



The Simmering Cauldron **Newsletter**

**Imbolc
2016**

A mystical and magical resource based in Mid Wales

Shop address – 7 Shortbridge Street, Newtown, Powys, SY16 2LW

Visualisation and Pagan ceremonies!

When we first attended other people's sabbat rituals one element that really caught my imagination was guided visualisations. The reason they attracted me was that they enabled individuals in a group to personalise a section of the ceremony as participants will each have their own 'experiences' and be able to explore their own take on the situation described by the speaker.



These visualisations were generally 'led' by a member of the group and involved the participants relaxing, closing their eyes and breathing deeply in preparation for a journey to another place to experience the environment including the flora/fauna/people, sometimes from the point of view of an animal. The suggested interaction with the time and place related to the time of year and the nature of the sabbat. The journey often included some time to 'meditate' on some aspect of the environment, an aspect of the sabbat or a personal matter. At the end of the journey the group would be 'returned' to the present, again with deep breathing and gentle opening of eyes.

Since those early days I have frequently incorporated a visualisation in our own rituals and have 'created' a number of environments to be explored, the most satisfying being walking down a country lane and experiencing aspects of the season and visiting a 'barn' where seeds to be grown and fruits of personal harvest are stored. The stroll along the lane could be day or night and involve one or more of the elements defining the experience.

For me Paganism is very much about nature, the seasons and connecting with them as beings in the environment. Visualisations give us the opportunity for a relaxed reflection on the time of year and its relevance to us as individuals. Of course there is no need for visualisations to be group activities as they can be a great way for solos to meditate on an aspect of the season/sabbat.

Try it sometime!

Tony

Stop Press - The Simmering Cauldron on TV

Following a phone call last week a film crew came to the shop today (Saturday 13th Feb) with two of our Midland customers who are taking part in a 'caravanning documentary' to be broadcast in the Autumn on Channel 5.

Apparently these caravanners were asked "What was their shopping highlight when visiting the area"? Answer – "The Simmering Cauldron".

The customers were filmed for around an hour 'ooing and aahing' at the goodies around the shop and selecting some Rose Quartz crystals and a Love Potion bottle for a Valentine's party. We have no idea how much of the footage will be used but as another shop says, every little helps!

An Oil and a Crystal for the new season

Refreshing and uplifting is what we need at this time of year! Harness the help of Lepidolite crystal and Lemon Verbena essential oil.

Lepidolite

Lepidolite with mica is excellent for clearing electromagnetic pollution, particularly on these chill, dark days when we are tempted to spend more time indoors. It can reduce stress and depression. On a physical level it strengthens the immune system and enhances the production of negative ions. It can also help to ease discomfort caused by neuralgia, sciatica and joint pain.



Lemon Verbena*

This lemon fresh oil calms anxiety, reduces stress and promotes restful sleep. It combats listlessness and apathy. It acts as a decongestant for the liver and digestive systems. Use in a vaporiser or mix 2 drops in a bath, balanced with 4 drops of Lavender oil.



Angela

***Avoid during pregnancy and use in small quantities.**



Current **Cauldron Card** Offer

FREE 3D bookmark

when spending over £5

Don't forget to flash your CC when you shop!

Offer for limited period

Conditions apply

Our Diary for 2016

Newtown shop opening hours **Tuesday – Friday 10.00 – 5.00**
Saturday 10.00 – 4.00

Notice - We endeavour to keep the Shop open whilst we are away on holiday or attending events but this may not always be possible. We apologise for any inconvenience this may cause

Saturday 5th March PF Cornwall, Devon & CI Conference, Bude, Cornwall
Saturday 30th April Pagan Conference, Town Hall, Welshpool
Monday 2nd May Green Man Festival, Clun, Shropshire