I know what I like

I know what I like

lovely mug ugly mug

When I was packing up my other house, almost everything: cups, saucers, it all went to - I think I overloaded six charity shops with stuff.

Because I wanted a new fresh life, a new beginning. And I wanted new stuff. So favourite mugs, I have about 8 and I'll tell you why, right?

It's because I match my bowl with my mug. I don't have any ugly mugs or mugs I don't use, because I've chosen them all for a reason.

I will start with this one, with the bunny on it. Look how pretty is. I'd go for the pretty one. That is my favourite, I suppose. It's because it was different.

I love rabbits. I used to have rabbits when I lived in the other place. Five rabbits. Five little bunnies. They used to go home at night. In the shed there was a cage. I used to clap my hands. They knew what that meant, because it was getting dark, and in they'd go.

I had all different ones: lop-eared ones, a white one, and one, she looked very cute, but she wasn't cute. Her name was Honey but she was no honey. She was this beautiful looking rabbit, but she killed one of the little ones called Scamper. What she did, she kind of forced it into the pond and it drowned in the pond. She was vicious.

In the end, one by one, the foxes got them. They were brazen. They used to come in the day, when I was at work. So one by one..

Cath Kidston
Made in China

My favourite shop used to be, (I say used to be, because there isn't a store there anymore): Cath Kidston

I absolutely love it! But I was absolutely upset when I went to Bluewater shopping centre and my shop had disappeared. It had closed!

They had such a lot of different kind of mugs and bowls that are so different. I've got a few more downstairs, of the Cath Kidston ones. So I go for pretty ones, or the colours I like.

When I see all this array of mugs – it's how do I feel? What do I feel? How do I feel today?

Do I feel quite sombre? I'll go for black.

Or do I want something really bright? - because I feel bright.

Yes I do actually, I do. It reflects my mood

Also I've got lots of (I've got this clear one today), but every day I drink water in a coloured glass tumbler that matches my bowl and mug.

I know what I like

Colour

Changing the way the colour cards are displayed

(The card holder you were using). It's kind of like overwhelming over powering, it is like : "Oh, it's too busy. It's too much". I like bite size, little chunks.

This is great because you've got all the colours on there. But you got all the colours here and they're different.

Colours to me

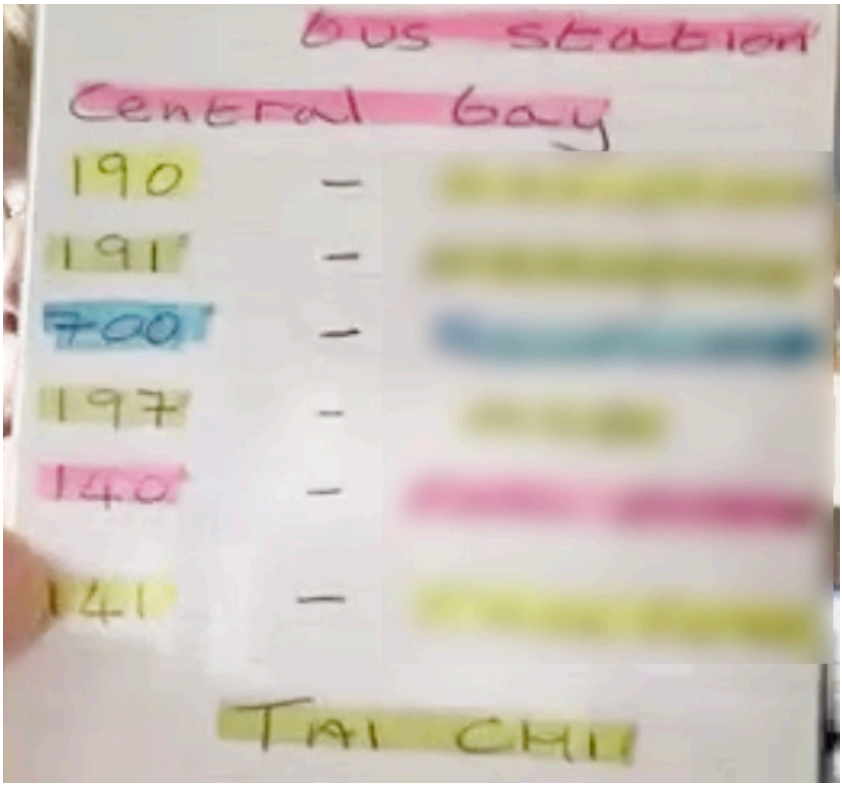
My clothes: the colours, they're colour co-ordinated. There's always a contrast colour with them. Colours are important to me. I like working with colours. I do my weekly planners with colours. I fill in my diary and highlight it with colours. Colours to me are so important.

These are my highlighter pens. What I've done, I've organised - they're the orangey types, they're the purpley types, they're the bluey types, pinks, greens, yellow.

LET'S DO THIS

The planners are always colourful. And there's different planners for different weeks. I always have three weeks going. And every Saturday or Sunday I do a diary and planner update.

It's the contrast. It's like this. You can see different kind of activities, can't you? And they stand out. If you didn't highlight them it would all be writing.

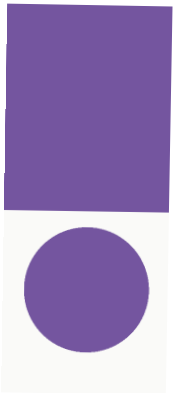

BUS STATION
Central bay
190 -
191 -
700 -
197 -
140 -
141 -
TAI CHI

My route planners

This here is my laminated copy of how I get to Tai Chi with the buses. It's a bit like Bingo.

I put this with my little Tai Chi pumps, and when I get there, because I know from here I can go to the waterfront, and it's a bit like Bingo.

It's like: "Oh that's not on my list. Ooh that's on my list! We'll get that one"
It works though doesn't it?



Colours I dislike

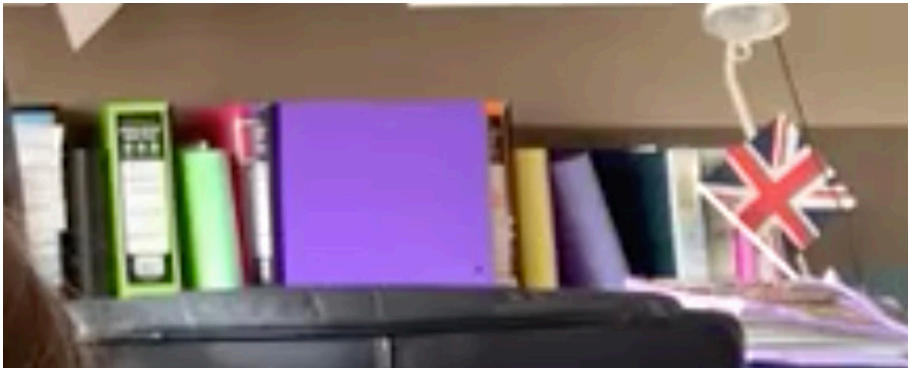
There's only one really. It's this one. It's purple. I don't wear purple. I don't use purple. I don't miss purple. That's the only one actually

I don't know why I don't like this colour, purple. I don't know. Not my favourite.

I'm not sure that comes from.

But I do love the smell of lavender

I always say it's the purple one, because I know exactly what's in there without even looking

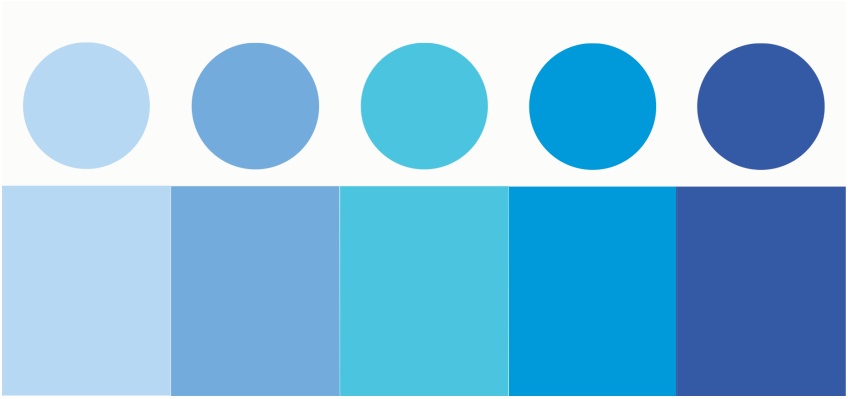


Because that's to do wills, power of attorney, wishes and end of life. It's not living.

I put things out of place deliberately

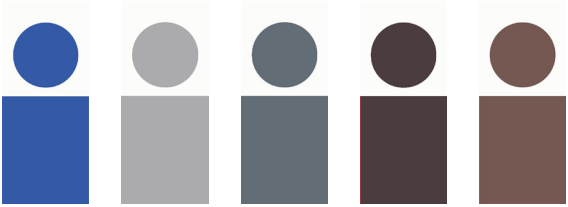
I think: "Oh, why's that like that then? Why, why?" But if I open it up, I've done myself a note: that you must contact this solicitor and get yourself a time to go and see him with all your paper-work.

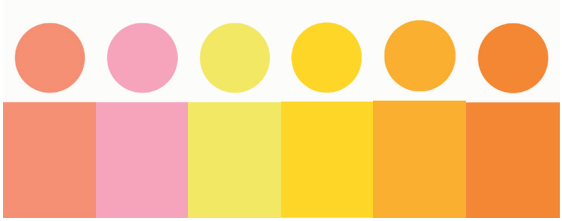
That's what I do. I put things out of place deliberately, and then its like: "Why have I left that like that ? Why haven't I put it back?" Then it's like:"Oh, that's not in the right places is it? No, it isn't."

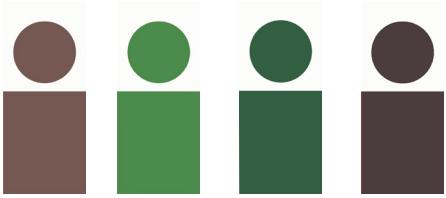


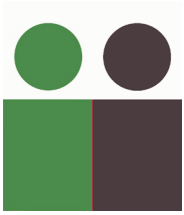
Some colours I like because I like to wear them, but I wouldn't like them in my home.

Like blue. I love blue. I wear blue, but I wouldn't have a blue bathroom or a blue room, because in our climate it's cold.







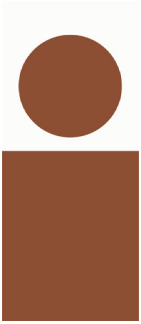


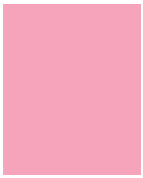
The colours I wear is blue, white, grey, black, and brown.

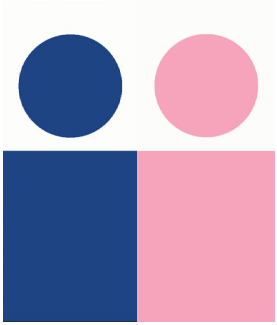
In the summer it would be a pink. Pink colours, and light colours, yellows and oranges, and that colour,

but as it gets autumn it will be brown green, dark green, yes I like that as well. And I wear green and black?

So it all depends. What time of year it is. How I'm feeling, that kind of thing?







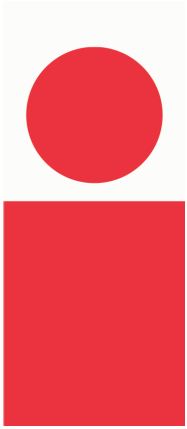
I like navy blue and white,

I like brown, and white

I like pink on its own,

Or pink and navy.

Red - I used to hate red, but now I like a little bit of red in my life.

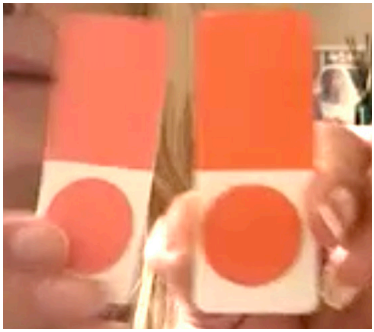


Being in mental health, I associated red with anger, and that kind of fiery person. I think at that particular time in my life, with personal things as well, there was too much red in my life, not the colour, but the fieriness and the hostility.

But now I'm introducing little bits of red into my life, because I don't have those added pressures anymore. Not real deep down concerns and pressures and anxiety.

Of course I get anxious, everyone does but they're small amounts that I kind of work through and find a solution. So that's possible up to a certain point.

So yeah, red is the colour that I've started to introduce to my life. I wear red.



I wouldn't have a red room, but however I do have like a burnt orange.

So it's the middle of that one, and that one. Or a bit darker.

Like the way my living room is.

For me, that represents being cosy and warm, and mmm, Yes.

Personal Space

My Spiritual Room

I suppose my personal space, because I live here on my own, each room is my personal space. And my garden, of course.

But when things become too much, and the world becomes too busy, and too chaotic, that's when I retreat into my Covenstead. My spiritual room.

Whenever I need extra, an extra kind of reassurance.

My Covenstead

It's a Covenstead, because I'm Wiccan. The umbrella term is paganism and under paganism you've got Druids, Wiccans, all different groups, and splinter groups. I got my spirituality from my Dad who is no longer with us. Because from my roots on my Dad's side, it goes way back to North American Indians. My Dad loved his garden, and he used to do Lunar planting. It's the phases of the moon. He used to get successful crops and flowers by looking at the elements.

I think I learned loads because it interested me. He helped me find my path. It's always been with me.

This happened when I was about sixteen. I practice it discreetly, because it was in an age where anything, apart from being a regular belief, Christian, Catholic, or whatever, it wasn't classed as a religion or a belief. And a lot of people used to say it was something to do with black magic and all that. But it certainly wasn't. Far from it. So Evenstars, Sabbats, Solstices, it was all kind of conflicted with bad stuff.

We didn't have medicine as such. It was about healing and different herbs and things like that.

So I found it quite intriguing when a friend of mine, I think she was having period of pains or something. She said: "*Oh, I take paracetamol.*" and I I said : *"What's that? What's paracetamol?* She said: "*It's pills. Don't you use them?*" I said: "*No, I use orange.*" And she went: "*What?*" I said: "*Orange, orange, the Chakras*?" And she had not a clue what I was talking about. And this new world I was entering, was kind of unique to me.

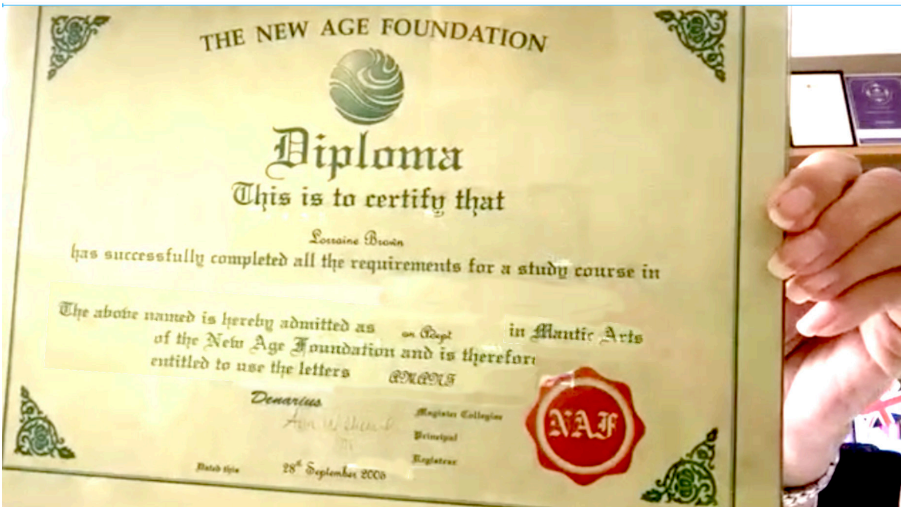
It's a very personal belief. I've had this ring, - it was made by a man called (he had a very unusual name) he made this for me : Oh, many, many years ago. It's a pentacle.

There's a pentacle and a pentagram which is similar. A pentacle has got this circle. The pentagram is a star. One represents earth, which I am earth anyway, I am an earth sign. It represents you as a person. If you stand out like that, with your feet astride, you are a five-pointed star.

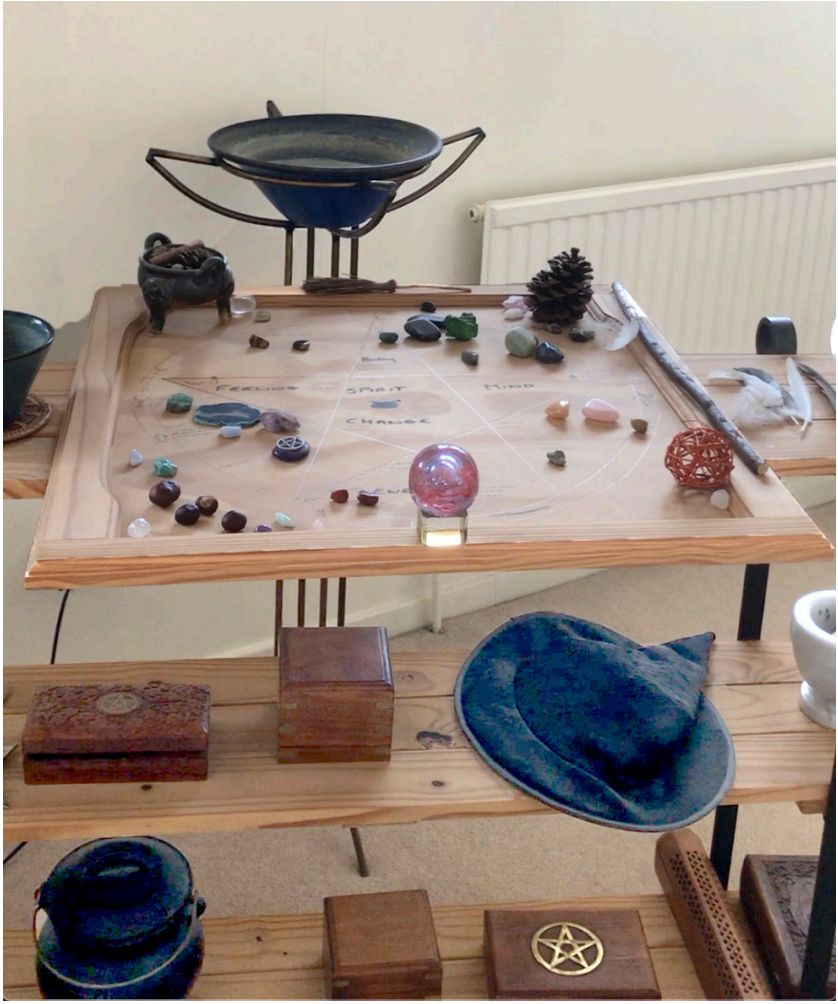
There's a place I used to go to in Cornwall, its called Boscastle, and there they had a witchcraft museum. It's magical. Graham King was the one that owned it then.

He knew my spiritual belonging, and he invited me up the stairs to this collection of really old books that were to be sold privately. You even had to wear gloves to look at them. All these spiritual books from way back when.

We kept in contact Graham and I, and his wife as well, so it was wonderful. Most summers, I used to make my way down to Boscastle. There's lots of workshops you can attend. The local shops are full of crystals and meaningful stuff to Pagans and Wiccans and Druids.


THE NEW AGE FOUNDATION
Diploma
This is to certify that
Lorraine Brown
has successfully completed all the requirements for a study course in
The above named is hereby admitted as in Mantic Arts
of the New Age Foundation and is therefore
entitled to use the letters
Demarius
Principal
Registrar
28th September 2000
NAF

It all comes under the umbrella term of Paganism. We have slightly different beliefs. It's but not the same. Druids are more animal kind of, it's just different. I'm not a Druid. Stonehenge is a sacred place for both Druids, Pagans, Wiccans. Spiritual people. Many years ago I did a diploma in Wicca. Now I'm solo. It's called a Hedge Witch. I do practice on my own now. I was in a circle with different people, but they've each gone their own pathways. There was four of us together, and I was their teacher in a way. They were interested in the subject, and yes, it was wonderful. That's when I used to go to Stonehenge.


SPIRIT
MIND
CHANGE

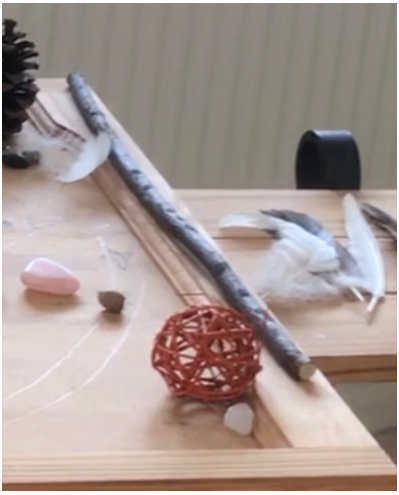
The table

It's a pentacle, and the reason it's slightly off sync there is because with a compass, north is the point of the top of the Pentacle.

So North, South, East, and West. Each of the quarters have different kind of elements, like Fire, Air, Earth and Water.

So there are different stones that correspond to different colours of each quarter.

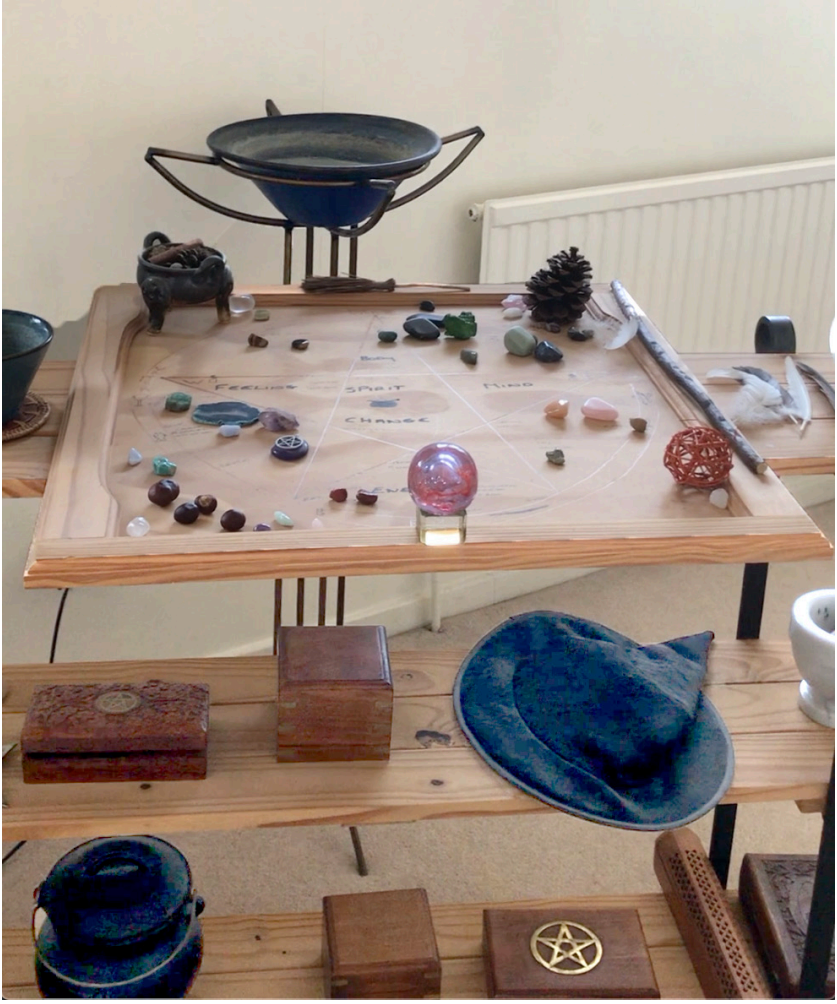
A globe. It's a bit like, as you would call it: crystal balls. I've got several crystal balls. Different ones represent different things. Some are large, some are smoky. This subject is vast. There's a cauldron where you can burn things in it. A small amount, if it's like a wish, or you send healing to somebody. You'll do it carefully with a pair of long tweezers and a match. Don't use a lighter and you send the wish out, your blessings out. One of them down there is a compass, in a little box, and the other one is where I have my candles, for different candle magic.



That's a divination bowl

It represents a female - and the wand represents male. So there is a male female balance.

I use water and then also, when I'm doing a spell I use a kind of candle wax. And then I see a picture form.


FEELINGS
SPIRIT
MIND
CHANGE

Earth is right at the top. Earth is North then South, East, and West, too. So different stones that correspond to different colours of each quarter.

If you notice you can see feathers, there where the wand is, the feathers respond to air. There's a pine cone And the different seasons and activities I do. They're moved around They dont stagnate they're moved around.

They're the pentagrams, and that's the Green Man there. It's a fertility around May Day. We call that time Beltane.

You go there when you need to, and sometimes I would just sit there.

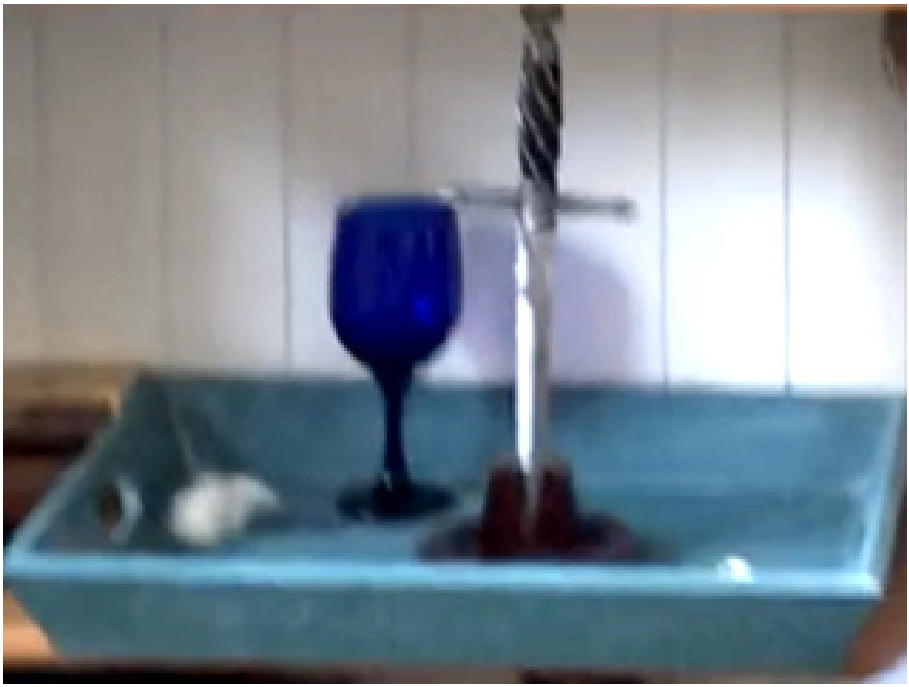
I would just close the door and sit there. Light a candle, and it's safe.

Really extra safe. Extra safe.

It's a room that I visit very often, and as you can see, I've got candles there. I've also got the the divination books as well. I've got a big bookcase full of meaningful, purposeful stuff. I've got a wonderful library of different books. But unfortunately, because they're not in a print that I read anymore. Some of them, they're falling apart where they've been read so many times. But um, I hold them.

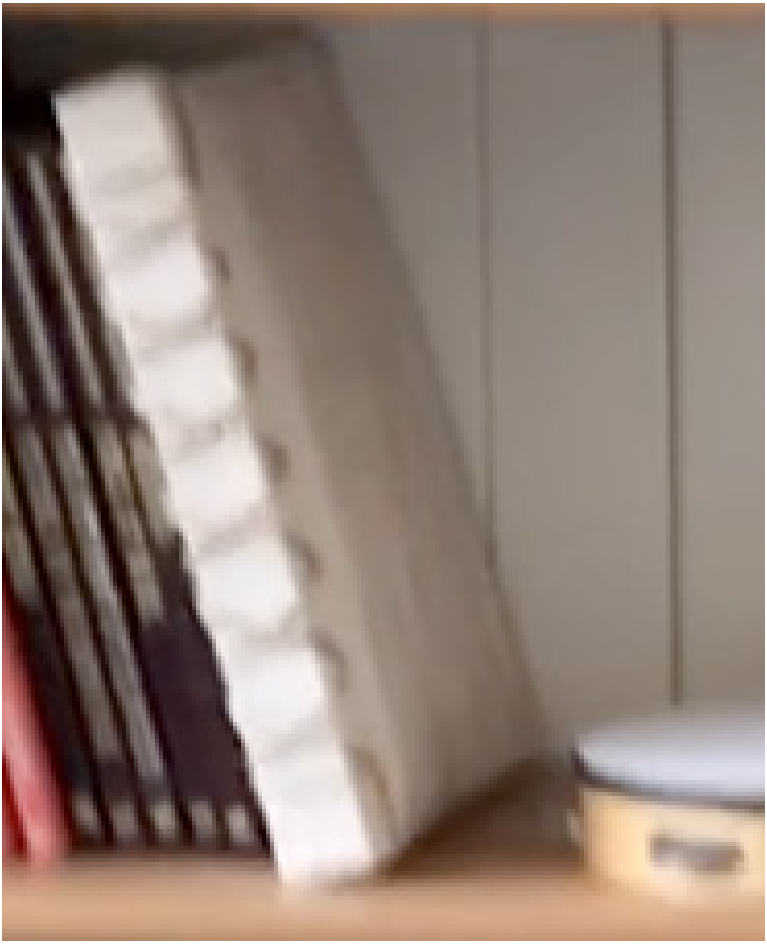
There's a little drum there, and a tambourine. That's when I do sing outside to our songs.

There's different books on different religions. I've got a Koran. I've got the Bible and different ones there.



There's an Athane. It looks like a big knife. it's a knife for directing power It looks like a wand but it's called an Athane.

And then there's a chalice, the blue glass.



That's my Book of Shadows

I've got two Books of Shadows, and that's where you put circle work you've done: spells, poems.

A BOOK OF
PAGAN
RITUALS
TEXAS
FORTUNE
CARDS
Q ?
A UNIQUE WAY TO PREDICT YOUR FUTURE
HEDGE
WITCH
A GUIDE TO SOLITARY
WITCHCRAFT
Rae Beth

I can actually read the book of Pagan Rituals. Each time there's a Sabbat or a Solstice or Equinox because it's in big print. It's just the way it happens to be. And also there's two CDs there with my witches music on there

I've got knowledge. I feel it. I do it. I say it I breathe it. So that's OK. It's old memories and old practices. You don't even have to think about it. They just come in at the moment they come into practice naturally.

So everything you see in that room is purposeful. It's got meaning to it. It's not just stuff?

What that responds to is male and female. and you've got the different candles and books and different things on there, and the crystals.

Veroliroti

When I went to Italy, I came across this unusual artist shop with these pictures in there. I spoke to the artist, and he has schizophrenia. I was fascinated by him and his paintings. He could only paint when he was having an episode. He's really sort of very spiritual, and this is the world he sees, and he can actually paint it, to show people. These - are private for me and this is why they are in my spiritual room because they are from a spiritual place where a person's experiencing this and able to paint it.

Ssshhh.....
spell casting
in progress
THIS HOME IS
PROTECTED BY
WITCHCRAFT
The Oracle
Fortune
Teller
Where there's
a Witch.....
there's a way.

That's a cupboard where I put lots of candles and things. I put them away tidily in there and then I just decorated the door

My Lounge

You can see it's very autumnal isn't it? I've added (because it's Halloween this month) I've got other little pumpkins and little things like that around. There's lots of kind of leaves and acorns and horsechestnuts around. At night in the fireplace ... what I do is I've decorated it now more, and I have candles. And it's a safe place because there is a flue there as well. At night I have got a snuffer so that I can put the candles out and then I hang it up. And it looks so warming and inviting.

It’s all there. But if you came in just to visit - you wouldn’t know. It would be just: Oh, this is nice, you know? This is different. But no, there’s a reason.