

# TODAY'S

JUNE 2025



# WITCH

VOL .2 ISS. 9



# TODAY'S WITCH

JUNE 2025

The information covered in this Magazine is comprised of various sources from the Pagan community. We endeavor to cover topics from all traditions, and to be inclusive. The information provided is to be considered factual based on the research of the various authors represented therein. If there is any contradictory information, please feel free to contact the author of the article. We hope that everyone can enjoy the magazine and also learn from it. If there is a topic you wish to see also contact us and we'll be happy to try to include it in a future issue.

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Edward Sott

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## Table of Contents

Page 2.	Publishing Information'	Page 29	The Dhamapada of Buddha—Impurity
Page 3.	Table of Contents	Page 30	Ex-Libris Ami Cesari
Page 4.	Meet the staff	Page 31-39	Interview with Ami Cesari
Page 5.	Letter From the Editor	Page 40-45	Symbolism in Tarot—Major Arcana
Page 6-8	A Dictionary of Angels	Page 46	Pagans Against Trafficking
Page 9	The Runes—Ingwaz	Page 47	The Dictionary of Pagan Terms T-Words
Page 10	Tarotscopes by Lisa Stewart	Page 48	Gods and Goddesses—Tumuteanaoa
Page 11-12	June-2025 Litha; Standing in the Fullness of Light	Page 49	Monthly Correspondences—June
Page 13	Litha Stone Fruit Bake	Page 50	Calendar June 2025
Page 14	Herb Crusted Halloumi with Summer Vegetables	Page 51	Mycology—Amyloid Tricholoma
Page 15	The Fool and the Moon	Page 52	Types of Divination O-P
Page 16-17	Astrosign Spread	Page 53-55	The I-Ching The 64 Hexagrams Part Two
Page 18-19.	Harnessing Planetary Rituals for Manifestation	Page 56– 59	Interview with Gretchen Swanson
Page 20	Herbology—Acedera Comun		
Page 21	Stones—Adularia		
Page 22-23	Manifesting with Planetary Energies		
Page 24	Amplifying Planetary Manifestation with Crystals		
Page 25-26	Black Moon Lilith, June 2025: Death an Rebirth		
Page 27	Understanding the Ogham Bethlusian—Fearn		
Page 28	Tree of Life Sacred Paths of the Qabala Path 17		

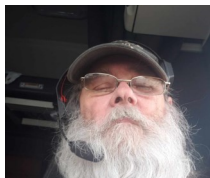


## Meet the Staff

### Edward Sott (CEO)



Edward Sott is a Theologian and Historian and run a Non-profit organization. And he's a military Veteran. He was since childhood inspired to write novels and plays. He currently resides in Pennsylvania and has traveled throughout the world. He is the founder and CEO of Covered Bridge Press LLC, and of "Today's Witch" Magazine. His goal is to educate the public and bring traditionalism back to the craft and its practices. He is an Alexandrian Wiccan High Priest and Elder.



### David Larsen (Sales and Marketing Dir.)

David Larsen is an over the Road Commodities Relocation Engineer, (AKA truck driver) He is also a history buff and a word smith. He currently resides in Florida and wherever the road and his dog Joey might take him. He is also world traveled from his military experience and driving. David is Co-Author with Edward Sott of Two Novels A Time for Redemption and A time for Retribution he is also A Vice President of Covered Bridge Press, LLC and a member of the Board of Directors of "Today's Witch" magazine. He is an open-minded Christian and Friend of the Pagan Community. He understands the value of spiritualism.



### Earl Williams (Hum. Res. Director)

My name is Rev. Earl Williams.

I have been in the pagan community for 20 years, holding a position as an ordained minister for 17 of those years. I am currently the Human Resources manager for Covered Bridge Press. I am happy and honored to also be a part of the new publication, "Today's Witch" magazine, due to be released mid-October of 2023.



### Melina Valdejo (Staff Writer)

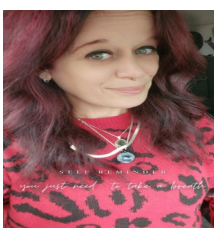


Being interested in many traditions and "finding the gold" in each one, Melina labels herself as an Eclectic and enjoys the concept of the "Spiritual Mosaic" as stated by Thomas Ashely-Farrand. Her strengths lie in personalizing her Spiritual path. As a Priestess of the Well of Avalon, she enjoys finding unique, practical approaches to situations and magickal workings drawing from her direct inspiration and her ever-widening background. "By putting ourselves in alignment with deity we can rise above situations and find our true path, we are all 'in the process'". Melina is the owner of Pathways New Age Books & Gifts, a brick-and-mortar resource center honoring all traditions located in St Louis, Missouri. If you're a traveling author or artist, please contact her at [Melina@pathwaysstl.com](mailto:Melina@pathwaysstl.com) to get details on how to present at her shop.

### Emily Thornton (Managing Editor)



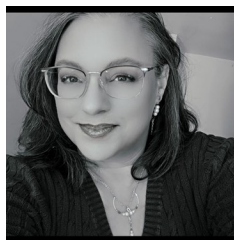
My name is Emily Thornton (Emma Gardner) and I have my Masters in Journalism. I love editing work and working with others. I have written numerous articles along with having my own column with local newspapers for over 10 years. Even though I grew up in a fairly religious household, I have always felt a love of nature and the metaphysical. I have an affinity for green magic and I love reading tarot for people around me. I even opened my own little side business called Celtic Readings, Oils and Sundries. I love stories and providing perspective to people at a crossroads. I work with Brigid mainly, but love the Celtic pantheon of deities.



### Zannah Matejak—Social Media Director

Hello my name is Zannah & I've been a practicing gray witch for 25 years. Initiated Norse shaman. I am a Yoni practitioner, I own an apothecary and metaphysical store. I am a wealth of knowledge of the occult and mythologies as well as a healer in a wide variety of modalities. I love to teach and building online communities on social media. Very passionate with what I do, I am an eclectic pagan who never gets enough knowledge.

### Christina Aul (Resident Crone/Staff Writer)



Is a silent partner of the PRC/UPCC who has been active in the online Pagan community for over 20 years. She is a writer, educator, and instructional designer who shares her home in Pennsylvania with her spouse and adult child, three dogs, two cats, and several previous residents of the property. She is a solitary Welsh-Celtic pagan with ancestral roots in Scotland, Ireland, and Norway. Raised in the United Methodist Church, Christina began exploring alternative faiths in her teens and thoroughly deconstructed from Christianity in her early 20s. She considers herself a green kitchen witch and enjoys the oddities of life.

## Letter from the Editor

Blessed Litha to you all! I am Emma or Emily, your witchy managing Editor. First off I want to thank you all for taking the opportunity to read Today's Witch. It has been a blessing in the making and being able to share knowledge has been a real blessing in my personal life as well.

Tarot is a strong and very dear part of my life. My degree revolves around storytelling and when tarot came into my life, it fit in like a piece I was missing in my puzzle. This is why I do what I do. Together, Ed and I have been working steadily on a full length book about Tarot and the magic that one can wield with it.

Unlike other books that are out in the market, we are delving into more advanced uses of tarot. We want people to be able to harness their own magic by working with tarot cards. In this issue and in some of our upcoming issues, we will be giving a glimpse of what our book will be like, and about.

For those who have never used tarot beyond reading for a querent, or even those practitioners who are seasoned...the book will be a great addition to any magical workings.

Through working with clients, editing the articles you see before you, and even through personal magic...It is a beauty to see some of these magics take flight. Don't let the chaos of the world get you down. Call your power back to you and make it work for what you need.

Blessed be to all our readers!

Emily Thornton



## A Dictionary of Angels

### ARVIAL—ASHRULYU

**ARVIAL ארוויאל** (Avial) one of the angels guarding the 4th Heaven.

**ARZAL ארזל** (Arzel) one of the 4 angels of the east who are "glorious and benevolent angels" invoked when the invocant wishes to partake of the secret wisdom of the Creator.

**ASAC(H) אסאק** an angel invoked in magical prayer.

**ASACRO אסאקרו** in black magic, an angel invoked in prayer and conjuration rites.

**ASAEI** "( אשההאל whom God made") an angel under Semyaza who cohabited with the daughters of men; hence, a fallen angel.

**ASALIAH אסלה** in the cabala, an angel of the order of virtues, under the ethnarchy of Raphael. He has dominion over justice. In The Magus he is one of the 72 angels bearing the mystical name of God Shemhamphorae.

**ASAMKIS אסמקיס** in hechaloth lore, and angelic guard stationed at the 7th heavenly hall.

**ASAPH אסף** (Asaf) leader at night, of hosts of angels in the chanting of hymns to God—just as the angel Heman leads the hosts in the morning chants and Jeduthun leads in the evening chants. Psalms 50 and 73-83 are ascribed to Asaph. In Jewish legend, Asaph was the father of medicine.

**ASARIEL** "( עזריאל whom God has bound," i.e., by an oath) one of 28 angels ruling over the 28 mansions of the moon.

**ASASIAH אסאיה** one of the many names of the angel Metatron.

**ASASIEL אסאיאל** angel of Thursday, who shares his rule with Sachiel and Cassiel. Asasiel is also one of the presiding spirits of the planet Jupiter.

**ASATH אסת** (Asach) an angel invoked in Solomonian magical rites.

**ASBEEL** (Heb. עזב azab "to abandon" + אל el "God", meaning "God has forsaken" or "deserter from God") is a fallen angel in the Christian bible that appears in the first book of Enoch, chapter 69, verse 5:

"And the second was named Asbeel: he imparted to the holy sons of God evil counsel, and led them astray so that they defiled their bodies with the daughters of men."

Asbeel was listed as the second of five "satans" who led astray the Grigori by falling in love with humans. There was also Yeqon (or Yaqum, "he shall rise"), Gadreel ("wall of God"), Penemue ("the inside"), and Kasdaye ("Chaldean", "covered hand").

**ASCOBAI אסקובאי** in Solomonian magical operations, and angel summoned in the exorcism of Wax.

**ASDEREL אסדרל** (Asredel, Asradel Shariel) the name is a corruption of Sahariel. Asderel is an evil archangel who taught the course of the moon.

**ASENTACER אסנטסר** corresponding angel for the angel Lelahel.

**ASEU** corresponding angel for the angel Anael.

**ASFA'EL** "( אספאל God adds") Asfa'el is a luminary of one of the months and "head of a thousand." He is a "chiliarch who has to do with the intercalary day under one of the 4 leaders." Asfa'el is said to be an inversion of Hiljaseph of Joseph-el.

**ASHAEL X X אשאל** an invocation angel.

**ASHAMDON אשמדון** variant for Shamdan

**ASHA VAHISHTA אשה והישטה** in Zoroastrian lore, one of the 6 amesha spentas. An archangel of righteousness.

**ASHKANIZKAEL אשכניקאל** in hechaloth lore, an angelic guard stationed at the 7th heavenly hall.

**ASHMEDAI אשמדאי** (Ashmodai, Asmodée, Asmadai, Asmodeus, Chammaday, Sydonay, etc.) in rabbinic lore, a messenger of God, hence an angel. However, being an opponent of Solomon and ruler of the South, with 66 legions of spirits under him, he is usually regarded as an evil spirit himself, some occult sources going so far as to identify him with the serpent who seduced Eve in the garden of Eden. Good or evil, angel or demon, he is not considered harmful; he has been characterized as a cherub, "prince of sheddim," and as "the great philosopher."

**ASHMODIEL אשמודיל** in occultism, a zodiacal angel governing the sign of Taurus.

**ASHRAUD אשרוד** "a prince over all the angels and Caesars."

**ASHRIEL אשריאל** (Azrael, Azriel, Azariel "Vow of God") one of the 7 angels with dominion over the earth. He is the angel who separates the soul from the body at death. In the cabala, he is invoked as a curer of stupidity.

**ASHRULYU ארוליו** (Ashrulyai, Asrulyu "Who causes to dwell") a great angelic prince one of the 20 names of the godhead, residing in the 1st Heaven. He is president of the intitute of learning and on of the sarim princes of the Torah.

## Dictionary of Angels

### ASIEL—ASTEL

**ASIEL** "(אסיל created of God") Asis is on of 5 "men" (i.e., angels) appointed by God to transcribe the 204 books dictated by Ezra. The other 4 "men" were Dabria (Ecanus), Selemia, Selecucia, and Sarea (Sarga). Of the books, 70 were delivered or made available only to the wise among men; the rest of the books were for use by the general public. Asiel is a fiend who detects thieves and can reveal hidden treasure. He figures in a talisman against sudden death.

**ASIMON אסימון** (Antimon) an angel listed in Malache Elyon (Angels on High).

**ASIMOR אסימור** in hechaloth lore, Asimor is one of 7 angelic princes of power, the other 6 being Kalmiya, Boel, Psachar, Gabriel, Sandalphon, and Uzziel.

**ASMODAL אסמודאלי** An angel dealt with in Solomonic Wax exorcisms.

**ASMODAY אסמודיי** (Ashmeday, Asmodius, Sydoney) a fallen angel "who has wings and flies about, and has knowledge of the future." Asmoday teaches mathematics and can make men invisible. "He giveth the ring of Vertues" and governs 72 legions of infernal spirits. When invoked, he manifests as a creature with 3 heads (bull, ram, man)

**ASMODEL אדוגמנית** in ceremonial magic, the angel with dominion over the month of April. He is also ruler of the zodiacal sign of Taurus. Formerly Asmodel was one of the chiefs of the order of cherubim. He is now a demon of punishment. The cabala includes him among the 10 evil sefiroth.

**ASMODEUS** "(אסמודאוס creature of judgment") the name is derived from ashma daeva. Asmodeus is a Persian rather than a Jewish devil; however incorporated into Jewish lore, he is there regarded as an evil spirit. It was Ashmadai (Ashmedai), who made Noah drunk, and who, in Tobit, slew the 7 bridegrooms of the young Sarah, and who, overcome by the angel Raphael, was finally "banished to upper Egypt." In demonology, Asmodeus in Hell is controller of all gaming houses. Asmodeus must be invoked only when the invocant is bareheaded, otherwise the demon will trick him. Asmodeus is the son of Adam's first wife Lilith by Samael. "Some rabbins say that Asmodeus was the child of the incest of Tubal-Cain and his sister Naamah ; others say he was the demon of impurity." Jewish lore charges Asmodeus with being the father-in-law of the demon Bar Shalmon. In Solomonic legends, Asmodeus also goes by the name of Saturn, Marcolf or Morolf. He is credited with being the inventor of carousels, music, dancing, drama, "and all the new French fashions."

**ASRAFIL אסראפיל** in Arabic lore, the angel of the last judgment. Often mistaken for Azrael, angel of death.

**ASRIEL X X עזריאל** (or Asrael X - "vow of God") chief of the 63 angel-guardians of the 7 heavens. In hechaloth lore, Asriel X is an invocation angel.

**ASRON אסרון** One of the numerous guards of the gates of the East Wind.

**ASSAD אסד** in Arabic lore, an angel invoked in conjuring rites.

**ASSAFSISIEL אספסיאל** in hechaloth lore, and angelic guard stationed at the 7th heavenly hall.

**ASSAREL אסראל** in hechaloth lore, an angelic guard stationed at the 4th heavenly hall.

**ASSIEL אסיאל** angel of healing.

**ASTACHOTH אסטכוט** (Astrachios, Astroschio) an angel invoked in the exorcism of Water.

**ASTAD אסטד** in ancient Persian lore, the angel of the 26th day of each month. Astad was found at the 64th gate (of the 100 gates) of Paradise.

**ASTAGNA אסטנה** (Astrgna) an angel resident in the 5th Heaven. He rules on Tuesday. When invoking this angel the invocant must face west.

**ASTANIEL אסטניאל** one of the chief angel-princes appointed by God to the sword.

**ASTANPHEUS אסטנפאוס** (Astaphaeus, Astaphai, Astaphaios) in gnostic lore, one of the 7 elohim of the presence. In the Ophitic system, he is a Hebdomad-one of the 7 potentates or archons engendered by the god Ildabaoth "in his own image:. He is also lord of the 3rd gate "leading to the aeon of the archons) Astanphaeus is likewise declared to be one of the 7 sons of Sydik (Melchisedec). On the other hand, the name is said to be a variant form of Satan. In Phoenician theogony, Astanphaeus is a primordial power. Astanphaeus is "the Jewish angel of the planet Mercury" and of Magian origin.

**ASTAROTH אסטרותי** (Asteroth) once a seraph, Astaroth is now a great duke in the infernal regions. There is "discourses willingly on the fall [of the angels] but pretends that he himself was exempt from their lapse." "In the Greek language, Astaroth is called Diabolus." When Astaroth is invoked he manifests as "a beautiful angel astride a dragon and carrying a viper in his right hand." Before Astaroth fell, he was a prince of the order of thrones.

**ASTEL אסטל** a spirit operating on the planet Saturn.

## A Dictionary of Angels

### ASTERAOTH—AUIPIEL

**ASTERAOTH אסטראות** one of the 7 great planetary rulers; an angel who was able to overcome the demoness called Powers (one of the 7 demonesses summoned by King Solomon, according to legend.)

**ASTIRO אסטירו** the corresponding angel for Mehiel.

**ASTM אסטמ** (surname Kunya X) one of the 14 conjuring angels. Astm is also one of the ineffable names of God.

**ASTRACHIOS אסטרכיס** Astrachios is called Herachio. He is an angel invoked in the exorcism of Water.

**ASTRAEL IAO SABAO אסטראל יאו סבאו** also known simply as Istrael or Astrael. He is an angel whose name is found inscribed on magical amulets.

**ASTROMPSUCHOS אסטרוּמפּסוּס** (Etrempsuchos, also Strempsuchos) Astrompsuchos is a celestial guardian of one of the 7 Heavens.

**ASTROCON אסטרוקון** an angel of the 8th hour of the night, serving under Narcoriel.

**ASTRONIEL אסטרונאל** an angel of the 9th hour of the day, serving under Vadriel.

**ATAF אטאף** an evil angel who is invoked to overcome an enemy. He is effective in separating a husband from his wife.

**ATA'IL אטיל** in Arabic lore, a guardian angel invoked in rites of exorcism.

**ATALIEL אטאליאל** (Atliel) one of the 28 angels who rule over the 28 Mansions of the Moon.

**ATAPHIEL אטפאל** an angel who supports heaven with 3 fingers.

**ATAR** ("אטר" fire") A Zoroastrian genius of fire and chief of the celestial being called Yazatas.

**ATARPH אטרף** corresponding angel for Hahaiah.

**ATATIYAH אטאטיה** a secret name for Michael or Metatron.

**ATEL אטל** an angel of the 4th Heaven, an angel of the Air ruling on the Lord's Day, invoked from the east.

**ATEMBUI אטמבוי** corresponding angel for Mumiah.

**ATERCHINIS ארכיניס** An angel of an hour, and corresponding angel for Teiazal.

**ATHAMAS אתמאס** an angel invoked in the conjura of Ink and Colors.

**ATHANATOS אתנאטוס** a conjuring spirit of the planet Mercury; a name of God used in the discovery of hidden treasure; in the cabala, a spirit invoked in the general citation of Moses, Aaron and Solomon.

**ATHENIEL אתניאל** one of the 28 angels governing the 28 Mansions of the Moon.

**ATHOTH אתות** in gnosticism, one of the 12 powers engendered by Iadalbaoth.

**ATIEL אטיל** one of the chief angel-princes of the Sword.

**ATMON אטמון** one of the many names of the angel Metatron.

**ATROPATOS אטרופטס** one of the many names of the angel Metatron.

**ATRUGIEL אתרוגיאל** (Atrigiel, Atarniel, Tagriel, Atrugiel) a guardian angel of the 7th heavenly hall. Atrugiel is one of the names of Metatron.

**ATSAPSAF אטספסף** and **ATSHATSAH אטשטש** in hechaloth lore, angelic guards of the 6th heavenly hall.

**ATTARIB אטריב** (or Attaris) one of the 4 angels of winter and head of the sign of winter.

**AT-TAUM** ("אט-טאום" the Twin") in Manicheism, the angel from whom Mani received revelations; he is identified with the Holy Ghost in Christian Doctrine.

**ATUESUEL אטואסואל** in the cabala, one of the 8 angels of omnipotence. He is invoked "to smoke out the monsters of hell" in the special citation of Leviathans.

**ATUFIEL אטופיאל** in hechaloth lore, an angelic guard stationed at the 6th heavenly hall.

**ATUNIEL** ("אטוניאל" furnace") an angel of fire in rabbinic angelology; also one of the angels belonging to the order of virtues. Atuniel is to be compared with Nathanel.

**AUB אוב** an angel's name found inscribed on the 3rd pentacle of the moon.

**AUEL אואל** (or Amet) an angel of the sun invoked by cabalists in conjuring rites.

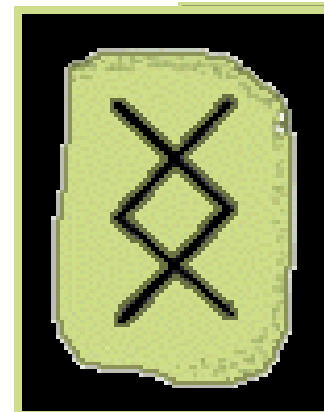
**AUFIEL אופיל** (Auphiel) an angel with dominion over birds.

**AUIPIEL אופיל** (Anafiel) a variant spelling considered the correct one, for Anafiel the great angel who bore Enoch to Heaven when the antediluvian patriarch was still in the flesh. Aupiel is the tallest angel in Heaven, exceeding Metatron (the next tallest) by many hundred parsangs.

## The Runes

### Ingwaz (Ing-was)

<b>Sound:</b>	“I”
<b>Depiction:</b>	A diamond
<b>Runic Position:</b>	3rd <i>aett</i> , 6th Rune
<b>Original Meaning:</b>	The Earth God
<b>Keywords:</b>	Energy, gestation, integration, male fertility, protection, castration.
<b>Tree:</b>	Apple
<b>Herb:</b>	Self -Heal
<b>Gemstone:</b>	Malachite, rose quartz, citrine, golden topaz, aventurine, amber, chrysoprase.
<b>Color:</b>	Yellow
<b>Runic Half-Month:</b>	May 14—June 14
<b>Hours of the Day:</b>	9:30 a.m.— 10:30 a.m.
<b>Other Names:</b>	Germanic: <i>Engus (Ingwaz)</i> Norse: <i>Ing, Ingvarr</i> Anglo-Saxon: <i>Ing</i> Icelandic: <i>Ing</i> Norwegian: <i>Ing</i>
<b>God/Goddess:</b>	Ing, Nerthus
<b>Power Animals:</b>	Cow, goat, horse, ox, dove, bee
<b>Element:</b>	Earth
<b>Numerological Value:</b>	“22”
<b>Astrology:</b>	The Dark Moon
<b>Tarot:</b>	Judgement
<b>Magickal Qualities:</b>	Useful as a sacred enclosure for magick Learns the nature of diverse energy Understands the forces of change, which bring initiation and transition Understands fertility in terms of complete patterns Learns to channel energies together into a single, focused intent Love and sex magick
<b>Galdr Song:</b>	Ingwaz, ingwas, ingwas I I I I n n n n n g g g g g Ung, ang, ing, eng, ong Ong, eng, ing, ang, ung I I I I n n n n n g g g g g



## Tarotscopes for June 2025 by Lisa Stewart.

Maybe, just maybe things should be settling in a little but make no mistake we are still working deeply in cusp energy shifts. Growing pains are real and we all have some adjusting to do in order to regain our footing in the new Aeon.

### Aries: King of Swords

Some sort of minor legal matter is coming to a long awaited close. It would seem this has gone in your favor. Whatever the situation, it would be a very good idea to keep all your documentation in good order. You may have to refer to it another time or use it later on to make things even better. Pay close attention to paperwork, contracts and legal documents.

### Taurus: 6 of Wands

You will feel like you have finally won some long-term, ongoing battle. This is no hollow victory; you should see things start to move ahead and begin to unfold in a very pleasing way. If this involved a cash payout, please for goodness sake, spend some of it frivolously on yourself. Remember how to enjoy yourself.

### Gemini: 9 of Wands:

Why, oh why do you have to leave yourself open to other people's harshness? I know you give everyone the benefit of the doubt and expect that they will treat you with the same respect you give them. But it would seem yet another difficult lesson in what people are like is coming your way. Try to be stern and draw a line or two.

### Cancer: 2 of Wands

A much-needed vacation is at hand to clear your mind and hit the reset button. This was one of the most difficult winters you have had in a very long time. So many sad, cold and uncontrollable things happened. Take a little time now to allow yourself to regroup and get your strength back. If you can't afford to go away at least plan a spa day or something fun just for you.

### Leo: 7 of Swords

Be mindful of your personal things. Keep important things in order and to hand, in case you have to defend them. A big surprise could be in store and someone you really trust may be caught taking something from you. Be it actual items or matters involving the heart. Be careful dear Leo, I know you feel so deeply.

### Virgo: Ace of Pentacles:

Cash flow should be getting a bit better, and you can rest easier knowing your bills will be paid on time and you will have some left over for fun. That's right I said FUN. Please get out there, be social and have some fun.



### Libra: 5 of Cups

You are indeed your own worst enemy. Work hard this month not to over analyze everything. Sometimes the voices in your head are really just trying to mess with you. This would be one of those months. Work to relax and look forward to all the good stuff and just let the bad stuff pass you by.

### Scorpio: 10 of Wands

You may not have totally cleared last month's restlessness just yet. You could also benefit from a vacation to hit the re-start switch. Sometimes you need to seek the company of friends and family and let yourself relax, in a safe place where no one wants anything from you but your company.

### Sagittarius: 9 of Pentacles

Some projects you have been plugging away at all winter are just now starting to pay off. Your energy was not wasted, and you can plan on making a good little side income that could, in no time turn into something very profitable.

### Capricorn: Ace of Cups

A reward at last! Let out a deep breath. Make sure your out breath is way longer than the in. Release any left-over stress or worry. Learn to enjoy life again. And who cares what others are doing.

### Aquarius: The Emperor

Time to get back into management. If you have been everyone's friend too long you might find you are being taken advantage of. Time to be your own boss again. Look things over and give yourself the same advice you would give to others. Be strict, take no crap and get the jobs done.

### Pisces: Page of Swords

The rest is over, time to take things on full speed ahead. Cut through anything that may be left in your way and clear your path to freedom and success. Then allow yourself to not feel guilty and

## June 2025 – Litha: Standing in the Fullness of Light

*By Melina Valdejo, owner, Pathways New Age Books*

Welcome to the height of the Wheel! Litha, also known as the Summer Solstice, arrives in late June—this year falling on **June 20, 2025** at 9:42 p.m. CST in the Northern Hemisphere. This solar sabbat marks the longest day and the shortest night of the year. The sun is at its zenith, and so too are we invited to step fully into our own power, passion, and purpose.

In the months leading up to this moment, we've been working steadily: dreaming during Imbolc, planting during Ostara, and watching things bloom through Beltane. Now, at Litha, the energy shifts from becoming to being. This is the time to celebrate everything that has come to fruition—your growth, your efforts, your intentions—and to harness this peak solar energy to keep moving forward.

### The Magick of Litha

Litha is a celebration of abundance, passion, and potential. Ancient traditions honored the Sun God at the height of his power and the Goddess in her fullness. Fires were lit on hilltops, herbs were harvested for their peak potency, and blessings were whispered over gardens heavy with the promise of a bountiful harvest. It is a liminal time—just like the solstices themselves—a portal of immense possibility and transformation.

Magically, this is the time for bold action. If you've been hesitating to make a move, start a project, or speak your truth, the Solstice offers both the clarity and the courage to proceed. Think of Litha as nature's own green light: your opportunity to rise with the sun and shine unapologetically.

This is also a time of balance—the sun begins its slow decline after Litha, reminding us to honor both the light and the approaching dark. Celebrate your peak but also reflect on how you'll sustain your energy through the rest of the year. Litha is the sacred pause to bask in your fullness, while gently turning your gaze toward what's still to come.

### Global Litha Traditions

Litha has been celebrated in many forms around the world, each culture bringing its own vibrancy and symbolism. In Scandinavia, Midsummer is still widely observed with large bonfires, singing, and the weaving of flower crowns—symbols of beauty, vitality, and connection to nature. The celebrations often take place near water, reflecting ancient fertility rites.

In Slavic countries, Kupala Night—held around the same time as Litha—features fire-jumping, water rituals, and the search for the mythical blooming fern, said to bring good luck and insight. Young couples leap over bonfires to strengthen their bond, while unmarried women float flower wreaths on rivers to divine future love.

In ancient Celtic lands, hilltop fires were lit at Litha to honor the Sun and the land spirits. It was considered an ideal time for handfastings and blessings of crops and livestock. Sacred wells and springs were visited, with people offering tokens or prayers for health and prosperity.

In Native American traditions, particularly among the Plains tribes, the solstice aligned with the Sun Dance—a powerful ceremony of vision, endurance, and spiritual renewal. It was a time of giving thanks for the land and connecting with the sacred rhythms of the Earth.

### How to Celebrate Litha

- **Solar Gratitude Ritual** – Rise early to greet the sun. As its light touches your skin, offer words of gratitude for everything you've accomplished this year. Visualize the warmth fueling your next steps. You might choose to anoint yourself with solar-charged oils like rosemary or citrus, affirming your power.
- **Bonfire Magick** – Light a fire (even a candle will do) and write down your mid-year accomplishments and goals still to come. Speak them aloud, then burn the paper to send your intentions skyward. The flame represents transformation—your words carried by heat and will.
- **Feasting** – Prepare a summer picnic or host a meal with friends using herbs, fruits, and vegetables that are in season. Golden foods like corn, honey, peaches, and lemons are especially appropriate. Offer part of your feast to the land spirits or the fae in gratitude.
- **Herb Harvesting and Charging** – Gather herbs like St. John's Wort, basil, lavender, or rosemary and lay them in the sun to dry. Charge them with solar energy for future spellwork, especially for success, clarity, and healing. Use them in teas, charms, or ritual baths later in the year when energy needs a boost.

## Journal Prompts for Litha: Manifestation, Power & Purpose

### 1. Honoring Progress

- What goals have you achieved so far this year? How can you celebrate your wins?
- What challenges have you overcome, and what did they teach you about your strength?
- How does it feel to pause and stand in your success without moving to the next task?

### 2. Harnessing Peak Energy

- What is currently burning bright in your life? Where do you feel the most momentum?
- How can you direct this energy toward a specific goal or desire?
- What helps you stay motivated and connected to your purpose?

### 3. Seizing Opportunity

- What opportunities are available to you now that weren't earlier this year? Are you prepared to act on them?
- What might be holding you back from saying "yes" to something you want?
- What support or tools do you need to step forward confidently?

### 4. Looking Ahead with Courage

- What dream or goal feels too big or bold—but still calls to you?
- If you believed you couldn't fail, what would your next step be?
- What does your future self wish that you'd begin now?

Litha reminds us that the journey is not just about planning or waiting—it's about *doing*. *Stand tall, honor how far you've come, and blaze your trail with intention and joy.*

**Blessings on a happy, empowered Litha!**



## Litha Stone Fruit Bake

### Ingredients, Measurements & Correspondences:

- ~ 3 ripe peaches or nectarines, halved and pitted (for love, abundance, and happiness)
- ~ 1 cup plums or cherries, halved and pitted (for fertility, protection, and grounding)
- ~ 3 tablespoons raw honey (for attraction, solar energy, and divine connection)
- ~ 1 teaspoon culinary-grade dried or fresh lavender (for peace, clarity, and spiritual alignment)
- ~ 1 teaspoon vanilla extract (for love, confidence, and sweetness of spirit)
- ~ 1 tablespoon melted butter (for comfort, grounding, and nourishment)
- ~ Heavy cream or plant-based alternative, for serving (for emotional flow, intuition, and soothing)

### Directions:

1. Preheat your oven to 375°F (190°C).
2. In a baking dish, arrange the peach or nectarine halves and plums or cherries cut-side up.
3. In a small bowl, mix together the honey, melted butter, vanilla extract, and lavender.
4. Drizzle the honey mixture over the fruit, whispering your gratitude and intentions into the dish as you do so.
5. Roast for 20–25 minutes, or until the fruit is soft and the edges are beginning to caramelize.
6. Serve warm with a splash of cream or a dollop of whipped topping, savoring the sweetness of the sun and your own efforts this year.

### Ritual Blessing:

Golden fruit and honey's kiss,  
 Summer sun, grant me this:  
 Sweet success, bold and free,  
 As I will, so mote it be.



## Herb-Crusted Halloumi with Summer Vegetables

### Ingredients, Measurements & Correspondences:

- ~ 1 block halloumi cheese, sliced (for strength, protection, and joy)
- ~ 1 tablespoon olive oil (for healing, blessings, and smooth transitions)
- ~ 1 teaspoon fresh or dried rosemary (for clarity, protection, and memory)
- ~ 1 teaspoon thyme (for courage, cleansing, and sun energy)
- ~ 1 teaspoon oregano (for joy, luck, and harmony)
- ~ 1 cup cherry tomatoes, halved (for love, prosperity, and the sun's vitality)
- ~ 1 small zucchini, sliced into half-moons (for fertility, growth, and balance)
- ~ 1 small yellow squash, sliced (for abundance, solar energy, and creativity)
- ~ Salt & pepper, to taste (for grounding and purification)

### Directions:

1. Mix rosemary, thyme, oregano, salt, and pepper in a small bowl. Pat this herbal blend onto each side of the halloumi slices.
2. Heat olive oil in a skillet over medium heat. Add the herbed halloumi and cook for 2–3 minutes per side until golden and crispy.
3. Remove the cheese and set aside. Add zucchini, squash, and cherry tomatoes to the same skillet, sautéing until just tender and lightly caramelized, about 5–7 minutes.
4. Return the halloumi to the pan briefly to warm through, then plate alongside the summer vegetables.
5. As you cook and serve, visualize yourself reaping the fruits of your labor, with sunlight infusing your body and goals with strength and clarity.

### Ritual Blessing:

Herbs of fire, sun so bright,  
 Feed my will and guide my sight.  
 In warmth and power, let me grow,  
 With solar strength, my dreams shall flow.



Herb  
 Crusted  
 Halloumi



## The Fool and the Moon

By Emily Thornton

The Moon card in the Tarot represents illusion, intuition, dreams, and the subconscious. It often signifies a period of uncertainty or confusion, where clarity is difficult to achieve. This card encourages introspection and tapping into inner wisdom rather than relying solely on logic and reason.

The Moon card has imagery that can be intense with regards to the querent and the Fool. The first obvious symbol is the moon. The moon represents the subconscious, emotions, and hidden aspects. It illuminates the unseen and the mysterious. Within the card we see two towers which represent the boundaries between the conscious and subconscious, or the known and unknown. Can represent a pathway or portal. A Crayfish is seen emerging from the water, symbolizing the subconscious mind surfacing. It can also represent fears and anxieties.

Howling at the moon is a dog and a wolf. Tamed (dog) vs. wild (wolf) aspects of the self. Instinct versus civilization. Represents the inner conflict.

On the card there is a path that travels underneath the moon. This comes after the Star card which had no path or reason to journey. This card is a journey into the unknown, a path leading to illumination or confusion. Reflects the choices and directions. Water is also symbolic within the card. It represents emotions, the subconscious, and the fluidity of feelings. It can also symbolize the collective unconscious.

There are numerous interpretations that one can get out of this card. It also depends on the nature of the person sitting in front of you. Work on honing your intuition. Some of the positive interpretations are the abilities of the person in front of you. They are beginning to make waves in their path and the Moon is revealing they have more to go. It can speak of dreams and inner guidance. The card can also be a heightened state of creativity and imagination. Overall the positive aspects of the Moon are respective to emotions and understanding one's abilities.

The negative interpretations can be subjective as well. Because the card is symbolic of the night and unconscious, there is a possibility of dealing with illusions and deception. Things that cause one to be up at night. There is a feeling of emotional turmoil and instability, which can cause these hidden things to come out in nightmares. To understand whether it is positive or negative, depends on the querent in front of you and the other cards that have been drawn with this one.

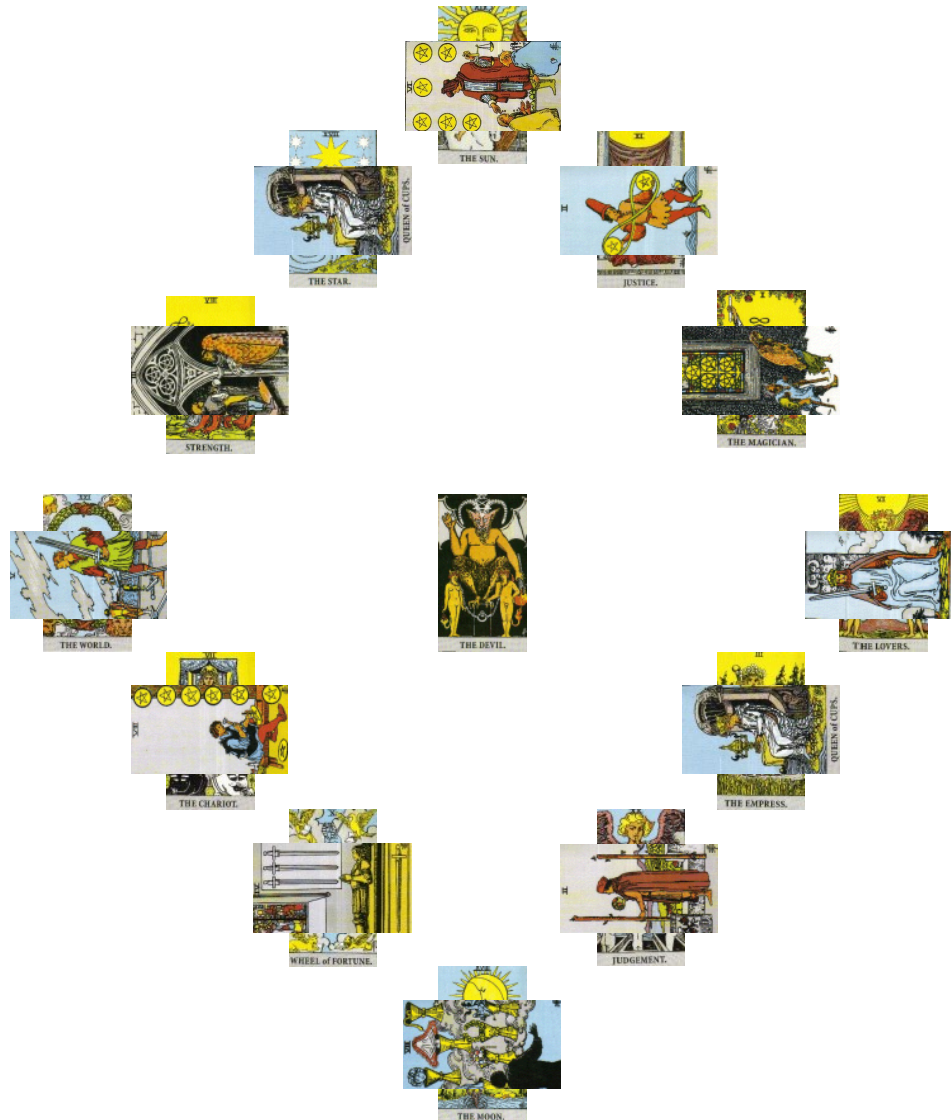
The Moon card urges us to explore the depths of our subconscious and intuition. While it can indicate periods of uncertainty and illusion, it also offers an opportunity for deep self-discovery and growth. By trusting our inner voice and facing our fears, we can navigate the shadowy paths and emerge with greater understanding and wisdom.



## ASTROSIGN SPREAD

This reading is done in two parts. Divide the Taort cards into two stacks, Major Arcana and Minor Arcana. Before you begin the reading select a card that will represent you.

Shuffle the first 12 cards from the Major Arcana and put them into place. These cards represent your inner state of development. Then fill the circle once again with the shuffled cards of the Minor Arcana. Numbered cards will show you how you are currently living in this state of development. Court Cards will show you through whom you are living.



## ASTROSIGN SPREAD

## INTERPRETATION

Card 0: **My Significator** The Devil was chosen as a significator to indicate the need to let go of something that's been holding the person back.

Card 1: Aries: **What do I bring into this life? (Mental Attitudes, options, character, role)** The World crossed by the Five of Swords indicates that the person perceives themselves as the center of attention or main focus. They think that they deserve praise and recognition for all their accomplishments.

Card 2: Taurus: **How do I experience luxury? (Financial situation, possessions, wastes)** The Chariot crossed by the Eight of Pentacles indicates that this person is seeking financial stability, and is working hard to achieve it. They tend to save money and be frugal avoiding waste at all costs.

Card 3: Gemini: **My Curiosity (Changes in residence, interests, versatility)** The Wheel of Fortune crossed by the Four of Swords indicates that the querant is secure in their position and their interests and doesn't seek outside sources for satisfaction.

Card 4: Cancer: **What makes me feel secure? (Home, Family)** The Moon crossed by the Seven of Cups indicates that the person is very much secure in their home environment and wishes only the best for themselves and their family, and strives to maintain same for both.

Card 5: Leo: **How willing am I to take risks? (Games, fun, romantic involvements, speculations)** Judgment crossed by the Two of Wands indicates that the person is not a gambler or a risk taker but takes very seriously the results or consequences of his or her actions.

Card 6: Virgo: **How well do I examine things? (Attention to detail, work, health)** The Empress crossed by the Queen of Cups indicates that this person is extremely detail oriented, and will analyze everything before making any decisions.

Card 7: Libra: **My Security (Contracts, partnerships, marriage)** The Lovers crossed by the King of Swords indicates that this person values partnerships immensely and will not enter into any of them unless they are mutually beneficial.

Card 8: Sagittarius: **How will I leave life? Am I open to Spiritual matters? (The Beyond, the occult)** The Magician crossed by the Five of Pentacles indicates that the person is very open to spirituality but closed minded when it comes to dogmatism or religion.

Card 9: Scorpio: **How wide ranging are my interests? (Higher education, religion, further journeys)** Justice crossed by the Two of Pentacles indicates that the querant has many interests and is willing to pursue them, however needs to find a balance and not take on too many projects at the same time.

Card 10: Capricorn: **My Occupation Do I live in accordance with my calling? (How does it give me satisfaction?)** The Sun crossed by the Six of Pentacles indicates that the person is hard working and dedicated to their job and gains a great deal of satisfaction in feeling useful.

Card 11: Aquarius: **How do I use my free time? (What kind of friends do I gather around me?)** The Star crossed by the Queen of cups indicates that the querant makes great use of his free time and uses it to work with others and help others. They are a dynamic leader and tend to get people to work together.

Card 12: Pisces: **How do I experience confinement? (Isolation, imprisonment, addiction)** Strength crossed by the Three of Pentacles indicates that this querant though previously in an addiction has found the tools necessary to overcome it and is currently working diligently to prevent it's recurrence.

## Harnessing Planetary Rituals for Manifestation

By Sophia Magdelene

The cosmos is constantly guiding us, and when we align our rituals with planetary energy, we amplify our manifestations. Each day of the week is ruled by a celestial body, influencing specific aspects of our lives. By performing simple rituals tuned to planetary forces, we can enhance our personal growth, abundance, and spiritual connection.

### Monday – The Moon: Intuition, Reflection & New Beginnings



The Moon governs emotions, dreams, and inner wisdom. Monday is ideal for setting intentions, emotional healing, and intuitive work.

#### Planetary Ritual:

- Use Moon Water: Anoint your forehead for heightened intuition.
- Journaling Practice: Write your intentions under candlelight.
- Crystals: Moonstone or Selenite to strengthen clarity.

### Tuesday – Mars: Action, Drive & Courage



Mars fuels ambition and motivation. Tuesday is the best day to take bold action toward your goals.

#### Planetary Ritual:

- Use Sun Water: Drink it to ignite confidence and energy.
- Candle Ritual: Light a red candle and visualize success.
- Crystals: Carnelian or Bloodstone for courage.

### Wednesday – Mercury: Communication & Thought Power



Mercury enhances clarity, speech, and learning. Wednesday is perfect for affirmations and intellectual work.

#### Planetary Ritual:

- Speak Your Desires: Write them down and read them aloud.
- Use Blue Candles: Focus on clear communication and wisdom.
- Crystals: Aquamarine or Lapis Lazuli for mental clarity.

### Thursday – Jupiter: Abundance, Growth & Good Fortune



Jupiter governs prosperity and expansion. Thursday is powerful for financial and spiritual growth.

#### Planetary Ritual:

- Use Sun Water: Sprinkle it on your workspace to attract abundance.
- Gratitude List: Write down three things you're grateful for.
- Crystals: Citrine or Amethyst for wealth and wisdom.

**Friday – Venus: Love, Beauty & Harmony**

Ruled by Venus, Friday is a day to focus on relationships, self-love, and pleasure.

Planetary Ritual:

- Use Moon Water: Anoint your heart chakra for love energy.
- Self-Love Ritual: Take a ritual bath with rose petals.
- Crystals: Rose Quartz or Emerald to enhance love vibrations.

**Saturday – Saturn: Structure, Discipline & Protection**

Saturn represents stability and long-term success. Saturday is best for grounding and protection work.

Planetary Ritual:

- Write Down Goals: Structure your long-term vision.
- Burn Bay Leaves: Release what no longer serves you.
- Crystals: Obsidian or Onyx for grounding energy.

**Sunday – The Sun: Confidence, Success & Vitality**

The Sun radiates personal power and joy. Sunday is the best day for manifestation and self-empowerment.

Planetary Ritual:

- Drink Sun Water: Absorb solar energy and confidence.
- Morning Sun Meditation: Stand outside and visualize success.
- Crystals: Tiger's Eye or Sunstone for strength and vitality.

By aligning with planetary energy, you can deepen your connection with the universe and supercharge your manifestations. Whether using Moon or Sun Water, candles, or crystals, these simple yet powerful rituals help bring your desires into reality. Tune in daily, trust the process, and watch your manifestations unfold.



## Acedera Comun



Some 200 species of annual, biennials, and perennials makes up this genus, which ranges throughout northern temperate regions. *Rumex scutatus* is one of the few species with any merit as an ornamental, though it may be difficult to eradicate when well established. *Rumex crispus* (curled dock) and *R. obtusifolius* (broad-leaved dock, lapathum), long used to treat skin complaints, are similar in constituents, containing laxative anthraquinones; they stimulate bile flow and trigger the excretion of toxins. *Rumex crispus* gained ascendancy among 19th century American physiomedicalists and predominates in modern practice. The roots of *R. aquatica* (water dock) are powdered as a dentifrice and used internally in similar ways to *R. crispus*. According to Pliny, Julius Caesar's soldiers were cured of scurvy by the use of *herba britannica* (since identified as *R. aquatica*). *Rumex acetosella* (Sheep's Sorrel) is best known as an ingredient of "essiac", a native American anti-cancer remedy that also includes *Arctium lappa* (See, Burdock), *Rheum palmatum* (See, Chinese Rhubarb), and *Ulmus rubra* (See, Slippery Elm). Most species contain oxalates, similar to those found in spinach and rhubarb. Oxalates are poisonous in excess, especially for those with a tendency to rheumatism, arthritis, gout, kidney stones, and hyperactivity. They are also acidic, which may affect sensitive teeth. In the past, young leaves of several species of *Rumex* were picked as pot herbs. Culpeper regarded docks as "exceedingly strengthening to the liver and as wholesome a pot herb as any" (The English Physician Enlarged, 1653). Most people today would find docks unpalatable, but sorrels remain popular.

Sorrel takes its name from the French word *surele*, which means "sour". This acidic herb was often eaten by Egyptians and Romans to counteract an overly rich diet. Pliny the Elder, a noted Roman scientist, wrote that those who carried sorrel on their person were protected from scorpion stings. The fresh or dried leaves of the sorrel plant have astringent, diuretic, and laxative properties, and are also used to treat fevers and scurvy.

**Common Name:** Acedera Comun

**Other Names:** Garden Sorrel, Sorrel, Sorrel Dock, Sour Dock

**Botanical Name:** *Rumex acetosa*

**Genus:** *Rumex*

**Family:** Polygonaceae

**Location:** Northern temperate and arctic regions

**Cultivation:** Moist soil in sun or partial shade.

**Propagation:** By seed sown in spring; by division in autumn or spring.

**Harvest:** Leaves are picked when young and used fresh. Roots are lifted in autumn and dried for use in decoctions, liquid extracts and tinctures.

**Height:** 50cm-1.2m (20-48in)

**Width:** 25-45cm (10-18in)

**Hardiness:** Z4-8

**Parts Used:** Leaves, whole herbs

**Properties:** An acidic, astringent, cooling herb with diuretic effects.

**Medicinal Uses:** To treat inflammation of the nasal passages and respiratory tract, scurvy, and skin infections.

**Typical Dose:** A typical dose of sorrel is approximately 50 drops of liquid extract (1:4 in 19 percent ethanol) taken three times daily.

**Possible Side Effects:** Sorrel's side effects include diarrhea and skin inflammation. The oxalic acid in sorrel can damage the digestive tract, heart, lungs, and other parts of the body.

**Disease Effects:** May worsen gastrointestinal ailments by irritating the gastrointestinal tract.

**Food Interactions:** May decrease mineral absorption from food when taken with Calcium, Iron, or Zinc.

**Supplement Interactions:** May decrease mineral absorption when taken with Calcium, Iron, or Zinc supplements. The tannins in sorrel may cause the alkaloids in certain other herbs to separate and settle, increasing risk of toxic reactions.

**Culinary Uses:** Fresh young leaves are added to salads, sauces, soups, soft cheese, and egg dishes; also purified as a stuffing for fish, or to add color and acidity to mayonnaise and pancake batter.

**Economic Uses:** Juice is used to remove rust, mold, and ink stains from linen, wood, silver, and wicker.

**Bibliography:**

Encyclopedia of Herbs by *Deni Brown* Copyright ©: 1995, 2001 Dorling Kindersley Limited pg.351  
The Essential Herb-Drug-Vitamin Interaction Guide by *Geo. T. Grossberg, MD and Barry Fox, PhD* Copyright©2007  
Barry Fox, PhD. Pp. 425-426

**DO NOT USE ANY HERBS OR HERBAL REMEDIES WITHOUT FIRST CONSULTING YOUR PHYSICIAN.**

### Adularia



Adularia is a form of feldspar which is usually found in as an eight sided crystal, four sides trapezoidal and four triangular. The color ranges from white and colorless to pale yellow, peach, pink, gray, and occasionally green.

Adularia can be used to enhance devotion to a cause, purpose, or person. It increases your ability to see the good aspects of any situation. Mental clarity is augmented, but not at the cost of love. Practicality is also encouraged through adularia. It can assist you when seeking advancement or employment in your chosen field.

#### Physical Properties:

Other Name(s):	Orthoclase, Moonstone
Category:	Silicate Mineral
Color(s):	Colorless, Greenish, Greyish Yellow, White, Pink
Crystal Structure:	Monoclinic
Chemical Formula:	$KAlSi_3O_8$
Geologic Category:	Metamorphic
Strunz Classification:	9.FA.30
Specific Gravity:	2.55-2.63
Crystal Habit:	Can be anhedral or euhedral. Grains are commonly elongate with a tabular appearance.
Hardness/Mohs Scale:	6
Cleavage:	Perfect
Luster:	Vitreous, pearly on cleavage surfaces
Streak:	White
Diaphaneity:	Transparent to translucent
Occurrence:	Drachenfels, Germany; Adula Alps, Switzerland; Ural Mountains, Russia

#### Variants:



#### Physiological/Holistic Properties:

Preparation:	Elixir
Treatments:	Parasympathetic nervous system, snow-blindness

#### Metaphysical Properties:

Astrology:	Cancer
Numerology:	4
Element:	Air, Water
Chakras:	Third Eye, Throat, Heart, Sacral
Keywords:	Tranquility, inward journeying, stone of the Goddess, receiving inner guidance.
Tarot:	The Emperor, Death, The Fool, 4 of Swords, 4 of Cups, Queen of Swords, Queen of Cups
Tone:	C
God:	Adonis, Baal, Cernunnos, Dagda, Ebisu, Father Sun, Ganges, Hadad, Janus, Khonsu, Legba, Mannawyddan, Nabu, Oak/Holly King, Pan, Ra, Saturn, Tammuz, Ukko, Vishnu, Woden, Xochipilli, Yahicmata-Hiko, Zeus
Goddess:	Aesta, Banba, Cabria, Dag, Elat, Fand, Gaia, Habondia, Ilamatecuhtli, Jord, Kaikibani, Lady of the Lake, Ma'at, Nephthys, Olwen, Pandora, Quocha Mana, Rainbow Snake, Salamaona, Taillte, Urania, Var, Wurusema, Xatel-Ekwa, Yahimato-Hinne, Zaramama
Emotional Healing:	Adularia helps one to become aware of one's emotions for deeper analysis. It helps balance the experience of emotion with insight and understanding of one's impulses and promptings.
Spiritual Healing:	Assists in connecting with psychic realms and the inner realms. It directly helps in the seeking of higher guidance, with inner intellectual selves.
Affirmations:	I move between the worlds in reverent tranquility, knowing the Goddess is my guide.

Bibliography:	Love is in the Earth <i>by Melody</i> Copyright©2004 Earth-Love Publishing House pp.80-81 The Book of Stones <i>by Robert Simmons and Naiha Ahsian</i> Copyright©2007 Robert Simmons pp.3-4 <a href="#">Wikipedia</a>
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## Manifesting with Planetary Energies

### by Sophia Magdelene

Manifestation is more than just a mindset, it's an energetic alignment with the universe. The celestial bodies influence the energy of each day, and by working with these planetary forces, we can amplify our manifestations. Each day holds a unique frequency that supports specific intentions, allowing us to create with greater ease and flow.

#### **Monday** – The Moon: Setting Intentions & Intuition

Monday is ruled by the Moon, which governs emotions, intuition, and inner wisdom. This is a day for self-reflection, journaling, and setting intentions.

##### Manifestation Practice:

- Create Moon Water: Charge a jar of water under the moonlight and use it for anointing or drinking.
- Affirmation: "I trust my intuition and flow with divine guidance."
- Crystals: Moonstone and Selenite for heightened intuition.

#### **Tuesday** – Mars: Action & Courage

Mars brings strength, motivation, and bold action. This is the best day for taking decisive steps toward your goals.

##### Manifestation Practice:

- Move into Action: Make a call, send an email, or take a tangible step toward your dreams.
- Affirmation: "I take bold action toward my desires with confidence."
- Crystals: Carnelian and Red Jasper for motivation.

#### **Wednesday** – Mercury: Communication & Thought Power

Mercury governs speech, intellect, and learning. This is the day for affirmations, scripting, and intention setting through writing.

##### Manifestation Practice:

- Speak Your Desires Aloud: Declare what you want with conviction.
- Affirmation: "My words and thoughts create my reality."
- Crystals: Lapis Lazuli and Aquamarine for clarity in speech.



**Thursday – Jupiter: Abundance & Expansion**

Jupiter rules over growth, wealth, and success. This is the best day for gratitude practices and attracting financial prosperity.

Manifestation Practice:

- Gratitude Ritual: Write three things you are grateful for and envision their expansion.
- Affirmation: "I am open to limitless abundance in all areas of my life."
- Crystals: Citrine and Amethyst for prosperity and wisdom.

**Friday – Venus: Love & Beauty**

Venus enhances love, harmony, and self-care. This is the ideal day for relationships, beauty rituals, and enhancing self-love.

Manifestation Practice:

- Self-Love Ritual: Take a ritual bath with rose petals and candles.
- Affirmation: "I am worthy of love, beauty, and joy."
- Crystals: Rose Quartz and Emerald for love energy.

**Saturday – Saturn: Structure & Protection**

Saturn provides discipline, stability, and protection. This is the day to set long-term goals and clear limiting beliefs.

Manifestation Practice:

- Write Down Your Goals: Get clear on what you're building for your future.
- Affirmation: "I build a strong foundation for my success."
- Crystals: Black Tourmaline and Onyx for grounding.

**Sunday – The Sun: Confidence & Manifestation Power**

The Sun radiates strength, vitality, and personal power. This is the best day for self-empowerment and visualizing success.

Manifestation Practice:

- Sun Meditation: Stand in the sunlight, close your eyes, and absorb its energy.
- Affirmation: "I shine brightly and attract all that I desire."
- Crystals: Sunstone and Tiger's Eye for confidence and motivation.

By aligning your manifestations with planetary energy, you co-create with the universe in a powerful way. The more in sync you are with celestial forces, the more effortlessly your desires come to life. Begin working with these planetary energies and witness how they amplify your manifestations!



## Amplifying Planetary Manifestation with Crystals

By Sophia Magdelene

When we combine the focused energy of crystals with the celestial influence of planets, manifestation becomes a deeply powerful practice. This blog explores how to work with a specific crystal each day to align with planetary energies and amplify your intentions.

### Monday – Moon Energy

Moon's rulership brings intuition and new beginnings.

Crystal: Moonstone

Ritual: Charge Moonstone under moonlight, then hold it while journaling your intentions.

### Tuesday – Mars Energy

Mars fuels action and courage.

Crystal: Carnelian

Ritual: Keep Carnelian in your pocket; before action, hold it and repeat, "I move boldly toward my goals."

### Wednesday – Mercury Energy

Mercury governs communication and thought.

Crystal: Aquamarine

Ritual: Meditate with Aquamarine, speaking your desires aloud three times.

### Thursday – Jupiter Energy

Jupiter expands abundance and luck.

Crystal: Citrine

Ritual: Place Citrine on your desk and write a gratitude list, envisioning your blessings growing.

### Friday – Venus Energy

Venus inspires love and harmony.

Crystal: Rose Quartz

Ritual: Hold Rose Quartz at your heart center; repeat, "I am worthy of love and beauty."

### Saturday – Saturn Energy

Saturn brings structure and protection.

Crystal: Obsidian

Ritual: Meditate with Obsidian, visualizing firm foundations under your dreams.

### Sunday – Sun Energy

Sun radiates confidence and vitality.

Crystal: Sunstone

Ritual: Charge Sunstone in sunlight, then hold it and affirm, "I shine brightly and attract success."

Planetary crystals serve as bridges between earth and sky. By honoring each day's ruling planet with its corresponding crystal, you deepen your cosmic connection and supercharge your manifestation practice.

## **Black Moon Lilith, June 2025: Death and Rebirth by Sofia Hator**

Black Moon Lilith is not an astrological body but a point in the sky, a singular point where the moon travels and is furthest away from us on Earth. And this point takes almost 9 years to move around the Earth, offering us a deep-seated sacred space to do inner work in each sign for around 9 months. Which is totally perfect as another reflection of the power of the Goddess and fertility, being that associated with the number 9.

Black Moon Lilith's position in the sky represents the untamed, primal aspects of the feminine psyche, such as our hidden desires, suppressed emotions, and the parts of ourselves that defy societal norms. That is not because that is who she is but rather a power that she came to master in her incarnation on Earth. As such, she now holds that energy for us so we can transform by taking our own power back through embodying our shadow side. Through this knowing of ourselves, we can integrate these aspects for our own personal empowerment.

As we move into June 2025, Black Moon Lilith is deep in Scorpio, the sign of death, rebirth, power, and transformation. After leaving Libra's realm of relational rebalancing in late March, she has dived head-first into Scorpio's underworld, and it is intense. This month, the volume on suppressed emotions, taboo truths that you hold, and the soul's craving for deep intimacy is being brought to the forefront. Expect confrontations with your own shadow as it calls to be witnessed. The shadow within all of us is dynamics in sexuality, power, and control and is always changing as we work with it to balance it and heal the trauma stored within our bodies. This is the untamed wild woman showing you what you've buried and your perfect opportunity to take yourself to bed and be with your energy as a sacred witness.

When Lilith is in Scorpio, she isn't asking for permission, she's pulling back the veil. If you are brave enough to go face yourself, then you will be rewarded with transformation in both energy and life moving forward. When this is done with respect and truth, then the collective consciousness shifts beneath the surface, our obsessions become more visible to be properly worked with, our fears are named and are less scary, and we individually and collectively reclaim sacred sovereignty.

If you've been avoiding your truth, this month it erupts. And if you've already been walking the path of reclamation, you'll find yourself initiating others just by being in your power.

To understand this energy more deeply, follow the thread of Inanna's Descent into the Underworld. Just like Lilith, Inanna (the Sumerian Queen of Heaven) stripped away everything she knew as she descended through the gates. Naked, vulnerable, and dead for three days, she was later resurrected and changed. You don't leave Scorpio Lilith energy untouched because this is the cauldron of transformation. You emerge alchemized.

Want to know how this affects you personally? Look at your birth chart. Find which house Scorpio rules, this is the life area being activated. For example, mine is the 5th house, and that means my creative pursuits are being activated, and I am making strides to become a full-time author in my own right. This includes loads of shadow stuff as I integrate my high priestess vibes with my everyday vibes, and the two are more fully merged together.

Also have a look at Dark Moon Lilith and see if she conjuncts, squares, or opposes any of your personal planets. Pay attention—those transits are where your raw truth is being unearthed. This is an opportunity, so be awake to it.

Key Black Moon Lilith Dates for June 2025:

Lilith remains in Scorpio all month.

Watch for intensity around the First Quarter Moon on June 5, and deep inner release near the Full Moon in Capricorn on June 12.

A potent alignment with Mars in Cancer on June 21 may stir old wounds tied to family, sexuality, and ancestral power lines.

Prepare for Lilith trine Neptune by June 30—this opens psychic portals and dreamwork magic.

This is not a time to bypass. It's a time to embody. Lilith in Scorpio wants you raw, real, and rooted in your truth. The collective healing of the feminine requires our willingness to descend. And it's in the descent that we find our wings.

Sofia xx

Want to know more about Lilith? Read *Awakening Lilith* by Sofia Hator <https://a.co/d/9s8WJJ5>

## UNDERSTANDING THE OGHAM BETHLUSIAN



### Fearn

<b>Tree:</b>	Alder
<b>Letter:</b>	W, F
<b>Other Names:</b>	Fern
<b>Meaning:</b>	Shield of the Warrior-Bands
<b>God:</b>	Bran the Blessed
<b>Season:</b>	Spring
<b>Holiday:</b>	Imbolc
<b>Magickal Purpose:</b>	Protection, Invisibility, Guiding
<b>Keywords:</b>	Protection, Invisibility, bravery, confidence, generosity
<b>Astrology:</b>	Mars, Aries
<b>Bird-Ogam (Enogam):</b>	<i>Faelinn</i> "Gull"
<b>Color-Ogam (Dathogam):</b>	<i>Flann</i> "blood-red"
<b>Agriculture (Ogam Tirda):</b>	<i>Fidba</i> "hedge-bill"
<b>Art/Craft Ogam (Danogam):</b>	<i>Filideacht</i> "poetry"
<b>Company Ogam (Ogam Cuidechtach):</b>	<i>Fianna</i> "Warriors"
<b>Runic Equivalent:</b>	Fehu
<b>Verses:</b>	airenach fian: "vanguard of warriors" in the Bríatharogam Morann mic Moín comét lachta: "milk container" in the Bríatharogam Mac ind Óc dín cridi: "protection of the heart" in the Bríatharogam Con Culainn.

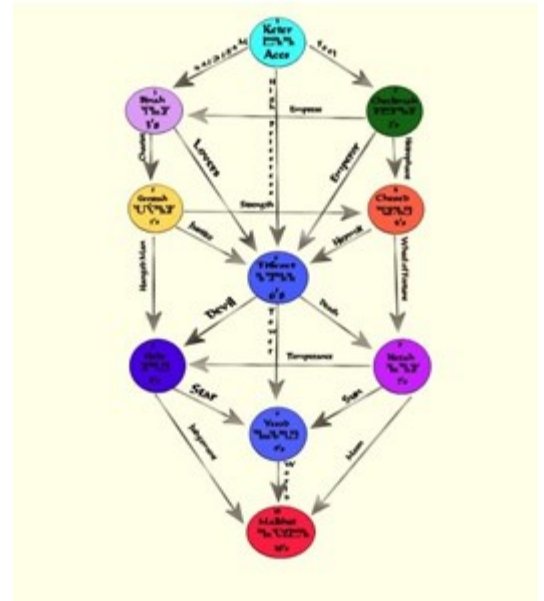


## Tree of Life

### Sacred Paths of the Qabala

#### Path 17

Titles:	The Twins Emerging
Intelligence:	Disposing Intelligence
Place:	Joins Binah to Tiphereth
Hebrew Name:	Zain; ז(Sword)
Number:	7
Angel:	Ambriel <b>אמבריאל</b>
Qlippoth (Demons):	Tzalaimiron; <b>צלמימירון</b> (The Clangers)
Demons of Hidden Paths:	Zamradiel <b>זמראדיאל</b>
God Forms:	Freya, All Twins, Castor and Pollux, Janus
Color Atziluth:	Orange
Color Briah:	Pale Mauve
Color Yetzirah:	Yellow-Leather
Color Assiah:	Reddish-Grey to Mauve
Incense:	Wormwood
Animals:	Magpie, all hybrids
Legendary Beings:	Banshees, apparitions
Stones:	Alexandrite, Tourmaline, Iceland Spar
Plants:	Orchid, Ragwort, All Hybrids
Tree:	Oak, Ash
Zodiac/Element:	Gemini
Tarot Card:	The Lovers, Children of the Voice
Human Body:	Lungs
Diseases:	Pneumonia
Magickal Powers:	Control of the double prophecy



## The Dhammapada of Buddha

### Chapter XVIII

#### Impurity

##### Verse CCXXXV

Thou are now like a sear leaf, the messengers of death (Yama) have come near to thee; thou standest at the door of thy departure, and thou hast no provision for thy journey.

##### Verse CCXXXVI

Make thyself an island, work hard, be wise! When they impurities are blown away, and thou art free from guilt, thou wilt enter into the heavenly world of the elect (Ariya).

##### Verse CCXXXVII

Thy life has come to an end, thou are come near to death (Yama), there is no resting-place for thee on the road, and thou has no provision for thy journey.

##### Verse CCXXXVIII

Make thyself an island, work hard, be wise! When thy impurities are blown away, and thou are free from guilt, thou wilt not enter again into birth and decay.

##### Verse CCXXXIX

Let a wise man blow off the impurities of himself, as a smith blows off the impurities of silver, one by one, little by little, and from time to time.

##### Verse CCXL

As the impurity which springs from the iron, when it springs from it, destroys it; thus do a transgressor's own works lead him to the evil path.

##### Verse CCXLI

The taint of prayers is non-repetition; the taint of houses, non-repair; the taint of complexion is sloth; the taint of a watchman, thoughtlessness.

##### Verse CCXLII

Bad conduct is the taint of woman, niggardliness the taint of a benefactor; tainted are all evil ways, in this world and in the next.

##### Verse CCXLIII

But there is a taint worse than all taints, - ignorance is the greatest taint. O mendicants! Throw off that taint, and become taintless!

##### Verse CCXLIV

Life is easy to live for a man who is without shame, a crow hero, a mischief-maker, an insulting, bold, and wretched fellow.

##### Verse CCXLV

But life is hard to live for a modest man, who always looks for what is pure, who is disinterested, quiet, spotless, and intelligent.

##### Verse CCXLVI

He who destroys life, who speaks untruth, who in the world takes what is not given him, who goes to another man's wife;

##### Verse CCXLVII

And the man who gives himself to drinking intoxicating liquors, he, even in this world, digs up his own root.

##### Verse CCXLVIII

O man, know this, that the unrestrained are in a bad state; take care that greediness and vice do not bring thee to grief for a long time!

##### Verse CCXLIX

The world gives according to their faith or according to their pleasure; if a man frets about the food and the drink given to others, he will find no rest either by day or by night.

##### Verse CCL

He in whom that feeling is destroyed, and taken out with the very root, finds rest by day and by night.

##### Verse CCLI

There is no fire like passion, there is not shark like hatred, there is no snare like folly, there is no torrent like greed

##### Verse CCLII

The Fault of others is easily perceived, but that of oneself is difficult to perceive; a man winnows his neighbor's faults like chaff, but his own faults he hides, as a cheat hides the bad die from the player.

##### Verse CCLIII

If a man looks after the faults of others, and is always inclined to be offended, his own passions will grow, and he is far from the destruction of passions.

##### Verse CCLIV

There is no path through the air, a man is not a Samana outwardly. The world delights in vanity, the Tathagatas (the Buddhas) are free from vanity.

##### Verse CCLV

There is no path through the air, a man is not a Samana outwardly. No creatures are eternal; but the awakened (Buddha) are never shaken.

## EX LIBRIS

### THE PAGAN LIBRARY

#### Books by Pagan and Other Authors

Ami Cesari is an author and illustrator who loves animated musicals. She also likes watercolor painting, witchcraft, and walking on the beach in a really big sun hat.

Not only does she own every Nintendo game console ever made, she's earned several fancy diplomas and enjoys continued studies in various magical practices.

#### Coloring Books, Planners, and Fortune Tellers, Oh My!

##### By Emily Thornton

Coloring has become a mainstream way for people to unwind, lower stress, and even pay homage to their favorite tv show or genre. Amy Cesari is one magically inclined author, artist, designer, who has a range of magical books that are a perfect addition to any magically inclined coloring book enthusiast out there in the world.

Adult coloring's popularity for stress relief is scientifically supported. It engages both brain hemispheres, fostering a meditative state that reduces worry. Repetitive coloring motions calm the nervous system, lowering heart rate, blood pressure, and cortisol, while increasing relaxation. Creating something visually appealing boosts mood and reduces stress through accomplishment and pride.

Amy Cesari lives in Hawaii today but she hasn't always been there. She used to live in the corporate world and there was some real stress in her life. Even though her life was pretty packed, she kept hearing the call from another direction. Sometimes the goddess has other plans for people, and Amy found out what hers was.

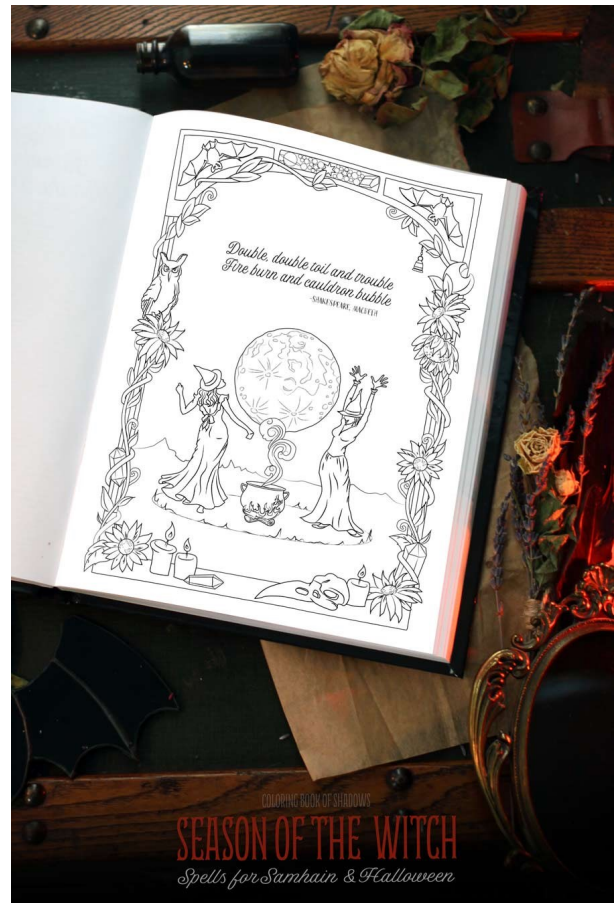
Her first coloring book, the Coloring Book of Shadows, was created and started her on a journey of introspection and creation. In the last 8 years she has created over 76 books (you can see what she has on Good-Reads). She has also created some fantastic freebies for people who buy from her website. She even sends some over email on her newsletters. Personally, I love the Season of the Witch coloring book. It has the history of Samhain and some of the magical workings that go on during this time of year. I love everything in the Samhain season and this coloring book was different than all the other coloring books I had ever seen. Her pages are eye-catching and fun to do.

If you get a chance, Amy also paints beautiful witchy watercolors. She sells copies and the originals on her

facebook and etsy page. The designs have a connection to the beautiful plant life surrounding her as well as her connection to the goddess.



If you like different sabbats, she has a book for each one. Not to mention her astrology books, green witch books, planners, moon magic, astrology and so many more! I highly recommend buying her books. Her most recent endeavor was a Litha coloring book, and it has been selling very well! Check out what she has to offer. You will not be disappointed.



## Interview with Ami Cesari

**ED:** Good afternoon everybody. Welcome to Today's Witch magazine interview with Amy Cesari . I believe I pronounced that correctly.

**Amy:** No, but that's okay. That's how most people say it. It's (Chez Ree) Cesari.

**ED:** Cesari (Chez Ree)

**Amy:** Like a Cello.

**ED:** Okay. Okay. That's nice.

**Amy:** It's all good.

**ED:** Amy, I believe, I know you're an artist and you have your own coloring book. That's one of the things that I know you do, and I presume you are, is fantasy art primarily.

**Amy:** Yeah. It's witchcraft art, so spiritual. I call it spiritual art. There's some fantasy elements, but I consider them to be real. I think magic is real, so.

**ED:** And I know you're pagan like us.

**Amy:** Yeah.

**ED:** Well, Thank you for joining us and I'll leave it up to Emily now to take over the interview.

**Emily:** How, how long have you been doing the, like I know your coloring books have been around for a little bit, but then you just kept adding to it and some of your most recent ones being like the moon phase one that just came out.

Yeah. What made you start or what made you decide you wanted to do your, your art in your, into the coloring books and stuff?

**Amy:** Well, it's been all, I think it's been over eight years now. I put out my first coloring book of shadows in 2016.

**ED:** Oh, wow. Yeah.

**Amy:** And I was searching, I worked in the corporate world for a really long time. I was very unhappy and I was searching for something that really felt more, you know, more me and more real, and like, I really felt like it would make a difference. And I was looking to do more fantasy... like kind of not real, like I was still in the broom closet and I was having a hard time with. Realistic witchcraft. So I was like, I'll do like a fantasy twist on it.

But then someone told me, you know, like, you're hiding, like, what's real about you? So they asked why don't you just like, do magic for real, do magic for, and I was who? I was like, who?

It was a little bit of a process. Like first I did some cookbooks that were not coloring books, and it was like a little bit of a free flowing, intuitive thing, and I kept exploring different avenues of what I would do and like how I would do it. Then I kind of came upon coloring books and I really liked that.

And there were some clues, synchronicities and things from my past. Like I always really enjoyed coloring and art and it was sort of like a thing that really just kind of all added up together. And then I came up with the name Coloring Book of Shadows. And I was like, oh, this is it.

And I was still working at my corporate job at the time when I started my first book and then Oh wow. Just about May in 2016, I got laid off and it was kind of like. You know, when like the goddess like pushes you,

**Emily:** okay,

**Amy:** just like drop

**Emily:** you off the cliff,

**Amy:** You go and you're like, no, I don't want what I really want in life. I want to, I'm afraid of my dreams, but I like had to, I had to, it was like a big kick in the ass and I kind of had to go for it. You know, it was kinda like this is the way forward. And that was eight years ago. Over eight years. Wow.

**Emily:** That's awesome. What, do you have a certain path that you follow or are you kind of more eclectic? Seeing your book of shadows and you have the herbs one, which I really love the Halloween one, like there's, um, it seems like you're more eclectic, but then again you have your own path. So I was just curious about what...

**Amy:** Super eclectic. Super eclectic. Yeah. I really do try to tie it back to the, you know, core, core principles.

I wouldn't say. Wiccan necessarily, but kind of, you know, the elements the core tenets that most people who call themselves witches can sort of agree upon like elements and like a bit of the earth and the moon and the, just like, I mean, I'm kind of an ominous, I kind of believe in everything kind of an animist.

**ED:** That's cool. Kind of believe their spirit in. Basically eclectic.

**Amy:** I would say so. I mean, I, if someone says, are you Wiccan? I say like, basically, you know, even though I'm not super traditional, I like to study Buddhism and Kabbalah and basically anything, anything spiritual.

**Emily:** That's cool. Did you have something Ed?

**ED:** I said we never stopped learning. That's the thing. They, we stopped learning since they, we stopped living.

**Amy:** That's right.

**Emily:** It's very true. Are you working on, um, a project right now? Because I know the moon one was the most recent one I've seen, but then again, you probably have quite a few more going.

**Amy:** I am, yeah. Right now I'm finishing up. It's a big, it's a big undertaking, but I'm doing eight of them for the Sabbaths.

**Emily:** Oh, cool.

**Amy:** So I released little packets that were kind of like re-release of older stuff last year. For the eight sabbaths that were just digital downloads.

But I just finished up the summer solstice one. Ooh. I know. I'm excited. It's really cool and there's lots of new stuff in it. And that will be available, I think April, late April. And then I'm gonna, I think March 3rd I am kicking off the 2026 planner.

**Emily:** Oh, dang.

**Amy:** Exciting. And, and I'm also working on, I don't know if you know my Grimoire club, but they're free printables.

**Emily:** I just got your number 10. Okay. So I have it.

**Amy:** I'm working on 11 through 15 right now. And, just to have them scheduled up ahead of time. But those have only been printable. They're all free and they're printable downloads, but I'm forming, I'm making them into little like paperback books.

**Emily:** Oh, fun!

**Amy:** Not everybody has a printer, so I'm making those into little books. Adorable and simple and affordable. And like, useful. That's kind of what I'm going for. Just like the basics, but inspiring and simple. I mean, if you know the Grimoire Club, I think you probably know they're, they're simple, but they're, they're inspiring and fun.

**Emily:** Yeah.

**Amy:** Worked a lot.

**Emily:** Yeah. For people who may not know they can go, they can go to your website. And sign up for the Grimoire Club, and then they get them in sequence. And then once you get your new one, you send it out and things like that. Correct?

**Amy:** Yeah. You get one every six weeks. You can either print 'em as a sheet or they're, you can fold them into little mini books. They're super cute, super fun for six weeks every week, and then they come at a slower pace.

They come. Every two months, but they're free and they're really fun. So people look forward to them and I say they're worth the wait.

**Emily:** Yeah. And just recently, I realized that you do like watercolors and all your paintings on your Facebook page, but you're like your Etsy and which I think is totally cool. (Amy shows a painting she had worked on) Yeah, I saw that one. I love that one. It's so pretty.

**Amy:** This is my latest. Yeah. I do watercolor painting. I do tropical stuff, but I do like a lot of witchy stuff too. Like I love to paint cauldrons and brooms. So I do a lot of those. So fun. Yeah, it's super fun. And then I'm also working on it, it's been years in the making.

I'm working on a graphic novel about becoming a witch and just...

**ED:** if you're looking for a publisher, if you come, you can always come to us.

**Amy:** Oh, thank you.

**ED:** No, seriously. We have a, we offer, we offer publishing services too. We're a publishing company.

**Amy:** Cool. That's awesome. Thank you, Ed.

**ED:** Hmm.

**Emily:** What was the response after your corporate job was over? Like, did you have a response from family and friends after you started releasing your books and started releasing like the coloring things that you've done? Like what, did you have an interesting response or like what, what kind of happened there?

**Amy:** Yeah, it was, it was tough. It was hard. It was tough. Um, everyone's down with it now and we've all had some, you know, we've all evolved, through any issues, like it turned out okay. But it was tough there. Like my family's Catholic, you know, like Italian Catholic, and they have been for like, you know, hundreds and hundreds of years.

And you don't do anything else. Like you can pretend you're kind of. Atheist, and I guess you can maybe marry a Jewish man, but you really can't. Like, it was kind of like, no, no, no. Like you don't, you don't do anything else. And that was one of the reasons why it was hard for me. Like, I kind of thought I could, like I, I almost used a pen name. Like I wasn't gonna use my real name.

**Emily:** Mm-hmm.

**Amy:** And then I was just like. Why, like why should I hide something like myself? Yeah. Like I was kind of thinking, well, if, if my entire family were to die, then I could use my real name. And then I was like, oh my God. Like that's so, that's insane.

Yeah. You know? Like, I can't be myself. Like other people have to die for me to live as myself. And I was like, that's ridiculous. You know? So I'm gonna like, okay, I'm gonna do this. I'm just gonna come out. And there were some, yeah, there was some people who were, you know, not gonna name names 'cause they, they've, they've turned around.

But it was, it was tough. It was tough for them. They didn't understand. You know, like they were, like, a lot of people, they think it's a bad thing. They think it's evil. They think they, they think they will be judged because, you know, if your family member is a witch, then oh, people will think you're a bad person.

They will think that, you know, that I wasn't raised right or that, yeah, there's, and then I was like, no, I'm not doing anything wrong. So like, why should I hide? Like, why should I hide what I feel is like the most beautiful? Part of my spirituality, like, I'm not gonna, not gonna hide that anymore. You know?

And I think like that's sort of been a little bit of the juice, juice behind the Coloring Book of Shadows is like, is like acceptance of, of witches and pagans and alternative spiritual beliefs. Like being able to put that into illustrations, into simple forms like, I know a lot of people aren't gonna.

If you don't understand it, you're not gonna read a whole book about witchcraft. But like, if you just see like one picture and like, it could, it could plant that seed for you, you know? Like a simple illustration that shows the beauty of our spirituality would plant a seed for someone and help with acceptance and help help the world like understand a little bit better.

So it was hard. It was crazy. And then, you know, like the first couple of Thanksgivings and Christmases with family was like, you know, nobody, nobody talked about it, you know, they'd be like, It wasn't like, how's your business? How's your books?

They wouldn't, they would just be like, whoa. And, my husband's super, super funny and real. He just puts it out there. So he would like, you know, the first Thanksgiving we're all going around the table saying what we're thankful for, and he goes, I'm thankful that my wife is a witch. Like, you know, so like he helped,

**Emily:** He helps. He's a good one,

**Amy:** He put it out there. But yeah, it was weird. It's probably still weird for some people in my family. They don't really talk about it or they're like. You know, or make funny jokes. About Tarot cards or crystal balls in my office or whatever. But I think at this point, I think at this point, people understand for the most part.

**ED:** I think we all experienced though, beginning those of us that weren't raised in the craft, experienced the stereotypes. I was fortunate I got raised in the craft.

**Amy:** Oh. That's cool.

**ED:** I still experience stereotypes from other sides of my family too.

**Emily:** I had a Catholic lady pray before I gave her a tarot reading on Saturday, so I kinda, I kinda had a little bit of that this weekend. It was interesting.

**Amy:** We're like, don't worry, we'll be using your God.

**Emily:** Yeah, it's been interesting. I noticed that behind you, you've got lots of stuffed animals and stuff. I know I've seen some different coloring books that are more adult oriented, but like yours, yours are more whimsical and have a little more upbeat feel towards them. Do you feel that you, like your personality, comes through in your books, in the things that you do?

**Amy:** Yeah, I think it's just who I am. Like I, sometimes they try to make them more serious and they still like, get a little bit of, they still get a little bit more cute, a little bit more like the, the magic is deep though, so like if you read the spells and like the overall feel of it gets pretty deep, but. My art and my illustrations are like a little more, some people say it's childlike or childish or whatever, but you know, like I'm down with that.

Like, I mean, look at me, look at my environment and sometimes I do try to make it more serious, but yeah, it's hard. It's hard.

**Emily:** Yeah.

**Amy:** It's like it's hard for me to do that. It's just not, not as much who I am. Like I love cartoons. I watch mostly animated stuff. Nice. And I play a lot of Nintendo and I just, you know, I think I do good at adulting, but I'm, I still, honestly, I still feel like I'm 12.

**Emily:** That's awesome. That's great. Ed, did you have any questions you wanted to ask her?

**ED:** Well, basically I just have a few. Being in the craft. Have you faced any other than uh, you know, family challenges and stuff like that on the, out in the outside world? I know we do face some challenges, but what about inside the craft itself and inside the craft community? Have you faced any challenges from them?

**Amy:** Well, yeah, I mean, totally. You know, there's haters everywhere. And there's always someone who's gonna pop up and say that you're not doing it right, or you shouldn't be sharing this. You know, you shouldn't be teaching. Or who are you to write a book or who are you to...There's always that element.

And I'm pretty sensitive, so it's kind of, that can be kind of tough, but I've just, at this point I'm like, okay. Like I've heard it all and I think it, a lot of times it's pretty obvious it comes from the fact that they wanna write a book.

So usually I'm like, okay, so write, you know, do you know write a book? Let me know when you come up. You know, when you come out with one, like it usually comes from some sort of their own. Repressed desire, their own shadow. And so like, I'm usually pretty, pretty accepting of that. Like I understand. Usually that's their own, that's their own struggle. Some of that.

I do try to be sensitive and open, like I'm not telling anyone what to do. I'm basically sharing an experience. Like my experience and like offering it if it will inspire other people. And so I think that's well appreciated. You know, I'm not like putting out rules or anything like that, but there's some of that in the outer world.

Like, you know, like you're not in a traditional coven or you're not, you know, this or that, whatever.

**ED:** I've experienced the other side that I get the gatekeeper thing, I get called a gatekeeper.

**Amy:** Cause you are in a traditional coven.

**ED:** Well, I'm a traditionalist. I'm Alexandrian Wiccan. So that's always been

**Amy:** my fantasy to join you. Alexandrians.

**ED:** What's that?

**Amy:** I said that's always been my fantasy. Which is to join the Alexandrian Coven.

**ED:** Well, I have openings.

**Emily:** He'll definitely put you through rigorous training.

**Amy:** So maybe, maybe we can talk offline because I, I would, I've always kind of been interested in that path.

**ED:** Well, we have 11 minutes left, so I guess there's any more questions, um, that you can think of.

**Amy:** Well, I mean, the other point, oh, go ahead. Go ahead.

**Emily:** Oh no, you go ahead. You, you started. I'll adjust.

**Amy:** I'll let you for sure. Yeah. I mean, when Ed was talking about like, you know, from the outer world like family and then the outer, the witchcraft world coming in and like all that. Then there's also the internal world, like struggling with your own path, like losing connection.

Feeling like you've lost connection with your goddess or your higher power, or your craft or your magic. And you know, I've experienced that and that can be a little scary and a little sad and like a little lonely and you know, finding your way back through that.

It's just like finding ways to be back inspired by me. Like connection through body and movement and like nature has been a big help with that. Finding, I used to have had dips in like spirituality through art. Like it's been a real spiritual experience for me. And then it can go into like, you can kind of feel like you've lost that a little bit and reconnecting with that is. I don't really have any concrete steps, but sometimes it's just about letting loose a little bit and getting back to the basics of things like, why you started and, uh, what feels true to you, you know?

**ED:** Yeah. Remembering that we lived the path is something, we lived something that's part of us, not something that we just do.

**Emily:** Are you in an area that is kind of supportive of Metaphysical art, I guess you could say. I live in Mormonville and so it's very, very tough around here to kind of get that spot. But there's a few spots here and there. I have a couple stores that I love going to, and we do like metaphysical things.

But are you in an area that is more open to that?

**Amy:** Not so much anymore. It's very different here. So I used to live in California and Northern California, and yes, I was in a very loose coven and like, there was tons of that, like lots of metaphysical shops. Very, very much so there and now I live in Maui, Hawaii, which it is like, it is and it isn't. It's very different out here, you know?

**ED:** Well you get to experience Polynesian culture though too, which has a very strong spiritual background, metaphysical background in the Polynesian cultures?

**Amy:** Correct. So it's more that, it's more this, it's more earth spirits, it's more water spirits like nature spirits and being respectful and, you know, in with, like the history and the Polynesian aspects of it. It's more than it is the California style.

**Emily:** Yeah. Right. Gotcha. Okay.

**Amy:** You know, like going to the, going to the water, like, you know, like the real natural magic. Like the real just not needing any other tools other than what's in nature, has been way more my practice here than it was.

**ED:** Actually that be a part of all Pagan s because we are the tool, everything else that's around us that we use recruitments is bells and whistles.

**Amy:** That's right.

**ED:** That's awesome though. We like our bells and whistles.

**Amy:** Yeah, we do. They're fun.

**ED:** I dunno. Pay a bit of raven in them.

**Amy:** Yeah.

**ED:** Well, we're, we're pretty much near the end of time now. It's 23:28 right now of 30 minutes. So do you have any closing messages for our readers?

**Amy:** I don't, not necessarily just. Just like to keep exploring, to keep exploring your magic and find what feels, what feels true and, and like that sense of spirit to you.

You know, what gives you chicken skin and what, what makes you feel connected? Like that's, that's always an open door, I think in a path forward.

**Emily:** Where can people connect with you and your works? Like I think that's something we definitely should put out there.

**Amy:** Yeah, Coloring Book of Shadows ([coloringbookofshadows.com](http://coloringbookofshadows.com)) is probably the best hub for that. And then like, I'm on all the socials. Its "coloring book of shadows" is my handle for that, for pretty much everything.

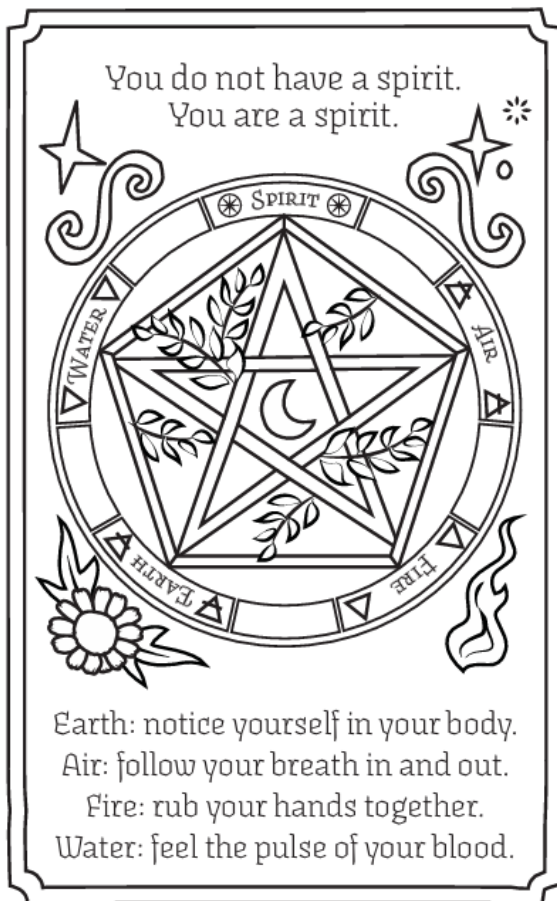
**Emily:** Okay.

**ED:** Awesome. Now, I'm gonna ask you to stick around for the download to occur so we can make sure we have it.

And thank you for ha thank you for being here. We wanna thank our readers for reading, reading and being part of our publishing family. And

We thank you for another interview with another very important person in the community as far as we're concerned. We're happy to have you. So thank you very much, Amy, for being with us today.

**Amy:** Thank you guys.



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## Symbols of Tarot

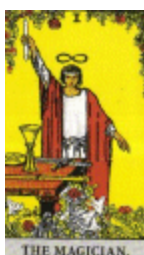
### The Major Arcana

#### The Fool



<b>Cliff:</b>	Critical decisions
<b>Dog:</b>	Loyalty, innocence
<b>White Rose:</b>	Innocence, cleansing
<b>Bivouac (Bag):</b>	Burdens, life's purpose
<b>White Sun:</b>	Confidence, naivety, freedom
<b>Feathered Cap:</b>	Vitality, strength, potential
<b>Mountains:</b>	Goals, spiritual life journey
<b>Boots:</b>	Confidence, action

#### The Magician



<b>Infinity Symbol:</b>	Wisdom, holiness, limitless spiritual growth
<b>Ouroboros (Belt):</b>	Cycle of life, wisdom, flow of energy, interconnectedness of all things
<b>Roses/Lilies:</b>	Happiness, success
<b>Wand:</b>	Channel energy, fire, action
<b>Sword:</b>	Communications, thoughts, air
<b>Chalice:</b>	Emotions, water
<b>Pentacle:</b>	Burdens, life purpose, abundance, earth
<b>Greenery:</b>	Nature, energy, connection
<b>Table:</b>	The present, how things are at this moment
<b>Symbols on Table:</b>	Three in one, Bird=spirit, blood=body, water=mind
<b>Yellow Sky:</b>	Confidence, masculine energy

#### The High Priestess



<b>Columns:</b>	Temple of Solomon B-Boaz = strength, J-Jachim = He will establish, corresponds with the Yin/Yang (black and white energy) or the feminine and masculine energies.
<b>Cross:</b>	Inner beliefs, values, goals
<b>Scroll:</b>	Torah, the book of law, and knowledge for the course of life
<b>Veil:</b>	Life and spiritual connection
<b>Palm Trees &amp; Pomegranates:</b>	Shaped in the form of the Tree of Life and ten sephiroth meaning, fertility, abundance, spiritual life
<b>Blue Sky:</b>	Represents feminine energy, the divine feminine, wisdom
<b>Flowing Robes:</b>	Don't be drawn into the emotions of the world, non-restrictions
<b>Crown of Isis:</b>	Confidence, action and wisdom
<b>Moon:</b>	Emotions, boundaries, inner awareness

### The Empress



- Loose Robes:** Abundance and fertility
- Scepter:** Fertility and unification of senses
- Shield:** Accommodating heart, fertility, femininity
- Star Crown:** 12 stars, signs of the zodiac, dreams to fruition
- Wheat:** Reap what you sow, care for the world, abundance
- Forest:** Nature, abundance
- Waterfall:** Flowing water, force of life
- Throne/Lounger:** Expression of lifeblood and passion

### The Emperor



- Orb:** Power, royalty, eternal life, fertility cross (divine ruler)
- Beard:** Age, wisdom, experience
- Red Robes:** Ideas, passion, creativity
- Grey Throne:** Ruling with respect for self and others
- Ram's Head:** Zodiac sign of Aries
- Armor (Foot):** Prepared, courageous, protective of others and self, mindful of abuse of power, weakness, hidden feet of clay
- River:** Change and flow of life
- Key of Life:** Male reproductive organs, fertility, eternal life, authority to rule
- Mountains:** Goals, ruler and pioneer of new lands

### The Hierophant



- Columns:** Authority, structure, boundaries
- Shaved Heads:** Spirituality, closeness to God
- 3-Tiered Miter:** Bridge to the three, God, Father, Holy Spirit (or) the connection between mind, body, spirit
- Bishop's Staff:** Call to be a leader
- Crossed Keys:** Keys to heaven or the intermediary between spiritual and earthly realms
- Trinity:** Symbolic of divine trinity, divine feminine (maiden, mother, crone) or three levels of consciousness (ID, ego, superego)
- Lilies and Roses:** Red rose (passion) white lilies (purity) love and spirituality
- Blessing:** Act of cleansing, making a life worth living

### The Lovers



- Tree of life/ Knowledge:** Temptation, innocence, experience, male and female energy
- Snake:** Wisdom of experience, warns of temptation
- Angel:** Highest personal potential
- Clouds:** Grey— confusion/the unconscious
- Yellow Sun:** Connects to the highest potential
- Nakedness:** Openness, honesty, sexuality, boundaries
- Mountains:** Spiritual life, journey, goals

### The Chariot



<b>Sphinx:</b>	Life's mysteries
<b>Chariot:</b>	Karma is shaped by our actions
<b>Wreath:</b>	Victory and honor in life
<b>Stars:</b>	Freedom of the Universe
<b>Charioteer:</b>	Take a stand for what you believe in
<b>Armor:</b>	Be armed and ready for life
<b>Staff:</b>	Be prepared for life
<b>Winged Sun:</b>	Inner center and life energy
<b>Spinning Top:</b>	Balancing out the opposites in life
<b>Two Faces:</b>	The dual nature of man
<b>Two Moons:</b>	The balance of emotions
<b>Alchemy Symbols:</b>	The elements of creation
<b>The Square:</b>	Foundations, earthly firmament

### Strength



<b>Lion:</b>	Strength of will and impulsive power
<b>Blue Mountains:</b>	Peak experiences, awareness, goals
<b>Yellow Sky:</b>	Confidence, masculine energy
<b>Woman:</b>	Feminine power, gentleness over strength
<b>Hands:</b>	Trust, calmness, strength in the face of aggression
<b>Infinity:</b>	Vitality and vibrancy, being within one's strength
<b>White Robe:</b>	Innocence tames wildness
<b>Flower Crown:</b>	Wisdom and power of nature

### The Hermit



<b>Grey Robe:</b>	Uncertainty, personal development
<b>Lantern:</b>	Vigilance and sleeplessness
<b>Staff:</b>	Finding one's path
<b>6-pointed Star:</b>	Heaven on earth and light within
<b>White Beard:</b>	Age, wisdom, experience
<b>Grey Sky:</b>	Withdrawing from the world, confusion
<b>Snow:</b>	Forgetting part of self, letting it freeze over, new beginnings, cleansing and forgiveness of self
<b>Mountain:</b>	Taking a vantage point, review life, make peace with oneself

### Wheel of Fortune



<b>Sphinx:</b>	Mystery, four elements
<b>Snake:</b>	Negative or downward pathway of the wheel
<b>Anubis:</b>	Egyptian god, positive passages and the ups and downs of life
<b>Clouds:</b>	Events in our lives moving in unexpected directions
<b>Wheel Spokes:</b>	Go out and discover the world and go inwards to discover oneself
<b>4 Fixed Signs:</b>	The signs hold books of wisdom, their wings symbolize potential. They are faded to represent knowledge that is still being obtained. 4 elements of fire, water, air, earth

## Justice



<b>Red Robe:</b>	Managing emotions, decisions, passion, and action
<b>Yellow Sky:</b>	Consciousness, creativity, inspiration, constrained by rules
<b>White Brooch:</b>	Third Eye, higher wisdom and intuition
<b>Columns:</b>	Constraints of what should happen, rather than fairness
<b>Curtain:</b>	Need for clarity of thought in justice that extends beyond what is visible
<b>Scales/Sword:</b>	Scales represent weighing up options and fairness, sword implements judgement
<b>Crown:</b>	Power of three, four sided jewel represents masculine, feminine, spiritual and material world

## The Hanged Man



<b>Aura:</b>	Holy or spiritual experience, enlightenment
<b>Tree of Life:</b>	Life and resurrection
<b>Blue Tunic:</b>	Intuition and clarity of thought, listen to yourself for enlightenment
<b>Red Stockings:</b>	Passion and action, legs are active and can climb down at any time
<b>Foot:</b>	Foot could be untied at any moment, encouragement to consciously take a break, time out, or see things from another perspective

## Death



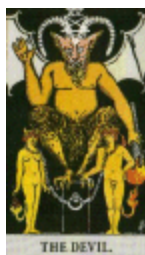
<b>Black Rider:</b>	Death is the transition into something else, another phase in our lives
<b>White Horse:</b>	Completion and new beginnings
<b>Grey Sky:</b>	Warns against indifference, and apathy, respect death as part of life
<b>Heavenly Gate:</b>	Death is not the end
<b>Boat:</b>	Carrying the souls of the dead to reincarnation on river of life
<b>Eternal City:</b>	Paradise, circulation of life and judgement
<b>Flag:</b>	Black flag has white harvest crown, overturning natural order of things, evil forces. Challenging the spirit
<b>King:</b>	Trampling over domineering ideas
<b>Hierophant:</b>	Trampling over dogmatism and religious indoctrination
<b>Child:</b>	Childish ideas and behaviors that don't suit the current situation
<b>Mother:</b>	Removing old messages and behaviors that no longer serve

## Temperance



<b>Angel:</b>	Being in touch with spiritual potential
<b>Grey Sky:</b>	Reminding not to be indifferent about life goals, uncertainty
<b>White Robe:</b>	Innocence and experience
<b>Triangle Symbol:</b>	Grounding spiritual principles of physical world, manifest ideas, balance between internal and external, trinity of spirit, soul and body
<b>Water and Cups:</b>	Finding the right measure between cups, represents testing things out, finding the right balance
<b>Right Foot:</b>	Consciousness, balance between the conscious and unconsciousness
<b>Sun and Aura:</b>	Bringing together personal will and will of fate in life
<b>Forehead Jewel:</b>	Opening third eye for spiritual and insightful wisdom
<b>Fire Wings:</b>	New possibility for our life is always there

## The Devil



<b>Downward Facing Pentagram:</b>	Warding off all negative energy that can hold one back
<b>Bat wings:</b>	Use senses to see past what is holding you back
<b>Devil Horns:</b>	Everything within one that is wild and unrefined
<b>Devil's Hand:</b>	Open hand is leaving our spirit open to find out good and bad
<b>Torch:</b>	Bringing light into darkness, understanding positive and negative
<b>Black Cube:</b>	Unexplored self
<b>Two Figures:</b>	Expectations of relationships and choices
<b>Chains:</b>	Material bonds which could be cast off if wanted
<b>Tails:</b>	Animal nature, taming and finding one's true self

## The Tower



<b>Black Sky:</b>	Confusion about which way to turn, blackness before enlightenment
<b>Hebrew Letter Yod:</b>	Beginning of the world, opposing energies of good and evil
<b>Two Figures Falling:</b>	Unconscious and conscious minds complete abandon as world falls to ground, no control of situation
<b>Lightning:</b>	Sudden dramatic irreversible change
<b>Grey Clouds:</b>	Represent confusion
<b>Flames:</b>	Emotion an passion, destruction and aggression
<b>Smoke:</b>	Cannot see what lies ahead, unknowable future
<b>Tilted Crown:</b>	Everything we know is being cast out of the tower, life being destroyed
<b>Tower:</b>	Protection and power, narrow mindedness, false sense of security

## The Star



<b>Light Blue Sky:</b>	Represents will of spirit and mind coming together
<b>Eight Pointed Star:</b>	The Self, 7 Stars surrounding it represent the chakras
<b>Figures Position:</b>	The act of seeing who we are in the reflection
<b>Nudity:</b>	Being vulnerable and genuine
<b>Foot on the Water:</b>	Emotions, unconscious, support of the soul and emotional life
<b>Jug:</b>	Spiritual capacity and cycle of life
<b>Five Streams:</b>	Giving energy back to the earth, renewal
<b>Trees:</b>	Connection between the spiritual and the earthly

## The Moon



<b>Sun and Moon:</b>	Full moon, crescent moon, sun, are as one day and night, confusion and dreaming (moon = unconscious sun = conscious)
<b>Yod:</b>	World or transition between good and evil
<b>Dogs:</b>	Show confusion and ancient instincts handled through generations
<b>Crab:</b>	Nightmares made real, listen to instinct and deal with what needs to be dealt with rather than listening to the overactive imagination
<b>Long Road:</b>	Path of life and unification between here and now and the afterlife
<b>Towers:</b>	Grey colored, confusion, stubbornness, warns against lack of flexibility and seeing other perspectives

## The Sun



<b>Yellow Sun:</b>	Knowledge we have about world in our consciousness, 21 rays of sun, each of the elements in the major arcana
<b>Sunflowers:</b>	Happiness and strength, constant search for light or enlightenment
<b>Wall:</b>	Happiness coming from clear, firm boundaries in our lives
<b>Horse:</b>	Unaware of strength within us
<b>Child:</b>	Express happiness and openness. Desire to be a child again, innocence, need to be childlike
<b>Blue Sky:</b>	Happiness, clarity of thought
<b>Red Feather/Sash</b>	Joy, happiness, life energy

## Judgement



<b>Gabriel:</b>	Call to action and power
<b>Light Blue Sky:</b>	Clarity of thought and sound mind
<b>Snow Capped Mountains:</b>	Process of continual renewal and inspiration
<b>Judgement Horn:</b>	Awakens repressed energy, brings dead back to life, call to action
<b>Cross:</b>	Call for fairness and sound judgement
<b>Open Coffins:</b>	Release from oppression, confinement, and what has gone before
<b>Outstretched Hands:</b>	Open to new knowledge and ideas, enabling the acceptance of higher knowledge and taking new direction
<b>Grey People:</b>	Rising out of confusion into enlightenment

## The World



<b>Figure:</b>	Having life balanced, being on the go, facing naked truth, full circle of life
<b>Shawl:</b>	Continuity of movement, continuous evolution of the soul or spirit
<b>Two Wands:</b>	Four elements being brought together in wholeness
<b>Light Blue Sky:</b>	Clarity of thought
<b>Wreath:</b>	Triumph and completion
<b>Red Bands:</b>	Signs of infinity, positivity, balance and vitality
<b>Four Zodiac Signs:</b>	Angel—Aquarius (Air), Eagle—Scorpio (Water), Lion—Leo (Fire), Bull—Taurus (Earth). Shown in complete color, completion of life's journey and coming into knowledge

## Significant Colors of the Tarot

<b>Red:</b>	Passion, love, danger, adventure
<b>Yellow:</b>	Happiness, clarity, energy, optimism, enlightenment
<b>Green:</b>	Nature, fertility, abundance
<b>White:</b>	Goodness, innocence, purity, masculine energy
<b>Blue:</b>	Emotion, clear thinking, strength, intuition
<b>Grey:</b>	Confusion, formal, conservative
<b>Black:</b>	Mystery, strength, power, fear, feminine energy
<b>Purple:</b>	Power, passion, royalty, ambition, mystery, magic
<b>Orange:</b>	Joy, sunshine, enthusiasm, happiness, creativity, strength

# P.A.T.



## Pagans Against Trafficking

It is our mission to create a safe space for survivors who have endured trafficking or abuse through cults or dangerous religious sects no matter the background. Here at P.A.T, we strive to bridge the gap for survivors and offer services that meets these individuals' needs, so they can integrate back into society. Here at P.A.T, it is our intention to raise awareness to this cause while facilitating the needs of the individual. It is our mission to be the liaison between survivors to get them the help that is needed while being a safe place to help them through every step of the process. Here at P.A.T, we strive to educate and protect individuals at all cost.

## The Dictionary of Pagan Terms

### T Words

**Talisman:** An object charged (see Charge) with magickal energy to attract a specific force or power to the bearer. See also amulet.  
<sup>2</sup>Anything which is believed to bring good luck or protect from harm. May also be applied to various harbingers. <sup>3</sup> An object, often a representation of a god or goddess, that is supposed to be invested with the powers of the deity in question. (4) An object, such as an amethyst crystal, ritually charged with power to attract a specific force or energy to its bearer. Compare with Amulet. (5) An object, similar to an Amulet (q.v) but more specific and often constructive and not merely protective. It is designed for a particular individual and purpose, making the maximum use of appropriate symbols. (6) A constructed magickal object, usually inscribed with symbols, intended to attract certain specialized energies (clarity, wealth, health, safety, etc.) and worn as a piece of jewelry. (7) A portable magickal object that's created during auspicious astrological times to help with a specific goal or meet a need.

**Tantra:** An Indian cult, in which the practitioner explores the energies (often sexual) of his or her own being and transforms them into subtler, spiritual energies.

**Tarot:** A card pack used for spiritual growth and divination. See also, Major Arcana and Minor Arcana. <sup>2</sup> A pack of cards, the earliest known examples of which are about 13th century, used for divination and meditation. It consists of twenty two Major arcana or Trumps, each symbolizing an archetypal concept, and fifty six Minor Arcana, divided into four suits of fourteen cards each - Cups, Wands, Pentacles, and Swords, representing the four elements. Many designs are available nowadays, the most widely accepted standard pack being the Rider (or Waite) Deck. The modern pack of ordinary playing cards descended from the Tarot, and all the Major Arcana having disappeared from it except the Fool, who survives as the Joker; and one court card (The Knight) having disappeared from each suit of the Minor Arcana; Cups have become Hearts, Wands Clubs, Pentacles Diamonds, and Swords Spades. <sup>3</sup>A set of images on cards, traditionally 78, probably first developed in Europe in the late 14th Century. The pictures represent different stages in the lives and spiritual journey or humankind. The tarot is extremely popular as a tool for divination and self-understanding among modern Witches.

**Telekinesis:** The power of moving physical objects by purely psychic effort.

**Telepathy:** A mental ability that allows one to read minds and/or the emotions of others, sometimes with startling accuracy. <sup>2</sup>Transference of an idea or of a visualized image directly

from mind to mind; now accepted as a fact of experience.

**Temple:** A coven's ritual meeting-place which is used for no other purpose; a desirable asset but not indispensable, since a Magick Circle may be cast anywhere.

**Thaumaturgy:** "Low Magick" used to influence things and events in everyday life: to protect your house, heal a cold, get a job, travel safely, etc.

**Theurgy:** "High Magick" employed to connect with Deity and foster spiritual growth or transformation.

**Third Eye:** The Chakra located between and slightly above the eyebrows. Also known as the brow chakra, it is the site of inner vision and intuition.

**Thought Forms:** Forms created by strong positive or negative thoughts that can exist on the etheric or spiritual level that can affect a person's mental functioning. (2) Literally a thought transformed into a manifestation of itself in one form or another.

**Three Levels of Self:** Some Wiccan traditions use a model of the Self which has three parts: Younger or Lower Self, "Talking Head" or Middle Self, and God/dess or Higher Self. The model is similar to that of Huna, or in some ways Freudian psychology.

**Thurible:** A mental incense burner, sometimes suspended from a triple chain, used for cleansing and as a symbol of Air in ritual.

**Tincture:** A liquid produced by soaking plant materials in ethyl alcohol (or medicinally, in apple cider vinegar) to produce a scented liquid.

**Tools:** A word much-used in Wicca, this term includes both physical objects used to facilitate Wiccan ritual (censers, wands, candles, salt, water, and incense) as well as internal processes (visualization and concentration, among others). In some forms of Magick, this term also refers to stones, herbs, colors, and other sources of power utilized in spells.

**Tradition, Wiccan:** An established system of Wiccan practices that is handed down through circle spin-offs or through family generations. <sup>2</sup> An organized, structured, specific Wiccan subgroup usually initiatory, with often unique ritual practices. Many traditions have their own Books of Shadows and may or may not recognize members of other traditions as Wiccan. Most traditions are composed of a number of Covens as well as solitary practitioners. <sup>3</sup>A division or denomination of Wiccan religion. Some of the best known traditions are the Gardnerian, Alexandrian, Georgian, Faery, Dianic, Pagan Way, and New Reformed Order of the Golden Dawn (NROGD). Many covens are eclectic and draw from more than one tradition.

**Gods and Goddesses**  
**South Pacific**  
**Polynesian (Hervey Islands)**  
**Tumuteanaoa (Echo)**



TYPE: Goddess

INFORMATION: The fourth child of Vari-Ma-Te-Takere, the primordial mother. Torn from her right side. Tumuteanaoa lives in Te-Parai-Tea (hollow gray rocks) below the home of the god Tango.

Rangimotia is the centre of Au'au enua.

It is approximately 169 meters above sea level and it is considered to be the highest point on the island.

The name Rangimotia was a sacred name in the history of Mangaia.

Rangi the first son of god Rongo and Tavake were given the Temporal Lord or Supreme Ruler title of the island by his father Rongo. (Te Ua Mangaia)

He was the first person to hold te 'Ua Mangaia' and he held it for so many years until it was challenged through a fierce battle among his own family.

One day Rangi asked his grand mother Papa the wife of Avatea or Vatea about the where about of his grand aunt Tumuteanaoa (sister of Avatea).

He also want to know how his aunts looks like.

His grand mother Papa told him to go and see her in a cave in Touri in puna Tavaenga.

When Rangi visited the cave her daughter (his niece) Tumuterue told him that her mother has gone up the mountains.

Rangi desperately wanted to find her and he took the ridges and climb the valleys until he came to the bottom of the mountain.

He saw a water hole with fresh and cold water comming up.

He decided to dig it up and Rangi saw the water running down

the valleys.

He turn his eyes to the right and he saw lake Tiriara in puna Veitatei.

He turn his eyes to the left and he saw lake Kauravai in puna Tavaenga.

These two lakes were taking in fresh water from the water hole that Rangi has dugged out.

Today the water is following down the valleys into the six puna's were the mamio is grown abundantly.

Rangi was so happy and he continue his journey up the mountains once more.

He could not find his aunt Tumuteanaoa.

Rangi came and rest right in the middle or the centre of the mountain.

Rangi named the place after himself Rangi-motia.

Motia is another Mangaia name for 'centre' (pito) or 'eye' (kano), hence the name Rangi resting in the centre of the island, Rangi-motia te pito enua.

Rangi in his mind has always thought during his journey that his grand aunt were human beings but he later found out that she was in fact a super natural beings, 'tamariki tuarangi'.

She was the god of 'echo' living in the valleys (vao/o), ridges (tuaivi) and caves (ana).

Her family was the prawns, eels, tirapia and the kokopu living in fresh water holes.

and streams.

The echos that bounces back repeating the sound that was made around these places were the voice of Tumuteanaoa.

Rangimotia te pito o te enua will be standing in the centre of the island for ever more.

Tangike.....

From a post written on Sept 12, 2020 by Te Aveave o Te Pua Inano.

## Monthly Correspondences

### June

<b>Other Names:</b>	Junoius, Meitheamh, Aerra Litha, Brachmanoth, Fallow
<b>Moon:</b>	Strawberry Moon, Gardening Moon, River Moon, Moon of Birthing, Berries Ripen Moon, Summer Moon, Egg Laying Moon, Honey Moon, Mead Moon, Rose Moon
<b>Element:</b>	Fire
<b>Gender:</b>	Masculine
<b>Herbs:</b>	Basil, Bay, Calendula, Chamomile, Cinnamon, Dog Grass, Ferns, Honeysuckle, Lavender, Marigold, Meadowsweet, Mint, Mosses, Mugwort, Orchid, Parsley, Rose, Rosemary, Skullcap, St. John's Wort, Strawberries, Sunflower, Tansy, Thyme, Verbena, Vervain, Yarrow
<b>Colors:</b>	Amber, Gold, Golden Green, Green, Light Blue, Orange, Pink, Red, White, Yellow
<b>Flowers:</b>	Lavender, Orchid, Yarrow
<b>Scents:</b>	Lavender, Lily of the Valley
<b>Stones:</b>	Agate, Alexandrite, Emerald, Fluorite, Jade, Moonstone, Optical Calcite, Pearl, Topaz, Tourmaline
<b>Trees:</b>	Elder, Oak
<b>Animals:</b>	Butterfly, Frog, Monkey, Toad
<b>Birds:</b>	Peacock, Wren
<b>Spirits:</b>	Sylphs, Zephyrs
<b>Deities:</b>	Aine of Knockaine, Apet, Aphrodite, Apollo, Apt, Athena, Bendis, Cerridwen, Demeter, Green man, Hera, Horus, Ishtar, Isis, Juno, Kronos, Luna, Mawu, Mut, Neith, Persephone, Rosea, Vesta
<b>Power Areas:</b>	Protection, Strengthening, Prevention, A Time of Light, Decision Making, Responsibility
<b>Astrology:</b>	Gemini ♊ Cancer ☊
<b>Birth Stone:</b>	Alexandrite, Moonstone, Pearl
<b>Symbols:</b>	Balefire, Spirals, Sun, Sun Wheel, Sunflower
<b>Themes:</b>	Love, Beauty, Summer, Marriages
<b>Runes:</b>	Dagaz, Othala
<b>Planets:</b>	Mercury, Moon
<b>Tarot:</b>	The Moon, Temperance
<b>Numerology:</b>	23, 5, 6

# June 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10 Celtic Tree month of Oak Begins	11 Full Strawberry Moon	12	13	14
15 Father's Day	16	17	18	19	20 Litha Summer Solstice	21
22	23 Day of the Lady & Lord of the Sidhe	24 Day of Household Deities	25 New Moon in Cancer	26	27	28
29	30					

**June 10—Celtic Tree month of Oak Begins**

**June 11—Full Strawberry Moon**

**June 15—Father's Day**

**June 20-21—Litha (Summer Solstice)**

**June 23—Day of the Lady & Lord of the Sidhe**

**June 24—Day of Household Deities**

**June 25—New moon in Cancer**

## Mycology

### Amyloid Tricholoma

#### *Porpoloma umbrosum*



**Common Name:** Amyloid Tricholoma

**Botanical Name:** Porpoloma umbrosum

**Order:** Agaricales

**Family:** Tricholomataceae

**Description:** Fleshy, gray to graying-brown mushroom, bruising reddish; under conifers.

**Cap:** 2-4" (5-10cm) wide, Convex, becoming flat or somewhat sunken; margin incurved at first; dry, smooth, becoming cracked into small areas; gray, becoming grayish-brown. Flesh grayish bruising reddish. Odor strong, resembling fresh cucumbers.

**Gills:** Attached or slightly descending stalk, close, broad; grayish, bruising reddish.

**Stalk:** 1-2" (2.5-5cm) long 5/8-3/4" (1.5-2cm) thick, with narrowed base; gray to gray-brown, bruising reddish.

**Spores:** 7-9x3-4 $\mu$  Elliptical, smooth to faintly netted, colorless, *amyloid*. Spore print white.

**Edibility:** Undefined, not recommended for consumption

**Season:** July-September

**Habitat:** In grass under conifers, such as spruce and hemlock.

**Range:** Nova Scotia to North Carolina, west to Ohio.

**Comments:** . First described as *Tricholoma umbrosum* Porpoloma is a genus of mostly South American species, and the *Amyloid Tricholoma* may be the only North American representative.

**Bibliography:** National Audubon Society Field Guide to North American Mushrooms by Gary H. Lincoff copyright©1981 Chanticleer Press pp. 794-795

**NOTE:** Do not consume any wild mushrooms without first consulting a mycologist. Many mushrooms though some are edible are poisonous and look alike.

## Types of Divination

### O-P

**Oomantia:** Divination by interpreting the shape, color, and patterns (when dyed) of an egg.

**Ooscopy:** Divination by nurturing an egg and observing the hatching of a chick. Often used to determine the sex of an expected child.

**Ophiomancy:** Divination by observing the appearance and behavior of serpents.

**Oracle:** A person who speaks directly to a deity to divine or prophesize. Also known as a prophet, theomancer.

**Orniscopy (ornithomancy):** Divination by interpreting the appearance and behavior of birds, especially their flight and song.

**Ouija, Ouija Board:** A divination tool with the alphabet and numbers laid out on a board. (spirit board).

**Ovomancy:** Divination by interpreting the yolk of an egg.

**Oculomancy:** Divination by interpreting the eye.

**Oenomancy (Oinomancy):** Divination by interpreting wine.

**Omen:** A sign, preferably found in nature, that foretells either good or bad events.

**Omphalomancy (omphilomancy):** Divination by interpreting the navel.

**Oneiromancy (oniromancy):** Divination by interpreting dreams.

**Onomancy (onomancy, onomatomancy):** Divination by interpreting names.

**Onychomancy:** Divination by interpreting fingernails.

**Pallomancy:** Divination interpreting the movements of pendulum, often used in dowsing.

**Papyromancy:** Divination by interpreting folding paper.

**Pedomancy:** Divination by interpreting the footprint of a person, usually incised in clay.

**Pegomancy:** Divination by interpreting sacred pools, springs, wells or fountains.

**Pessomancy:** Divination by casting or drawing marked pebbles or beans.

**Phyllorhodomancy:** Divination by interpreting rose petals.

**Physiognomy:** Divination and character analysis by interpreting the face.

**Podomancy:** Divination by interpreting the feet.

**Precognition:** An inner knowledge or vision of future events, especially those that appear to be inevitable.

**Premonition:** A warning of impending event, experienced as forboding, anxiety and intuitive sense of dread. Tend to occur before disasters, accidents, and deaths.

**Prophecy:** A prediction of future events, usually divinely inspired.

**Psychography:** Spirit communication done unconsciously by an individual often in a trance, obsession, or possession state.

**Psychomancy:** Divination by interpreting the soul of a person, their values, beliefs and morals.









**Psychometry:** Divination by interpreting an object to obtain information about its history and/or owner.

**Pyromancy:** Divination by interpreting fires, flames, or burning objects. There are many forms.

**Pyroscopy:** Divination by interpreting burning paper.

## THE I-CHING

### The 64 Hexagrams and What They Mean Part Two

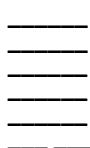
<p><b><u>THUNDER/HEAVEN</u></b>      <i>Eldest Son/Father</i></p> <p style="text-align: center;">  </p> <p><i>Innocence</i></p> <p><i>Thunder moves toward Heaven. The eldest son is outwardly a man but to his father, he is still a child..</i></p> <p>Act instinctively. Innocence is lost by any thought of personal gain, and misfortune follows at once.</p>		<p><b><u>THUNDER/WIND</u></b>      <i>Eldest Son/Eldest Daughter</i></p> <p><i>Increase</i></p> <p><i>The violence of thunder is absorbed, reinforced and spread by wind.</i></p> <p>Imitate the good and give up bad habits. Take important decisions and begin new ventures.</p>
<p><b><u>THUNDER/LAKE</u></b>      <i>Eldest Son/Youngest Daughter</i></p> <p style="text-align: center;">  </p> <p><i>Handing Over</i></p> <p><i>The violent movement of thunder changes into the pleasurable murmuring of the lake. It calms itself and gathers strength.</i></p> <p>Time for repose and relief. The one who inherits a situation adapts to it. Start your work cheerfully, with conviction and good will. Perseverance brings success.</p>		<p><b><u>THUNDER/WATER</u></b>      <i>Eldest Son/Middle Son</i></p> <p><i>Initial Difficulty</i></p> <p><i>The movement of thunder leads to the abyss..</i></p> <p>Upon beginning a difficult task, one must prepare oneself well and arrange everything clearly in its proper place. Wait and see, call in helpers. Perseverance brings success.</p>
<p><b><u>THUNDER/FIRE</u></b>      <i>Eldest Son/Middle Daughter</i></p> <p style="text-align: center;">  </p> <p><i>Biting Through</i></p> <p><i>Thunder and lightning come together and split everything opposing them..</i></p> <p>An impediment must be overcome, difficult matters sorted out. Identify errors and the ones to blame. Judge fairly and carry out decisions with firmness. Success is assured.</p>		<p><b><u>THUNDER/MOUNTAIN</u></b>      <i>Eldest Son/Youngest Son</i></p> <p><i>Mouth</i></p> <p><i>The movement of thunder is swallowed by the stillness of the mountain.</i></p> <p>Practice moderation with words (sounds that leave your mouth) and with food and drink (energy which enters through it) Perseverance brings success.</p>
<p><b><u>THUNDER/THUNDER</u></b>      <i>Eldest Son/Eldest Son</i></p> <p style="text-align: center;">  </p> <p><i>Shock</i></p> <p><i>Repeated Thunder. A shock first causes fear then spreads and brings 'good' vibrations.</i></p> <p>Colossal movement. Do not be confused by initial fear but meet force with respect and composure. Turn inwards and bring order into your life.</p>		<p><b><u>THUNDER/EARTH</u></b>      <i>Eldest Son/Mother</i></p> <p><i>Turning Point</i></p> <p><i>Thunder has retreated to its place of origin, deep into the earth. Now it moves upwards again..</i></p> <p>The old comes to rest, the new begins to move. New power, however, needs to be sheltered and given time in order to gain strength. New friends can help. .</p>

## THE I-CHING

### The 64 Hexagrams and What They Mean Part Two

#### WIND/HEAVEN

*Eldest Daughter/Father*



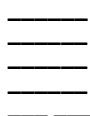
*Concession*

*The wind rises towards Heaven. The Eldest Daughter approaches the father, women approach men, the people approach their ruler*

Two related but unequal forces. The weak approach the strong. A favorable opportunity to carry through a delicate measure. Caution is advisable, do not commit yourself.

#### WIND/WIND

*Eldest Daughter/Eldest Daughter*



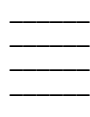
*Gentle Persuasion*

*Wind meets wind. It is gentle but penetrating and persistent.*

Gentleness in word and deed lead to success. Obtain advice, explore the path thoroughly before following it.

#### WIND/LAKE

*Eldest Daughter/Youngest Daughter*



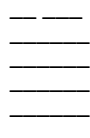
*Predominance*

*The trees are underneath the lake which overflows its banks and inundates everything.*

The powerful predominates, and the situation becomes acute. Great changes are impending, be prepared and remain self-assured. Act gently, serenely, without hesitation.

#### WIND/WATER

*Eldest Daughter/Middle Son*



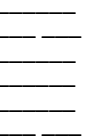
*The Well*

*The Wood draws life giving water from the earth and distributes it in all directions.*

Get to the root of things. Work for the common good and help others. Let caution prevail, for the bucket with which you draw water is fragile.

#### WIND/FIRE

*Eldest Daughter/Middle Daughter*



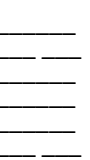
*Sacrifice*

*Wood and Wind feed fire. Matter rises into the invisible. The sacrificial urn stands on fire.*

Give up something you cherish in order to dedicate it to a higher purpose. By submission you find your position in life and recognize your fate. Success will follow.

#### WIND/MOUNTAIN

*Eldest Daughter/Youngest Son*



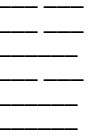
*Son*

*Renewal*

*The Wind encounters the mountain and loses strength. Development stagnates and must be revitalized*

Discover the cause of problems and overcome them. Then there are good prospects for success. Wake up, gird yourself for a decisive step.

#### WIND/THUNDER *Eldest Daughter/Eldest Son*



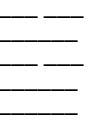
*Duration*

*Wind and Thunder, submission and penetration, unite. Woman is inside and beneath man, man is outside and above. A long lasting union, the 'true marriage'.*

Duration means development, not stagnation. For development, space is needed. But it is important to have the goal in one's sights in order not to get lost.

#### WIND/EARTH

*Eldest Daughter/Mother*



*Striving Upwards*

*Wood penetrates the earth. A new plant has taken root.*

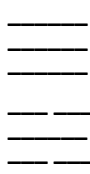
The foundations of great things are built with painstaking effort. Seek advice but have self-confidence. Keep both path and goal in your sights. Success is assured.

## THE I-CHING

### The 64 Hexagrams and What They Mean Part Two

#### WATER/HEAVEN

*Middle Son/Father*



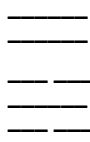
*Conflict*

*.Water Strives downward heaven upwards. Father and son have different views*

Conflict arises when each party believes himself to be in the right exclusively. Do not take any important steps, nor try to finish your task now. Stop and seek advice.

#### WATER/WIND

*Middle Son/Eldes Daughter*



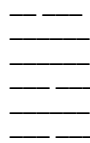
*Dissolution*

*The wind wafts over the water and ripples it. The dark flowing force become bright and soft.*

Selfishness evaporates and is sacrificed to a collective purpose. Human beings have mutual interests and therefore are united. A moment to take important decisions. Success through perseverance.

#### WATER/LAKE

*Middle Son/Youngest Daughter*



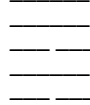
*Exhaustion*

*The Abyss opens in front of the lake. Distress before joy and deliverance.*

Shortly before the goal a narrow gorge has to be overcome. Muster all your willpower. Big words do not help, no one believes them. Perseverance brings success.

#### WATER/WATER

*Middle Son/Middle Son*



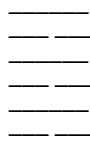
*Abyss*

*Water repeated. It flows on without interruption and does not shy away before the abyss. It changes its shape but not its character.*

A dangerous situation. Behave like the water; Be true to your inner self, do not stand still, do not be afraid. Act consistently.

#### WATER/FIRE

*Middle Son/Middle Daughter*



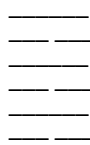
*Before Completion*

*The Sun rises over the water. Evaporation will end the cycle*

A delicate situation demanding great caution. A mistake would be disastrous. Judge conditions with care.

#### WATER/MOUNTAIN

*Middle Son/Youngest Son*



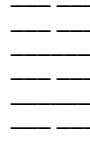
*Youthful Folly*

*Water bubbles up from the spring, seeming to depart from the mountain. It does not yet suspect that at the end of its journey stillness awaits again.*

Much Strength, but little experience. Recognize your situation and look for a teacher. Clear instruction is necessary. Avoid useless questioning. Perseverance brings success.

#### WATER/THUNDER

*Middle Son/Eldes Son*



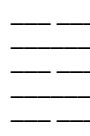
*Relief*

*Troublesome advance and danger followed by rapid movement. The way is open.*

A new beginning, Forgive your own mistakes and those of others. Settle quickly what has still to be done. After deliverance do not run away but find your way back to orderly conditions.

#### WATER/EARTH

*Middle Son/Mother*



*Army*

*Water is hidden in the earth. Inward danger hides, outwardly discipline rules..*

Organization and discipline are the most important elements. A strong leader can guarantee it, but only if he knows how to maintain good relations with his subordinates. Perseverance brings success.

## Interview with Gretchen Swanson

**ED:** Welcome to Today's Witch magazine, interview with Gretchen Swanson and I'm happy to have her here today with us. Gretchen is a tarot reader, a medium, and a few other things, and she helped me, had done a reading for me once, and I found she's very, very accurate, so I invited her on to do an interview with her.

So without further ado, meet Gretchen.

**Gretchen:** Nice to meet you, ED . Thanks for the interview opportunity.

**ED:** You're welcome. Now as I mentioned, you are a tarot reader and a medium.

**Gretchen:** Correct.

**ED:** One of the things you, I noticed is you have your own deck, right?

**Gretchen:** I did create my own deck very recently during the very end of 2024.

I guess it was October, November, December of 2024, and January, February of 2025. I completed, approximately one suit, including the Trumps, Per month over that five month period. I began reading tarot cards with other people's decks when I was about 13 years old, 1988. Uh, so I'm going into my 37th year and my 36th year, creating my own deck.

**ED:** Wow. So you've been doing a tarot for a very long time, obviously. What is your favorite tarot deck that you've ever used? Other than your own?

**Gretchen:** I think I probably have favorites that I have never used. That's an excellent question. I mean, all of the decks I use are my favorite. I feel like the ones that will become my real all time favorites are ones that I've not yet acquired. I couldn't really choose one deck or the other. They're all my favorites. They all have their moments, they all have their occasions.

They're all my favorites. Sorry, I can't answer the question.

**ED:** That's okay. Because like, I know when I first started tarot myself, I started with the Rider Waite and I tended to like the Rider Waite deck because of its symbolism.

**Gretchen:** Yes. And the Rider Waite is the first one I think everyone thinks of, even people who know nothing about tarot.

When someone mentions tarot or they're discussing tarot, the first deck that I think comes to everybody's mind, whether a reader or a non-reader, is the Rider Waite deck. It's definitely the most popular, the most widespread, the most imitated. It really is the most cohesive representation we have of tarot cards, In history because we don't have complete sets really of most of the preceding decks.

The first deck, which would be an easier question for me to answer than the first deck I began working with was a sort of a fairy tailed up version of the Rider Waite and it's the Mary Hanson Roberts Tarot deck.

It's still a favorite that I turned to. The other first deck I started with, 'cause there were two I purchased very close time together. And I honestly don't remember which one I purchased first. It's senior moment. The other deck I began working with at almost the same time is the Sacred Rose Tarot.

And that terrifies a lot of people. I think it's probably one of them, they're all my favorites. The Sacred Rose is certainly a favorite for me over and over again. Many people find it terrifying because the eyes in all the figures in the deck are white. They're just seeing light, is how I see it, but many other people see that as very terrifying.

Oh, the eyes are left blank. That's so scary. Obviously it leaves an opportunity for a creative reader to draw in their own eyes. I always love the fact that they're just seeing light. It's also a deck that is just very mystical. It weaves together symbolism from Pagan as well as other religious traditions, spiritual traditions.

So I don't know. That might be one of my favorites.

**ED:** Now you said you've been practicing tarot since you were 13. How long have you been in the craft itself?

**Gretchen:** When did I start working with the elements in practicing magic and developing my abilities in practicing astral projection and communicating with animal spirits and attuning with the crystal kingdom?

That all happened when I was around 4, 5, 6, 7 years old. I believe I had a transformative experience when I was even younger. With the element fire, I was told I set the bathroom on fire and locked the door. How I did this as an infant, we'll never know. Somehow as an infant I managed to lock myself in a bathroom and set it on fire.

I think that was really the moment I started working with...that, that moment, that relationship with fire. Just walking on the earth barefoot, it was like I was immediately tuning into indigenous and native frequencies and witchcraft frequencies you know, from the old world. As well as deeper here on American soil than we even understand the indigenous population right now.

But archeology is slowly digging up the truth of the previous... So it was like I was a witch before I knew the word, and once I learned the word, I was like, oh, that's me. Okay. Then when I was, you know, really started reading adult books, which was quite young, 7, 8, 9, 10 years old. I was reading adult nonfiction and adult fiction.

At that point I started reading some of Sybil Leeks' books and some of Carlos Castaneda's books because that's what was on my dad's bookshelf. I had always tuned into medium frequencies also and picked up on. I had an astral projection experience when I was about five years old.

Randomly, it was a dream I was dreaming. I was asleep, and all of a sudden I was awake, astral, traveling through a mirror. So it was like my abilities were awakened. And as soon as I began to understand words, really in a deeper sense and knew the word witch and knew the word shaman and started reading some additional books on witchcraft and indigenous beliefs, it was just from childhood.

**ED:** So you would consider yourself a shamanic. Practitioner more than anything else.

**Gretchen:** Yes, definitely. I'm a shamanic witch. I'm a star seed. Now that more people use that word and understand the term awakening, we have so much scientific evidence that galaxies are literally colliding and there's things happening to our dimensional awareness and our experiences as human beings.

As this galactic merging is happening over eons of space time, but you know, it affects us in real time as well. In my star seed awakening, I believe it was when I was around seven years old. I found an amethyst crystal. And amethyst, of course, is sacred to Gods Diana who is among the I would say primary goddesses of witchcraft, Diana witchcraft is a very well regarded sect. From that moment, from being around seven years old, it was like I was on a natural shamanic Diana path.

**ED:** So you would be, you would say you're a follower of the Dianic traditions than you would any other tradition if you were gonna give yourself a tradition.

**Gretchen:** No, I wouldn't. I would say that was a starting point and it's like a touch point of sacred home, sacred space, anywhere. But I draw from so many different traditions and really my central focus goes back to that shamanic tradition where it's self-discovery and self-initiation and self-driven.

And it's not to say, you know, that I'm smarter or I know better or anything like that. It's to say that the truth as it resonates for me is the best path for me to follow in my incarnation, in this particular human form.

**ED:** There's nothing wrong with that statement because the fact that I've always said there's truth and everything and truth and nothing.

The wise person seeks the truth regardless of the source, right?

**Gretchen:** I agree. Yes. We can learn from sometimes surprising sources and truth, and knowledge and wisdom can sometimes come through some unexpected, or unassuming sort of vehicles or vessels is what might say.

**ED:** Now as a medium, because I know a little bit about mediumship.

Not as much as, as I've seen actually, you, you are fully, you're more aware than I am of it. I know a bit about it. Okay. As for being a medium, is it that you draw into the energy of other people coming from the other world or other realms and then they come into you basically. Invoking without necessarily doing it intentionally with messages.

Is that how it works?

**Gretchen:** For some mediums that is an effective method and that's more of a trance-mediumship. Hans Holzer worked with the very famous Trance-medium, and I'm trying to remember her name. It was thank you for remembering.

She would, for example, invoke spirit by entering a trance state. And then, you know, the voices will come through her. Myself, I practice a more lucid ...Sort of like an awake dream state, where I'm able to travel through the realms of the deceased and sort of open a door. I'm able to open a door, open a communication portal and say, okay, who's here to speak and what have you about to say?

Because that's my choice in how to handle the energy. And I'm not looking to possess myself of any energy. Now obviously there are ceremonial and ritual practices I might engage in. As a shamanic practitioner, where I do in fact invoke various goddesses, including Diana, including the Morrigan, including Ate, Freya, and Theia.

I do invoke many different goddesses in my practice. However, when it comes to the deceased, I choose not to. That's just not the comfortable practice methodology for me. So for me, I've been working with the spirit realm, like I said, since I was a child. So I've developed the ability to turn it off and on, open and close the door, open and close the portal.

Because I don't want to be constantly flooded with spirit messages and constantly have this door open. I don't. It's not of any entertainment value. You know, it's not. Yes, I respect that methodology. It's for scientific value to me, to show that I can be possessed of the spirit.

something many spiritualists do engage in. It's not my preference. I prefer to open and close the portal. Being a pretty much lifelong shamanic practitioner, I'm always one foot in the other realms and one foot in the realms of life.

**ED:** So you basically work on what they call the delta state of awareness by being lucid, lucid, dreaming, lucid sleeping, lucid awake, and dreaming in awake states and stuff like that. For trancing.

**Gretchen:** Yes, I do very much live in a, a sort of a delta state of awareness and you know what I'm accessing that sort of craft awareness entering into the alpha state, which Laurie Ka teaches.

**ED:** Okay, well we're, we're running short on time here, so I thank you for your time and, and explaining how all the things you do with tarot and everything. I really appreciate you, your conversations and everything. And future ones with you.

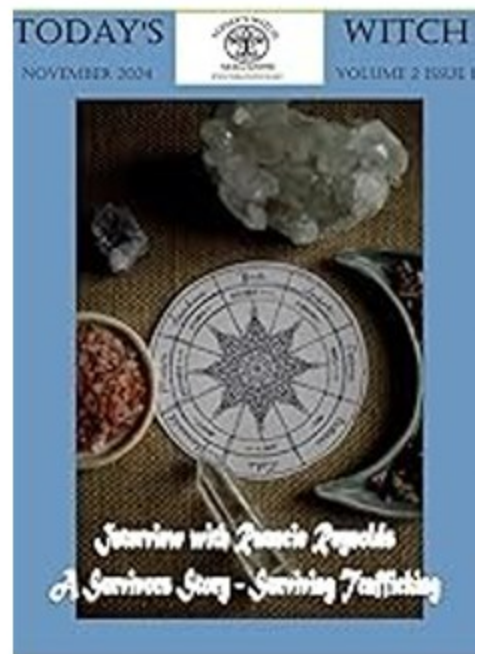
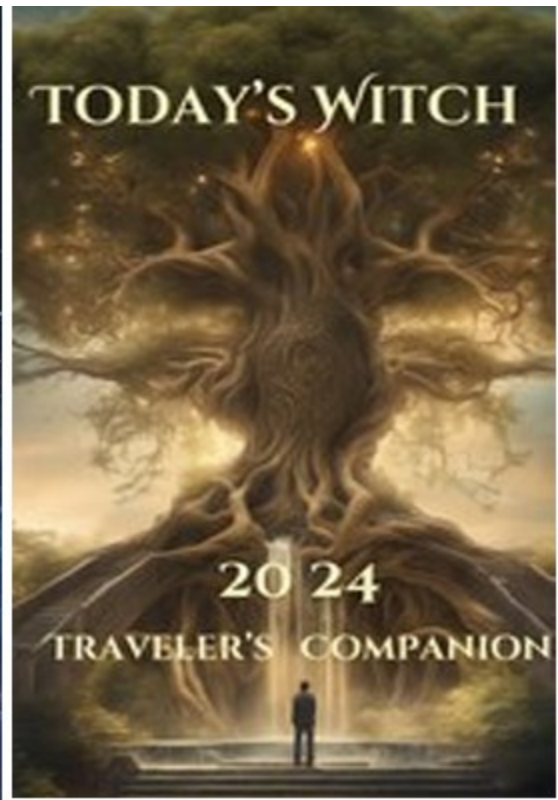
**Gretchen:** Sounds good, Ed. I really appreciate your time and interest and yeah.

**ED:** Can you say anything else for our readers?

**Gretchen:** In closing, I would say, the tarot journey is a fascinating, venture to live and wish you a great afternoon.

**ED:** Thank you very much, Gretchen. It's been a pleasure having you and thank you readers for reading us. In this issue. We look forward to seeing you in our other issues and hope you continue, following our magazine.

**Gretchen:** Yes, thank you readers for your support and interest and blessed it be.



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