury, where we happened on a big circle power raising against fracking up on the Tor, and a celebration of Einheirar on Nov 11th (festival of the fallen warriors, in the Northern tradition). Two members had recently visited the "Sunken Egypt" exhibition in London, which prompted a poem on the worship of Sekhmet, and a description of an Isis ritual of the sprouting seeds as the Nile floods receded. (And we, remembered to hand out Conference '17 posters !)

After feasting on hot chicken legs 'n cheesy chips, veggie curried titbits, plus our latest fave, sardine sarnies (yes really!), we gathered again for Jo's informative reading on the Winter Solstice, which we hope to celebrate on the 21st, logistics permitting. Departing gifts included a small hazel tree and festive decorations! And so we look forward to the coming year and the Returning Sun. Wassail!

Patrick



Articles

Practical Paganism - Steve Wills

Pagans honour the Goddess in her many forms. We revere the Earth and recognise her as our mother. But what do we do for the Earth in practical terms? My wish is that this article will provide ideas that may inspire others to consider their relationship to the planet and decide what their heart tells them would make them happy. We each have different gifts and abilities. It is not for me to tell anyone what they should be doing. Each person's conscience is his or her own affair. But I am aware that there are many seekers coming to paganism who appreciate any help along their path. So mote it be.

Our relationship with the Earth

An unfortunate legacy that many still carry with them from the non-pagan way of thinking is the idea that we live on the Earth. It's not true. We live in the Earth. We are the Earth.

Let me put it this way: all of your body is made from the Earth. You eat, drink and breathe, to take in the elements of the Earth. These elements also produce heat in your body to keep you warm and provide the energy you need for life and movement, energy that was once radiated into the planet's ecosystem by the sun (in other words, the God fertilises the Goddess). In this way the Earth provides you with the elements of earth, water, air and fire. We are not separate from the Earth. All that we are was, and is, part of the Earth. We are part of the Earth.

Let us look at it another way: The planet is comprised of layers; a hot molten core, a rocky mantle, soil, a lot of surface water in the form of seas and lakes, and the atmosphere. This model does not actually work, though, because there are no real boundaries. The elements combine throughout the system.

If a rabbit goes down its burrow, we say it has gone into the earth, but it still breathes air, the soil is moist and the earth is warm. A fish lives in water that is liquid, not ice, because the sun warms it. It breathes dissolved air, and eats food comprised of the 4 elements. A bird might fly in the air, live in a burrow and dive under water to find its food. Even the air contains earth, in the form of dust, water vapour and warmth. Most of this warmth came from the sun, warmed the soil, rocks, water and vegetation and was radiated back into the air. To think that we humans live "on the surface" might not be compatible with the viewpoint of a worm, a dolphin, a starfish, a bacterium or an eagle.

Importantly, once you accept that the atmosphere is part of the ecosystem, it becomes apparent that we don't live on the Earth, we live in it. We live in the body of Mother Earth.

It follows that what we do to any part of the Earth, the land, the seas, the animals, the vegetation, we do to ourselves, because we are not separate. We are all one. We, the minerals, gases, animals and the plants, are the body of the Goddess. Harm the body and you harm yourself. Care for the body and you care for yourself. Love the Goddess and you love yourself.

I'm talking about our relationship to the Earth, the mother, the goddess, here. So that there is no misunderstanding, this is because I'm referring to practical, material ways to honour the Goddess, and this Earth is where we live. The Goddess and God, of course, encompass the universe. For those who crave a wider, mystical understanding, consider this: In the beginning was the One, the divine, the source. The One created, from itself (language is not really adequate here) everything else. The One is all that is. Therefore, everything is the divine. You are part of the body of the Divine Source. To speak of having a relationship with the divine is a misconception. We are the divine. So is everything else. All is one.

We chose to incarnate as part of this planet, to fulfil our soul's purpose at this moment. How will we, as individuals, choose to treat our Mother, the Earth?

"An it harm none, do what thou wilt"

Wicca recite the above tenet, the Wiccan Rede, and I suspect most pagans agree with it. But do we live

by it? This seemingly simple statement is, in fact, all encompassing. "If it harms none" - it does not say just humans, does it?

So one question we might wish to ask ourselves is **"What do I pay people to do for me?"** Do I buy products that were obtained in a way that harms the environment or other people? Because no one will do those things if they don't make a profit. They do them because we give them money for the product. In fact, they do what we pay them to do. Let's look at that more closely:

Organic food

Do you pay for non-organic food? Non-organic food is produced by using chemicals and pesticides. They harm the soil and poison plants, insects, animals, birds - and you. You have to decide if you want your money to pay for someone to poison the body of the Goddess. Or you might decide that you'd rather not, even if organic food costs a bit more to buy.

If we all chose to buy only organic food, the ecosystem would recover. Our wild flowers, insects and birds would return. Did you know that we, in the UK, have lost 50% of our birds due to the use of pesticides in farming? Some species, like the lark and tree sparrow, have declined in numbers by 90%. Is that what you want to pay farmers to do for you?

You could grow your own organic food. This would be an excellent way of connecting with the Earth. It is enjoyable, the food tastes better and it is an offering to the goddess to work in this way. You may not have the space to grow all your own food, but you could grow some. It can be a very spiritual thing to do. If you decide to do this, be sure to use only organic seeds. Non-organic seeds are designed to be protected by poisons and are affected by all sorts of ailments and predation without them. Then you'll find out about slugs! But if you use slug pellets, you poison everything that eats your slugs, for example, birds and hedgehogs, so you'll need to find a better way to keep them from your crops.

"Fair Trade" food

Did you know that many foods are produced by workers living in appalling conditions with little or no pay? Often held captive as slaves? The situation is so bad that it is said that there are more slaves in the World today than ever before. For example, it is estimated that 90% of the World's cocoa production involves slave labour. The tea industry is not exactly spotless, either. Will you pay for your fellow humans to be abducted, beaten and the survivors forced to work appallingly long hours for no pay? Or would you prefer to buy "Fair Trade" cocoa, chocolate and tea, so you know that the source has been checked to ensure that the workers aren't abused? The choice is yours.

Clothing

Were your clothes, or your expensive new trainers, made by people by working 14 hours a day, seven days a week, for a wage that still left them in poverty? What will you choose to do about that? You could check to ensure that the workers were treated fairly. You might decide to buy your clothes second-hand from charity shops, so you are in fact re-cycling clothing instead of paying for the Earth's resources to be consumed in a factory that pollutes the environment, with the added bonus that you are donating money to charity. These are things worth considering for those who honour the Goddess.

Household goods

Would you pay some-one to abduct 6-year old children from their parents and force them to stay in one room, with a bucket for a toilet, all their lives and work at a carpet loom from dawn 'till dusk, and never be allowed to play, for no pay? Or would you check the back of the carpet to see if it has a certificate to guarantee that wasn't the case?

Do you buy wood from a sustainable source, or do you pay to have the rain forests chopped down for you? Is your paint environmentally friendly, or a serious pollutant? Will you pay for cosmetics and toothpaste to be used to blind, injure or kill animals in tests? Or will you only buy those that are marked as "cruelty free"?

Pollution

Do you pollute the environment by using petrol in your vehicle or heating and lighting your home unnecessarily? Or do you choose not to?

Luxury goods

Would you pay to have the body of the Mother blasted with explosives? No? Do you own crystals or gems? So where did they come from? Would you pay for the Amazon rain forests to be poisoned? Did you know that gold miners there use mercury to separate gold from its ore, and then wash out the mercury into the rivers? It is extremely poisonous and it kills all life for scores of miles down-stream. Do you know where your gold came from?

Finances

Would you be prepared to pay for all of the above, as well as vivisection, arms dealing, supporting dictatorships and creating massive debts in the 3rd. World? Do you know where the money you put in your bank, building society, pension fund, mortgage and shares is invested?

You could ask the companies who look after your money if they offer an "Ethical Account". An ethical account is one where the money you give them is guaranteed not to be invested in a way that will harm others and the environment. If they don't have such a scheme you could write to them telling them why your conscience compels you to close your account, and then put your money into an ethical account, like the ones offered by the Ecology Building Society, who offer the added bonus that they not only promise not to cause harm, but undertake to invest the money where it will do positive good. It may interest you to know that Ethical Accounts can give just as good rates of interest as the "don't care as long as the shareholders make a profit" ones.

If enough of us did that, I feel sure that a lot of financial institutions would suddenly discover they had a conscience after all, and start offering ethical accounts. Alternatively, if you have shares in a company whose activities you don't like, you could propose changes at a shareholders' meeting. This method has also met with success.

What can we do about it?

Here's a telling story for you: Someone once said to their friend "I once thought of asking the Goddess why she allows all the bad things in the World, wars, starvation, pollution, crime, homelessness, racial hatred, disease and so on, when she had the power to prevent them." And did you?" asked their friend. They replied, "No, because I realised She would ask me the same thing."

Now I know all the above seems, at first sight, to make pretty depressing reading. There are so many things to think about. It all seems so complex. It is easy to feel powerless to change everything. Of course, you cannot personally right all the Worlds problems, but you could make a start.

One helpful idea, if you wish to make changes, is to "Think globally, act locally". Another is "Difficult things can be achieved, one easy step at a time".

You might decide that the best way to act is to do what you can where you live. You might start by choosing to buy only organic food. It might take a while to find all you need if your local supermarket doesn't stock the complete range, but once you've tracked down a source you have solved the problem for ever. You could write to the supermarket to say "I wanted to buy all my groceries in your store, but I couldn't, because you didn't have any organic (leeks, mushrooms, bread or whatever) so I had to go and buy them somewhere else. Would it be possible for you to stock those items?" They will almost certainly reply, so you have made someone else think about the issue and, if enough of us write to them, they will stock those items. Then you would be paying for them to ask the farmers to stop poisoning the land and change to organic farming. The good news is, this is already happening according to my local supermarket. You could help accelerate the process if you wish. Or you might decide to buy organic food from a "box system".

When you have got the hang of that, you could ask at your supermarket information desk to be shown

where to find "cruelty free" soap, toothpaste and shampoo and where to find their "fair trade" tea, cocoa and chocolate.

You could write to companies you don't approve of, telling them why you will not be buying their products and what you would like to see changed so that you will buy their products.

You might then decide to support organisations like Friends of the Earth, Greenpeace, Amnesty International, the R.S.P.C.A. or Pagan Animal Rights. (You might feel, though, is that the view held by Greenpeace and Friends of the Earth that mankind is largely responsible for global warming is in error. Many scientists think that there is no correlation between human activity and global warming, but there is a very good correlation between sunspot activity and global warming. You'll have to decide for yourself how you feel about that issue when you've done some research.)

You could join your local Wildlife Trust. Your subscription would help preserve valuable habitats and you could opt to enjoy some of their guided wild-life walks, visit their nature reserves (or your nature reserves, rather, if you were a member!) or volunteer to help with their conservation projects, tree planting, and so on.

One little step at a time, and you can achieve anything you want to. You could take a bin liner with you when you go out in the country, or walk the dog, or visit a beach, and fill it with litter, then recycle what you can. If you do that regularly, you will make a difference and it's a very easy way of caring for the Earth. You would need to wear gardening gloves, or similar, to prevent infection and cope with thorns and nettles. You might even organise groups to clean up beauty spots and sacred sites.

You could work magic to protect endangered land and ask for power for those caring for it, and that wisdom and understanding be given to those who would harm it. Or magic to help exploited workers, or to prevent cruelty to animals.

You could learn to be a healer and help people, animals and plants in that way. They are the body of the Goddess. Let us look after them.

Vegetarianism, veganism and fruitarianism.

Some pagans feel that they should be vegetarians or vegans in order to "harm none". That is a choice you might consider. I respect the viewpoint, although I am personally an omnivore. My own feeling is that we evolved to be omnivorous, although not to eat as much meat as we in Western society do now.

Vegetarians and vegans make some very good points about cruelty to farm animals, but if we all decided not to eat any dairy products, for example, all the dairy cows we see happily browsing in our fields would be destroyed and never have a life at all, as no farmer will keep animals that don't make a profit. For myself, I buy free range meat and eggs and sometimes catch my own fish. I will not buy battery farmed products.

Consider this, though, do plants have life and feelings? Of course they do, so fruitarians will argue that we should only eat fruit, because the plant produces fruit because it wants it to be eaten. That is true. But the rest of the reason for a plant producing fruit is that it wants its seeds to be broadcast with a packet of manure, so logically a fruitarian should never use a toilet again, but must go outside.

It is a fact of life and nature that most living creatures will be killed for food by another creature. I love baby ducks, but a breeding pair of ducks only need two of their offspring to survive in their lifetime, or we'd be waist deep in ducks now. The rest become food for birds, fish and mammals. That seems to be the Goddess's plan and is one of the factors that drive evolution. Imagine the odds against a tadpole surviving, then, when its mother lays 100,000 eggs a year. The fate of nearly every tadpole is to be food for something else.

In the end, it is entirely up to the individuals conscience what they choose to eat, but I think you'd have a hard time explaining vegetarianism to a cat or a dolphin.

Enjoy yourself! - Steve

Thoughts on spell casting - Alan Jones, Cornish School of Mysteries

We often get some interesting questions directed to 'The School' from interested parties who found our contact details via the website. We thought it might be interesting to share some of these questions and the answers we tried to provide. So here's one such question:

Hello. Apart from Affirmations, please give me a good spiritual method I can use (which has immediate effect) to attract things into my life. Thanks

Now admittedly this answer may seem at the outset a little provocative, but since it is from provocation we can learn I often think it can be useful position to take – a kind of Devil's advocate. So with that caveat, here's an answer.

From my perspective there is no 'magic' to be found in some of the rather superficial promises of books based on ideas within The Secret nor indeed the abdication of personal effort suggested by some proponents of Cosmic Ordering. What is in these texts and ideas hidden beneath layers of over-generalised and sometimes vacuous New Age babble is some very sound psychology which, in effect, relates to everything I understand about the inner workings of "real magic".

Goethe (a polymath, poet and playwright) said that "once the mind is set on a clear course of action the universe conspires to make it happen". There is more than a grain of truth in this. "Attention flows where emotion Goes" is something I say to many of my students attending workshops and this is really the case.

If you have an emotional link to something, anything, that is where your attention will flow. If you direct your attention towards a specific thing then it is very likely that your unconscious mind will start to process information and ideas about it.

I am sure everyone has had the experience of buying a new (to them) car. Almost as soon as the car is purchased they start 'noticing' more cars of the same type and colour on the road! This is not because the universe is trying to wind-them-up; it is because your unconscious mind starts noticing things that are important to you. The same thing happens when you 'want' or 'need' a new household appliance. You suddenly start to see 'adverts' and 'notices' for these things. It is not that these notices and 'ads' have just appeared, it is because you now have a need, a desire, to notice them!

So back to attracting things into your life. Thinking about what you are missing, or what you don't want, is actually self-defeating. It reminds you of the problem, or the negative situation. In some ways you are consciously asking the unconscious mind to remind you of and find more things, that are depressing you!

Shifting your emotional focus to what you want and creatively visualising 'how' your life 'will' be different 'when' these changes have been made is, in essence what The Secret promotes but without the dogma of a metaphysical construct (which may or may not be true). The idea of anything having an immediate effect is also a little 'one dimensional' in its assumption. Every moment we are alive we experience the world. How we respond to those experiences depends largely upon our internal attitudes, values, beliefs and emotional 'states'. Every action in the 'now' moves you along towards your 'future' - so in essence you are always making choices about tomorrow.

Since most of the day-to-day processing we undertake as people is unconscious, we rarely, if ever, take the time and the effort to make conscious choices. Our unconscious mind presents 'options' that we consciously weigh-up as the only choices (or the dilemma). Our unconscious mind uses our deep seated attitude-value-belief system to pre-process every option open to us and hence creates limited behavioural responses to our awareness. To change your perspective you have to work on changing your mind!

So much of this is beyond the scope of the quick answer I think you wanted, so in summary, here's a set of ideas which come from the NLP (Neuro-Linguistic Programming) based therapy/coaching work I do.

Have a VERY SPECIFIC outcome in mind.

- What do you want to attract into your life?
- Visualise how your life will be different WHEN you have attracted these things.
- Create a compelling mind-movie of the future you want, with sound effects, big colourful pictures and positive, motivational dialogues.
- Ask yourself if you REALLY want this future.

So many people 'wish' for a thing without running it through their value-attitude 'filters'. This means that the 'idea' sounds good in some distant, abstract sense, but actually is not a good fit with who you really are and really want to be. Hence, you start sabotaging your own efforts to move towards the illusion you think you want.

WRITE down a list of CLEAR ACTIONS you can take to move you towards your future. Change your behaviour to match the kind of behaviours that you saw yourself engaging in your movie. Start to walk your dream by acting 'as if' you had already achieved it. In essence, you are 'trying on' the future skin you will be wearing to ensure it fits comfortably.

Keep your GOAL in mind. This means you underplay anything that reminds you that you are a long way from what you want and celebrate every single thing that takes you closer.

Now if you are still reading this, I congratulate you since I have avoided giving you the specific answer you wanted. You asked for a 'good spiritual method' and I have focused on some psychological aspects of making changes in your life.

I think you cannot divorce the spiritual from the practical; the rational from the mystical (hence I call myself a Rational Mystic). All magicians (and yes I do mean that in the spiritual-mystical sense) recognise the importance of 'right thought and right action' and creating a link between the inner-focus of 'mind' (the intention behind the magic) and the outer focus of 'behaviour' (the rituals, spell casting, visualisation techniques used).

In recent years the New Age movement has spawned some very single minded ideas about 'magic' and promoted the quaint and infantile notion that 'spells can be cast' to 'make things happen'. Hence all personal responsibility for change is abdicated to the tides of some kind of spiritual wish-master whose sole aim is to respond to the burning of candles; the half-hearted visualisations of those seeking a quick-fix to a complex problem; the 'orders' of groups of people who seemed to suggest that the Cosmos bends to their whim.

My Wiccan/Magical mentor when I started this journey years ago said

"Casting spells and using magic is hard work, it's nearly always easier to go out and do something practical to move you towards your goal."

He said this in response to the notion that folks could 'cast spells' to bring 'love', or 'money' or 'fortune'. Of course, the process of performing a magical ritual does have an effect if that ritual is prepared correctly - that means on both the mundane and spiritual level.

To 'cast a spell' to bring 'love' and then sit at home waiting for it to work is nonsense. Of course use the 'spell' but use it as a motivator to change what you do, where you go, who you meet so that 'love' has a chance to find you. As that very same mentor said to me ...

"Casting a spell to bring money and fortune and then not getting off your backside to find work is a futile exercise."

Magic and Spiritual methods are part and parcel of a process which can bring 'positive change' - but you as a living, breathing, thinking, caring, motivated person has to actively engage in that change.

I hope you found something of interest and value in these thoughts.

Alan Jones

Forthcoming events



Pagan Federation – Devon, Cornwall & Isles Spring Conference 2017

Saturday 11th March, Penstowe Manor, Bude

Graham King ★ Roland Rotherham
Prudence Jones ★ Kate and Corwen

Stalls, Closing Ritual, Cornish Piper *Merv Davey*
Music from *Damh the Bard & Kate & Corwen* plus DJ
Friday Night Fiendish Quiz & Social

Advance tickets £18 (PF members) £22 (non-members)
Door tickets £25

Tickets online via PayPal (charges apply)
www.paganfederationdevonandcornwall.co.uk
or send SSAE to: "PF DCI (Regional Conference)"
1 Richmond Street, Penzance, Cornwall, TR182PP

Cheques payable to 'Pagan Federation Devon & Cornwall'.
Please state PF Membership numbers where applicable.

FFI dcidm@paganfederation.co.uk

Penstowe Manor chalet accommodation (special rates available)
Contact 01288 321354 or www.penstoweholidays.co.uk
Penstowe Manor, Kilkhampton, Bude EX23 9QY



Museum of Witchcraft and Magic (MWM)

The Museum has the following events coming up soon:

January 6th: Old Christmas: Chalking the Mock ceremony (free to attend, public event), old fashioned Christmas ghost stories (ticketed).

January 28th: Almost Imbolc celebrations with Inkubus Sukkubus (**sold out**)

February 18th: Magical words workshop with Julian Vayne (pre-booking essential, places going fast)

March 25th: An introduction to the folklore of magic with Steve Patterson (pre-booking essential)

For further detail and booking of these and other events check out the MWM Events page <http://museumofwitchcraftandmagic.co.uk/event/>

Other events

Devon Pagan Communities – Exeter

Here is our schedule of Moots for Jan-Mar 2017: all take place every Tuesday at 7.30 pm in the Monks Room, Cowick Barton Inn, Exeter. FFI contact natalie@dawnmist.org or Devon Pagan Communities Face book group, <https://www.facebook.com/groups/1691622644418864/>. The moots occur every week but special topics will be addressed on the following dates.

Jan 17: Reincarnation Talk/Debate

A short talk led by Su Luffman (Western Pagan Tradition) and Natalie Winter (Romani (Hindu-based) Tradition) about beliefs and experiences of reincarnation, followed by an open discussion/debate.

Jan 24: Reclaiming Your Power

A talk from special guest speaker Steve Wills on "Reclaiming your power, amazing things you can do".

Feb 7: Imbolc Open Ritual

Spring returns with Imbolc! Come and celebrate with us. An open ritual, and a chance to eat, drink and be merry.

Feb 14: Talk on Yōkai

A talk by expert Cryptozoologist, Richard Freeman, on the legendary Japanese supernatural creatures known as Yōkai, and whether there is truth behind the legends.

Feb 28: Magic Music II

Following on from the very successful first Magical Music session, we're doing another one! Bring along any musical instruments, or just your voice, and enjoy drumming, chanting and experimenting with the use of music in magical practice.

Mar 7: Dartmoor Mindscapes

Special guest speaker, Pagan author Peter Knight, gives an illustrated talk about his new book Dartmoor Mindscapes. On Saturday May 13th, Peter will lead an accompanying outdoor Moot on the Moor to show us some of the scenery described in his talk, first-hand.

Mar 21: Eostra Open Ritual

An Open Ritual to celebrate Eostra -- come along to mark the Equinox with us, eat, drink and be merry!

Natalie & Heather

Druid Order of Tamaris

Regularly hold rituals on both sides of the border, some are family friendly. Their base is in Plymouth and can be contacted via their public Face book group.

<https://www.facebook.com/groups/42727913048>

Moots

Cornwall (Kernow)

Betwixt Moot (Redruth, Camborne, Truro, Falmouth)

Meets on the 1st & 3rd Mondays of the month. FFI contact Ann: 01872 863970

Bude Moot

Meets the 1st Tuesday of the month in the Conference Room at the Parkhouse Centre, Ergue Gaberic Way, Bude, EX23 8LD. Tea or coffee provided or vending machine. We ask for a £2 per person donation to cover room hire. Meet from 7 pm to start talks/ceremonies at 7.30 pm.

FFI Contact Lisa at budemoot@lchambers.co.uk or Debbie@specialdaysinspecialways.co.uk

The Dolmen Grove Ivy Moon Moot

Meets on the 1st Wed of every month, 7.30 pm, St Austell area. We hold talks, workshops, have outings and celebrate the Sabbats. Options to attend Camps, Larger Rituals, Stonehenge access & Samhain/Yule Ball. Friendly like-minded people, all spiritual paths welcome.

FFI contact: Karen tel: 077411 177 185

FB page: <http://www.facebook.com/pages/Ivy-Moon-Group>

Falmouth Penryn Moot

Meets the third Thursday of the month at the Dracaena Centre in Falmouth at 7.30 pm. Contact Eve (RC Cornwall) for further details.

Fraddon Moot

First Tuesday of the month, 7.30 pm. Meets at the Blue Anchor Inn, Fraddon, just off the A30. Pagans (and seekers) of all paths very welcome. FFI contact Lou on: fraddoncoven@hotmail.com

Liskeard Moot

Meets 2nd Thursday each month, 7 for 7.30 pm, The Long Room, The Public Hall, West Street, Liskeard PL14 6BW. FFI

FFI Contact Alli or Dave on 07840295635 or email alli_99@hotmail.co.uk

Facebook group: www.facebook.com/groups/271716272934061

Ros Pagan (Pagan Wheel)

Camborne based Moot. Meets the second Tuesday of the month, 7.30 pm, at the Camborne Community Centre, (South Tce, TR14 8SU). Pagans of all paths – or those just interested in finding out more – very welcome. Meets for talks, discussions, rituals, and outings. We ask for a donation of £2 to help cover the cost of room hire. Refreshments provided. The Community Centre is close to bus and train links, has a large car park and full disabled access.

FFI contact Eve on dci.cornwall@paganfederation.co.uk for more details.

Penwith Pagan Moot

Now holding four rituals a year and hoping to restart monthly meetings in 2016. FFI contact – Dave on tarewaste@yahoo.co.uk

Website: www.penwithpaganmoot.co.uk



Devon (Dumnonia)

Devon Pagan Communities

a friendly and lively discussion, sharing and support network for Pagans from any and all paths in the Devon area. We hold weekly Moots at 7.30 pm every Tuesday at the Cowick Barton (Monks Room), Exeter. FFI please either check the DPC Facebook group:

<https://www.facebook.com/groups/1691622644418864/> or contact natalie@dawnmist.org.

Plymouth Pagan Moot

Held on the second Saturday every month, aims to get back to nature and to have fun. Family orientated so children welcome, as is any one from any spiritual path. Moots will be held outside when the weather permits.

FFI email Spanish.chick@hotmail.co.uk Facebook group

<https://www.facebook.com/groups/1600854500172058/>

South West Devon Moot

Meets in the Stoke area of Plymouth, held on 2nd Wednesday of the month at 7.30 pm. We are a friendly moot run in a private house in the Stoke area of Plymouth.

FFI contact Patrick on 07964565338 or 01752 338292 (evenings) email pdq.mears@virgin.net or find us on Facebook. <https://www.facebook.com/groups/paganfedplymouth/>

Taw and Torridge Moot.

Meets 3rd Monday of every month at Torridge Arms, Torrington EX38 8BX. 7.30 pm for 8 pm start.

Open to all paths. Please be aware landlady knows it as a Folklore and Antiquarian group. A copy of Pagan Dawn will be on the table. FFI Minerva on oldcrone24@gmail.com

Teignbridge Pagans

Meets on the 3rd Monday of the month at the Old Rydon Inn, Kingsteignton, 7.30 pm.

FFI check out the Facebook group <https://www.facebook.com/groups/203242459794674/> or email Elaine leiane@hotmail.co.uk

Three Moors Pagan Moot

Three Fold Pagans meets every 3rd Thursday of the month, at The Highwayman's Inn, Sourton, nr Okehampton, all are welcome. FFI please call Shadowlea on 01837 659656

<https://www.facebook.com/Okehamptongathering>

Torbay/South Devon Pagan Moot

The Torbay Moot group is a long established eclectic group of like-minded pagan people. We meet at the Noble Tree in Torre Torquay on the first Thursday of the month, 7.30 -9.30 pm. We meet for open celebration, study and have an invite only women's moon group. FFI Tania

email taniakennedy67@hotmail.com

<https://www.facebook.com/groups/370597919466/>

Totnes Moot

Meets every 4th Thurs of month, in The Bay Horse Inn, 8 Cistern Street, Totnes, TQ9 5SP. From 6:30pm for a 7 pm start. FFI Facebook

https://m.facebook.com/groups/members/search/?group_id=1514258918890054

Swan Shield Moot

Meets on the first Wednesday of every month 7:30 pm – 10 pm. Come along and join in the fun of the Swan Shield Moot held at The Monkey House Soft Play Cafe, Brunswick Place, Dawlish. Children are welcome to attend some of the moots and make use of the play equipment the café has to offer. Tea and coffee are available with a small donation towards a local cause or charity. All are welcome. FFI

mirealms@gmail.com

<https://www.facebook.com/groups/1136136679770200/>

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Temple of the Sun and Moon: Contact us for bespoke Celebrations of Life and Rites of Passage, Oracular Consultation, Shamanic and Magical practices. Michele and Harvey, templesunmoonoracle@gmail.com.

Counselling

Tamar Counselling. Help and support with many of life's problems from a counsellor with a pagan perspective. Based in Bude/Holsworthy. Contact Steve Merritt on 07855 998890, email me via website, www.tamarcounselling.co.uk where you can find further information.

Retail

Mystical Crafts & Gifts - A great selection of pagan & wiccan items including essentials and an exciting choice of gifts including lots of fair trade items.

For a friendly service please visit www.pagan-supplies.com

Wise Old Crow, Bude, Cornwall for all things wicca, pagan and esoteric

www.facebook.com/wiseoldcrow . Sue Clarke www.sueclarkereadings.co.uk www.wiseoldcrow.com

Museum of Witchcraft and Magic

Details of opening times, online shop and other interesting info can be found on the Museum website.

www.museumofwitchcraft.com

The Harbour, Boscastle, Cornwall PL35 OHD Tel: 01840 250111

Cornwall School of Mystery and Magick

The latest newsletter from the Cornish School of Mystery and Magick

(<http://cornwallschoolofmysteries.co.uk/>) lists current activities and future events. It can be downloaded here

<https://gallery.mailchimp.com/8b4deb991eb99baf86ccce211/files/YULE2016.pdf>



Who is who locally

Pagan Federation Devon, Cornwall & Isles

District Website www.paganfederationdevonandcornwall.co.uk

District Enquiries dci.dm@paganfederation.co.uk

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correspondence

Your PF District Officers

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Regional Co-ordinators:

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Cornwall: Eve dci.cornwall@paganfederation.co.uk

Isles: Oak Leaf dci.isles@paganfederation.co.uk

Newsletter Editor

Contact Harvey DarkMirrorMagazine@gmail.com

District Conference

Contact the organizer dci.dm@paganfederation.co.uk

Interfaith officers

All areas dci.dm@paganfederation.co.uk

District webmaster

Contact Charles charles@cadgwith.com 0800 787 9208
<http://www.cadgwith.com/>

National Website: www.paganfed.org

Local Contacts are listed under 'Moots' (section above).



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