PAGANS
OF THE NORTH

ISSUE 26

Editors Letter

PAGANS OF THE NORTH

Hello,

Thanks for choosing to read Issue 26, our Summer Solstice issue of Pagans Of The North!

We will be exploring the Norse Goddess Sol, and her story as a Sun Deity, learning how to make Yarn Dolls in Witches Corner, and reading how to work with solar magic with The Geordie Witch, Kath Wallace.

We have a selection of images by The Northern Wildman throughout the magazine for you to enjoy, you can find them on Instagram at: @thenorthernwildman

Rachdoesmagic has a Tarotscope for Rising Element for you to enjoy if you know your Rising Sign! And also a Pick a Combo tarot spread too.

And of course we have our Book Review, our Trader of The Month with Jogaflows Wellbeing Studio and our ever growing suppliers list that don't forget you can be part of for free!

Just send us an email at: Pagansofthenorth@gmail.com

happy reading,

Quinn

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Trader Of The *Month*

By Louisa Chisholm-Kelly

We recently spoke to Jo Ruddick, the owner of Jogaflows Wellbeing Studio in Guide Post, Northumberland.

POTN: Can you tell me more about Jogaflows Wellbeing Studio?

Jo: My vision was to create a space that is accessible to as many people as possible, to support them with their overall well-being in the mind, body and soul, enriching and enhancing their lives.

With a belief that everyone deserves the chance to learn ways of looking after their well-being, fitness and health regardless of age, size, gender, belief or lifestyle.

With various aspects of training/qualifications completed it enabled me to forge these together to deliver a wide aspect of well-being to support everyone no matter where they are on their journey.

Also creating a safe space for people to voice their beliefs in spirituality, paganism, witchcraft etc., and to be surrounded by like-minded individuals.

POTN: What services do you offer at the studio?

Jo: Yoga, meditation, reiki & reiki training, crystal therapy, holistic therapies, women's circles, retreats, and mediumship is also coming soon. We sell crystals, spell candles, holistic face products, crystal bracelets, pendulums etc.

POTN: What is your pagan path?

Jo: I have always been connected strongly to the earth and nature, at my happiest when out walking with Jade, my cocker spaniel, in the Lake District - preferably Keswick. Always from being a child I have been drawn to the moon and its cycles, and the seasons.

I am currently attending Witch School which is helping me grow in knowledge and passion for the pagan path. I believe the only right way to practice is the one that feels right and natural to you. I enjoy using crystals, and all natural products to support healing, surrounded by plants and herbs.

I am part of a coven where we uplift and support each other to develop our beliefs.

POTN: How do your beliefs and yoga work together in your life?

Jo: Yoga is a spiritual practice bringing inner calm and peace; my beliefs have been enhanced through yoga, as I feel more connected with the earth and universe.

POTN: What advice would you give to people new to paganism and yoga?

Jo: If you are new to yoga, find a class and teacher that you feel comfortable with. The benefits of the practice will enhance your overall mood and well being.

With paganism, never be afraid to follow this path if you are drawn to it. Join groups on Facebook etc. to help you gain knowledge and build relationships. There is no right or wrong, it's about what feels right for you and feeds your soul.

I learn something new everyday, and my views on life have changed so much since I truly followed the pagan path. Be true to yourself.

You can find Jogaflows online as follows:

Website - www.jogaflows.com
Facebook - www.facebook.com/jogaflow1
Email - jogaflows@gmail.com

Their bricks and mortar store is based at 11 The Square, Guide Post, Northumberland NE62 5DA

Book Review

By Louise Bloomer

The Witch Finder's Sister by Beth Underdown

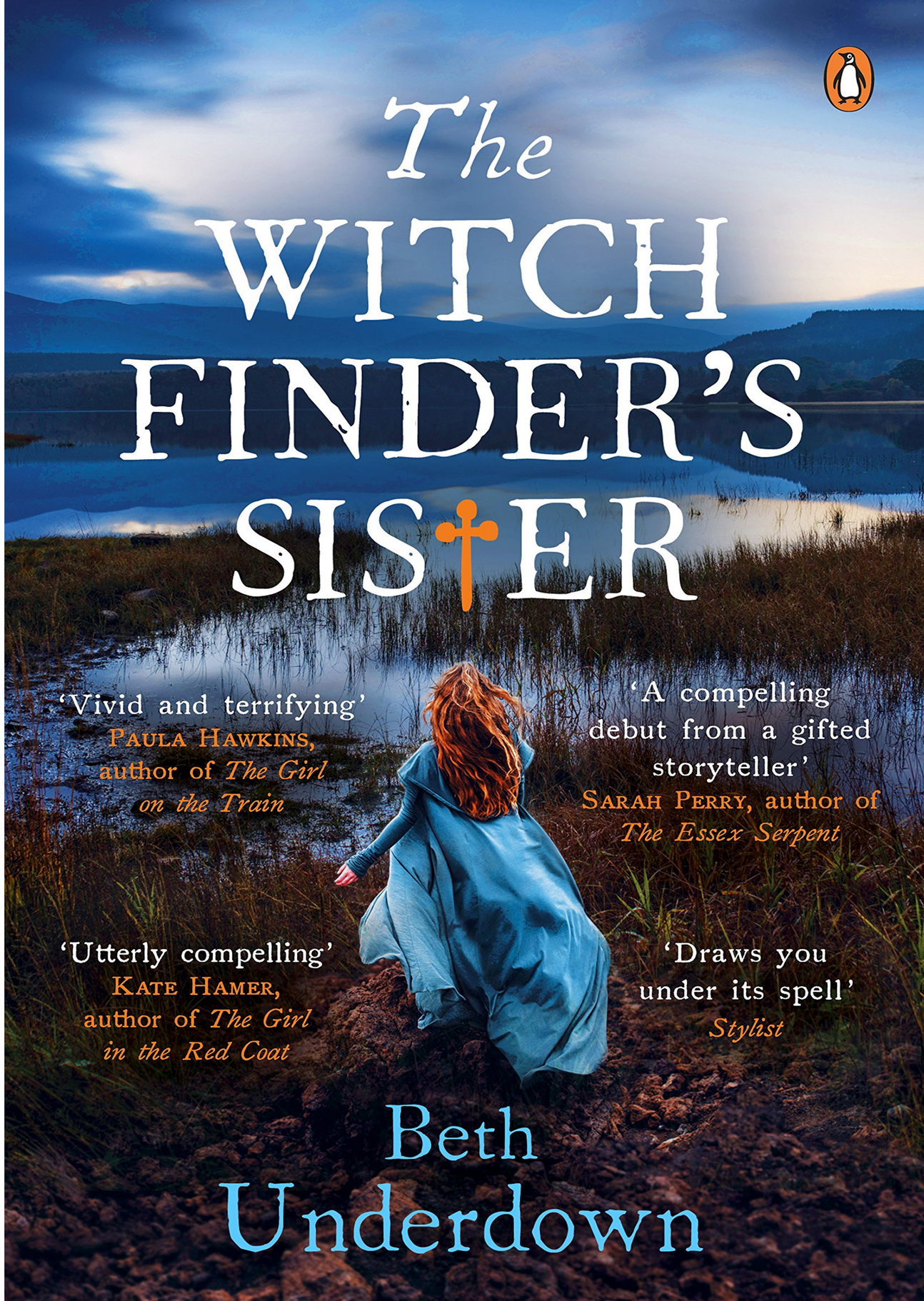
This book is part fact and part fiction, based on a true historical story and very well written. Although I've been very busy, I found it hard to put the book down once I got started. Beth has obviously done her homework when it comes to the content regarding Matthew Hopkins.

The story starts in Manningtree, Essex in 1645. Four years into the Civil War, it follows Matthew Hopkins, The Witch Finder General (a title that wasn't actually bestowed upon him in parliament), over the next three years - and how over 100 women came to be put to death as witches solely on his say so.

Unlike many books about Hopkins and the hanging of witches, this is somewhat different, as it is written in the hand of his sister Alice Hopkins and her turmoil at following her brother's methods in finding and torturing the women he proclaims to be witches. Putting herself in danger for disagreeing with his methods and having nowhere else to go, she formulates her own plan for survival.

Not only thought provoking, and in some places upsetting for a fellow witch like me to read, Beth Underdown's skill at creating atmosphere and foreboding is outstanding; it's a novel that draws you under its spell and leaves you believing every word written on the paper.

If you like a book that keeps you on the edge of your seat till the last page while also teaching you the facts about historic pagan timelines, then this is the book for you.



SUMMER SOLSTICE

By Quinn Green

This year Summer Solstice will be on ***Wednesday 21st June at 3:57pm***.
Summer Solstice represents when the Sun's tilt is closest to the Earth and so we get the longest day of the year, the longest daylight hours of the year. It marks the first day of summer astronomically.

Summer Solstice has been recognised for thousands of years, with henges and circles, such as Stonehenge aligning with the sunrise and sunset.

Litha is usually another word associated with Summer Solstice within the Wheel of the Year. But what is Litha and where did the term originate?

The word Litha comes from Bede. Anglo-Saxon and Germanic pagans were assumed to have celebrated the Summer Solstice in some way. Bede described this by talking about the Anglo-Saxon names for the months of June and July as ‘Se Aerra Litha’ and ‘Se Aefterra Litha’ which translate to ‘Early Litha Month’ and ‘Later Litha Month’.
This is the only origin of the word that neopagans use today and has no historical evidence at all apart from it being the name of a month in the Germanic calendar.
Though our ancient ancestors didn’t call it Litha, it was popularised by Wiccans and now modern Pagans and Witches use this word to describe Summer Solstice.

Other holidays celebrated around the world:

Kupala Night -Polish holiday but also part of Russia, Ukraine and other Slavic countries.
Orginally a Pagan fertility rite that was later adopted by the Orthodox Christian Calender, tying it to St Johns Day on 24th June.

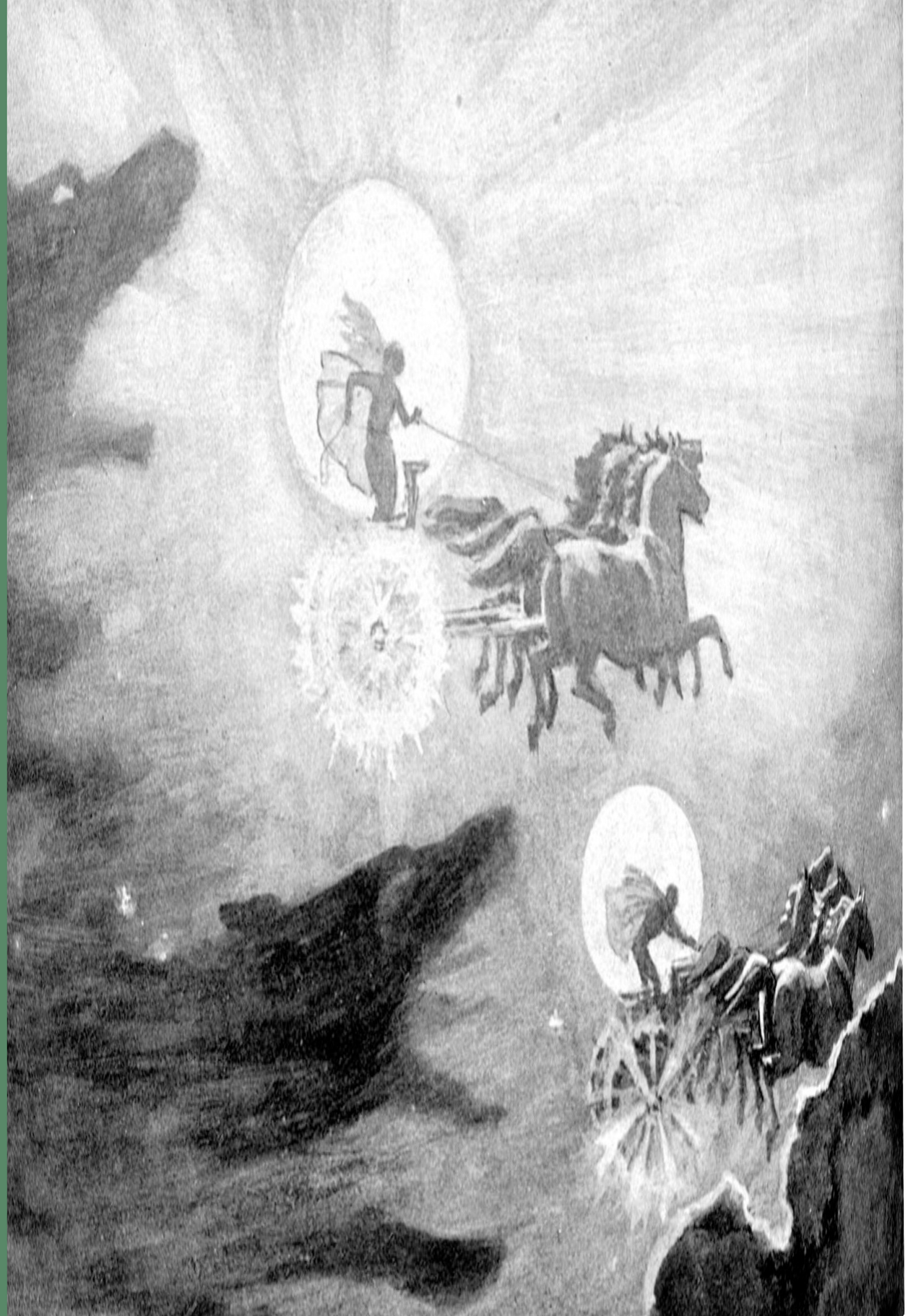
Ukon Juhla (Ukko’s Celebration) - Named after the Finiish God Ukko.
This holiday was later Christianised and replaced with John the Baptist.

You’ll find in many European Countries had original Pagan festivals, with themes such as lighting fires, and other sun and fire related activities, which were later changed to celebrate St John/John the Baptist when countries were Christianised.

If you look further out to other countries such as Sweden, they still celebrate ‘Midsummer’ or ‘Midsommar’, pagan or not, but many countries have pagan roots.
Summer solstice (without the word Litha) has been a significant time of the year for many cultures.

How are you going to celebrate?

Image by The Northern Wildman



Deity Of The Month

By Quinn Green

Sól

All around the world, there has been a special affection for the Sun, for obvious reasons, a giant circle in the sky, that gives us light, has been very important for humans for thousands of years and different cultures have personified the Sun as different deities within their pantheons. Many Solar deities represent strength and power and most of them are masculine.

Today though, we are going to look at Sól or Sunna, the Germanic goddess of the Sun who is also mentioned in the Poetic Edda and Prose Edda within Norse Mythology. Sól has a brother called Mani who is the personification of the Moon. They both ride horse-drawn chariots through the sky and were born when the cosmos was first created.

She is sometimes also referred to as Álfröðull but could also be a word to describe the chariot as well as herself. There is a story tied to her that before Ragnarok, Álfröðull will give birth to a daughter and after she is eaten by the wolf Skoll which has been pursuing her through the skies, her daughter takes her place. Another wolf called Hati Hróðvitnisson follows Mani.
In the Poetic Edda, in the poem Völuspá, a dead volva (a seeress from Germanic Paganism who could see the future) tells the history and the early days of the universe to Odin. This has been translated as:

“The sun from the south, the moon's companion,
her right hand cast about the heavenly horses Arvak and Alsvid.
The sun knew not where she a dwelling had,
the moon knew not what power he possessed,
the stars knew not where they had a station.”

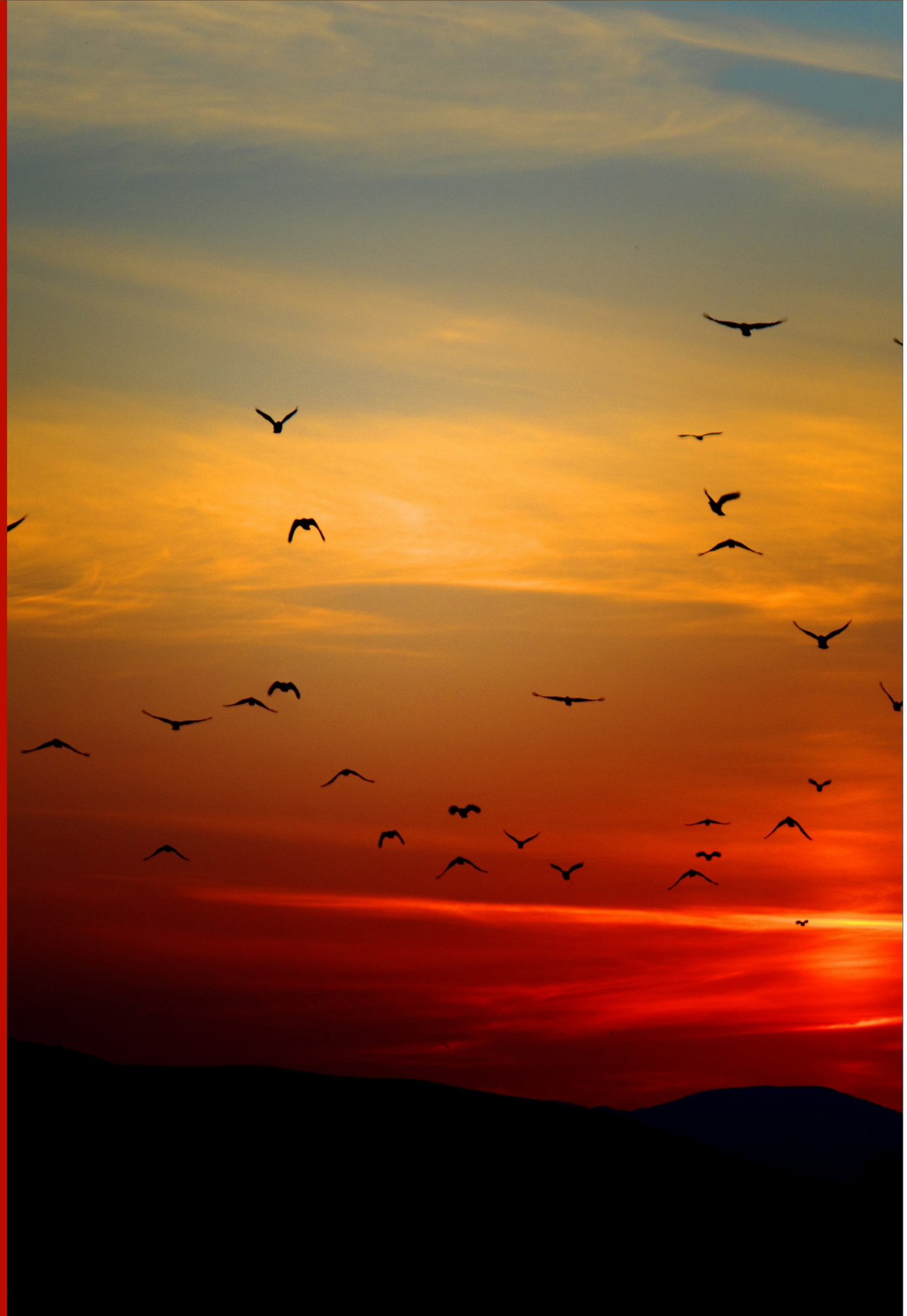
In another Poem, Odin asks about the origins of the Sun and the Moon and the Vafþrúðnir says *Mundilferi* was their father and:

"Mundilferi is he who began the moon,
And fathered the flaming sun;
The round of heaven each day they run,
To tell the time for men."

Quick Lesson on Etymology:

The word Sun comes from the old English Sunne which comes from High German Sunna which is where the Goddess gets her other name from. But Sól is from Old Norse which originated from the Proto-Indo-European word sōwulō.
There is another deity with the same name, a Roman Sun God called Sol, as Sól is Latin for Sun. There is a theory that both Sol, Roman and Norse have their name originating from an older deity called Sohul or Sehul from Proto-Indo-European cultures that spread across Europe and that these cultures eventually split as different societies moved and settled down in different parts of the continent and thus their language and cultures evolved more uniquely as time went by, as well as through travel and trade.

Sowilō meaning Sun, similar to the word sōwulō, is a proto-germanic word given to the S-Rune. The letter S has direct links to the Greek writing system and then later appears in Old Norse poems clearly showing the sharing of words and information between cultures. As you can tell, cultures have inspired each other in both obvious and subtle ways, from deity mythology stories to simple words and Sól is a great example of this.



Working with *Solar* Magic

By Kath Wallace, the Geordie Witch

Here in the North of England, we are being blessed with an early summer and as the energy builds towards the Summer Solstice or Litha, it is the perfect time to work with the Sun's power. As pagans or witches, we tend to be intuitively drawn to working with the mystical moon, which enchants us with feminine energies and guides our magic through her monthly journey across the skies.

However, we know the Sun was venerated as the life-giving force across many ancient cultures, especially agricultural. Today, many pagans follow the Wheel of the Year, a cycle that honours the changing energy of the seasons as the Sun's power waxes and wanes throughout the year.

When you consider the Sun's role in our lives, it is evident that we can benefit from incorporating its energies into our magical lives. The Sun's timing governs our daily routines and the seasons. It also significantly impacts our physical and mental health as a natural source of Vitamin D, supporting essential bodily functions and improving our mood.

The Sun in Magical Work

In astrology, the Sun embodies masculine or yang energy and represents the father, the ego and our primary identity. Many of us experience the Sun's energy as naturally upbeat, vibrant and expansive. We can utilise the Sun's energy to augment most magical workings but particularly consider working with the Sun to bring:

New Beginnings	*Connection to the*
Positivity	*Divine Masculine*
Happiness	*Ambition*
Upliftment	*Self-confidence*
Success	*Prosperity*
Vitality	*Freedom*
Healing	*Growth*

Working with *Solar* Magic

By Kath Wallace, the Geordie Witch

Simple ideas for solar magic:

Bring solar energy into your home by creating a Sun altar with solar correspondences. This can be small or as complex, and ideas for your altar include orange, gold or yellow cloth; candles; solar-ruled botanicals and crystals, e.g. dandelion, sunflower, frankincense, St John's Wort, citrine, topaz, sunstone etc.; the Sun tarot card; imagery of solar deities, e.g. Ra, Bast, Apollo. You could place your ritual and magical tools to charge in the Sun to empower them with solar energy.

Create solar water by placing a cleansed vessel with fresh water outdoors to charge in the Sun; you can also add your choice of crystals on top of your container. Solar water can be used to cleanse and charge your tools or in spellcraft for healing, creativity, success, confidence, happiness etc. You can also craft Sun Tea by filling an air-tight container with water, herbal tea bags, or dried edible herbs and leaving it in the hot Sun for at least six hours.

Use the Sun in your magical timing when planning rituals, spellwork, journeying, and meditation. For example, as the Sun grows in power at sunrise, it is a potent time for spellwork for new beginnings. So, experiment by working magic at different times of the day to understand how the individual solar energies impact your spellwork.

Spend some time outside (safely – remember sunscreen) soaking up the Sun's vibrant, uplifting energy. Feel the warmth on your skin and let it seep into your cells. Imagine your body filling up with warm, yellow, and gold light, revitalising your cells, easing any physical discomfort, and raising your spirits.

Research the history or folklore of the Summer Solstice, Litha or different midsummer traditions. Historically, this was a significant time for many agricultural communities across Northern and Central Europe. This could include learning about the ancient practice of lighting bonfires, the belief in the fae at this time or the history of St John's Day. After researching, reflect on the commonalities with how you celebrate the Summer Solstice today. Can you see any consistent themes?

Mediate or journal with The Sun tarot card. Grab a journal or make notes on your phone and ask yourself, what does the card mean to you? The traditional image of the Sun in the Rider-Waite Smith tarot deck is of a child on a horse throwing their arms out to the world and saying, "Here I Am"! Consider what the imagery means to you. The child is naked and is completely free – what does freedom feel like for you? What other meanings and symbolism can you find in the card?

Not everyone likes warm weather, so create a refreshing ritual bath with cool water and the addition of solar energy. Add orange and lemon essential oils* or slices, herbs and petals from solar botanicals (St John's Wort, sunflowers, marigolds, dandelions, honeysuckle, buttercups*), grab a fruit juice or a cocktail and relax.

Hopefully, there are some ideas there to inspire you to work with the life-affirming Sun.

*Always check for contraindications or allergies when using essential oils or herbs in contact with your skin.

Tarotscope by Rising Element

By Rachdoesmagic

Hi beautiful soul! I hope you are enjoying the season, finding ways to stay cool during the heatwave but most importantly staying happy, regardless of what the magnificent British weather it's treating you with.Now tell me, have you taken a moment to check in with your body yet today? If the answer is no, maybe now is a good time to do that. And if the answer is yes, well done you embodiment genius!

This time, I have decided to be a bit more personalised with the energy reading: each elemental grouping of the zodiac gets their own tailored reading, in the hope that the guidance will be even more relevant to each of your lives.

I often use some Astrology in Tarot readings, and there is a deep connection between the two disciplines. You don't have to be familiar with astrological concepts for this reading, but just for clarity or for the curious minds, I'll share a brief overview of what this Rising Sign concept is. Now, whilst most people know what their Sun Sign is (often referred to as zodiac sign) I subscribe to the thought current who advocates for the use of Rising Sign based prediction readings, if at all possible.

The idea being that with the Rising Sign changing every few hours, the energy is focused and precise. The Rising Sign is the constellation that was rising on the Eastern horizon at the time of your birth; if you know (or can find out) your time of birth there are several free Rising Sign calculator online that will tell yours in a few clicks. Of course if you do not know your time of birth then using the Sun Sign is absolutely fine.

Below you will find 4 separate readings, grouped by element. The 12 zodiac signs are evenly split across the 4 elements, and each grouping shares some common characteristics (and, fun fact, more often then not, they share the same Harry Potter house too!). For example Fire signs are prone to action, Air signs tend to be sociable and curious, Earth signs are most grounded and practical, and Water signs are more inclined to be Intuitive and Emotion-oriented. Now, this is not at all a comprehensive description and it certainly doesn't mean that *only* a certain sign displays those characteristics: it's not about boxing anybody in.

Now, to the Tarot goodness!

Question: What do they need to know or focus on for the season?

Fire Rising: Aries, Leo, Sagittarius
You feel that it's not a good time for attachment. Everyone around you either want too much of you, or aren't giving you enough (energy, attention, love) and you begin to feel overwhelmed if not fed up altogether. You have been feeling the feelings so much lately, that now your heart wants to go out of business, or at the very least on a "I just want to have fun and release tension" kind of vacation. But, my dear fiery folks, I can assure you that this is very much just a phase, and a short lived one at that. You really feel that you should act on that impulse but this time holding your horses might just be the best you can do. You will find your desire to feel the big feelings again, your faith in the people around you will be restored, and you will be reminded, in the days ahead, of all the good that there is in your heart and how much you enjoy sharing it with your loved ones.
Don't but that one way ticket just yet.

Tarotscope by Rising Element

By Rachdoesmagic

Earth Rising: Taurus, Virgo, Capricorn
I was going to open with “why are you being so stubborn?” but then I realised who I am talking to! Stubborn has been your middle name for quite a while now... but you know what, you are actually learning to use it to your advantage instead of purely for self-sabotage so well done you! Now, you find yourself feeling a deep aversion to change, now more than usual; you know that there are steps that you need to take but you keep holding off, hoping that maybe things can stay as they are for just a little while longer. And they can, for sure they can. But the sooner you accept that you need to make some adjustment to the course of your life, the sooner you will realise of what a magical and fulfilling life is awaiting you. Finally you will be able to enjoy that regenerating rest you have been craving, you will have time to indulge in your favourite wholesome activity and everything will feel just a little bit easier. And oh boi, as Lizzo says, It’s about da*n time!

Air Rising: Gemini, Libra, Aquarius
You are feeling so full of power and energy and you want to tell everyone, help everyone, and share the joy with everyone: and this season, you actually can do so without burning yourself out. What a treat! You are feeling more confident, there is an inner sense of growing independence, and you are basically gleaming energy! Put it to good use, harness all this depth and wisdom and share it with your world; you will feel great for it and those around you will be grateful too! But please, my friend, No. Do not start yet another hobby, craft project, or online course. Seriously, you’ve got enough of those to last you till the end of the year! It isn’t the most prolific time to embark on a new adventure, but it mostly because you already are doing so much on many fronts: step away from productivity and efficiency and constant self-development, and instead bask in the warmth that you radiating. You’ll thank yourself for it!

Water Rising: Cancer, Scorpio, Pisces
Things seem to have become a little stagnant, lately. You have every intention to do things differently, broaden your horizons and enjoy your life but something always comes up. You feel stuck; and it is becoming frustrating. You will find your spark again though, I promise. You will find that sense of balance that you have been craving. The fastest way there? Dismantle, dissolve, let go of expectations, leave behind all the stuff that doesn’t serve you. You are not the same person you use to be, and why would you? You have grown, you have changed. It is part of the journey that is life. Now bare in mind I said the fastest way, not the easiest way. Because it will probably not feel very easy at all: letting go and moving is hard for you, you feel guilty, like you have not done enough. Well, ultimately it’s up to you. But I know that you know that it’s time. Make space!

I hope you enjoyed this Tarotscope, I hope it has brought you some value,
a prompt for reflection.

I would love to hear your thoughts, either on the POTN FB group, Instagram,
or any other way that works for you.

Until next time, be kind to yourself and radically authentic.
With much much Love,

Rach

Witches Corner

Yarn Dolls

By Claire Louise from Hedge Witchery UK

This issue, I have been making yarn dolls. Yarn dolls could be used in a variety of ways in your craft. They can be used as an altar decoration, dedication to a particular god or goddess you're working with, as a charm or talisman, or they can be constructed with intention into a poppet doll.

Yarn dolls can be easily decorated in ways that turn it into a representative of a deity, by selecting corresponding colours, fabrics and other materials. This makes them a great addition to an altar space as you can personalise them to your needs.

They could also be created to make a great Brigid doll for Imbolc, or a faerie ornament with wings for the Yule tree. By stitching in a crystal or a small pouch with herbs, and choosing the yarn colours appropriately, you could create a beautiful talisman.

I spoke to a witch at a recent event I attended who hung them in their local forest for others to find with a little note attached. For this, it would be a good idea to choose only natural materials.

Many witches also make yarn dolls into poppets by bestowing clear intentions upon them in the process of their construction. This is a kind of sympathetic magic where the doll often represents someone to whom the magical working or spell is directed. This can be enhanced by stitching in corresponding herbs and crystals.

The term ‘poppet’ is thought to have come from Middle English, with roots in the Latin word for ‘girl’ or ‘doll’. The word ‘puppet’, which came later, also derives from this.

As with all my witch crafts, I recommend you do your own research into your craft and make it your own.

How to make your own Yarn Doll

What you will need:

Yarns in various colours and textures to suit your design
Scissors
A small hardback book
Needle and thread
Fabric scraps: these can be selected for your desired intentions (for example if you were making a yarn doll of the goddess Aphroditie you may want to select purples and reds)
Driftwood or twigs that you are drawn to for the arms (for example, if you are making a doll to represent a deity of the Ocean, driftwood would be perfect for this)

Any other items that can be wrapped or sewn onto your doll to match your intentions, especially in the construction of a poppet. You can get so creative with this part by considering using shells, herbs, or even moss or seaweed. The possibilities are endless.

Yarn Dolls

By Claire Louise from Hedge Witchery UK

Step 1 -

With all these steps, if you are creating a poppet doll ensure your intentions are clear. You may wish to cleanse your area, tools and materials before you begin. Personally I like to smoke cleanse with a burning bundle.

Using the yarn you would like to use for the body and face, wrap it around the hardback book around 30 times. Gently remove it from the book so it stays in a loop (see images for reference).

Step 2 -

Using the same coloured yarn, tie a portion for the head and use a double knot to secure this in place.

Step 3 -

Select the yarn you would like to use for the doll's hair and wrap it around your palm about 20 times. Free this from your hand keeping it in a loop. Then, using the same coloured yarn that you have used for the hair, attach this to the top of your doll's head using knots to secure it in place. I'd knot this at least twice to ensure it is secure. Sometimes I like to add an additional colour into the mix, such as a golden thread to add interest. Again, this is all about creating a doll to match your intentions. Maybe you could switch out the yarn to use dried grass, wheat, moss or seaweed.

Step 4 -

Taking your driftwood or twig, place it under the knot you made for the head between the yarns (see image). Tie this in place again with a double knot. Using your fabric scraps, attach this wood securely to make the body. I also like to use fabric scraps to make a little skirt. This is a perfect opportunity to insert your own intentions - again with colours and patterns - and to personalise your doll to your own requirements. If you're making the doll for a particular person, maybe they could provide you with scraps of fabric from old clothes or scarves.

Step 5 -

Stitch on any decorative charms using a needle and thread. For mine I chose a little flower charm. For the making of a poppet doll you could stitch on a personal item that relates to the end user, or you could select a charm to match your intentions, for example a pearl could be used to represent purity and faith. In the past I've stitched lockets onto larger poppets that can be used to add in locks of hair to further link the doll to its user. You could also consider stitching on crystal beads for their added magickal energies.

If you're interested in learning more about this kind of sympathetic magic I recommend the book Pagan Portals - Poppets and Magical Dolls: Dolls for spellwork, witchcraft and seasonal celebrations by Lucya Starza as it's full of lots of useful information and ideas.

If you have made a yarn or poppet doll yourself we would love to see photos. Please send them to us on Facebook at www.facebook.com/pagansofthenorth, or by email at pagansofthenorth@gmail.com

Until next time!

Claire

Interactive Pick a COMBO

By Rachdoesmagic

You have probably seen something like this floating around socials at some point. But for those who haven't, here's how this work: there are 3 card combinations for you to choose from, and there is a theme. You want to think about the theme, and then see what pile of cards calls out to you the most. Often, it is an instinctual kind of choice but that is not a rule in this case.

The theme for this reading is: "How to value the shadow, even on the brightest days".

This time of year, there is a lot of hype on socialising, gathering, having fun, being active and outdoors and enjoy the nice weather. And of course there is absolutely nothing wrong with that; on the contrary, those are all fantastic things to do. The Sun is at its apex, the energies feel active, nature is giving us all of its goodness, and we all are invited to harness this great power.

But, we often run the risk of overdoing it, overindulging, and burn ourselves out; for this, I thought of bringing forth the message of thinking of and valuing what stays in the shadows, to remind myself and all of you that we need to remain balanced.

Now, I invite you to think about the sides of you that you tend to keep hidden, more so this time of year. The thoughts or behaviours that you squash down the bottom of your heart and mind: maybe at times you find you force yourself into situations because it's expected, maybe you feel shame about not feeling too sociable, maybe you feel you have been overindulging and you are not proud of that... this can be anything, it is entirely personal, and it might take a bit of digging to find it out. There is no rush; this can be your act of self-care for the day so take your time.

When you have a few ideas or aspects in mind, take some entering deep breaths and only now look at the images and pick the card combination that calls out to you.

If you picked combo 1:
Move towards the darkness.This card combo is here to remind you that embracing the part of you who craves solitude is not only possible but also recommended. Yes of course it is good to push yourself sometimes and be super-sociable, but also it is important to acknowledge the need to healthily recharge your social batteries. Take a day (or more!) for yourself and go for hike in an enchanted forest, perhaps under the Full Moon (but be safe ey). There is always gonna be another garden BBQ to go to!

If you picked combo 2: Make your home your sacred space.
Here the message is to not get so wrapped up in social gatherings and after-work drinks in the beer gardens to the point that you forget what and who really matters. Spend time at home, your little sanctuary, with you closest friends and family. There is a part of you, somewhere in your subconscious, who thinks that a chilled evening at home with some nourishing food and a comedy on tv is boring or lame. But it isn't lame nor boring at all - in fact, it is exactly what you need!

If you picked combo 3: Let go of dreams that aren't yours.
These cards invite you to feel, really feel that sense of perpetual nostalgia that's been lingering in your heart, and integrate it. Accept the sadness that comes up at night. You wonder why this summer isn't "all that", you had such high hopes! But in fact, my dear, are they really your hopes? No, they probably aren't. It's the kind of hopes and dreams that we tell ourselves we ought to have because they seem like the right dreams to have. So do indulge in these big feelings, thank them for making you human, and then let them go. Cause you my dear, are exactly where you're meant to be!

I hope you will carry this message with you through the coming weeks, and more than anything I hope it will support you when you will need it most.

I wish you a marvellous and magical Solstice and until next time: be radically kind to yourself.

Sweetest Blessings to you,
Rach.

Images by The Northern Wildman

OUR SUPPLIERS LIST

Spectre Detectors

Join the North East's leading team of Paranormal Investigators as we investigate some of our most historic locations

We have been featured on Sky TV and the founder, Elaine, has been featured in magazines, the national press, radio and regularly featured on TalkTV. She has also released books from the teams investigations, historic research and spirit photography.

We do not use Ouija boards or provoke spirit in any way and have over 12 years experience in this field.

For further information please check out our website or email us at -
Email - spectredetectors@yahoo.co.uk
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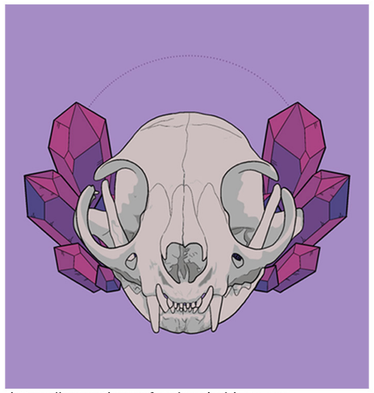

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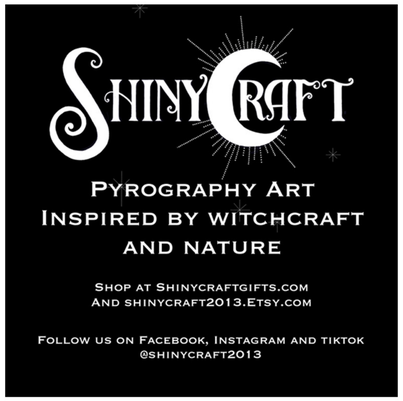

Thank you

Thank you to:

Louisa Chisholm-Kelly
Jen Dobson
Louise Bloomer
Rachele Pasinato
Claire Keen
Gwyn Kipling
Kath Wallace/The Geordie Witch
The Northern Wildman

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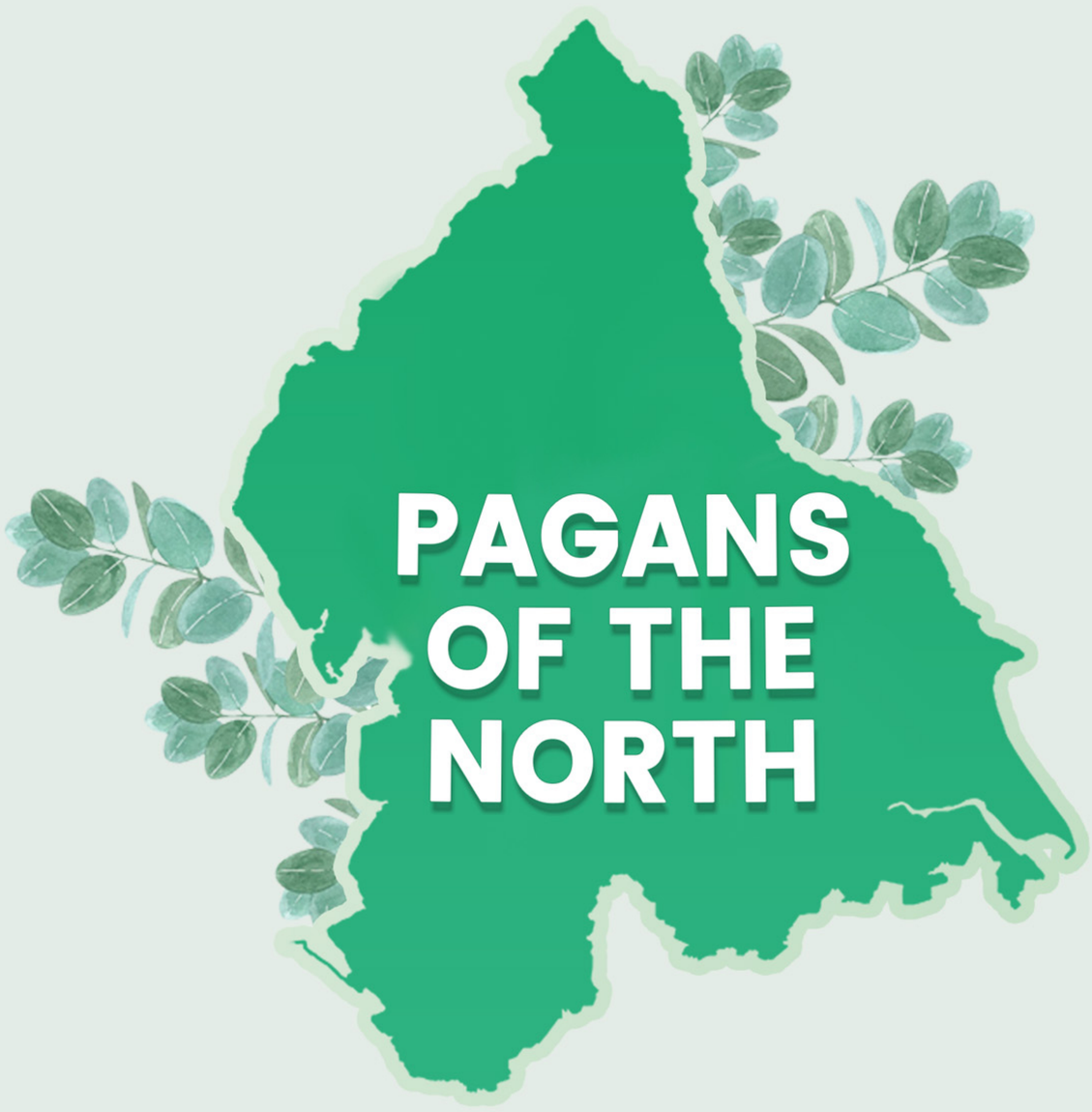

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