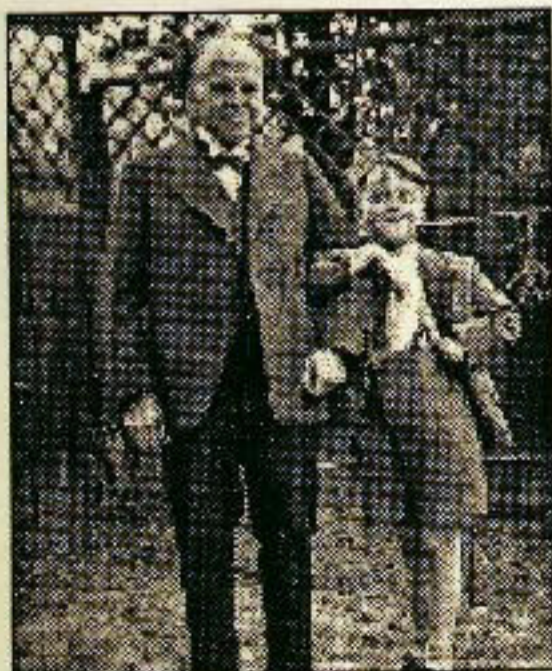


FRED LAMOND

I was the little fat boy. When others were playing, often I would go on solitary walks in the countryside around Lake Geneva. And on a full moon night I would really feel at home with nature. The full reflected light has a tremendous

Fred was born in 1931. His parents divorced when he was two years old and he was brought up by an over-protective grandmother who over-fed him. He graduated in economics from Clare College, Cambridge and worked in London at the Economist Intelligence Unit. He became a witch in 1957 when he joined Gerald Gardner's London coven and later became a member of the goddess-worshipping Fellowship of Isis. Fred is a computer consultant and lives in Austria with his second wife Hildegard.

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effect on the imagination, our bodies are ninety per cent water so the magnetism of the moon must have some effect on us and stimulating the imagination, Those were basically the early intimations of paganism. Nonetheless, until I got into my early twenties I always had this feeling at the back of my mind that there was something that held the world together.

Then quite unexpectedly I had a profound mystical experience when my first fiancée took the initiative in making the relationship physical. She took control, I was too much the repressed Englishman, totally unprepared. This was in the fifties, before the days of the pill. I was terribly

afraid of making her pregnant so I restrained myself and I suppose in the process I gave what is now known as a Kundalini experience which is one of the techniques of sexual intercourse without male ejaculation. And when

she climaxed I was catapulted into outer space and time. I had the feeling that I was the male of all species and of all times making love to the females of all species and all times and around us there were all these couples sitting in a circle in a Tibetan mandala. All the couples of the past were looking at us and saying, 'well done, join the club.'

Then in my head I heard an almighty powerful woman's voice say, 'All the empires, political systems, ideologies, philosophies, theologies that men have formulated since the dawn of time weigh less on the scales of eternity than a single embrace of two young lovers or a single smile on the face of a newborn baby as it gazes at its mother the first time.' And that's what gave me the feeling that I had encountered a goddess, a divine power. So I started reading up on comparative reli-

gions and the psychology of sex. Eventually, I came across a description of the love goddesses of antiquity and I realised that it was the goddess Aphrodite that I had encountered.

I felt that if this had happened to me it must have happened to other people, so let's find them so that I can worship her in common with others. Then I found a book that said that the witches of the Middle Ages were the survivors of an old goddess-worshipping pagan cult and that set me on the path. I discovered Gerald Gardner's book *Witchcraft Today* and it rang so many bells. He interviewed me and introduced me to his coven. When I told them about my mystical experience there were nods of recognition. I met them socially once a month until one day one of them said that I was ready to be initiated.

Gardner was a loveable old man. He had a fine flock of hair that he liked to comb to make it look as though he was wearing horns. He had a great sense of humour and was a terrific storyteller. He believed implicitly in reincarnation and felt that he had been a witch in a previous life.

The coven was made up of ordinary people of all ages. There was a financier in the City, a retired colonel who'd been in the Indian army, a couple of housewives, an anaesthetist with his nurse, a salesman and a secretary, and there were a number of younger people like myself who were on the same wavelength. We met in a cottage in the grounds of a nudist club in Hertfordshire. Because the club had many ordinary members who were not witches and who were not bound to secrecy, we had to shield ourselves from them and do our rituals within the cottage. But we would take in the atmosphere in the wood before the meeting and at major festivals we had bonfire parties to which we invited friends



Fred Lamond with his first wife.



*Fred with his second wife,
Hildegard Balcarek.*

and where we might enact some seasonal rituals.

At the first degree initiation, you're welcomed into the family to learn the craft which is essentially spell-casting; at the second degree one has pretty well learnt how to control one's own energies and then between the second and third degree you learn how to direct the energy of a group of people, the coven. I was blindfolded at my initiation, I had to strip off my clothes and then was led into a room lit by candlelight.

When the blindfold was removed

I found myself surrounded by naked people of both sexes, some young, some old and went through the rite of rebirth with what I felt was my family. I swore an oath of secrecy and then I was presented with some of the magical tools of the craft which represent the four alchemical elements and which are aids for directing energy when casting a spell.

I found that I was rather good at conducting power because it was like a very strong high voltage electric current running through my body and I would start to hyperventilate, and then at the peak you project the cone of power telepathically in the direction of the person you're trying to heal. Sometimes people wanted help with health problems, sometimes it was for phobias or for people who were out of a job and needed employment.

We worked in the nude and there were good reasons for that. It was so that we could exchange energy through all of the pores of our body with the trees and the grass around us, instead of just with our eyes and our heads. Then there's the practical thing that if you are going to run around and raise energy, it's very much easier to do it in the nude and not trip up over robes. Within the coven, when we were dancing round in the nude, of course, we felt desire for the people of the opposite sex and that too helped raise the energy. Earth energy and erotic energy are very strongly linked, you see.



In the fifties men were supposed to be men and women were supposed to be women. So men were macho, making a lot of money or doing hard physical work. The women were supposed to be all feeling: loving a man, loving children, but basically obeying the man in all things, their will-power was suppressed. But the idea in the craft, the idea of cross-gender initiation, was that each sex should learn from the other and get from the other what is missing, so a man learns from the woman who initiates him to be more feeling and accept his feelings and that it isn't unmanly to cry. The women learn from the men to discover their own power, to assert themselves and have a will of their own. Before my initiation I was very tongue-tied when meeting young women. I only knew how to talk on intellectual matters, I didn't know how to talk about my feelings, but afterwards I became much more self-confident and it balanced me, it helped my emotional life.

The thing that witches are always asked for is love spells, to help people fall in love with them. Well, this is contrary to our ethics because we do not cast spells on people without their knowledge, it's a form of psychic rape. But we can do spells on people themselves to make them more loveable.

One of our members was a woman who was quite a merry soul, but she was unhappily married. Her husband had become impotent and so she consoled herself with extra-marital affairs. And one day she said that she'd fallen in love with a young policeman in her village, but she didn't want to break up his marriage. She asked us to cast a spell so that he would notice her and see her occasionally. Well, that was out of the question, but we didn't want to let her down, so we worked on her and asked the goddess to give Jane her deepest wish. Five weeks later she met Bill, fell in love with him, he fell in love with her, she divorced her impotent husband, married Bill, gave up her extra-marital flings and today forty years later they're still happily married.

*'A man learns
from the woman
who initiates him
to be more feeling.'*

