

# AXIS MUNDI SPRING 2016

ISSN 1839-4396







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## **Note from the Editor**

### **Dark Night of the Soul**

*This month's energy has been absolutely diabolical! Have you noticed how many friends or colleagues are going through big life changes at the moment? Careers, homes, relationships, health are all on the agenda for transformation.*

*I certainly have not been spared, over the past few months I have been constantly plagued with annoying minor health issues, pinched nerves, hip problems, extreme fatigue and disillusionment. I have been feeling totally disconnected and scattered; mentally unable to remember simple everyday things, suffering constantly from brain fog and generally feeling like I have been abandoned by the universe.*

*This energy has certainly curtailed my activities temporarily and you have to wonder what pleasure the universe gets at creating such misery.*

*Hopefully, this period of crises is a signal that we have come to an end of one stage of our life and the beginning of a new one. As we are rapidly moving to the end of another year we can look forward to a new energy, a new hope and a reawakening of our desires.*

***“One must still have chaos in oneself to be able to give birth to a dancing star.” ~ Friedrich Nietzsche***

*Blessings*

*Janine Donnellan*





# Spring Goddesses

The Spring Goddess celebrates the turning of the wheel of the year as the cold harshness of winter gives way to a time of rebirth and renewal. Spring begins with the first signs of new green shoots followed by a sensory explosion of blossoms and promise of good times ahead. In ancient times many festivals were held to celebrate the Spring Goddesses who were associated with new growth and fertility of the land.

## Flora - Goddess of Flowers and the Season of Spring

In Roman mythology, Flora was a goddess of flowers and the season of spring. While she was otherwise a relatively minor figure in Roman mythology, being one among several fertility goddesses, her association with the spring gave her particular importance at the

coming of springtime. Her name is related to Latin *floris*, meaning naturally enough "a flower".



Flora is one of the primal earth goddesses. She is the divine patroness and protector of all gardens, orchards, and fields, and of everything that blossoms, grows, and ripens. Flora was often depicted by the Romans wearing light spring clothing, holding small bouquets of flowers, sometimes crowned with blossoms. Honey, made from flowers, is one of her gifts, and her name is said to be one of the secret (holy) names of Rome. She is sometimes called the handmaiden of Ceres.

The poet Ovid, in the first century CE, told a story about Flora in which she is identified with the Greek nymph Chloris. In this story the wind god Zephyr fell in love with the beautiful nymph Chloris and carried her off. Chloris agreed to become his wife, and Zephyr made her the mistress of all flowers. In another of Ovid's stories, Flora possessed a magic flower that would make any woman who touched it pregnant. The goddess Juno wished to have a child of her own and asked for Flora's help. Flora gave Juno the magic flower and in due course Juno gave birth to the god Mars. In the northern hemisphere spring begins in the month of March which is named after Mars.

The Floral Games (the Floralia) were held annually in honour of Flora and consisted of theatrical presentations and chariot races. The Floralia was a time of celebration, with an emphasis on sensuality, and it was a time of joyous abandonment to the rites of spring. After the chariot races on the last day of the festival, hares, goats, and roe deer were released in the Circus for a ritual hunt. These animals were symbols of fertility, and to catch one would bring prosperity to the lucky person who caught it.

### **Persephone/Kore, is the maiden goddess of spring and the underworld.**



She is the daughter aspect of the Demeter/Persephone myth and is jointly queen of the dead and goddess of spring. This combination makes her an extraordinary figure of female autonomy. Her caring aspect is seen in her insistence on returning each year to Hades, in the land of the dead. She is celebrated in spring and autumn.

Persephone, daughter of Demeter (the earth goddess), was abducted (at the suggestion of Zeus) and raped by Hades and forced to be his consort. According to the myth, Persephone was picking flowers in a field

when Hades, her uncle and god of the underworld abducted her to be his Queen in the dark world below. The goddess, Hecate, strongly associated with the dark side of the moon and with witchcraft, was the only one to witness Persephone's abduction. She hears Persephone's cries but does nothing herself to help and furthermore does not seek help from others.

Persephone is extremely unhappy in the darkness of the underworld. She also misses her mother, Demeter, as they had such a close mother-daughter relationship. Zeus sends Hermes down to Hades to negotiate Persephone's release. Hades grudgingly agrees, however he tricks her into eating pomegranate seeds, which forces her to return to the underworld for a season each year.

Persephone's desire is to return to her mother, she returns from innocence to the mature goddess who knows separation, sexuality and death. Persephone represents the 'maiden', Demeter the 'mother' and Hecate the 'wise crone'. Persephone who has returned from her underworld journey has seen all; she has faced her shadow and in the process has united birth and death within herself. Persephone belongs to the category of 'vulnerable goddess' through suffering pain and despair in a relationship and through the humiliation of abduction and rape. On a psychological level Persephone challenges our attitudes to those acts that are deemed "unacceptable" or those behaviour patterns which we find difficult to acknowledge and often perceive as dangerous.

### **Gwenhwyfar**

Various portrayed in literature, Queen Guinevere (Born c.AD 490), is called the daughter of King Leodegrance (Lleudd-Ogrfan) of Camelard by Malory, the daughter of King Ogrfan Gawr (the Giant) of Castell y Cnwclas (Knucklas Castle) by Welsh

Tradition, the daughter of King Garlin of Galore by Germanic tradition, the daughter of a Roman noble by Geoffrey of Monmouth and wife of King Arthur by everyone. Her name is spelled differently depending on where you look. It can be either the traditional Guinevere, or Guenevere, or Guenievre, or Guenhumare



or Ginevra. In Welsh, she is Gwenhwyfar; in Cornish, Jenefer.



The name Gwenhwyfar means "white sprite or phantom," a reference to the otherworld. Alternatively her name means "white waves," white being the traditional colour of the virgin. Here "virgin" means "One-in- Herself" referring to a woman or goddess who is complete in and of herself. Waves associate Guinevere with the regenerative power of the sea. It has also been recognized that the name Gwenhwyfar corresponds to the Irish Findabair, the name of Queen Medb's daughter. As queen, Gwenhwyfar is the eternal feminine principle of strength and order in a peaceful universe.

From very early times, the Great Goddess has been a trinity. Her three faces are typically virgin, mother, and crone. Guinevere/Gwenhyfar is the ancient Welsh Triple Goddess, the goddess of dawn and spring. Her ancient role is echoed in the version of the Arthurian legends in which King Arthur marries three women, each named Guinevere, and in the Celtic tradition that in order to be king a man must marry the goddess. Guinevere is the Goddess of the Land, and by marrying her Arthur became King and sovereign over Britain. She is listed along with Arthur's otherworld weapons as boons that Culhwch could not request in Culhwch and Olwen, suggesting that she comes from the otherworld also and reinforcing her role in Arthur's sovereignty.

In all the different versions of her stories she is surpassingly beautiful and desirable. She is either forced into or conceives and engineers an extra-marital relationship with Lancelot and is either condemned, according to law, or forgiven outright for her sins. She either was a willing accomplice to Mordred's treachery against Arthur, as suggested in Wace and Layamon, or was forced into it against her will

as stated in John Hardyng's "Chronicle" (1457). Early mentions of Guinevere, in the Triads of the Island of Britain, give tantalising glimpses of her original relationship with Mordred: he is shown forcing his way into Arthur's Court, dragging the Queen from her throne and striking her, but the reasons why are unknown. The incident may have been related to quarrels between Guinevere and her sister, Mordred's wife, Gwenhwyfach, which are said to have been the eventual cause of the Battle of Camlann. According to Patrick Sims-Williams, in Welsh the "termination of -ach evokes unpleasantness". Therefore, Gwenhwyfar's sister Gwenhwyfach, found in the Welsh triads and Culhwch and Olwen, may represent an unpleasant or evil form of Gwenhwyfar herself. Camlann being caused by a battle between two forms or personalities of Gwenhwyfar alludes back to the mythical symbolism of the triple goddess.

Guinevere is frequently abducted in Romance, sometimes by King Melwas of Somerset, sometimes by Mordred and sometimes by the marauding tribes from the north. She meets her end sometimes in a convent at Amesbury or Caerleon and sometimes she dies at the vengeful hand of Lancelot. Gwenhwyfar embodies the land, and union with her gives Kings their right of rule. Her two lovers, Arthur and Lancelot, represent two aspects of the divine ruler--the old, impotent King (also seen as the Winter God or Holly King) and his young tanist, or replacement (the Oak King). As a sovereignty figure, Guinevere is forever being seized by one knight or other with his eye on the throne. The evil Mordred, in Arthur's absence, claims his Kingship. He does this not as the son of Arthur, but as husband of Guinevere, who he attempts to force into marriage with him. Scottish stories, recorded by Boece, indicate she died as a prisoner of Mordred's followers at Barry Hill in Strathmore. She was buried at Meigle where her memorial can still be seen. Despite this, her bones either were or were not found by the monks of Glastonbury when they discovered the grave of Arthur in 1191, depending upon which version of the burial cross inscription you read.

Giraldus Cambrensis says the cross claimed Guinevere as Arthur's "second wife". This appears to echo the story of the False Guinevere of French Romance: an identical



half-sister of the Queen fathered on the same night who persuaded Arthur that she was his true wife. For two and a half years, the King was separated from the real Guinevere until the deception was uncovered. There is also an ancient Triad of the Island of Britain which records Arthur's "Three Chief Queens": Gwenhwyfar daughter of Cywryd, Gwenhwyfar daughter of Gwythyr ap Greidiol and Gwenhwyfar daughter of Ogrfan Gawr. This may further indicate the confusion over the lady's parentage as already alluded to. Alternatively, the three Guineveres could show a common Triple-Goddess motif at the root of many later Celtic characters.

As previously mentioned, in the various legends Guinevere is sought by Lancelot, Mordred and many others, for she is the Goddess of the land and with that comes sovereignty over the land. However, it is said that Guinevere has many other roles as Goddess. One of these roles is Flower Maid a Faery Goddess of Love, growth and fertility whose high holiday is Beltane and whose sacred tree is the hawthorn. Add to this role the White One, which is another name for a Faery Goddess, and Guinevere begins to come into focus as a Goddess of the Old Ones, A Faery. As the White One she creates havoc in the world of men, for she brings the energy and powers of the Otherworld into the world of humans. However, as Queen of the Round Table she inspires humans to unify and rise up to heights they thought were unobtainable. Guinevere is also a Celtic Triple Goddess. Her role as Flower Maiden where the fertility is brought so the Earth can have

growth, bear fruit and harvest this fruit is added to by her Mother Goddess role as she overlooks the court and inspires the Round Table Knights to greater and greater heights. Rounding out this triplicity is her role as Crone in her actions bringing down the round table.

The popular novel The Mists of Avalon stresses Arthurian legend's Celtic roots, playing upon this triad, and upon Guinevere's association with the Goddess, although Guinevere herself is not Celtic in the novel.

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# Animal Wisdom

## By Janine Donnellan

In ancient times Shamans would watch and interpret the movement of the clouds and the rivers, the behaviour of the animals, the birds and they would listen to the voice of the wind to know what dangers were imminent in their immediate environment. In shamanic belief everything is alive and carries with it power and wisdom.

When an animal comes to you and acts out of character you can be assured there is a message it needs to deliver. Animal guides show up at different stages in your life. Some are with you for a life time while others come to you for a one off incident. If you are oblivious to the power of the animal guides or the signs they are sending then you miss the opportunity to know its message.

I have been blessed to have experienced many animal encounters and it never fails to amaze me when I learn its message. Animal guides timing is always impeccable and I have been fortunate to have two amazing encounters over the past couple of weeks.



Birds were considered the messengers of the Gods. They would guide the Shamans to the upper realms and they were considered psychopomps, carriers of the souls of the dead to the Summerland. They would also become the counsellors to warriors and sages.

Over the years I have had my own personal shamanic experiences with birds in their role

of messenger. The raven is one species that I have connected to on several occasions.

Ravens are perhaps the most common bird symbol in the mythologies and religions of ancient cultures. Ravens are often portrayed as portends of death, but they also assume a variety of roles, such as messengers, as well as oracles and tricksters. They play a central



part in many creation myths and are typically associated with the supernatural realm.

Many years ago I noticed the daily gathering of ravens around a mosque which was on my way to work. It was interesting observing their behaviour over the months but at that time I was totally oblivious to their real message. Over the course of the year disharmony amongst some close friends appeared and eventually things came to a head and the relationships were terminated. At that point the ravens disappeared from the mosque and to this day have not returned.

Recently, my husband and I experienced a strange encounter coming home from the movies. As we were going down a street I noticed a movement from the corner of my eye. It seemed like a large animal was jumping in front of the car. It was quite bizarre, for a moment it looked like a large black panther but as it moved directly in front of the car the animal shape shifted into two large ravens dancing the eternity symbol in flight and then quickly flew out of sight. I looked at my husband and said "That was really strange, that has to be an important message" The message was indeed an omen, a few days later, a dear friend lost his battle with cancer and died.



I contemplated for a while on this event, it was strange that the ravens initially looked like a black panther so that in itself was a message, in fact the whole episode was a

multitude of different messages. I googled the totem message of the Black Panther which is about trusting the future and that which you don't yet know. Confronting your fears and knowing who you are, which seemed to resonate with the issues I had been experiencing of late.

Yesterday, I received a gift from the ravens a beautiful large black feather. It was positioned at the entrance of my gym. A message about my state of health perhaps, or maybe it was a confirmation of my protection from my guides, and a signal that spiritual wisdom, and magic are ever present around me. Whatever the message is I feel blessed to have this wonderful connection to my animal guides.



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Bird feathers are symbols of the element of Air; they represent the mind and new opportunities. If you are collecting feathers for magical purposes it is always good magick to find them rather than buy them. Usually when your intent is to find a feather the right type of feather will eventually come to you.

Feathers used in conjunction with smudging herbs can be used to energetically cleanse the aura of people, as well as environments. In healing and in rituals, feathers can be used as catalysts to help focus concentration while carrying out a particular intent. The use of feathers in a ceremony also invokes the energy of the particular bird from which they originate, so be sure to understand the characteristics and the energy of the bird before using its feathers in ceremony or healing session.





## An Echidna Encounter

I recently had an encounter with an echidna, it virtually walked up to my house and made itself comfortable in some leaves and rocks. My dog Loki noticed it and started barking at it from the other side of the sliding glass door. It was an exciting moment because even though we live on the edge of the bush it is very rare to see one in its natural environment. With phone in one hand and dog in the other I quietly walked up to it and had a short conversation with it while I took some photos. Even Loki was on his best behaviour as usually he is very vocal. The echidna didn't appear to be disturbed by our presence and just snuggled quite happily amongst the leaves.

The echidna is a Short-beaked Echidna (*Tachyglossus aculeatus*), also known as the Spiny Anteater because of its diet of ants and termites, is one of four living species of echidna and the only member of the genus *Tachyglossus*. The echidna is covered in fur and spines and has a distinctive snout and a specialised tongue, which it uses to feast on ants and termites at a great speed. Like the other extant monotremes, the Short-beaked Echidna lays eggs; the monotremes are the only group of mammals to do so.

Echidnas are powerful diggers, using their clawed front paws to dig out prey and create burrows for shelter. They may rapidly dig themselves into the ground if they cannot find cover when in danger.



Aboriginal rock art from Arnhem Land in Australia depicting the long, down-curved beak

Echidnas feature in the animistic culture of indigenous Australians, including their visual arts and stories. The species was a totem for some groups, including the Noongar people from Western Australia. Many groups have myths about the animal; one myth explains that it was created when a group of hungry



young men went hunting at night and stumbled across a wombat. They threw spears at the wombat, but lost sight of it in the darkness. The wombat adapted the spears for its own defence and turned into an echidna.

Echidna is also a symbol of protection, only allowing those it trusts and wants to venture within its circle of friendship. The echidna's spines represent the difference between aggression and assertiveness, shunning assistance and not needing support, being approachable and unapproachable at will and knowing when to withdraw in self-protection.

The echidna with its powerful ability to dig out prey and create shelters indicates that it can uncover hidden aspects of one's psyche and

can get to the heart of the matter with speed. The Echidna also teaches about the necessity of maintaining boundaries. As a monotreme and thus a paradoxical creature, echidna teaches us also the importance of guarding against full disclosure.

Obviously some important information to take in and an important message about discernment especially with people who sometimes come into your life with a hidden agenda.

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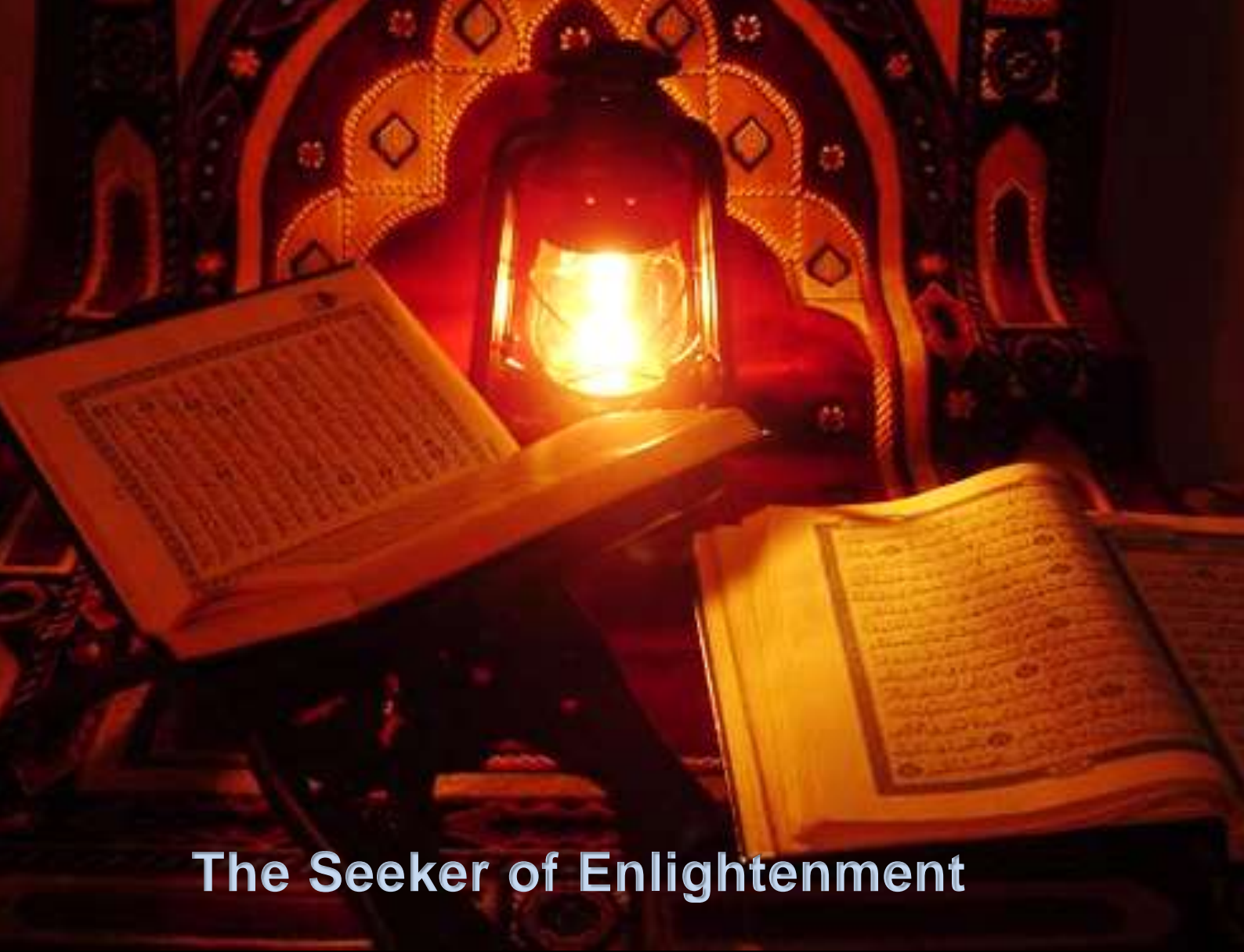


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## The Seeker of Enlightenment

Many people are searching for some direction, for their purpose in life, their spiritual path, their truth. We are living in a time where there are so many spiritual ideologies and paths to choose from and trying to find the right information can become a life time journey, but that is all part of the passage of the seeker. Anything worthwhile requires much work and research, but the most important prerequisite to finding your truth is the willingness to be open and honest with yourself.

**An open mind is essential for the seeker on their journey of discovery. A closed mind is a narrow mind that is blind to the subtleties of the Truth. Patience, perseverance and humility is necessary too, for those who imagine they can master their studies in a few months with no effort, will waste their time and energy.**

Of course the more answers you find, the more questions you'll have. Each of us finds our way to our spiritual path through many different

doorways and those that are new to their path are encouraged to read as much as they can and be guided by the signs that present to them on their road to knowing.

There are plenty of online resources and books to stimulate your curiosity, and if you are like me, you will have invested a lot of money buying books in search of knowledge that will bring you closer to understanding that which you seek.

Unfortunately there is too much elitism and fantasy masquerading as true spiritual knowledge in the world today, but distinguishing the real gold amongst all the glitter is also part of the process of becoming a true seeker.

***"If you would be a real seeker after truth, it is necessary that at least once in your life you doubt, as far as possible, all things."***  
**Rene Descartes**



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*Classes are conducted on a fortnightly basis (5 nights a term).*

*Where: Sylvania Cottage, Venetia Street, Sylvania 2224. The cottage is on the corner of Venetia & Holt Street. There is plenty of allocated parking in Holt Street.*

*Dates: Fortnightly on Tuesday nights (14 February, 28 February, 14 March, 28 March, 11 April 2017)*

*Time: 7:30pm – 9:30pm.*

*Cost: \$180 per term*

**BOOKINGS ARE ESSENTIAL** ~A non-refundable deposit of \$50.00 is required for all bookings. The final payment can be made at the workshop. Deposit can be paid at [illumination.spheresoflight.com.au/mediumship-psychic-development-circle/](http://illumination.spheresoflight.com.au/mediumship-psychic-development-circle/)

*If preferred, full payment can be made up front via a PayPal invoice which Janine will send when you contact her to arrange your booking. You can contact Janine on 0408 025 268.*

# UNDERSTANDING THE FUNCTION AND PURPOSE OF AMULETS AND TALISMANS

By Jess Carlson



The act of “casting charms”, a term sometimes used for working with amulets and talismans, is one that many beginners and seasoned practitioners of magick and the Craft work with on a regular basis. Some do it with intent; some are doing it without even knowing it. The terms amulet and talisman are often used interchangeably but they are two distinct and different magickal devices. Learning to identify each and answering the “which is which” question can help to open up a doorway for better understanding of how to work with these charms while helping you to create some powerful personal magickal devices.

## What is an amulet?

Amulets are one of the oldest magickal items that we know of. For thousands of years they have been used to help protect individuals, the homes and even other objects. Amulets are objects, often worn as ornamentation or used to appear decorative in the home, which have been enchanted with spells or charged with energy, with the specific purpose of protecting someone or some place from evil, harm or negative forces and energy.



One of the most well-known curses, the Evil Eye, has had amulets employed to protect against it for centuries. Believed to be nothing more than a look with biting ill intent, the Evil Eye is thought to cause

injury, bad luck, even death. Many feel that if someone holds a powerful feeling of jealousy, envy or dislike for someone they can easily cast the Evil Eye upon them with this look of ill will. While the belief in the Evil Eye is strongest in places like the Middle East, parts of Asia, Africa and Europe, the belief came to the new world with slaves and immigrants and now you can find people all over the world using and wear amulets designed to ward off or even deflect the power of this curse.

In the case of the Evil Eye there are several symbolic items used and today we often find them together as a single amulet including the eye, the hand, and the horseshoe. Often you will find two of these together, most commonly the eye placed within a hand. It combines the traditional Turkish all-seeing eye charm, a symbol of protection from the Supreme Being, placed within a down facing hand, an Arab symbol known as the hamsa hand, hamsa meaning “five” and referring to the fingers on the hand. The history of the hamsa hand is quite interesting and has been attributed to Jewish and Islamic traditions as well, however archaeological evidence seems to suggest that the down-turned hand as a protective symbol predates Judaism and Islam, suggesting that it is an ancient Middle Eastern symbol of the hand of a Goddess reaching out to offer protection and guidance.

So when we are talking about an amulet we are talking about an object that is mainly worn on the body, it can be in the form of a necklace, bracelet, pin, etc, and is charged with the specific act of protection. It is means to protect and repel negative, evil and unwanted forces.



## What is a talisman?

In the case of a talisman, we are talking about an object that has been crafted with the intention of drawing something to the user. This can be an object charged and enchanted to draw power, good luck, improved health, or any other similar objective. The main idea is that with a talisman you are working to draw something toward you. The other and somewhat less crucial piece here with a talisman is that it is an object believed to hold magickal power in and of itself. This is often the definition seen related to talismans in fiction and even in some historical texts. And while this may be part of the history of the talisman, and we certainly do see these objects as magickal, today's modern use is mainly defined as an object created to draw a specific energy or quality to the user.



Another way that talismans and amulets differ is that while an amulet can be a more general item, like the mass produced and largely recognizable items talked about above

(the St. Christopher medals that many people use for protection during travel is another example of a common amulet), a talisman is more person and is tailor made for the individual, or more likely by the individual themselves, for their specific needs at a specific time, such as during a full moon or with the moon in a specific astrological alignment. Many times a talisman will be made using natural objects such as rocks, feathers, metals and woods, or they can be simply drawn on parchment. Sigils are sometimes used as markings on rocks or parchment as part of a talisman.

Another form that a talisman can take, and one that many modern practitioners work with at some point, is what we often refer to as a sachet; a small piece of cloth or a small cloth "spell bag" that is filled with specific herbs, stones, parchment sigils or markings, and other meaningful objects, which have been cleansed, blessed and charged together for a specific purpose. Love sachets are very

common. These often consist of a small red bag, a mixture of herbs related to love such as rose, jasmine, mandrake, and clove, a heart shaped piece of red silk, and a piece of parchment with your name, your astrological symbol and a drawing of two entwined hearts. The items are all charged and blessed, placed within the bag and the bag is then sewn closed with red string while words of blessing and intent are chanted over the bag to seal and charge it. The bag is then often carried with the person on their receptive side of the body (e.g. the left side for someone that is right handed). It can be carried in a pocket or pinned to the inside of a jacket or pants.

The debate about amulets and talismans  
There are a few other definitions for amulets and talismans and the two terms are often used interchangeably which can lead to confusion about what sort of object does what. While in a roundabout way it can be argued that through the very act of protection and warding an amulet draws something to the user, this is not its main objective. And the reverse can be said of a talisman; while a talisman is doing its job of drawing something to an individual, like in the case of a talisman for good luck, it does somewhat repel bad luck; but again this isn't its main objective.

Raymond Buckland, in his book "The Complete Book of Witchcraft" has a very different take on amulets and talismans. He states that an amulet is a natural object, such as a stone or crystal, especially the often talked about "Holy Stones" or "Hag Stones" which is simply a stone with a naturally occurring hole in the centre. Buckland states that an amulet cannot be created and can only be adopted and that if an amulet is engraved and consecrated (e.g. taking a stone from the ocean and carving a sigil for protection on it) it would then become a talisman.

With regards to a talisman, Buckland gives these the definition of a man-made object which has been empowered with magickal energy, especially for either warding off evil or drawing good luck. He then states that the most common form of a talisman is that of a metal disc worn as a pendant which is often two sided; one side holds the objective of the talisman while the other is personalized by the wearer.

Definitions from Webster's Dictionary state that an amulet is a charm worn around the neck to protect against evil while a talisman is something with an engraving of figures or symbols to bring good luck and keep evil away and can be a ring or stone.

So while some definitions will vary the essence of the objects are still the same. An amulet is used to protect and repel negativity while a talisman is used to draw in energy. Both can be objects that can be worn or placed in the home or other space based on what or who it is meant to protect. And, regardless of which you use or create, your personal interaction is key to the success of the object.

### **The importance of intention**

Whether you're working with an amulet or a talisman visualization, intention and energy are extremely important. These objects all need to be given a specific charge and a specific magickal direction which is done through either the act of blessing and charging in the case of an amulet or during its creation in the case of a talisman. With a talisman, creating and working with a ritual to help set its intention is the best way to activate it. A simple ritual cleansing, blessing and charging is usually all that is needed in the case of amulets. However, as with all other magickal procedures, research and experiment with things that you feel drawn to but know that the purpose and goal here is to ensure that you

are using clear visualization and intent with your objects.



### **JESS CARLSON**

Jess Carlson is an intuitive and spiritual life guide who helps women find spiritual solutions for their everyday problems. Jess shares tips and teachings on how to use spiritual and magical practices as part of daily life so you can gain more confidence, get in touch with your inner wisdom, and make soul driven decisions so you can live in alignment with your purpose.







## Janine Donnellan is now at Zumbador at Woronora!

- Reiki Master
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Janine Donnellan has been conducting tarot readings for over 15 years and has an incredible gift for getting to the heart of the matter and can assist you to see clearly the issues so you are able to take the appropriate action for a better future.

Location: Zumbador, 2 Prices Circuit, Woronora NSW 2232  
Duration: 60 minutes

Bookings are essential!

Cost: \$110.00 Contact 0408 025 268 or Email:

[janine.donnellan@gmail.com](mailto:janine.donnellan@gmail.com)





# MUTABLE ELECTION: FROM CARDINAL REVOLUTION TO MUTABLE CHAOS:

By Sol Jonassen

In April 2011 Neptune entered its own sign Pisces, a sign of reflection both chaos and divine potential, and there it continues to mirror the state of chaos and challenge that a planet with 7 billion people trying to survive naturally offers.

As Neptune rules nature, we are getting increasingly worried about the future of earth. We are at a staggering 7 billion inhabitants and the future we've all talked about for so long is moving closer. Global warming and challenges regarding future resources are troubling many. Most of us are connected to the internet and can pick whatever source of information we want, and whatever happens in one location, is felt in another. Neptune rules this space of timelessness and the field of emotion that connects us all. It is a symbol for entanglement and the famous Pisces problem of "where I end and you begin" leads to a lot of challenges regarding truth. Some of us are now increasingly aware that we are creating each other, and that our opinion suddenly has an impact. We are truly moving toward a "global-village awareness" and the election in the USA reflects this poignantly.

Neptune with its agenda to unite us all under the banner of One Humanity is its own sign

moving us further into globalization. Globalization refers both to the shrinking of the world and the increase of the world as a whole. Never before have we been so connected and disconnected at the same time. The world feels overwhelming and complicated.

Since Uranus and Neptune was conjunct in Capricorn in 1993 the internet revolution has steadily moved us into a world of free information, very much in tune with Neptune's "We Are One" realization. Seen from a Neptunian point of view, we are all in it together. This causes both trouble and opportunity, and the challenge with globalization is territorialism. Our instincts to survive and to maintain our own tribe will forever be an issue in a world that is tied more and more closely together.

In the book "Neptune, the 12th house and Pisces" by Maurice Fernandez, the author proposes a theory of Neptune as the planet of Truth, as opposed to its reputation as the planet of Illusion. But seeing that truth is the other side of illusion we understand that when our cherished illusions are surrendered, truth emerges. Truth is not one-size-fits-all, truth is relative to where we are. Truth is what works and it is the opposite of what a scientist would



call “shoe-horning, cherry picking and confirmation bias” all reflective of the Sagittarius side of truth, the preferred truth according to personal conviction.

Neptune is the whole spectrum from illusion to truth, and this year nothing has been clearer than the truth that it is truly hard to know anything. Who to trust translates into who to vote for. The world is more complicated now than ever before, and it is harder to trust information now than ever. There is so much information to keep track of and one opinion opposes the other. As to complete the confusion, this year Saturn has squared Neptune adding to this confusion, and the statements like “make America great again” has led Trump to his position. We call that journalism-politics, where just one statement is enough for the voters.

Saturn-Neptune have a reputation for conspiracies, and politicians knows very well that nothing works better to harvest votes than a handful of them. Saturn being also in Sagittarius, the sign of personal convictions sets the tone for an ambience of intolerance and prejudice.

An election with Neptune on the South Node in Pisces:

The news that enthrals us all is the US election, and as if it was divinely timed, Neptune is by then smeared into the south node in Pisces, exact the 12th of November and still within reach of Saturn, which in turn cross the US Sibly chart's ascendant.

This is setting a stage for an election that perhaps will be remembered as the most bizarre election in US history. Whatever the outcome, it will likely stir mistrust and spread the conspiracy of a fixed election. And the world is clearly regarding this as a global election, since US politics means so much for the Global Village. The US sets the standards for what to come and whatever goes on in Washington carries such a grand symbolic meaning for the rest of the world and in this sense the responsibility of the US is bigger than previously thought. The election of a President carries a great symbolic power. It sets a standard.

And underlying everything lie the challenges of global warming and the truth that profit based economy is holding back on progressive technology that could have ended most of our

carbon problem. But as long as the old school is holding on to their thoughts and use familiar techniques to scare people, we are all in this soup of chaos. And in this climate Bernie Sanders, a rare American socialist, born himself with Neptune on the North Node in Virgo, led a successful campaign focusing on ecology and fair economy, mirroring new thoughts making way. Neptune is the essence of sharing. However it wasn't enough and the USA went back on safer and more familiar grounds.

This time around the election has spurred enormous attention, due to a rather unusual and at times, highly entertaining political race. Both the Republican and Democratic parties have felt the chaos. The outsider Bernie Sanders came and drew heavily on the Democratic voters and Donald Trump managed to create a huge split in the Republican camp, having almost no support from the party he represents. Also, being the Gemini he is, his mouth seems to live a life of his own, taking the standard of communication to a new low.

We also have the first woman to ever to get this far in the election process, but the Scorpio Hillary Clinton draws to her a lot of negative attention and her integrity has been questioned many times during this race thanks to scandals and suspicions of power thirst. Many of those who voted for Bernie Sanders feels that she is not an option, as she “represents” Wall Street. The voters are fed of the plutocrats, but still, Sanders was too progressive and had to endure the projection of being a communist, a word that evokes emotions in the US.

### **Change or disruption:**

It is easy to criticize the US election, but it is symptomatic for a world that is in a chaotic place and where the polarity between left and right is more visible now than ever. With the internet, we get to see deep into the human mind and what is revealed is less than flattering. Racism and fighting, phobias and fear are dominating social media.

The consequence of old day imperialism is now rearing its ugly head as Pluto in Capricorn is releasing karma from the past. UK wants to end their marriage to the EU, France is stuck in a xenophobic drama, the refugee situation with the Syrians are challenging borders

around all of the Middle-East and Europe, and polarization is challenging peace all over the world.

The Uranus-Pluto squares of 2012-15 created a lot of new ideas, a kind of quantum leap of consciousness, but with the progressiveness came also a conservative and protectionist response. When things move too fast, resistance is ignited. We are in the aftermath of these squares, and we know we have to make changes, but the ideas of how to live together as one earth are not yet born completely.

The years 2016-17 are called the Mutable years due to a high concentration of planets in mutable signs. Mutability calls for release of the past, adaption to the future, and the exchange of ideas. We are certainly flooded with information, and the seeds are sown, but we are still not surrendering to them. Neptune in Pisces morphed with Pluto in Capricorn will eventually wake us up to our collective responsibility if we want earth to thrive.

#### **A brief look at a historical event:**

In order for us to understand the context of the US election version 2016, we can look into the rabbit hole of history. It is certainly not the first election that shook the nation at its core. Last time Neptune was in Pisces the USA saw the challenges of slavery lead them straight into war, all triggered by a presidential election.

Neptune entered Pisces in 1847 and started a wave of globalization as the gold standard was set which facilitated economic growth. However the nation was split on questions regarding slaves and their rights, and the presidential election in 1860 split the nation and the parties in half, leading directly to the

#### **Civil War:**

“Incumbent President James Buchanan, like his predecessor Franklin Pierce, was a northerner with sympathies for the South. He recommended that Supreme Court Justice Robert Grier vote pro slavery in the Dred Scott v. Sandford case. This was so unpopular it backfired on Buchanan’s presidency, allowing the Republican Party to win a majority in the House in 1858 and full control of Congress in 1860. All Buchanan wanted to do was safely get out of office, so in 1860 he declined to seek re-election. In 1860, these issues broke the Democratic Party into Northern and Southern

factions, and a new Constitutional Union Party appeared. In the face of a divided opposition, the Republican Party, dominant in the North, secured a majority of the electoral votes, putting Abraham Lincoln in the White House with almost no support from the South.

Before Lincoln’s inauguration, seven slave-holding Southern states declared their secession from the Union and formed the Confederacy. This later precipitated a civil war that lasted up until 1865. “(source Wikipedia)

The Civil War started with Neptune in Pisces at 29°57 degrees Pisces. Uranus was then at 09°21 degrees Gemini conjunct USA’s radix Uranus.

Fast forward to the election for 2016 and we see Neptune retrograde on 9°17 Pisces conjunct the South Node at 10°14, both squaring Uranus in the US chart. Times do seem to keep repeating themselves indeed.

We look back at a year where Black Lives Matters, and Trump’s zealous rhetoric for a wall to keep out Mexican people have dominated the news. The xenophobia regarding Islam has kept a very strong set of ideals in focus and the freedom propaganda has had extra strong appeal.

As fear sells news, this has turned the election into a spectacle of emotion, with the masses clearly split in half, and where one half of the election mass are still not sure whether or not they want to vote for their candidate. This is, according to some, an election where no candidate is electable. It could turn out to be an election of the lesser evil, or with the lowest turn-out ever seen.

People are angry, but this anger is clearly misdirected. The slave in our modern times is the citizen who at the core feels there is no freedom or opportunities left. “Make American Great Again” appeals to this feeling. College fees, student loans and mortgages make us all slaves of the banks. Still, we direct our anger to the enemy that has been pointed out for us.

In 1860 the election spurred anger that led to a war and whoever wins the Presidential seat in 2016 can potentially lead the nation into a war of opinions. Not because a split like this is uncommon, but because the collective emotions are already running hot. People are afraid that the future is not happening and that



we are in a mess that is bigger than we anticipated.

Neptune on the South Node of the Moon denotes something that is contagious. Anger and fear flow easily between people and if we look to the years before the fatal election of 1860, Neptune was also then conjunct the Nodal axis, the North Node. This was the time of the Dred Scott case, a freed slave who tried his case for the Supreme Court in hope of gaining status as a citizen. His right was denied and it indirectly created an economic crisis, making the nation very insecure.

### **The split between man and woman:**

The dark side of Neptune is the untamed and ignorant response to life, where we are victims of collective emotion. What has troubled a lot of observers today is the anger that seems to be flooding this election. Violence at Trump's rallies have become global news and in Europe some are comparing him to Hitler in the sense that he uses a lot of the same techniques to create an enemy all can agree on and stir emotions related to this enemy. In the case of Hitler, the Jews were the roots of the world problem. For Trump, it has been the Mexican, the South Americans, the Muslims or the Chinese.

In this heated debate, terror has been fuelling even more fear. Neptune is our collective immune system, but it looks like we are being infected by the mind of those who drive us towards selfishness and not solidarity.

The high road of Neptune is that we are now ready to see this truth and to realize that we

are all part of it even though we feel small and wield little power. A functioning Global Village carries the same challenges as making a family work. The ability to want to understand what is distant from us, different from us, and that reacts differently from ourselves. Neptune is the ability to surrender the ego and use our hearts to guide us into true responsibility. However it is a challenge to see how primitive we react to the impulse of union.

Humanity is still working to heal the split between man and woman, and the symbolic power of a man and a woman going up against each other in this election is moving our awareness to this fundamental war of the sexes that is still going on. Part of the motivation in islamophobia is exactly this split between men and women and how women are treated as secondary citizens. The West can think that they are friendlier towards the feminine, but a look at how we treat Mother Nature herself reveals that we are not within range of truly respecting this balance.

It is rather ironic that Trump is known to be quite the misogynist and Hillary is the wounded feminine, betrayed by her spouse. It is like a Greek drama re-enacted.

Perhaps this is what we are to embody now that we are nearing the election, and

Neptune in Pisces reminds us that we have to learn to tolerate what we cannot understand. It teaches us that our projections are creating the world.

And this is the world that we all live in.



**COSMIC ★ INTELLIGENCE ★ AGENCY**  
Consciousness \* Intention \* Astrology



## Weaving Magic

Two of the most ancient human handcrafts is weaving and spinning. In many traditions of Paganism, handcrafts were often used as a magical process. Weaving and braiding in particular can through its repetitive nature move one into a deep meditative state. Women have been weaving and spinning for centuries, so it makes sense that this specialised craft could have incorporated spell work into the fabric the women were creating.

By focusing on the process of braiding or weaving, you can let your mind wander off as your hands do the work. Some people report even being able to astral travel or see into the future while doing such craftwork.

Weaving is also a major activity associated with Beltane, which is quite obvious to see just by looking at a Maypole. The weaving represents bringing things together to form a new and greater whole.

Have you been having trouble with a friend or family member, and you want to re-establish your bond with them? Take a strand of their hair, or a thread from their clothing. Take a small section of your hair and braid it, weaving in the strand or thread from your loved one. As you do, think nothing but good thoughts about them-- all the reasons you admire them or love them. Tie off the braid and leave it in until you are able to smooth over the situation.

### Witches Ladders





Witches ladders are incredibly versatile and customizable, so you can use them as a focal point for a variety of purposes. Traditionally, they were used to curse, but can be applied to a number of different areas, such as warding out negative energies, protecting certain people, or binding and banishing certain behaviours.

### Basic Witches Ladder

Cooking Twine or String (wool can be used, but natural fibres are traditional.)

Add 9 items that mean something to your purpose. (Feathers are traditional but beads, sticks, bones, hag-stones, shells, buttons and any number of other items can be used.)



When making a witches ladder, there is a poem/spoken spell that often accompanies it. There are two ways to do this. The first is to say each line as you put in one of your feathers or items, as there will be nine of them.

The second way is to say a line of the poem/spell each time you cross your braid over.

If you do the first, I would suggest counting the knots as you go, and trying to achieve 9 each time, to keep it even.

If you follow the second way, I suggest having the spell written out in front of you, or memories it ahead of time, as you're going to be trying to focus on what you want to bring in as you braid, and trying to juggle braiding,

focusing on your intent, and speaking a spell at the same time can be confusing/hard.

If you do end up with the second braid, you will find that your items will be fairly evenly spaced, especially if you've built up a tempo with the speed of your braiding and how you say the spell.

### The Spell:

By knot of one, the spell's begun.

By knot of two, the magic comes true.

By knot of three, so it shall be.

By knot of four, this power is stored.

By knot of five, my will shall drive.

By knot of six, the spell I fix.

By knot of seven, the future I leaven.

By knot of eight, my will be fate.

By knot of nine, what is done is mine.



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# In Light of Healing

Energy may not be visible, but it is as real as the air we breathe. Having that energy balanced within and around you is vital to your emotional, mental and physical wellbeing.

In Light of Healing was born to bring such balance, to give you the treatment and tools you need to live your life, amongst all the good and bad, while maintaining the most magnificent and optimum version of you.

## **EVIL EYE REMOVAL:**

Negative energy is a force that can affect us more than we realise, the Evil Eye is the belief that a person can bestow bad luck onto another through the very gaze of their eyes, the words that they speak or even the thoughts that they have. Such energy can leave the receiver feeling tired, sick or simply out of sorts. I clear these energies through an ancient Greek ritual that lifts the Evil Eye restoring positivity and equilibrium to the person affected.

## **CHANNELLED HEALINGS**

My channelled healings are a gentle non-invasive process that restores harmony and balance to your mind body and soul. Guided by Spirit my healings are tailored to the individual needs of my clients ensuring that they are attuned to their very own perfect vibration.

During my Healings and Evil Eye Removal I also receive messages and when guided I use cards as a tool for Divination.

**Blessed Be Effie**

Email: [angel4e@optusnet.com.au](mailto:angel4e@optusnet.com.au)

Facebook: [www.facebook.com/inlightofhealing](https://www.facebook.com/inlightofhealing)

Website: <http://www.inlightofhealing.com>



# Tarot Corner



Four of Pentacles

## Four of Pentacles

Cleaving to earthly power in the desperate fear that it will be lost. Making yourself an obstacle to progress due to lack of originality and a desperate fear of change. Believing that security and identity are based primarily on the possession of material things. Coveting things and people. Living in a cloud of suspicion and prejudice.

Are you trying to keep control? Have you been accused of being just a little too possessive? Have you been hoarding things that might not be worth what you think?. This is a card that illustrates how you may be blocking the very energy that would relieve your stress about never having enough of what you want, be it money, possessions or power.

# Spheres Of Light



Spheres Of Light is an association of individuals from a variety of Pagan paths who seek to share experiences, understandings and teachings and who come together to celebrate and to connect with the cycles of the Earth through Lunar and Solar gatherings.

We are dedicated to the development of our own unique philosophy and practice which incorporates the honouring of ancient shamanic forces, as well as the integration and adaptation of ancient mysteries from other traditional and ancestral Pagan cultures. To this end, we seek to draw upon this accumulated knowledge to further develop and deepen our own understanding

and practice of evolutionary witchcraft.

We believe that however complicated we, or our systems become, that the essence of our truth is simple, and that is the truth of our experience of connection with ourselves, the earth and spirit, and the inspiration this provides.

There is no prerequisite learning to attend our Full Moon Circles. These Full Moon gatherings are Open Circles, meaning that all people are welcome to come along any time and experience a Full Moon circle with us.

We also run Dark Moon circles which consist of a group of dedicated seekers from Spheres



Of Light who are embarking upon a journey of discovery to know themselves and to experience new realities. The Dark Moon circle is held during the dark moon of each month which is a time when one can walk between the worlds, a time when one can face their shadow to find their hidden potential.

The focus of our activities is on integrating and adapting ancient teachings and shamanic techniques into our own perspective of evolutionary

Witchcraft. Each member brings to this Circle their own unique skills, knowledge and qualities, which helps to make the experience of the Circle a valuable resource of learning. It is the core Circle where we develop our Group Mind by working strongly and regularly together. The development of the Group Mind takes time, hard work and practice to achieve, thus dedication, commitment and regular attendance is critical to the Circle's long term spiritual growth and development.

## Membership

To apply for membership of the dark moon circle you will be required to send a formal application to be admitted to the group listing your reasons for joining. You can send your application to

[inquiries@spheresoflight.com.au](mailto:inquiries@spheresoflight.com.au)

If you are invited to join you will be required to:

Regularly attend full moon circles and dark moon circles.

Demonstrate a high level of commitment and dedication to the circle's activities.

Ensure that you are able to fit in with the existing members of the Dark Moon group.

Regards

Janine





## Space Clearing & Paranormal Consultant

Clearing negative energy from a building space creates an atmosphere that feels clean, smells fresh, feels lighter and more inviting and often allows the occupants to experience clearer thinking and happier harmonious environments.

The space clearing procedure usually takes between 1 & 2 hours, depending on the size of your home or office. The space clearings include marking out the Hartman gridlines with a dowsing rod and advice about the positioning of furniture, clearing out any spiritual inhabitants and finally concluding the session with a house blessing of your property.

Janine Donnellan can conduct a private space clearing in your home or business, clearing away negative or stagnant energetic 'imprints' built up over the years from the accumulation of day to day living and replacing them with calm, balanced energy.

Cost: \$150.00 plus travelling costs if outside the Sutherland Shire (in Sydney, Australia). **BOOKINGS ARE ESSENTIAL** ~ Please contact Janine on 0408 025 268 or <http://illumination.spheresoflight.com.au/> to make your booking. A non-refundable deposit of \$50.00 is required for all bookings and can be paid using PayPal.





## What is PAN Inc.?

The Pagan Awareness Network Incorporated (PAN Inc.) is a not-for-profit educational association with members Australia-wide. It is run by a management committee whose members are drawn from a broad cross-section of the Pagan community. The Association is incorporated in the state of New South Wales, with sub-committees in other states of Australia. It has no formal ties with any religious body, but works in a proactive fashion, both within the Pagan community and as a point of contact for the public, including government and media organisations.

PAN Inc. aims to continue as the Australian Pagan community's most effective networking and educational body.

## Our Mission

The Pagan Awareness Network Inc. (PAN Inc.) aims to:

Correct misinformation, raise awareness and educate the general public about Paganism and associated beliefs and practises in order to achieve religious tolerance

Foster the growth of the Pagan community through service

## Brief History

The Pagan Awareness Network began in January 1997 when the Witches League for Public Awareness (Salem Mass. USA) withdrew their regional controllers. David Garland was the Australian representative and with the support of the coven he worked with,

had already embarked upon the task of making the WLPA a registered organisation here in Australia when this happened. Rather than waste all the work that had already been done David decided to start a new group here in Australia and so came up with the Pagan Awareness Network (PAN).

## Join PAN

When you join PAN you are helping us to continue to provide help and services to the Pagan community. You will receive:

- a regular newsletter mailed to you.
- a membership card entitling you to discounts at selected PAN friendly businesses.
- discounts on selected PAN run events
- occasional giveaways and special deals.

Your membership goes towards helping us advocate for the Pagan community in the media and support events, groups and initiatives around the country.

## Applying to join

To join PAN, first obtain a membership application form from our site. Applicants must be 18 years or older unless they have prior approval of the committee. Then fill out the membership form and send it back to us with payment. If you have any questions about joining please email us via our contact form [here](#).



# Spheres Of Light

*We stand in our power. The spark within us is one with the eternal flame that guides and sustains us on our journey.*



## Full Moon Circles - Sydney & Nowra



Spheres Of Light holds regular Full Moon Circles in the Sutherland Shire area of Sydney (Australia) and in Nowra (NSW south coast) on the Friday before each Full Moon (see dates below). These Full Moon gatherings are Open Circles, meaning that all Pagans are welcome to come along any time and experience a Full Moon circle with us.

### SYDNEY & NOWRA

NOVEMBER	Fri 11th
DECEMBER	Fri 16th

TIME: arrive at 7:45pm for an 8:00pm start

WHAT TO BRING: a plate of food and/or drink (non-alcoholic) to share at supper afterwards.

WHAT TO WEAR: neat casual attire - cloaks/robes/ritual clothes may also be worn if desired.

COST PER CIRCLE: \$15 per person to help cover venue rental and other ancillary costs. If you would like to attend a circle please contact us for further details please send an email to [inquiries@spheresoflight.com.au](mailto:inquiries@spheresoflight.com.au) for Sydney Circle or phone Janine on 0408025268. Contact Nowra Circle at [nowra.circle@spheresoflight.com.au](mailto:nowra.circle@spheresoflight.com.au)

Website: [spheresoflight.com.au](http://spheresoflight.com.au)



# SOuL Searchers

Centre for Paranormal  
Research & Investigation



soulsearchers.spheresoflight.com.au



SOuL Searchers is so much more than a paranormal investigation team! The SOuL Searchers website is your one stop place for all things paranormal. We provide:

- Information and articles about our investigations and research
- We conduct training, workshops and paranormal meetups
- We produce a quarterly paranormal magazine
- We conduct private investigations in the Sutherland Shire, Sydney.

SOuLSPI (SOuL Searchers Paranormal Investigators) is our specially trained paranormal investigation team and during our private investigations we conduct in-depth evaluations of spiritual activity from our own unique perspective in order to resolve the concerns of the client and to assist grounded souls to move on to higher realms and to further our own understanding of the nature of spirits and the afterlife.

Our mission is to investigate all logical explanations of environments that are associated with paranormal activity. We use a common sense scientific approach to all our investigations but also have an open mind to all theories & methodologies. Our SOuLSPI team is composed of individuals with a variety of talents both scientific and psychic, including skeptics and believers.

Each investigation is conducted in a professional manner, addressing any concerns such as privacy, safety and security. Adherence to the wishes of the client is paramount in every case study.

**PLEASE NOTE:** All members are volunteers and we conduct all team investigations free of charge.

If you have got a question or a story that you would like to share or you just want to talk about ghosts in general, please "Like" and leave your comments on our Facebook page, we would love to hear from you.

**Contact SOuLSPI: 0408 025 268**





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