



The Simmering Cauldron Newsletter

Ostara
2015

A mystical and magical resource based in Mid Wales

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

St Nectan's Glen, Cornwall

Saint Nectan's Glen (*deep wooded valley of Nathan*) is an area of woodland near Tintagel. It stretches for around one mile along both banks of the Trevillet River. The glen's most prominent feature is St Nectan's Kieve, a spectacular sixty foot waterfall through a hole in the rocks.

Whilst in Cornwall for this year's Pagan Conference we took the opportunity to visit this mystical magical place which has served as a sacred site for many generations.



Ancient people who worshipped nature and water deities thought that spirits lived here. As paganism merged into Christianity, early Christians built a shrine, or hermit's cell, by the waters. Now, people with a variety of beliefs, and some who just admire its pure beauty, are drawn to the waterfall in it's stunning setting. It is considered to be one of the UK's most spiritual sites and many people tie or place ribbons, crystals, photographs, small piles of flat stones and other materials near the waterfall. Angela added a thread



from her scarf to the already much festooned branches of overhanging trees.

Many tales surround the location. Saint Nectan was decapitated, the story goes, but he lived on for a while and picked up his head. He was eventually buried under the stream by two sisters, who came to live here. Drops of his blood are represented by the dark ferrous deposits on many of the stones in the water. In an echo of a Boscastle legend, St Nectan's silver bell is said to ring out from under the water in times of trouble. The two sisters, who may have been witches, or wise-women, or maybe 'companions' of St Nectan, are also part of the area's legends:

"One day two ancient sisters came:
None there could tell their race or name".

Sadly we had very little time as we had waited for the weather to improve before setting out. Next time we will get there a lot sooner and absorb more of the magic of the Glen!

Tony

Current



Cauldron Card
Offer

**A fabulous
FREE Hematite
pendant & thong
when spending over £10**

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

Offer for limited period
Conditions apply

Profiles of what we sell

In our last newsletter we reprinted two 'product profiles' taken from a previous issue of the Newsletter. As we received many positive responses to them Angela has decided to start a new series starting with Crazy Lace Agate crystal and Rosewood Essential oil

Crazy Lace Agate

Known as the 'laughter stone', it is associated with sunny Mexican fiestas and brings joy to those who wear it. It is a stone of support and encouragement, elevating thoughts and promoting optimism. Used as a healing amulet since the Neolithic, it can balance emotional, physical and intellectual energy. It vibrates to a lower frequency than some other stones, and therefore has a stabilising and strengthening influence. It harmonises Yin and Yang, the positive and negative forces of the universe.



Rosewood Essential oil



This is one of the most spiritual oils, which has a balancing and harmonising effect. It is useful for those with nervous tension and depression which can result in lethargy and apathy. It stimulates the immune system, being balancing, uplifting and fortifying. Rosewood is one of the best oils to use during meditation, as it helps clear the mind. It has an affinity with the crown chakra and is good for all spiritual healing.

On a physical level, Rosewood is excellent in a skin care blend, especially for sensitive and damaged skin. In a body massage, it promotes intimacy, lifting the spirits and increasing energy. Rosewood is one of the oils included in our own Sensuality blend.

Angela

Two great local MBS fairs coming up

The Simmering will be attending and supporting two local MBS fairs taking place over the next couple of months. The first is on 28th March at The Community Centre, Mount Lane Car Park, Mount Lane, Llanidloes SY18 6EY between 10.30 and 4.30.

The second will on 16th May at Cemmaes Road Community Centre, Nr Machynlleth. This will be the second event at this venue, we attended last year and found it a pleasant day out.

We look forward to meeting friends old new at these events.

Want to contact us?

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Our Diary for March - May 2015

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 28 th March	MBS fair, The Community Centre, Mount Lane Car Park, Llanidloes
Saturday 11th April	PF Wessex Conference, Taunton Conference Centre, Somerset
Monday 4th May	Clun Green Man Festival, Clun, Shropshire
Saturday 16 th May	MBS fair, Cemmaes Road Community Centre, Nr Machynlleth