

Listings

Practitioners

Annie Green, Nutritional Therapist and Iridologist - Nutritional therapy can benefit many chronic health conditions. Llanidloes, tel: 01686411396, email: anniegi@hotmail.co.uk.

Barbara Guest, Advanced EFT Practitioner & Trainer: Also offers Reiki Healing & Courses, Psychic Healing and Mediumship. Tel: 01952 510561 www.barbaraguest.co.uk

Borders Healing, Crystal healing, Distance healing and Colour Therapy. Treatments that have stood the test of time. Mobile/SMS: 07982 869264 info@bordershealing.com

Dianne Spencer, Active Calm Therapies: Sports Massage, Reiki, Indian Head Massage, based in Welshpool, ask about home visits. Tel: 01938 556568 spencer@samybryn.freeseerve.co.uk

Jackie Owen, Reiki Master: Therapist in Reflexology, Hot Stone Massage, IHM, Reiki, Hopi Ear Candles, Facials, phd waxing and pamper parties available. Tel. 01938554686

Janine, Natural Clairvoyant: Tarot, Pip Cards, Crystals. Also horse healer and communicator £25 per reading. Phone and email readings. Tel: 07739842517 - let go through to land line

Julia Guswell, Crystal Healer, Counsellor and workshops: Based in Cemmaes but will travel and do home visits. Tel: 01650 511388 guswell@btinternet.com

Michelle Benjamin MSTAT, Alexander Technique teacher: Individual lessons, talks and workshops Tel: 01686 668262 michellebenjamin@hotmail.com

OASIS Complementary Therapy. A range of therapies to help with stress, depression, headaches, insomnia and more. Mobile: 07927032648

Stalight Devi, Past Life and Energy Work. Also dream interpretation, spiritual guidance and healing. Tel. 01686 668076 starlightdevi@yahoo.co.uk www.pastlifereadings.co.uk

Events (check the website for other events)

Welshpool Healing Group: Triangle House, Union Street, Welshpool. (By Library). Mondays 11.15am to 1.15pm. drop in for a chat, some gentle healing & a cup of tea.

For free entry to listings contact tony@thesimmeringcauldron.co.uk Mob 07702231272

Our Diary for November & December

Throughout this period we will be attending our regular market stalls in Welshpool and Newtown on Mondays and Tuesdays respectively

PLUS EXTRA MARKET DAYS

Sunday 2nd November MBS Festival, Fir Grove Hotel, Warrington
 15th & 16th November MBS Fair, Wednesbury, Birmingham
 Sat. 22nd November MBS Fair, Crosby Civic Hall, Merseyside
 Sunday 30th November MBS Fair, Ramsbottom Civic Hall, Lancashire
 5th - 7th December Matlock Christmas Market, Derbyshire

14th December Mystic Alley, Montgomery Town Hall

Pre Christmas market days

Newtown Market Hall 16th - 18th, 19th(tbc), 23rd & 24th
 Welshpool Town Hall Market 15th, 20th & 22nd

The Simmering Cauldron

Stall Newsletter



Samhain
2008

Full moons: October 14th & November 13th



Mystic Alley

Montgomery Town Hall Sunday 14th December 10.00 - 5.00

Once again TSC is running its renowned Mystic Alley Yuletide Fair in Montgomery. The event is a wondrous shopping opportunity for those looking for something more specialised and unique than is to be found in the shopping malls! Come along for a wide range of arty, crafty, and other 'alternative' goods.

Music by friends of the Simmering Cauldron
 Refreshments by Sue Grimes of Ivy House Cafe

Entrance £1.50 Concessions 50p

Event profits will be donated to a charity of our choice
 ffi Mob: 07801616060 or angela@thesimmeringcauldron.co.uk



Pool Card Offers

until 31st October
 50p voucher for every £5 spent
 Collect them then redeem them before 31st December

From 1st November - 21st December
 Free draw ticket with every purchase
 Draw at 12.00 on Monday 22nd December in Welshpool market

Have a great Samhain
 Blessings to all Pagans who (legally) take the day off

Samhain/Yule
Pagan Dawn
 The journal of the Pagan Federation
 now in stock

All major debit and credit cards are now accepted at the stall.



Oh what a year A Samhain reflection

As we prepare to close down for the onset of Winter it is a time to reflect on the harvest of the year. In the Imbolc Newsletter I reviewed our ideas for the year for the Simmering Cauldron at a time when we were sowing the seeds of our plans. Most of those plans have borne fruit - a selling web site, a bigger van, a Welshpool MBS fair and attending more camps. Those seeds that did not germinate included direct import and stalls in other Shropshire/Powys towns. Perhaps we should try different seed stock next year!

We have attended many more fairs this year - some more worthwhile and enjoyable than others! A highlight of several fairs outside the area has been meeting some Newtown and Welshpool customers out for the day. Currently we are looking forward to a new challenge when we will attend a Victorian Christmas Fair in Matlock, Derbyshire at the beginning of December.

On a more personal note we still have been unable to sell our house despite almost achieving it at one point. We also lost both of our 18 year old cats during the year.

So it is time to look forward to 'the dark' which for most people is very much about planning and preparing for the celebrations over the mid-winter period. We feel it is important not just to plan for one single day whether it be Yule, Christmas or New Year but for the whole Period. Greenery, lights and merriment from early December through to 12th Night/Day (5th/6th January).

Much confusion surrounds when the festive season ends and decorations should be taken down. Historically the Winter Solstice was considered to be the first day of festivities with the 12 nights following, including the solstice, representing the 12 zodiac signs of the year. The 12th Night (New Years Day) was a culmination and celebration of the winter festivals. In later years, until the 19th Century, decorations were left up until 2nd February (Candlemas or Imbolc). During the Victorian era 12th night moved to the 12th night after Christmas.

The idea that it is bad luck to keep decorations up beyond 12th night harks back to the belief that tree-spirits lived in the greenery brought in to decorate the house, and in order for the next years harvest to be good, they needed to be returned outdoors.

Whatever personal harvests have been like this year I suspect most people are ready for some merriness. Several simple but cheering celebrations could be the answer rather than one big one.

Happy planning.

Shop On-line
go to the Shopping page on our website for
Essential Oils
Massage Oils
Granular Incense, charcoal
& smudge sticks
www.thesimmeringcauldron.co.uk

Flower petals for incense and sachets

The blending of traditional granular incense, as many of you know, is one of my passions. The Simmering Cauldron carries a wide range of resins and woods to use in incense for one reason only; to humour me! If I was to measure our business success in terms of the amount of this type of incense sold, then we would be abject failures. Let's face it; it's much easier and far less mess to light a joss stick! But think of the chemical content of the average joss stick; stuff to bind it together, stuff to keep it alight and you can bet your last ha'penny that not all those perfumes are natural. Now I've nothing against joss; it's great for a quick fix and a nice smell, but if we are talking about anything more serious like spellwork, cleansing, protection or creating a good atmosphere for meditation, you really need the natural stuff. And this means getting grubby with charcoal!

I'm not going to go into the 'how' of using granular incense here. There's a free leaflet on this either direct from the stall or as a download from our website. I'm also spreading the word by doing talks and demonstrations at some of the fairs we attend. What I am trying to encourage is that people try blending their own mixes using resins, flowers, woods, spices and oils. For this reason, I've increased our range of resins to include Aloe Gum and Dammar. There is also another 'specialist' type of frankincense called Maydi Frankincense.

To help with blending, I'm also putting up some flowers. From now on you will be able to get 25g bags of the following; marigold petals, chamomile flowers, lavender grains and rose buds and petals. Bargain at £1 each. Dried flower petals can also be added to pot pourri, scented sachets and charm bags.

Some useful correspondences


- Lavender: beauty, love, peace, protection of children and pets and sleep.
- Chamomile: friendship, serenity, prosperity, meditation.
- Marigold: healing, energy, psychic dreams.
- Rose: beauty, release of guilt, love, friendship, healing.

Happy blending!

Pre-Christmas market days
Newtown Market Hall
Tuesday 16th - Thursday 18th,
Friday 19th(tbc)
Tuesday 23rd & Wednesday 24th
Welshpool Town Hall Market
Monday 15th
Saturday 20th
Monday 22nd

2009
Simmering Calendar

Now available



**Free from the website
printed copy £2.95 at the stall**