



The Simmering Cauldron Newsletter

Lammas
2017

A mystical and magical resource based in Mid Wales

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

Lammas Altar

First harvest time is here again and I guess many of you are reaping the benefits of your plans, projects and plantings carried out earlier in the year. The cycle of nature deems that ideas dreamt up in the dark months tend to be coming to fruition at this time or in some cases deemed to be unachievable, discarded and put on next year's list!

A Lammas Altar, real or imaginary, will have examples or representations of this year's successes. These may relate to garden produce, crafting products, a ticked off 'to do' list or simply memories of personal achievements.

It's also worth while spending time decorating your Lammas altar to give a colourful and uplifting focus to your achievements. Seasonal flowers, grains and harvest tools can all enhance your display.

Lammas celebrations can be at a time that feels right rather than fixed on 1st August, so wherever whenever and however enjoy your 'first harvest'.



Nag Champa

Nagchampa is of Indian origin and harks back to ancient times when the people used to burn incense woods during religious ceremonies. Since then the fragrance that has developed is now used globally.

Nagchampa is an aromatic blend of resins, gums, spices, flowers and oils with a wonderful after-
aroma. It is available in the form of incense sticks and cones.

Historically Nag Champa belongs to the "Champa" class of Indian incense, having its origin from the Champa flower. Nag Champa incenses contain natural vernacular ingredient of India called "Halmaddi", which is a semi-liquid resin obtained from the Ailanthus Malabarica tree which



ultimately gives Nag Champa its characteristic grey color.

Nagchampa has been appreciated for centuries as exceptional quality incense for calming meditation and for creating sacred spaces. It has a strong fragrance with long lasting effect, as a result the scent will linger in your room for hours.

And the good news - we have just received a new bulk order of Sai Baba Nag Champa sticks so we can continue to offer them at the astounding price of **£1 per packet or £10.95 for a box of 12 packets!**

New in stock Now!

- **Summer Isle Ceramic** Wheel of the Year and Green Man wall plaques
- **New book** items
- **Cold cast bronze Figurines** – Herne, King Arthur, Pan & Keeper of the Forest
- **Locally crafted pewter** brooches and earrings

Traditional Incense



At The Simmering Cauldron we love incense, particularly the traditional granular incense which is burned on self-igniting charcoal disks. This is the type of incense which is burned for ritual, ceremony and spiritual work and all sorts of blends can be created for different purposes. Recently, we have replenished our stocks from a wonderful company which prides itself on being eco-friendly, stocking only products from sustainable sources. So, in addition to Frankincense and Myrrh resins, which we always carry, available now are;

Benzoin; a beautiful warm, sweet aroma which comforts and brings a sense of well-being

Black Storax; another heavenly, sweet smell which is deeply relaxing and calming, banishing aggression

Copal; a bright, clear fragrance from Central America, much used by the native peoples of that area. It has purification properties and supports mental and spiritual work

Yellow Sandalwood; used worldwide in spiritual practices, this precious wood has a warm, delicate perfume and blends well with Benzoin and Copal.

All of these are available in small bags of single incense, but the joy of this type of incense is in blending. You can experiment with ingredients from your spice rack! Dried herbs such as Rosemary, seeds such as Coriander, bark such as cinnamon, berries like Juniper. The possibilities are endless! The final mix, which should be ground in a pestle and mortar may be moistened with essential oils. The finished incense is best left to 'mature' for a day or two in order to reach its full potency. One of my favourite general purpose blends consists of Frankincense, Lavender flowers and crushed white sage leaves. This can be moistened with Lavender or Frankincense essential oil.

Of course, if you don't feel brave enough to start blending yourself, we do stock a fair range of Starchild blends!

Angela



Still available

Cauldron Card offer

(Offer subject to conditions)

FREE

**Simmering Cauldron
'Squiggle' Pen**

When spending over £10

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

Our Diary

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 attending events or on holiday but this may not always be possible. We apologise for any inconvenience this may cause	
Sunday 7 th August Saturday 7 th October	Pagan Pride, The Arboretum, Nottingham Pagan Market and Conference, Newhampton Arts Centre, Wolverhampton