

# TODAY'S

MAY 2026



# WITCH

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# TODAY'S WITCH

MAY 2026

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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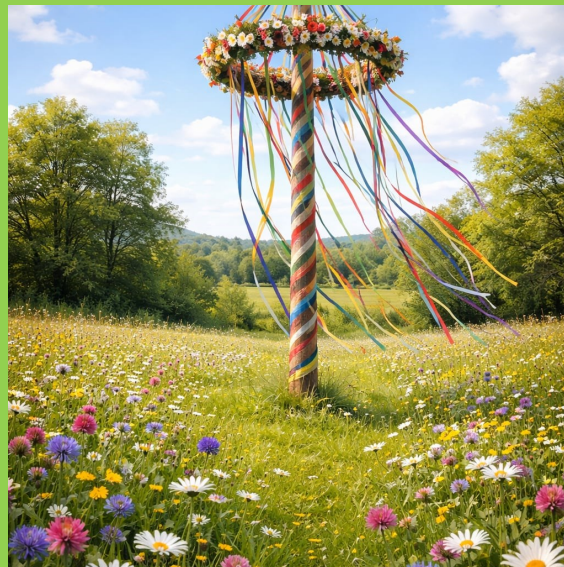
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## Table of Contents

Page 2.	Publishing Information'	Page 39.	Fairies of the World: Bocan
Page 3.	Table of Contents	Page 40.	Mesoamerican Astrology-Mazatlé (Deer, Stag)
Page 4.	Meet the staff	Page 41.	Egyptian Astrology— Thoth
Page 5-6.	A Dictionary of Angels	Page 42.	Eastern Astrology-Chinese (Horse)
Page 7-8.	Hill of Tara	Page 43-44.	Chakras-Manipure (Jewel City)
Page 9-10.	The Tao Te Ching by Lao Tzu Cpt 10-16	Page 45.	Planetary Forces- Jupiter
Page 11.	May Rune Readings	Page 46	Sacred Paths of the Qabala— Path 29
Page 12.	Rune Symbols and History	Page 47.	Potions, Powders, Charms, Spells: Fire Horse Potion and Simple Sweetening Spell
Page 13.	Ask Sebastian	Page 48-49.	Tarot Spread-The Star Spread
Page 14-15.	May and the Feast of Bast	Page 50-51.	Fantastic Familiars: The Stone Safira
Page 16-17.	Meditation-Cleansing Rain	Page 52.	How to Create a Maypole
Page 18.	Ex-Libris: Seasons of Sabbats Oracle Deck	Page 53.	Gods and Goddesses: South America
Page 19-25.	Interview with Melina Valdejo	Page 54.	Monthly Correspondences—May
Page 26.	Bards Corner	Page 55.	Mycology-Aromatic Knight
Page 27.	Symbols for May	Page 56:.	May Pagan Calendar
Page 28-29.	Kitchen Witch's Cauldron: May Feast	Page 57.	Enchanted Exhibitions— Ric Robbins
Page 30-31.	May 2026-Black Moon Lilith	Page 58-59.	Modern Technology vs. The Old Ways
Page 32.	Adonis	Page 60-61.	How Mindset and Action Can Work to Manifest Your Desires
Page 33.	Botryoidal Black Agate	Page 62.	How to Subscribe
Page 34.	A Month in I-Ching—May 2026	Page 63.	Advertise with Us
Page 35.	The Griffin		
Page 36-38.	The Fool's Journey—At the Beginning		

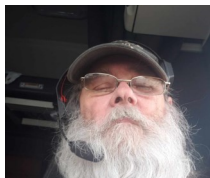


## Meet the Staff

### Edward Sott (CEO)

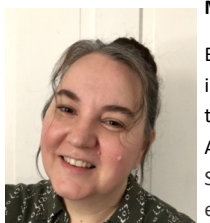


Edward Sott is a Theologian and Historian and run a Non-profit organization. And he's a military Veteran. He was since childhood inspired to write novels and plays. He currently resides in Pennsylvania and has traveled throughout the world. He is the founder and CEO of Covered Bridge Press LLC, and of "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 (Vice President)

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.



### 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 magical 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.



### 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.



### Sebastian (Magazine Advisor/Familiar)

Sebastian is a 5763 yr old denizen of the Otherworld He has come to Today's Witch to be a guide and to answer questions that have been neglected through the last many years. He enjoys helping the staff and appreciates the treats and scritches. If you have any questions you need answers to you can reach him through the editor@todayswitch.net Email. Please place in the subject line To Sebastian and he will respond in concurrent issues. You will find him appearing throughout the magazine.



### Alex Aloma (Video Production Media Manager)

My name is Alexander Aloma, and art has been a driving force in my life for as long as I can remember. Creativity has always been more than a skill to me. It's been a way of seeing the world and finding meaning in it. Over the years, that passion grew into a vision to build something of my own, a brand that celebrates imagination, connection, and the beauty of collaboration. Starting a freelance business was both a dream and a journey, one that taught me the power of bringing ideas to life alongside others who share that same spark. Working with creative minds to turn vision into reality has become my purpose, and it continues to inspire me every day. Through it all, my son Matt has been by my side, helping to keep that energy, belief, and support so I can keep that dream alive. I have built more than a brand, it's about believing in the magic that happens when imagination meets heart.

## A Dictionary of Angels

### HE'EI—HLK LIL HLK LIB

- HE'EL** ("life of God") **הייל** An angel leader of the "heads of thousands". He'el is ruler of one of the seasons of the year. He is associated with the angel Elimelech.
- HEIGLOT** **הייגלוט** In transcendental magic, a genius of angel of snowstorms. He is also a ruler of the 1st hour.
- HEIKHALI** **היכאלי** In hecaloth lore, an angelic guard stationed at the 7th heavenly hall.
- HEKALOTH** (Hecaloth) **הקלות** An angel in the heavenly Paradise.
- HEL** **הל** A name for God (or an angel of God) invoked in conjuring rites.
- HELAYSEPH** (Jiluyaseph, Hilujaseph) **cccc**
- HELEL** **הלאל** In Canaanitish mythology, a fallen angel son of Sahar or Sharer, a winged deity. Helel sought to usurp the throne of the chief god and as punishment was cast down into the abyss.
- HELELETH** (Eleleth) **הללת** In gnostic lore, a great luminary, described as "the great Heleleth descends from before the holy spirit; his aspect is like gold, his vesture like snow".
- HELEMELEK** **הלמלק** In Enoch I, an angel governing one of the seasons. The name is said to be an inversion of Milkiel.
- HEL(L)ISON** **הליסון** One of the 5 angels of the 1st altitude. When invoked he appear holding a banner adorned with a crimson cross crowned with roses.
- HEMAH** **חמה** An angel of wrath with dominion over the death of domestic animals. He was 500 parangs tall and was "forged out of black and red fire."
- HEMAN** ("trust") **הימן** Heman is a leader of one of the heavenly choirs. He and the angels under him sing hosannas in the morning hours.
- HETABOR** **הטאבור** An angel invoked in the exorcism of Wax.
- HEZIEL** **חזיאל** An angel of the zodiac.
- HHML HAML** **המל המל** Angel of the firmament, one of the 7 angels worshipped by Balaam. His name was created through permutations of the letters of the Hebrew alphabet.
- HIBEL-ZIWA** **היווה-זיבל** In Mandaean lore, an angel equated with Gabriel.
- HIEL** **הטטל** An angel's name found inscribed on an oriental charm for warding off evil.
- HILOFATEI** and **HILOFEI** **הילהפטי** and **היילופט** In hechaloth lore, angelic guards stationed in the 4th heavenly hall.
- HINIEL** **היניאל** An angel invoked in Syriac incantation rites.
- HIPETON** (Anaphaxeton) **היפתון** A spirit or angel of the planet Jupiter sharing rulership with the angel Johphiel.
- HIPHKADIEL** **היפקדיאל** An angel's name found inscribed on an oriental charm for warding off evil.
- HISMAEL** **היסמאעל** The spirit of the planet Jupiter.
- HIVVAH** **היווה** One of 2 sons of the fallen angel Semyaza.
- HIWEL-ZIWA** (Hibel-Ziwa) **היוול-זיווה** In Mandaean lore, one of the 360 divine beings, created by Alaha, the Supreme Being. He in turn is said to have created this world.
- HIYYAH** **הייה** A son of the fallen angel Semyaza. According to legend He and his brother consumed daily 1,000 camels, horses, and oxen.
- HIZARBIN** **חזירבין** A genius of the sea and one of the genii of the 2nd hour.
- HIZKIEL** **חזקיאל** He serves as a chief aide to Gabriel. He is one of the numerous guards of the gates of the North Wind.
- HLIN HNTR** **הלין הנטר** One of the 'nomina barbara', and angel of the winds and among the 7 angels worshipped by Balaam.
- HLK LIL HLK LIB** **ליל הלקי ליל הלק ליב** One of the 'nomina barbara', an angel of holiness, and one of the 7 angels worshipped by Balaam.

## HNGEL— HYPEZOKOS

**HNGEL הנגל**An angel of the summer equinox, effective as an amulet against the evil eye.

**HOCHMEL** (Hocroel, Hochmal, Hokmael, Hochmael) **הוכמל**The angel who is reputed to have inspired the 7 volume Grimoire of Pope Honorius III. He is one of the 10 sefirot.

**HODIEL** ("victory of God") **הודיאל**An angel of the Briatic world (the world of creation), according to cabalists. He is mentioned as an angel who might profitably be invoked along with, Kabniel, Tarpriel, and other invocation spirits.

**HODNIEL הודניאל**An angel reputed to have the power of curing stupidity in man.

**HOESEDIEL** ("mercy of God" - Choessed) **הוסדיאל**He is an angel of the Briatic World. He is listed as belonging to the order of hashmalim or dominations. He is also ranked as one of the 10 sefiras.

**HOFNIEL** - **הופניאל**The Fighter of God Hofniel's name appears in The Zohar. There, he is mentioned as one of the ruling angels or princes of Heaven. He rules over the order of Bene Elohim. Although, there are sources that consider Azazel the chief of the same order. But the Zohar is not the only Jewish source that mentions him. He also appears in The Massekhet Azilut. Which is an anonymous kabalistic work. This source also mentions the angel as the ruler of Bene Elohim.

**HOMADIEL הומדיאל**Identified as the "Angel of the Lord".

**HORAIOS** (Oreus, Horeus) **הוראיוס**One of the 7 archons in the Ophitic (gnostic) system and ruler of one of the 7 Heavens "leading to the aeon of the archons."

**HORMUZ הורמוז**In ancient Persian lore, the angel in charge of the 1st day of the month.

**HOSAMPSICH הוסמפיץ'**One of the leaders of the fallen angels in Enoch writings.

**HOUT האוט**An angel invoked in Arabic conjuring rites.

**HOVEY HAYAH הובי חיה**One of the many names of the angel Metatron.

**HSHAHSHIEL השששיאל**A Syrian "spellbinding" angel.

**HSPRH HSMIM הספר הסמים**One of the 7 angelic creatures worshipped by Balaam.

**HUBAIEL הובאיאל**An angel serving in the 1st Heaven.

**HUBARIL הובריל**An angelic messenger of the planet Saturn.

**HUFALTIEL** (Huphaltiel) **הופלטיאל**An angel serving in the 3rd Heaven. He officiates on Friday and is to be invoked from the west.

**HUGRON KUNYA הוגרון קוניה**One of the 14 great conjuring angels.

**HUHA היהא**An Essene angel or name of God.

**HUKIEL הוקיאל**In Hecaloth lore, an angelic guard stationed at the 7th heavenly hall.

**HULA'IL חולאיל**In Arabic lore a guardian angel invoked in rites of exorcism.

**HUMASTRAV** (Humastraw) **חומסטראב**A Monday angel invoked from the North residing in the 1st Heaven.

**HUMIEL הומיאל**In occultism, a zodiacal angel governing Capricorn

**HUPHATRIEL הופטריאל**One of the angelic intelligences of the planet Jupiter.

**HURMIN הורמין**Another name for Satan.

**HURMIZ הורמיז**One of the daughters of Lilith.

**HURTAPAL הורטאפל**One of 3 angels of Lord's Day (Sunday).

**HUSAEL חוסאל**An angel serving in the 3rd Heaven.

**HUSHMAEL חושמאל**An angel's name found inscribed on a oriental Hebrew charm for warding off evil.

**HUTRIEL** ("rod of God") **הוטריאל**One of the 7 angels of punishment, equated with Oniel. He lodges in the 5th camp of Hell, and helps in the "punishment of the 10 nations."

**HUZIA חוזה**One of the 64 angel wardens of the 7 celestial halls.

**HUZNOTH חוזנותי**A spirit invoked in the exorcism of the water.

**HYNIEL היניאל**A Tuesday angel who is subject to the East Wind. He is invoked from the North.

## The Hill of Tara: Where the Fires of Beltane Still Burn

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

### A note before we begin

The Hill of Tara is a place layered with history, mythology, and deep cultural meaning for the people of Ireland. For centuries, it has been regarded as a sacred landscape — not just because of the earthworks that rise from the hill, but because of the stories, ceremonies, and traditions connected to it. Many consider Tara to be a symbol of Irish identity, heritage, and connection to the land. This article is written with respect for those traditions and for the communities who continue to honor this place today. Our goal is not to claim its history as our own, but to learn from the wisdom it offers — especially the reminder that land, leadership, and community are deeply intertwined.

### A year of sacred places

This article continues our year-long journey in Today's Witch Magazine, where each month we explore a sacred site from somewhere in the world and reflect on what it can teach us about living a meaningful spiritual life. We're moving through the seasons together, noticing how different traditions have honored the rhythms of nature, the turning of the year, and the responsibilities that come with growth.

May brings us to the season of Beltane — a time of fire, fertility, movement, and life in full bloom. It is a joyful time, but it is also a powerful one. The seeds planted earlier in the year are now growing, and we begin to see what is taking shape. This is a season of tending, protecting, and celebrating what we are building.

And that is why May leads us to the hill.

### A sacred landscape at the heart of Ireland

Rising gently from the green countryside of County Meath, the Hill of Tara has been a place of gathering and ceremony for thousands of years. Archaeologists have found evidence of activity on this hill dating back to the Neolithic period, and later traditions connected it with the High Kings of Ireland. Tara was not a fortress or a city. It was something quieter — a ceremonial center where leaders were symbolically joined to the land they were meant to protect.

In early Irish belief, a ruler's success was measured not only by strength or wealth, but by the health of the land itself. If crops grew well and communities thrived, it meant harmony existed between people and earth. If the land suffered, it was a sign that balance had been lost.

That idea still feels relevant today.

Because leadership — whether in our families, workplaces, or communities — is not just about authority. It is about care.

### The fires of Beltane

One of the most enduring traditions connected to Tara is the lighting of sacred fires at Beltane. These fires marked the beginning of summer and were believed to offer protection, blessing, and fertility to both people and livestock. Communities gathered to witness the flames, knowing that the turning of the season depended not just on nature, but on their willingness to participate in it.

Fire, after all, is both practical and symbolic. It warms. It protects. It transforms.

At Beltane, fire reminds us that life is moving forward again — that energy is rising, relationships are deepening, and possibilities are expanding. It is a season of connection, joy, and celebration, but also of responsibility. When something begins to grow, it needs tending.

And sometimes, it needs courage.

*(Picture to the Right: Lia Fail: Stone of Destiny...located at the Hill of Tara)*



May is often when life starts to feel busy again. Projects gain momentum. Plans move from ideas into action. Gardens demand attention. Schedules fill up. Energy rises. It is exciting — but it can also feel overwhelming.

The Hill of Tara offers a simple reminder: growth is not something we control. It is something we care for.

The people who gathered on this hill understood that their role was to tend the land, not dominate it. They worked with the seasons, respected the rhythms of nature, and trusted that steady attention would bring abundance.

We can carry that same mindset into our own lives.

Instead of pushing harder, we can nurture what is already growing.

Instead of rushing ahead, we can stay present with the work in front of us.

Instead of worrying about outcomes, we can focus on care.

Because care is what keeps things alive.

**A simple Beltane reflection** : If you'd like to connect with the energy of Tara this month, try this gentle practice:

Light a candle or step outside into the fresh air.

Take a slow breath and feel your feet firmly on the ground.

Think about one area of your life that is growing right now — a relationship, a project, a dream, or a new habit.

Ask yourself:

What does this need from me to thrive?

When you feel ready, offer a quiet promise to tend that growth with patience and kindness.

You do not have to do everything at once. You only have to keep caring.

#### **Journal Reflections for May**

\*What is growing in my life right now?

\*Where am I being asked to show responsibility or leadership?

\*How do I nurture the relationships that matter most to me?

\*What does healthy growth look like in this season of my life?

\*Where do I feel energized and alive?

\*What am I ready to protect, support, or strengthen?

\*How can I celebrate progress without rushing the process?

\*What small action can I take today to tend to what I value?



*(Aerial View of the Hill of Tara)*

The Hill of Tara reminds us that growth is both a gift and a responsibility. Beltane is a joyful season — full of movement, color, and possibility — but it also asks us to stay present with the work of caring for what we have begun.

So as May unfolds, may we keep our fires burning steadily.

May we nurture what matters most.

And may we remember that the strongest roots grow from patience, attention, and love.

Blessed Beltane.

## The Tao Te Ching by Lao Tzu



### Chapter 10

Can one unite the body and the spirit as one and embrace the “Oneness” without departing from the great Tao?  
 Can one achieve harmony with such gentleness by holding on to the true spirit within as if the innocence of an infant?  
 Can one free oneself from worldly knowledge and cleanse one’s mind, so that no faults shall be made?  
 Can a ruler love his people by governing with the natural Way without personal intention?  
 Can the mystic gate to all life essence be opened or closed without the virtue of the mysterious nature?  
 Can one gain the insight of nature and become a wise person without the effort of action?  
 The mysterious nature creates and nurtures all things without the desire to possess them.  
 It performs with all efforts without claiming for credit.  
 It flourishes all beings without the intention to take control of.  
 Such is the “Mystic Te” or “Mystic Virtue.”

### Chapter 11

Thirty spokes unite around one hub to make a wheel.  
 It is the presence of the empty space that gives the function of a vehicle.  
 Clay is molded into a vessel. It is the empty space that gives the function of a vessel.  
 Doors and windows are chiseled out to make a room.  
 It is the empty space in the room that gives its function.  
 Therefore, something substantial can be beneficial.  
 While the emptiness of void is what can be utilized.

### Chapter 12

The five colors can blind one’s eyes.  
 The five tones can deafen one’s ears.  
 The five flavors can dull one’s taste buds.  
 The pursuit of pleasure can derange one’s mind.  
 The hard-to-get valuables can distort one’s behavior.  
 Therefore, a saint cultivates himself with virtues and does not indulge himself in sensory pleasures.

### Chapter 13

Honor and disgrace can surprise a person.  
 The greatest distress lies in one’s physical body.  
 What does it mean by “Honor and disgrace can surprise someone?”  
 Honor is inferior, because one who wins the favor is afraid of losing it.  
 And one who loses the favor is frightened with distress.  
 This is the significance of “Honor and disgrace can surprise someone.”  
 What does it mean by “The greatest distress lies in one’s body?”  
 We have fear because we worry about our physical self.  
 If one’s body does not exist, how can one have fear?  
 Therefore, he who values the world as much as he values himself, can be entrusted with the ruling of the world.  
 He who loves the world as much as he loves himself, can be entrusted with the guidance of the world.

### Chapter 14

What cannot be seen is called the invisible.  
 What cannot be heard is called the inaudible.  
 What cannot be touched is called the intangible.  
 These three cannot be examined and comprehended.  
 And hence are mixed together as one.  
 This "Oneness" is not much brighter in the sky, as It is not much dimmer on earth.  
 It is everlasting and cannot be named.  
 It is the original void of "non-being".  
 This "Oneness" is the Tao which is invisible and formless.  
 It may be regarded as vague and intangible.  
 When the Oneness Tao comes forward, Its front cannot be seen.  
 When one tries to follow It, one cannot see Its rear.  
 By abiding with the original Tao, one can master the presence.  
 He who knows this "Origin", shall know the teaching and the principle of the Great Tao.

### Chapter 15

The ancient Tao cultivators were subtle and mysterious.  
 They were of immeasurable profundity.  
 Because they were too subtle to be known, so reluctantly they were being described as follows:

- Cautious, as if crossing an icy river.
- Hesitant, as if fearful of the surroundings.
- Reverent, like an honorable guest
- Dispersed, like winter ice began to melt in spring.
- Simple and sincere, like a genuine virgin.
- Open-minded, like an empty valley.
- Harmonized, like the turbid water.

How can one turn the turbid water into clarity?  
 A person of Tao would maintain peace in order to achieve pureness of the mind.  
 And therefore shall not be disturbed by the worldly desires.  
 After achieving pureness of the mind, how can one let it be everlasting?  
 A person of the Tao would unify and harmonize himself with all beings which shall lead to eternity.  
 Those who abide by this Tao will not indulge themselves in the desire of greed.  
 It is because of this humbleness that enables one to embrace the original "Oneness", the Great Tao.

### Chapter 16

Humans must achieve the ultimate void and maintain calmness with sincerity in order to observe the growth and flourish of all being.  
 It is in this way that one can understand the law of nature.  
 All things and beings will eventually return to the original source.  
 This is called "peace".  
 "Peace" means returning to one's original nature.  
 This original nature is the eternal law. To know the nature's law is to be enlightened.  
 He who is ignorant of nature's law shall act recklessly, and thus will invite misfortune.  
 To know the constant law of nature is to be generous.  
 Being generous, one is impartial.  
 Sovereign is the nature itself.  
 Nature is Tao, Tao is everlasting.  
 When one's physical body dies away, Tao still long endures.

## Runes for May

### By Emily Thornton

Welcome to May everyone! The world is waking up and there is a lot of stress from places all around the world. However, if you can focus and take things a week at a time...using the runes picked to help you align with your goals...things will begin to feel a little clearer.



#### **May 1, 2: Miniature pull for the beginning days of the month (Beltane)-Sowilo-so wee low (Sun, Higher Self, Health).**

You have been going through some struggles recently. A few struggles, hard fought lessons, and now it is time to enjoy the time in the sun. Sowilo is one of the runes that is no-reversible. It is about light, wholeness, success, and energy. The beginning of May holds Beltane as well. We are welcoming the sun and sharing our optimism with the world around us. We may find some of the things we try and hide from ourselves are being brought into the light. Don't let things that have been festering stay there. Release the things that are no longer serving you. Go out and enjoy the sun. If you haven't been out in nature...now is the time. Sowilo will help enhance your connection, just go out there and do it.

**May 3-9: Ansuz ahn sooz- (Communication, Divinity, Wisdom)-** After going out into the sun and connecting back to nature, communication should be coming a little easier. Our words possess power. Words can be used to create poems, prayers and other connections to our spiritual selves. On the other hand, words can also be used to wound and manipulate. The words we speak out into the world can be used as a sort of spell, make sure you are guarding what you say. We create with words. This week, if you have been holding on to things that need to be said, let them out. If they are hurtful or something holding you back...one can use them in a spell of letting go. Write these word and harmful things down...then burn them (in a safe environment...May can be dry as well). By doing so we are using our intentions to no longer let these words hurt us. If your connection to the divine has been lacking, it may be time to reassess your relationship. Connect back with your guides and get your creative juices flowing. This week is the week of speaking the things you wish, connecting to the divine and wisdom to know which is needed for you.



**May 10-16: Perthro pair thro- (Mystery, Chance, Birth).** This rune is an interesting one. No scholars are set on the true meaning of it...so it retains the connection to mystery. What have our divinatory or psychic powers been nudging us to do? Are we listening to our attuned selves? What things have you been creating or trying to get to come to life? Are you seeing the fruits of your labor? This is the week or going back to our creative sides, or taking chances on new experiences. Because it is more attuned to the mystical side...look at your connection to your spiritual side. You wish to understand? This is the week for study for personal understanding and creating.

**May 17-23: Ehwaz eye wahz- (Death, Rebirth, Magick)-** Just like death in the tarot does not mean a death of the body, Ehwaz does not mean physical death. This week is a time of transformation. If any rune is connected with the occult, that would be Ehwaz. This week, it may be a good time to bulk up your defenses both in physical and spiritual ways. When we are practicing magicks at home...we must have our defenses in place. Sometimes these defenses get stale, just like the inside of a house can be. This week, do your favorite protection spell, make a conscious effort to protect yourself inside and outside the home. Another item to work on this week is removing things that no longer are working for you. An immense change needs to be done this week, or one cannot achieve a transformation. This week, protect yourself and remove the stagnation to gain the path of transformation.



**May 24-30 (31): Dagaz dag ahz- (Daybreak, Transformation, Enlightenment)-**You have done it! You have reached the end of the month and hopefully a bit of transformation has occurred. Dagaz is a card that helps reveal that there is an imminent change coming. This rune wants you to find the balance that you have been craving. This week, listen to the nudges your intuition is bringing you, whether in dreams, or just throughout the day. Listen to what your body and soul is saying. This is the rune of success and hope. Things will make a turn around this week.

May is almost halfway through the year, and as such, we are thinking a lot about our goals and our future. Have we been really focusing on the things we need to do? Runes hold a special place within the divinatory practices out there. Just like tarot uses symbolic pictures to gain guidance...the runes use ancient history to help us. Be present in your choices this month, and you will see a transformation occurring.

							
f	u	þ	a	r	k	g	w
fehu	ūruz	þurisaz	ansuz	raipō	kaunaz	gebō	wunjō
wealth	aurochs	giant	god	riding	ulcer	gift	joy
							
h	n	i	j	ī	p	z	s
hagalaz	naupiz	isa	jera	eihwaz	perþ	algiz	sōwulō
hail	need/hardship	ice	year/harvest	yew tree	luck	sedge (?)	sun
							
t	b	e	m	l	ng	d	o
teiwaz	berkana	ehwaz	mannaz	laguz	inguz	ḡagaz	ōþila
the god Tyr	birch twig	horse	man	water	the god Ing	day	inherited land

The Elder Futhark runes are the oldest known form of the runic alphabets used by Germanic people. They date roughly from the 2nd to 8th centuries CE. The name “Futhark” comes from the first six runes—Fehu, Uruz, Thurisaz, Ansuz, Raidho, and Kenaz. Similarly, how the word “alphabet” derives from alpha and beta. These symbols were more than just a writing system; they were deeply woven into the spiritual and cultural fabric of early Northern European societies. They have been found carved into stone, bone, wood, and metal. The runes served numerous practical purposes such as marking possessions or memorializing the dead. They also carrying symbolic and as some believe, magical significance.

Historically, the Elder Futhark is closely associated with early Germanic tribes across regions that are now Scandinavia, Germany, and parts of Eastern Europe. Some scholars believe the runes were influenced by ancient Italic alphabets, possibly introduced through contact with Roman culture. However, the runes quickly developed their own distinct forms and meanings. Over time, as languages and cultures evolved, the Elder Futhark gave way to later runic systems such as the Younger Futhark in Scandinavia and the Anglo-Saxon Futhorc in England. Despite these transitions, the original 24 runes remain the most widely recognized and studied today.

Beyond their linguistic function, the runes have long been tied to mythology and mysticism. In Norse myth, the god Odin is said to have discovered the runes through a profound act of sacrifice—

hanging from the world tree Yggdrasil for nine nights to gain hidden knowledge. This story underscores the idea that runes were seen not merely as letters, but as carriers of deeper wisdom and power. Each rune is often interpreted as embodying a concept or force—such as wealth, strength, communication, or transformation—making them tools for reflection, divination, and spiritual practice even in modern times.

Today, the Elder Futhark continues to inspire scholars, historians, and spiritual practitioners alike. Many practitioners use the runes as a way of divination, by grabbing them from a bag or by throwing them out and divining where they fall and which runes are close together. Instead of bones or wood, many rune sets are found with different stones like labradorite, obsidian, bloodstone and more. Whatever stone has special significance to the one using them, tends to lend a little extra power to the workings. One cannot deny their continued significance today. Whether studied as an ancient writing system or used in contemporary divination practices, the runes offer a fascinating glimpse into how early cultures understood language, symbolism, and the unseen forces they believed shaped their world.

## ASK SEBASTIAN



Sebastian is here to answer any questions commonly asked about the craft and its practices. Too often these basic questions are asked but overlooked. Many people seek answers through books and whatever the internet can provide them. However, they find more confusion than they wish. So many questions and discussions found throughout both the books and the internet are filled with a lot of misinformation. Rather than overwhelm you with a mass amount of dribble, Sebastian will give you basic insights which are generalized. Draw your own conclusions and expand on the research if you must.

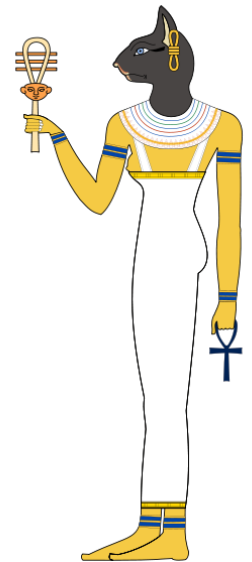
Here are some basic questions asked by those seeking out the craft:

1. **What do I need for a basic ritual?** *A ritual is anything that you perform with intent using symbolic representations. To do a basic ritual you really only need yourself, your intent and any items that you feel are significant for you to direct your focus and energy.*
2. **What is grounding and centering?** *Grounding and centering is relaxing the mind and body in preparation for performing a magickal act, ritual etc. It is gathering ones thoughts, and preparing yourself to allow for correct energy flow.*
3. **Do spells always require tools?** *Absolutely not. In fact any spell is merely the same as a prayer and taking and bringing a subconscious idea into conscious awareness so that you can begin the actions of netting the results.*
4. **What is the difference between intention and visualization?** *Intention is the direction of focus which you wish to acquire. Where visualization is taking that intention and following in your thoughts and imagination into its desired affect.*
5. **How do I cleanse my space?** *Cleansing the area is the removal of any unwanted energies or negativity from where you will be performing your magick this includes yourself. One very effective method is using a sage smudge or salt water.*
6. **What is an altar and what should go on one?** *An altar is a symbolic representative focal point for where your magick is being enacted. The implements on the altar will vary according to the purpose you have set or personal desire.*
7. **How do I know if a spell works?** *The answer to that question is that whatever you have enacted the spell to do along with the actions you took to work the spell have brought to fruition the desire you set.*
8. **Do I need to choose a deity?** *No as a matter of fact a deity is an archetype derivation which you can relate to that represents your overall desire to achieve within yourself.*
9. **What if I feel drawn to gods from a different culture?** *There is nothing wrong with it at all you might relate better to familiar mythos than to gods that are unfamiliar to you. Study the Gods and Goddesses and what they represent to find which best suits you individually.*
10. **How do I know if a deity is calling me?** *If you feel intently drawn to a particular deity than that often means that He/She is calling you to become their servant.*
11. **What is the difference between a God, a Guide, and an ancestor?** *A God/dess is normally a recognized and well known figure from a particular culture or mythos, a guide normally presents themselves as an unknown or unnamed entity that guides you, and an ancestor is a known figure from your own personal past or family line.*
12. **What is a patron deity?** *A patron deity is your chosen deity from a particular pantheon. You may work with other deities but this particular deity is personal to you.*
13. **Can I be Pagan and not worship any gods?** *Yes because being a pagan we don't worship the deities to begin with. We don't pay homage to them instead we recognize them as sources of inspiration in our lives.*
14. **What does "working with ancestors" actually mean?** *Working with ancestors is basically honoring the ancestor and following in the traditional familial ways as established by said ancestor.*

## May and the Feast of Bast (The Cat Goddess)

By Michael Waterman

The month of May in the lands along the Nile is a time of celebrating life. The Nile and the lands around it are teeming with new growth and new births happening everywhere. In the Northeastern Delta is a city called Bubastis. For thousands of years, pilgrims would come to worship at the temple of Bast around May. Bast is one of the Great Mother Goddesses of the Egyptian religion. Bast is considered beloved, even today! Everyone knows about Egypt's Cat Goddess. However, that is about all they know. Who was she? What was she famous for and why a Cat Goddess? Bast, Ubasti, Pasht, Bastet, Basta, and a hundred other names belong to the Cat Goddess. She is considered the Daughter of the Goddess Isis in her aspect of Sothys, who was the Goddess of Beauty and all things feminine. Her Father Ra-MiAa. Ra took the form of an orange tabbycat and Isis Sothys took the form of a sacred white cat. Together they conceived Bast the great Nile delta patroness.



Bast is seen as a cat or as a woman with the head of a cat. Bast is the protector of all young animals, children and especially cats. To kill a cat in the city of Bubastis was a capital offense. A Roman charioteer once ran over a cat, killing it, and was arrested on the spot. The man was beheaded the next day.

On May 7th, until sunrise on the summer solstice the Egyptians would hold huge, elaborate rituals and feasts in Bast's honor. Pilgrims came with their children and their pets, usually small cats. They would come from all over Egypt to have their children and pets blessed by the priests and priestesses of Bast. They would also come with gifts to honor Bast and to receive sacred oils for blessing children and animals. A 1960s song was based on an ancient Egyptian prayer to Bast and was very popular. I've read the papyrus that it came from. At Bubastis people lined the steps of the temple for days, waiting with their children or cats. Many were blessed and a sacred oil was placed on the forehead of the pilgrims and their pets. Some pilgrims brought floral broad collars, gold and faience statuettes, offerings of lotus flowers, spices, silk, fine linens, and jewels all to be given to the cat goddess in return for her blessings. This tradition went on into Roman times and was only stopped when the Coptic Christians closed all the temples and killed the priests and priestesses. They pulled down the statues of the goddess and pulled down the temples in the name of their God. After this, the Egyptian religion was forbidden. All the rituals were considered heresy and the worship would be punished with death!

When searching under the ruins of the temple, they found cat tombs filled with millions of mummified cats. It is assumed that they were placed there over the course of centuries because of the amount of animal mummies that were found. It was also thought that many of these mummified cats were also killed and made as offerings to be sold in the marketplace of the city. This seems a bit hypocritical since it was considered a crime to kill the cats, but it seems that in later times greed won out and they made them into mummies as offerings.

May seventh has special significance for me personally because that was the day that my cat Oliver was born. He is a large half Abyssinian, and half Orange tabby. Oliver is an extremely magical being. I consider him a gift from the Goddess. I have been following the ancient Egyptian tradition since I was a young boy and Bast has always been a favorite of mine.

In February 2023, the company I was working for went out of business and because of my age it was hard for me to find a job so I retired. I decided after a while that since I was alone, I would like to have a cat again. In August of 2023, I was contacted by an Egyptian organization in Cairo that adopted Egyptian cats. I thought that was really cool. I would have a cat from Egypt. I chose an Orange tabby. The woman who ran the adoption agency asked me what I wanted to name him and I said Horus after the Son of Isis and Osiris. I wanted to name him Horus also because he had gold eyes, and his fur was the color of the sunrise. The adoption was complicated. There was a lot of paperwork. The cat was going to arrive for me in September. I was delighted he had been neutered given all his shots and now he was waiting for the approval for his transportation from Cairo, Egypt to Newark International Airport in the USA.

Meanwhile, the cat was kept in isolation so it's not contract any diseases or bacterial infections that might impede his traveling and he had to have his papers in order. I didn't know cats needed a passport. That was early September and apparently Horus. Horus escaped from the cat compound into the streets of Cairo, if you've ever been to Egypt, you would know those streets are long narrow, very cluttered it would be impossible to find that cat. I was beginning to think this was a scam and the lady, whose name I forgot now from the Egyptian cat rescue, said she could find me another cat. I told her never mind and I went onto a site called Clawz and Pawz. I didn't find a cat I liked. I was depressed. I paged through many, many different cats. I was getting nowhere.

I asked Bast to please help me send me a sign. Then two days before my birthday. I saw an older kitten, he was 5 months old, named Oliver. He had a cute little white chin. He was an orange tabby with gold eyes. He was a little skinny and I could tell this cat needed a good home. I was enchanted immediately, I filled out the paperwork. They wanted to know about my environment. Everything passed with flying colors. I have been a cat Daddy for many many cats and I had worked in an animal shelter in Florida and one on Long Island. They considered me a great candidate so within three weeks, which would've been around October 21st or so, I was called by a lady named Valerie and she asked me if I could pick up Oliver this weekend? I said, of course, though I was scared out of my mind. What was I doing?

I bought a cat carrier and a cat food and litter box and litter box filler and more. Not knowing if I was even gonna like this cat. Again, I prayed to Bast and said "oh great lady please help me to know if this is the right way if I am doing the right thing?" I felt as though she answered me. I met Valerie. We had to drive to another town to go pick up Oliver. I had filled out the paperwork for her in the meantime and paid my fee. A young gentleman came out of the house holding Oliver. I transferred him into my cat carrier, but before I did I picked him up first and he looked up at me. It was over. I knew this little one and I belong together. Just as I held him Valerie told me his birthdate that it was May 7, the feast of Bast's opening day! I was taken aback. I knew for certain that Bast had chosen this cat for me. I took him home and he immediately took possession of the place. He found his food and water dishes, his beds, and most importantly of all he found his litter box. After that, all that he leaped into my arms nuzzled his head against my shoulder as if to say thank you for taking me home. Later, I found him curled up in front of my statue of Bast. It is a very large cat statue. I felt like he knew that she had blessed both of us.

As I practice Ancient Egyptian magic and am a High Priest. When May 7th came, I blessed Oliver with sacred oil and prayed in great thanksgiving to the Goddess best for bringing us together.

Here is a recipe for **the oil of Bast** which you can do at home.

COMBINE ALL:

Extra Virgin Olive Oil

Egyptian Lotus Oil (for Isis Sothys)

Cedar and Cypress Oils (Honoring Ra MiuAa)

Ground Frankincense

Ground Catnip

This mixture needs to steep and cure for about 3 months. Do it before May 7th. Around a week before you are going to use the oil for your pet, strain the oil. I tend to bury the leftover compound, although I will squeeze out the last bit in the strainer into the oil. And then I leave it in a dark place until it is needed. I like to use a dark bottle so the oil doesn't lose its potency.

As you're anointing the head of your cat, use a drop and say

"Great lady Bast, bless this cat who is my companion and protect(him/her) from harm.

I thank you for your gift and your kindness."

I always say "ankh Udja Seneb" and I use a sistrum which is kind of like a little tambourine on a stick. It's been used as a musical magical instrument in Egyptian magic for centuries.

I also light frankincense and a white candle after I've anointed my pet. (In this case, Oliver) and then I blow out the candle. Let him go his way and finish my ritual. I will close the energy when I'm finished and send it into the universe.

I hope you enjoy this. I found this is another way to become close to my pet, my Oliver. I hope you'll feel the same. About yours: Remember to thank Bast for bringing you together.



## Meditation — The Cleansing Rain That Waters Your Dreams

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

(a recording of the mediation may also be found at <https://pathwaysstl.com/twm>)

Sit comfortably and allow your body to settle into stillness.  
Feel the surface beneath you supporting your weight.  
Allow your shoulders to relax.  
Allow your jaw to soften.

Take a slow, deep breath in through your nose.  
Feel your lungs gently expand.

Hold that breath for just a moment.

Now release it slowly through your mouth,  
letting tension drift away like mist in the air.

Again, breathe in—drawing in calm and steady energy.  
And breathe out—releasing stress, worry, and heaviness.

With each breath, allow yourself to become more present.  
More grounded.  
More open to renewal.

You are safe to rest here.  
You are safe to release what weighs you down.  
You are safe to begin again.

Allow your breathing to find a gentle, natural rhythm.  
Notice the steady rise and fall of your chest.  
Notice the quiet strength of your heartbeat.

There is nothing you need to fix right now.  
Nothing you need to force.  
Nothing you need to rush.

Growth comes in its own time.  
Healing comes in its own way.  
Dreams unfold step by step.

And today, you are simply allowing yourself to be nourished.

Now, gently close your eyes if they are not already closed.  
Imagine yourself standing outdoors beneath a soft, gray sky.  
The air is cool and fresh.  
The earth beneath your feet feels steady and strong.

Above you, clouds gather—not heavy or threatening,  
but calm and full of promise.  
Soon, you begin to feel the first drops of rain.

Soft.  
Gentle.  
Refreshing.

Each drop lands lightly on your skin,  
cool and soothing.

This is not a storm of chaos or fear.  
This is a cleansing rain—  
a rain that washes away dust, worry, and doubt.

Take a slow breath in and feel the rain falling around you.  
With every drop, imagine tension dissolving.  
Old worries softening.  
Heavy emotions loosening their grip.

The rain is washing them away,  
carrying them gently into the earth.  
You do not need to hold onto them anymore.  
Let them go.

As the rain continues to fall,  
imagine it rinsing away anything that no longer serves you.

Self-doubt.  
Fear of failure.  
Old disappointments.  
Lingering frustration.

See them sliding gently off your shoulders,  
drifting down into the soil below.

The earth receives them without judgment.  
The earth transforms them into nourishment.

Nothing is wasted.  
Nothing is lost.

Even your struggles can become fertile ground for growth.

Take another deep breath in.

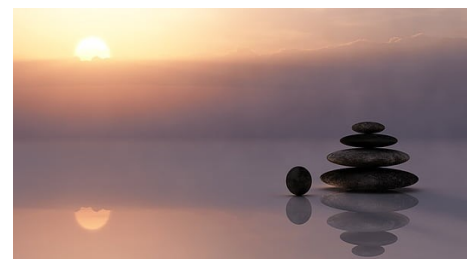
Feel yourself becoming lighter.  
Clearer.  
More open to possibility.

Now, look down at the ground around you.

You begin to notice small seeds resting in the soil.  
Each one represents a dream within you.

A hope.  
A goal.  
A desire for something better.

Some seeds are new.  
Some have been  
waiting patiently for  
the right moment.



As the rain continues to fall,  
the soil becomes rich and nourishing.

The water seeps gently into the earth,  
reaching each seed.

Feeding it.  
Supporting it.  
Encouraging it to grow.

This rain is not only cleansing—it is life-giving.

It is watering your dreams.

Take a slow breath in and imagine those seeds beginning to stir.

Tiny roots stretch downward into the soil.  
Tender shoots reach upward toward the light.

Growth is happening,  
even if you cannot see it all at once.

Progress is unfolding,  
even when it feels slow.

Your dreams are not forgotten.  
Your efforts are not wasted.  
Your path is still moving forward.

Trust the process.  
Trust the timing.  
Trust yourself.

Now imagine the rain beginning to soften.  
The clouds slowly part.  
A gentle beam of sunlight shines through the sky.

The light touches the earth.  
The light touches the growing plants.  
The light touches you.

Warmth spreads through your body.  
Confidence begins to rise within you.

You have weathered difficult seasons.  
You have continued to show up.  
You have kept moving forward.

That is strength.  
That is courage.  
That is resilience.

Take a deep breath in and feel that truth settle into your heart.

You are capable of growth.  
You are capable of change.  
You are capable of nurturing your dreams.

Even one small step can lead to something beautiful.

And you can do this.

**Repeat silently or aloud:**

*The rain washes away what I no longer need.  
My spirit is renewed and refreshed.  
My dreams are supported and nourished.  
I trust myself to keep growing.  
I am capable of bringing my dreams to life.*



Let these words sink gently into your awareness.  
Let them become part of your breath.  
Let them become part of your belief.

Now imagine the rain coming to a peaceful stop.  
The air feels fresh and clean.  
The earth smells rich and alive.

All around you, the garden is quietly growing.

You know that the rain will return when it is needed.  
You know that the sun will shine again.  
You know that growth will continue, day by day.

And so will you.

Take one final deep breath in,  
drawing in hope, clarity, and determination.

Slowly release that breath,  
allowing those qualities to settle gently into your body.

**Closing**

When you are ready, gently wiggle your fingers and toes.  
Notice the room around you.  
Notice the steady rhythm of your breath.

Slowly open your eyes.  
Carry this truth with you as you move through your day:

The rain does not destroy the garden.  
It nourishes it.

Your challenges do not end your dreams.  
They prepare them to grow.

With patience, care, and belief,  
your dreams are being watered,  
your spirit is being renewed,  
and your path is unfolding.

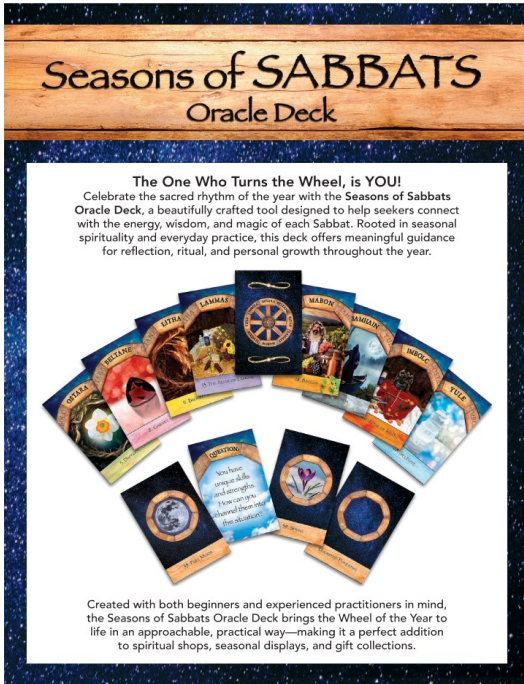
Trust the rain.  
Trust your growth.  
Your dreams are growing—and so are you.

## EX LIBRIS

## The Pagan Library

## Seasons of the SABBATS

## Oracle Deck by Melina Valdejo

*The One Who Turns the Wheel, is YOU*

This oracle deck is designed by Melina Valdejo, the owner of Pathways Metaphysical Store in St Louis, Missouri. She has many years of experience working with the Pagan and Metaphysical community and now brings to you this wonderful journey into the Sabbats and the Wheel of the year.

This 47 card deck focuses on the 8 Sabbats of the Wheel of the Year. This deck encourages daily spiritual reflection as well as seasonal awareness. It is well suited for ritual work, journaling and meditation. Let this deck guide you through the Season of the Year, as well as provide a journey of personal discovery as you traverse your own path across the wheel of the year.

Inside you will find beautifully themed seasonal artwork, which will complement all of your seasonal rituals, altar work, and your personal spiritual practice.

Seasonal spirituality continues to grow in popularity as people seek meaningful ways to connect with nature, intention, and personal transformation. The Seasons of Sabbats Oracle Deck offers a simple, engaging tool that supports this journey throughout the entire year.

## Product Details:

Oracle Deck: 47 copper foil-edged cards

Guidebook: 120 full color pages

Card Size: 5.75 x 3.5 Inches

Packaging: Rigid, 2-part, full color box.

MSRP: \$49.95

Copyright: Melina Valdejo

Published By; Covered Bridge Press LLC

Release Date: October 1, 2025

Made in: Cards-China, Guidebook: St Louis, MO

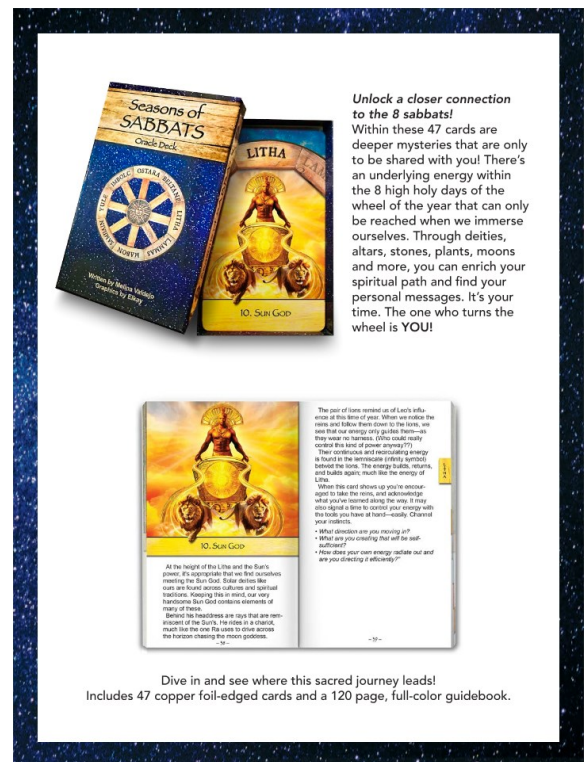
## About the Creators

Graphics by Elkay. Created by **Melina Valdejo**, owner of Pathways New Age Books & Gifts, a trusted metaphysical shop dedicated to supporting spiritual growth, education, and seasonal living for over 38+ years.

With years of hands-on experience serving the spiritual community, Melina designs products rooted in real spiritual needs and everyday practice.

You can contact Melina at:

Melina@pathwaysstl.com: [www.pathwaysstl.com](http://www.pathwaysstl.com) or 314-842-0047 or visit her shop in St. Louis, MO



## Interview with Melina Valdejo "Seasons of the Sabbats Oracle Deck"

**Ed:** Welcome to today's Witch magazine interview with Melina Valdejo. She is the creator and author of a new Oracle deck, and I'd let you tell the name of the deck so I don't screw it up.

**Mel:** It's the Seasons of the Sabbats Oracle deck.

**Ed:** Seasons of the Sabbats Oracle deck. Okay. And what inspired you to create this deck?

**Mel:** I have to be honest, I have always wanted to create a deck and at Pathways that our store, we had created during COVID, we had created sabbat kits so people could celebrate the sabbats on their own while they were still like quarantined away. And it just sprouted up out of that. I just thought it'd be a really nice adjunct tool to celebrate sabbats.

**Ed:** Okay, now. I know because the deck focuses on the eight sabbats, but there's 47 cards to the deck. Can you explain how you develop the cards based around those eight sabbats?

**Mel:** Yeah, absolutely. So if you think of each sabbat, like it's a suit, so there are like eight suits. Within each of those suits, there is a card for the altar, there's a card for a deity. There is a card for a plant and a card for a stone. Within each of the sabbats there are all of those things. And then besides that, we have bonus cards of the moon phases as well as the eclipses and the seasons. We also have a few question cards thrown in there just to encourage people to go a little deeper and find some of their answers on their own.

**Ed:** You basically broke it down to where they have some bulk representations of each of the sabbats and are able to make associations, you said, could have said in your, in the press release. Your deck basically can be worked with ritual as well as with as a tool for rituals, as a tool for self-discovery as a tool for meditation.

**Mel:** Yes. And you can also use it just as a straight oracle deck.

**Ed:** When you were defining your sabbats what type of considerations did you take into effect when you actually were working on defining the Sabbat?

**Mel:** We took the eight high holy days of the Pagan or the Wiccan year. That's where those eight came from. But then I also wanted to give people correspondences at the end to also work into those sabbats. There's also correspondences like herbs and incense, animals, the element, the planet. With Tarot, the regular tarot card. It might also relate to what sphere on the Tree of Life tools, themes. And then I also wanted to include the alchemical process because I thought that was really important.

**Ed:** Now, when we look at the sabbats, most people nowadays look at them as just major holidays that are celebrated in the Pagan community.

Do you differentiate between the greater and lesser sabbats in there? Because each of the four greater sabbats are four lesser sabbats, right?

For the four greater ones being the ones that fall on the solstice. The four lesser ones being the ones that cross quarters.

**Mel:** Yeah, They are differentiated in there by saying if they are an equinox or a solstice. So you can tell the difference that way. I'm not sure if I answered your question.

**Ed:** Because a lot of people miss them or don't understand. It's your book and everything that's written. I know you had the book published with it, a guidebook to work with it. Now the book is written to help also explain the sabbat in a little more detail of how it worked within our lifecycle as well.

Because the wheel of the year is not only just a celebration of the turning of the seasons. It is a celebration of the cycle of life of human beings.

**Mel:** The way that we do it at Pathways, and also the way that we do it in the book is that rather than celebrating the sabbats, like on one certain day, we believe that sabbats flow, like seasons stew.

They flow from sabbat to sabbat. It's not just like one, one specific day when you come to the solstice and the equinoxes. We believe in celebrating that all the way up into the next sabbat. Just like seasons aren't just like one day, and they flow from season to season.

We also celebrate the sabbats from season to season, besides just on the actual day they fall on and not everybody celebrates the sabbats, especially the cross, like the cross quarters on the same day. There's a, there's an understood day, and then there's also when the sun moves into 15 degrees of that sign and then people celebrate on that day as well.

**Ed:** That's one thing I do know about the sabbats is that most celebrate the sabbat as a three day cycle.

**Mel:** A lot do, yes.

**Ed:** Especially during the Solstice ones because the Sun's height used to be like, we'll take Samhain for example.

It is celebrated from October 31st, or the eve of Samhain until November 3rd, when it is finally closed.

**Mel:** I think the more different traditions that you speak to and the more variety that you find in the different paths of Paganism. You are going to find some people that celebrate for three days. Some people celebrate on the common day, and some people celebrate on the astrological day.

And then you'll also find folks like us, that we celebrate from sabbat to sabbat all through the year. Also, it helps keep the energy from getting stagnant, keeps the energy moving forward and I think it gives the individual, the practitioner more life experience too, when you celebrate from sabbat to sabbat like that.

**Ed:** Oh, I agree with you. Because when you're traveling the course of the wheel of the year of your own life cycle you're traveling from your birth to your death.

**Mel:** Exactly.

**Ed:** Basically, yeah. As the sabbat also showed the birth of the God to the death of the God and the rebirth.

As well as the goddesses transition from maiden to crone, back to maiden. In the same process

**Mel:** Yeah.

**Ed:** And that's another thing. Do you mention that in the book by the way? Explain that aspect in the book.

**Mel:** I do. Yeah. I do.

**Ed:** A lot of people neglect the God, the goddesses' lifecycle, as well as the gods that are involved in this. In the wheel of the year.

**Mel:** Yeah. We're equal opportunity.

**Ed:** What's that?

**Mel:** I said we're equal opportunity. We celebrate the goddess. The goddess, for sure.

**Ed:** Yeah, because they figure the solstice celebrating son God. And the goddess is just as important because she gives birth to the God.

**Mel:** It's all about that interaction and that partnership. Just like we partner with the Wheel of the Year, or we partner with the deity of our understanding. I felt that was an important thing to explain as we move through the year.

**Ed:** As for the artwork, you said you've got an artist that did the artwork for you.

**Mel:** She's amazing. Her name is Elkay. She's amazing. She does a lot of our artwork for the shop too, like advertising and things like that, but she's phenomenal. She's got over 40 years of experience in the graphics industry and she really enjoys what she does.

She's very creative and like I give her an idea and it's like she's reached inside my brain and pulled it out. It's crazy.

**Ed:** It's awesome that your graphic card is actually. You incorporate your extent, your thought processes into the imagery. When you were collaborating with her on that, did you have particular images in mind for each of the cards, or did you, or did she kind, did you have a mind, Mel?

**Mel:** I would say that I had a good idea of what I wanted, but her input just made it better than I made it in my brain, but, and like we've been friends for a long time too, so I think that's another reason that we can do the mind meld thing back and forth and we'll bounce ideas off of each other and she'll be like what do you think of this?

And what do you think of that? And it was just the perfect marriage of idea and manifestation in my opinion.

**Ed:** As a writer myself, I know sometimes writing the stuff that you need to write down is a task and a challenge on its own.

**Mel:** It definitely was.

**Ed:** And share some of the challenges you found with writing the book and try to incorporate and develop it into the cards.

**Mel:** Oh my gosh. And besides my crippling perfectionism. I think that when you like to let writing flow, the quality is much better. Then when you say, I'm going to sit down and I'm going to write this thing, it can make a little bit of a block inside your head and you're like, oh, I, it's I must do this thing as opposed to I get to do this thing.

So I will be honest, the book took longer than the cards. Several iterations.

**Ed:** The book is what took most of the time up. Now how many pages is your book?

**Mel:** 120.

**Ed:** 120 Pages

**Mel:** 120. And it's in full color. Yeah.

**Ed:** Do you take the images that are on the cards and break them down in the book too and show them in the book?

**Mel:** Yes. We do. And it's funny we, all of the stones that are on the stone cards in there. Stones that existed at my shop that we set them up and took pictures of. And then LK created the backgrounds and everything and there's a Boca effect on them. And she did all that. And then for the altars, we shot the altar cards all in one day and it took about eight hours to set up, tear down, set up, tear down.

Eight sabbats took about eight hours.

**Ed:** So while you were doing it, you were actually celebrating the wheel of the year yourself, by actually setting up altars and everything else, and sacred space to correlate with each of the eight sabbats of the wheel.

**Mel:** We did. It was both challenging and very fun at the same time.

**Ed:** I'm sure you, I'm sure you found that experience quite enlightening.

**Mel:** Yes, emphasis on lighting, because I don't think people take into consideration how much work goes into that, especially for setup and tear down of things like alters.

Elkay is also an excellent photographer. She had brought all of her lights and she would say, okay, hold this light here and turn it this way. Yeah. And she would take the shot.

**Ed:** I'm talking about enlightening in a mental sense. Enlightening as well.

**Mel:** Yes, because there were definitely things that we wanted to see in those alters.

Everything was very decidedly picked out and gathered and it's hard not to when you're setting something up like that to think and almost feel into, I'm choosing this because of this, and some of the things that we included were things that were. Specifically related to the saït, like traditionally related.

And some of the things that we added were things that were personal to us. Just like your personal spiritual path is personal, so there's like the traditional things and then there's the things that LK and I related to that we felt were very strongly needed to be added to those alters. Yeah.

**Ed:** I know you've been busy with other projects too and you know a lot of different things. You're very creative and unfortunately I made you do a lot of work for me too at times. I appreciate your effort.

Being a member of Today's Witch magazine, a staff member...how do you feel about the, the aspect of the information we're also putting out in those other projects that we do together, the magazine and stuff like that.

**Mel:** I have to tell you, I really enjoy the projects that we do together and the projects that, like when I got to interview you for your guys' book and I really enjoy working for the magazine.

I like the fact that you encourage us to come up with new things like this year instead of doing just the Sabbats and the moons, like I'm doing the sacred sites and how people can connect in with those, even if they don't go there directly. And I think our whole staff is just very creative in general, so I really enjoy working with creative people.

It helps spark your own juices.

**Ed:** I enjoy the sacred site articles that you put out because it gives insight and makes you take a journey with the magazine, it also makes you take a journey into those areas where if you're into that culture, you can get more involved in it.

**Mel:** And if you're curious, then you can learn a little more about it too. I am one that is not a well traveled person, I've never been out of this country. But by exploring these sacred sites through these articles, it gives me a little taste of that experience as if I was going there.

And I like the fact that I really wanted to include journal questions in there with it as well, because I think it just helps us look at things in a different way.

**Ed:** That's one of the things I enjoy about your articles, even your other articles you do for our magazine, such as the Kitchen Cauldron article.

**Mel:** We get to experiment.

**Ed:** Yeah. The beauty of it is you don't only combine, just put together a recipe and say here's the recipe for this month's piece. You put together a whole journalistic approach on what each of the things represent and why you want it in that, and then and how it affects you.

And then you put a little ritual out involved with it, which even I find awesome.

**Mel:** I leave just a little prayer there at the end, or a little blessing. I think it's really important for us to remember. When I touched on before about where our tradition in St. Louis is where we celebrate from when the sabbat starts until the next sabbat. And I feel that especially with the recipes and the articles for the recipes that we do. You don't have to wait for one holiday to have magic in your life. It's like you can celebrate through to the next holiday you can.

Be in touch with your magic through your recipes. There's so many different ways we can do it, and it's just, I like to bring that bit of magic into our everyday life. It's really more about walking the journey every day, not, it's like you don't just go to church on Sundays and that kind of thing.

**Ed:** The Sunday religious.

**Mel:** Yeah, and I don't want it to sound like I'm slamming Christians, I'm not, but no, it's a stereotype and I think people are familiar with it. That's why I touch on it. But yeah, it's like being in your spiritual path is more than just eight times a year.

You know what I mean?

**Ed:** On the Pagan traditions of course, as we don't only celebrate those eight sabbats, we also celebrate thirteen esbats, which is a full moon as well as the New Moon esbats.

So the 26, actually, if you wanna get 10-25 esbats, if you wanna get technical, because the new Moon does not occur like a full moon with a double occurrence.

And then you give a month, you have the blue moon occur.

So you have 25 esbats, eight sabbats plus every ritual that you perform other than that is an esbat.

**Mel:** And then you might cook, and then you have a little ritual when you cook, or you might have a ritual before you go to sleep. You might have a morning ritual, you might have a nighttime ritual. And it's just a way to weave that spirituality into everything.

**Ed:** One of the things that I like to say is, the craft is not something you just do. It's something you live

**Mel:** Yeah. It's not static.

**Ed:** Everybody thinks I can cast spells through rituals. I'm a member of the craft. It's a little...but there is so much more to it.

**Mel:** There, there really is. And it's not just what you do, but it's how you look at the world. It's how you worship, it's how you pray. It's not just, I'm going out there and I'm casting a spell and I'm doing this thing. I agree.

**Ed:** Now, being an owner of a large metaphysical shop, and I mean your shop is quite big.

**Mel:** Yes it is.

**Ed:** And a long established 38 plus years. That's a long time to have an established metaphysical shopping business.

**Mel:** It is.

**Ed:** Because I've seen them come and go.

**Mel:** Yeah. Yeah.

**Ed:** Other than bringing the deck to the spiritual community, you bring a lot more to the spiritual community. because I know you actually do things like counseling and journaling classes.

**Mel:** We do a lot and we, like I mentioned, we did sabbat kits during COVID and we've changed over to a totally digital offering now called the spell woven Path of Daily Magic that it gives people things they can do every day throughout, like the whole month.

So that's a newer offering we're doing this year. We have some new classes that are gonna be coming up soon, so we stay pretty busy.

**Ed:** Like I said, I know you're a very busy lady. You do a lot of work.

**Mel:** It takes a village. Let me tell you. We have a great group of people at the shop,

**Ed:** But like Today's Witch magazine and like everything that we do, it is a labor of love.

**Mel:** It is, yes, for sure.

**Ed:** And service. Most people believe that once you become a high priest or high priestess, or you are, if you reach the stage of elder, that your job is done.

**Mel:** I disagree.

**Ed:** You've only just begun.

**Mel:** Yes I agree with you completely. I think sometimes, like speaking from the position of a shop owner, it, I think sometimes they think you just sit back and eat all day and it's like the work doesn't stop.

If it's like one of those things, if the bathrooms need cleaning and there's nobody else to do it, guess who's cleaning the bathrooms? You. I think it's important to stay humble in your path. Whether it's your job or your spiritual path, if you're an elder, or if you are a priest or a priestess, staying humble is important. Otherwise, if ego gets in that front seat, things go bad quickly.

**Ed:** Thank you for that comment, because a lot of people, I fully agree with you there, humility and being humble. The goddess puts a lot in our past. And the ability to stay humble through it sometimes can be tricky. And a lot of people think and do things for the wrong reason. Ego gets in the way. But ego will bite you in the ass every single time.

**Mel:** Every single time. I totally agree.

**Ed:** As my one friend, you say, ego is not your amigo.

**Mel:** I like that. I like that a lot. And if anybody ever tells you, they know everything about a subject, run far, run fast, nobody knows everything about a subject.

**Ed:** Just when you think you know everything, something else changes and...

**Mel:** Yep. The universe says, here's your test. And I'm gonna give you this to try out

**Ed:** child, you know nothing.

**Yes.** That's what the universe says, child, nothing.

**Mel:** And here, I'm gonna prove it to you.

**Ed:** I know there was a time years ago when I was doing podcasting. We had a discussion on the soul and origin of the soul and soul versus spirit. We got so much in depth. We started talking about animals and do they have souls and spirits? And if so, what's the difference in how well the universe put a total stop to the podcast, literally.

Interestingly the screen looped. Everybody, everything was repeated. Repeat. We came back and came back on. It still would not let us continue. And that was like the universe saying, not ready for the bold shot yet.

**Mel:** This is a mystery we're not ready for you to share.

**Ed:** Yep. And interestingly enough. I know, like I said, you, I know you enjoy writing for the magazine because of the fact that it really gives a lot of insight that comes out of your writing. I love your writings.

**Mel:** Thank you

**Ed:** And our editors do too, because our editors don't have to do any changes.

**Mel:** I try to check that really well before I turn it in.

**Ed:** Anyway, the, I love that you, like I said, you bring into everything a personal perspective of journaling and taking a journey so people actually, when they're reading your thing, you got reading your articles, you're actually journeying with them.

And yeah, that, I love that. I think that's amazing.

**Mel:** I'll be honest, the reason I do it is because it forces them to think. It forces people to think rather than just being spoonfed information that they think they're just gonna memorize. As we touched on before, your personal spiritual path is just that it is personal to you and some of the deepest wisdoms and the deepest insights that I personally feel you can get are from your higher self or your guides in teachers or your high priests or your deity or whatever it is.

But I enjoy...this sounds terrible. I wish I could think of a better way to say it, but I enjoy forcing people to think because I want them to have that 'aha' moment on their own. I want them to come to that point where they're like, oh my gosh, that was so profound and it was like revealed to me.

Does that make sense?

**Ed:** Yeah, it makes perfect sense. The 'aha' moment I used to work a lot of spirituality, and the first part of my teaching is to know thyself.

And that's the first goal of the witch is to know thyself.

And so the first thing I work with my students on is spirituality and the spiritual aspects of self-awareness.

And that digs in deep. You got to take a deep personal journey to get there. I used to give a book away called the "Celestine Prophecy" because it's a very awakening book.

**Mel:** And it's an easy way to get people to open up to all this.

**Ed:** And every time that I gave a, every time I tell my students to read the book, I get two o'clock in the morning calls. "I got it and it's oh my God, a spiritual awakening." At two o'clock in the morning, they put the book down.

**Mel:** Why can't spiritual awakenings just wait until I don't know, 8:00 AM I don't know.

**Ed:** But when you see that spiritual awakening occurs in others, that is rewarding to watch them, all of a sudden, boom, they get it.

**Mel:** It's like they're a freshly cracked egg. And it's like their world has just opened up. I love it. I love it when I see it. I think it's amazing.

**Ed:** We hope, I hope that with your, my hope that with your parts that they open up people to more spiritual awareness of the sabbat and how they can work within them.

That's my goal. I really appreciate that. And how can you attain that deck?

**Mel:** You can buy it straight from our website. It's Pathways, just like it sounds, ([pathwaysstl.com](http://pathwaysstl.com)) and there's a link on the very first page and you can buy it straight from the web store. Or if you have trouble working with computers, you can call us and we'll just run your credit card over the phone and ship it out.

We ship everywhere.

**Ed:** And how much does your deck and book cost?

**Mel:** 49.95. Plus the shipping. Independent publishing is not cheap, especially if you have a deck.

**Ed:** Oh God. Yeah.

**Mel:** But it's beautiful. It's a beautiful deck. I'm so happy with the way it turned out and it's, the cards are oversized, so it's nice.

**Ed:** I'm glad that you did this. I'm glad that we have a new addition to the Oracle families of many.

**Mel:** Me too. Thank you so much. I appreciate it

**Ed:** We appreciate you having the interview with you today and appreciate having you on staff with us. I look forward to more coming from you, Mel.

**Mel:** All right. Meditations are next. Those are coming up in May.

**Ed:** We have seven minutes. Do you have anything else?

**Mel:** Just thanks, thanks for the opportunity to like, share my deck with people through the magazine, give them a little more insight behind it and how they can deepen their own path. But yeah, thanks for having me on it. I appreciate it.

**Ed:** It's great having you. And I'll see you on the flip side.

**Mel:** Alright. Blessed be, blessed we.

**Ed:** Blessed be.

## A Bard's Corner

### Hollow

Purple lips and bruised eyes  
Gazing solemn at the skies

"You'd look so beautiful laid like this,  
longing, stared toward the abyss"

I haven't bled in a long while  
In a heart that's filled with blood and bile

"You'd look so beautiful as you lie,  
Broken staring at the sky"

My chest caved in from shallow breathing  
my heart that's waxen, barely beating

"You'd look so beautiful putrid clean,  
Vacant smile and eyes unseeing."

### War

How beautiful the missiles are  
That streak across the sky  
They fall to us like shooting stars  
Bringing gentle ashes high  
And though we die  
How beautiful those missiles are  
That rubble lay and mothers cry.

How those deadly sounds  
the Mothers cry  
Wailing against the gentle ashes  
Of silent a child, still they lie  
As another shooting star flashes  
Across the gentle Sky it clashes  
With deadly mothers screaming why  
And deadly children, still and die

How beautiful the missiles are  
As they streak across the sky

### Sunlight

In Winter we dawn our coats  
Our skin mourns the sun  
But never truly forgets  
How it feels to be kissed by rays

And in Spring it greets us  
When we shed the chill  
From our soul  
And it kisses our skin again

It never feels like it does in our memories  
When the sun meets our skin  
Warmth and tingling caresses  
Alights our souls again.

**Bio:** My name is Stevie Ellis and I am an English Creative Writing major at the College of Western Idaho. I am a practitioner of witchcraft and have always been called to spiritual energy. Throughout my life I have written poetry and as you can see I deal with topics of heavy nature as I have found that poetry is one of the few ways I can unburden my heart. Hollow deals with depression and I wrote that poem when I was at my lowest point.

I wrote War recently. Witnessing the destruction of peoples and countries and families all from my phone this poem represents how disconnected we have become from reality.

Sunlight deals with the release of emotion and the return of happiness to my life, something I wasn't sure would happen for me.

### Chaotic Musings of a Little Wicked One:

Through a small doorway I saw visions of you, I held you there.

A broken yearning,  
Only of peace.  
A quiet corner of solitude  
A simple breeze

Look to the sun,  
Let it linger  
It fades.

I traced your name in candle smoke.  
Sending visions of what I see.  
It twists and disappears, not lost.  
Carried somewhere else.

The Earth remembers every step.  
Each barefoot vow I dared to keep.

She seeks the truth, I have to tell.

If you seek me,  
Do not call.  
Listen where the stillness sings.  
I'm there, in unseen threads.  
Quiet between,  
The living things.

**Bio:** Little Wicked Wonders is owned by Aspen Blackwood. Aspen is 28 years young poet, witch, and intuitive creator who writes from the liminal spaces—where shadow meets spirit and transformation quietly takes root. Her work drifts between the mystical and the deeply personal, drawing on moon cycles, shadow work, and the subtle, everyday magic often left unseen. Blending witchcraft-inspired imagery with emotional depth, Aspen's poetry invites readers into reflection, healing, and self-discovery—into the quiet places where something ancient still hums beneath the surface. Her voice lives in the in-between: the hush of twilight, the flicker of candlelight, the moment just before becoming. Beyond the page, Aspen offers tarot and oracle readings, creates spell bottles, intentional tools, and rituals through her work, helping others reconnect with their own inner power and intuition.

## Symbols for May

By Emily Thornton

May holds the celebration of Beltane which is a season of passion, vitality, and the return of summer. Prevalent symbols during this time reflect the union of the divine masculine and feminine and the fertility of the land.

Beltane is primarily a fire festival. Historically people leaped over bonfires for purification. Sometimes cattle were led between two bonfires to clean their energies for the rest of the year. Bringing about harvests and healthy animals. Today, fire continues to be a symbol of transformation and the "inner fire" of passion and motivation. Many practitioners light candles or host bonfires to visualize their desires taking shape.

The Maypole is a classic symbol used to weave intentions of prosperity and abundance. Dancing around the pole with colorful ribbons creates a physical manifestation of dreams. For those without a Maypole, braiding three cords together into a bracelet or belt serves as a symbolic alternative to raise magical energy.

May's full moon is known as the Flower Moon, named for the blooms blanketing the earth. Flowers symbolize beauty, attraction, and the manifestation of desires. They are used as offerings to the earth or fae spirits to align with the season's abundance. The hawthorn tree is specifically associated with the energy of this season.

Themes of fertility and nourishment are central to May festivities. Symbols such as eggs, milk, and honey are often used in spell work to attract prosperity. Beltane is also a traditional time for handfasting, a sacred marriage or commitment ceremony that honors love and devotion.

Whatever symbols feel right to you, enjoy the fire festival and get out there into the beautiful weather.



## KITCHEN WITCH'S CAULDRON

### May Feast — The Month of Blossoming & Steady Growth

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

May is a time when the world is fully alive with color, fragrance, and movement. What began as seeds and tender shoots now stretches confidently toward the sun. This feast honors steady growth, daily nourishment, and the joyful tending of dreams that are beginning to bloom. Each dish celebrates abundance, gratitude, and the gentle rhythm of the season.

#### Garden Herb & Lemon Vegetable Pasta

Ingredients, Measurements & Correspondences:

- ~ 12 ounces pasta of choice (sustenance, continuity, and life's journey)
- ~ 2 tablespoons olive oil (blessing, smooth transitions, and prosperity)
- ~ 2 cloves garlic, minced (protection, vitality, and strength)
- ~ 1 cup cherry tomatoes, halved (joy, love, and vibrant life force)
- ~ 1 small zucchini, sliced (balance, harmony, and gentle growth)
- ~ 1 cup baby spinach (renewal, healing, and heart-centered energy)
- ~ Zest and juice of 1 lemon (clarity, joy, and awakening light)
- ~ ¼ cup grated Parmesan or vegan alternative (nurturing, comfort, and sacred union)
- ~ Fresh basil and parsley, chopped (prosperity, love, and renewal)
- ~ Sea salt and black pepper, to taste (grounding, balance, and protection)

Directions:

Cook pasta according to package directions until tender. Reserve ½ cup of pasta water before draining.

In a large skillet, warm olive oil over medium heat. Add garlic and sauté until fragrant.

Add tomatoes and zucchini, cooking until softened and bright.

Stir in spinach and cook just until wilted.

Add cooked pasta to the skillet along with lemon zest and juice. Toss gently, adding reserved pasta water if needed.

Sprinkle with Parmesan and fresh herbs. Serve warm, honoring the steady growth unfolding in your life.

#### Soft Meadow Herb Dinner Rolls

Ingredients, Measurements & Correspondences:

- ~ 3 cups all-purpose flour (stability, nourishment, and foundation)
- ~ 2 teaspoons active dry yeast (growth, expansion, and new beginnings)
- ~ 1 teaspoon sea salt (balance, protection, and grounding)
- ~ 2 tablespoons honey (sweetness, gratitude, and abundance)
- ~ ¾ cup warm milk or plant milk (nurturing, comfort, and emotional flow)
- ~ ¼ cup warm water (transformation, adaptability, and life energy)
- ~ 2 tablespoons melted butter or olive oil (healing, warmth, and generosity)
- ~ 1 tablespoon dried mixed herbs (community, connection, and harmony)

Directions:

In a small bowl, combine warm water, milk, honey, and yeast. Let sit until foamy.

In a large bowl, mix flour, salt, and herbs. Add yeast mixture and melted butter.

Knead dough until smooth and elastic.

Place in an oiled bowl, cover, and let rise until doubled.

Shape into rolls and place in a baking dish. Let rise again briefly.

Bake at 375°F (190°C) for 20–25 minutes until golden and soft.

Serve warm, sharing comfort and connection with those around you.

## KITCHEN WITCH'S CAULDRON-Cont.

### Golden Apple Blossom Cooler

A gentle and uplifting drink celebrating gratitude, harmony, and the blossoming of new opportunities.

Ingredients, Measurements & Correspondences:

- ~ 1 cup apple juice (abundance, wisdom, and the blessings of growth)
- ~ ½ cup sparkling water (joy, movement, and lively energy)
- ~ 1 teaspoon honey (gratitude, sweetness, and attraction of blessings)
- ~ 1 teaspoon fresh lemon juice (clarity, purification, and bright beginnings)
- ~ A pinch of ground ginger (confidence, courage, and forward motion)
- ~ Thin apple slices for garnish (love, renewal, and sacred connection to the orchard)

Directions:

In a glass or small pitcher, combine apple juice, honey, lemon juice, and ginger. Stir gently until the honey is dissolved. Add sparkling water and stir slowly, visualizing light and opportunity bubbling upward. Garnish with apple slices and serve chilled, honoring the beauty of steady growth and blossoming potential.

### Blossom Honey Oat Crumble with Berries

Ingredients, Measurements & Correspondences:

- ~ 2 cups mixed berries (abundance, joy, and fulfillment)
- ~ 2 tablespoons honey (gratitude, attraction, and blessings)
- ~ ½ cup rolled oats (sustenance, stability, and prosperity)
- ~ ¼ cup flour (foundation, nourishment, and continuity)
- ~ ¼ cup brown sugar (comfort, warmth, and contentment)
- ~ 3 tablespoons butter or plant-based butter (pleasure, nurturing, and generosity)
- ~ ½ teaspoon cinnamon (protection, warmth, and success)

Directions:

Preheat the oven to 350°F (175°C).  
Place berries in a small baking dish and drizzle with honey.  
In a bowl, combine oats, flour, sugar, and cinnamon. Cut in butter until crumbly.  
Sprinkle topping evenly over berries.  
Bake for 25–30 minutes until bubbling and golden.  
Serve warm, reflecting on the sweetness that follows steady care.

Ritual Blessing:

With sun above and roots below,  
I feed the dreams that start to grow.  
Day by day and step by step,  
Abundance blooms where care is kept.  
Blessed Be!



May /  
Beltane  
Menu



## May 2026 Black Moon Lilith

By Lisa Hoffman

May is the turning point of the nine-month cycle from impulse to responsibility, where we start to cultivate meaning for the rest of the Sagittarian cycle. We move from 14 to 18 degrees, and this halfway point of Black Moon Lilith's passage naturally creates a pivot. Midway energies are about responding to the environment in new ways because we have cultivated new knowledge. Deeply embodying what we have learned will shape our purpose as we progress.

**Dates: May 1st - 3rd, 2026, SAGITTARIUS 14°**

**Sabian Symbol:** "The Great Pyramid and the Sphinx."

We begin May by carrying forward the stillness and wisdom of the previous degree. After all the inner work of this month, we arrive at the image of the pyramids and the sphinx, symbols of enduring wisdom and ancient knowledge. Just as your emotional understanding deepens to bring a clearer sense of self, the passage of time and experience reveals a more universal awareness of who you are becoming. With this depth can come shadows around stopping, resting, or allowing integration after so much inner and outer movement.

Now the invitation is to rest in your new wisdom, much like the still presence of the pyramids and the sphinx themselves. This moment acts as a bridge in the larger Black Moon Lilith journey through Sagittarius, so just feel and allow whatever arises to arise.

**Dates: May 4th - 12th, 2026, SAGITTARIUS 15°**

**Sabian Symbol:** "The groundhog looking for its shadow on Groundhog Day."

After resting in wisdom, the energy now shifts to pattern recognition. Are your days the same? This degree will help you see patterns that keep you stuck and give you the perspective to change them.

Shadow work here may reveal a fear of the future, a tendency to avoid change, or a reluctance to plan due to feeling overwhelmed or restricted. You may have blocks that are preventing growth. If so, meditate on the feelings that arise, acknowledge whether you want to change something, and observe what lies in the shadow.

**Dates: May 13th - 21st, 2026, SAGITTARIUS 16°**

**Sabian Symbol:** "Sea gulls fly around a ship in expectation of food."

As we deepen, we move into the territory of dependency and instinctive reaction. The sea gulls symbolize wild energy, but here these wild creatures have become accustomed to taking the easy path, feeding off what others create instead of seeking their own sustenance. This brings us to the shadow of dependency.

It is common for people to follow others, and this behavior includes law, government, and organizations, as well as family, culture, and friends. But are we doing it compulsively, or do we agree? Group rules can keep us safe but also keep us the same. So while you ponder this, triggers may arise that reveal shadows. These may have to do with times when you rely too heavily on the program, neglect your true essence, withdraw emotionally just to get the job done, and allow spiritual disconnection. You are essentially relinquishing your power.

You can follow things if you know why you choose them. But over-domestication leads to trouble, such as depression, anxiety, feeling lost, and simply complaining your life away. When you recognize your conditioned responses, you can choose to reject them by taking that feeling/energy they allow into meditation and witnessing it.

**Dates: May 22nd - 30th, 2026, SAGITTARIUS 17°**

**Sabian Symbol:** “An Easter sunrise service draws a large crowd.”

From dependency, the energy lifts to collective rebirth through a shared longing for freedom. That is what rebirth offers, a chance for a fresh start, a clean slate, and a little more freedom. Communal awakenings move many hearts and eventually settle on a similar vision. There is a marked shift from personal shadow work to collective clearing occurring in the 9-day portal. The question is are you ready and willing to participate in it consciously?

Or does it frighten you to know that you have the power to change the Earth-body system? Whatever feelings arise, take them into meditation and witness. Shadow work does not have to be all dark and gloomy, as 'shadow' just means a portal to unveil what is unknown. If you are willing to take what comes up and throw it into your inner realm and witness whether you consider it dark or light, watch the magic happen for yourself. Whatever the case, the invitation is to participate with our extended humanity in something immense. It is up to you whether you want to do that consciously or not.

**Dates: May 31st, 2026, SAGITTARIUS 18°**

**Sabian Symbol:** “Children playing on the beach, their heads protected by sunbonnets.”

We close out the Black Moon Lilith energies of May with a gentle yet potent degree of protection and freedom. Children playing on the beach symbolise innocence meeting powerful forces, the sun, the sea, and the unconscious realms. Protection here is essential because you have passed through a collective energy sharing, allowing yourself to combine with others' energy, each holding their own unique power. There is a balance between protection and freedom because they are two sides of one coin. Protect just enough to feel safe while still remaining free.

Triggers here will be around your environment. Take them into meditation to see through the shadows and reveal deeper layers of yourself past what you currently know.

### **Continue the Journey**

If you would like to explore your own shadow energy in more depth, I invite you to take the Goddess Light and Dark Quiz, which shows where your current divine feminine energies are sitting around your freedom and your shadow.

After going through the quiz, you will be on the Black Moon Lilith Oracle email list, which shares weekly insights and energetic updates on goddess and shadow working energies that can help you move through them.

Take the quiz to know thyself more fully here:

<https://lisahoffman.au/goddess-archetype>



### Get to know Lisa Hoffman:

Author. Channel. Guide through the feminine mysteries.

Lisa Hoffman writes books and channeled work for women remembering their power through myth, magic, shadow, and sacred feminine embodiment. Her work bridges spiritual depth with grounded transformation and offers readers a path that feels mystical, honest, and deeply lived.

## Adonis

Named for the Greek god Adonis, from whose blood this plant is said to have sprung, adonis is used as a cardiac stimulant that may be effective even when digitalis fails, especially in cases of kidney disease. Because of its sedative action, adonis may also be used to treat irregular or rapid heartbeat.

About 20 species of annuals and herbaceous perennials make up this genus, which occurs in temperate Europe and Asia in a variety of habitats. Several species are valued as ornamentals for their exquisite, early flowers. The genus is named after Adonis, the beautiful youth of Greek myth who was killed by a boar. The flowers that sprang from his blood as it touched the earth are planted in Greece to celebrate his return to life each spring. Spring adonis (*A. vernalis*) is rare and protected in many areas. It contains glycosides that have both tonic and sedative effects on the heart, and is an ingredient of several commercial German preparations for heart complaints and low blood pressure. Spring adonis is also found in Bechterew's Mixture, a Russian formulation for heart conditions of nervous origin.



Clump-forming perennial with a stout rootstock and numerous, finely dissected leaves, to 5cm (2in) long. Solitary, yellow flowers resemble large buttercups in early spring.

<b>Common Name:</b>	Adonis
<b>Other Names:</b>	False Hellebore, Red Chamomile, Pheasant's Eye, Red Morocco, Rose-a-Rubie, Red Mathes, Sweet Vernal, Oxeye, Spring Adonis, Yellow Pheasant's Eye
<b>Botanical Name:</b>	<i>Adonis autumnalis</i> syn <i>A. vernalis</i>
<b>Genus:</b>	Adonis
<b>Family:</b>	Ranunculaceae
<b>Cultivation:</b>	Well-drained, medium soil in sun or partial shade, blossoms more readily in full sun. Does not take well to transplanting. Light well-drained soil, enriched with leaf mold, in sun or partial shade. The crown should be planted 2.5 cm (1 in) below the surface. New growth may be damaged by slugs and snails. Plants die down in summer, so label them to prevent accidental damage.
<b>Propagation:</b>	By seed sown <i>in situ</i> when ripe. By division in early autumn, by seed sown under cover in summer, as soon as ripe. Germination may be slow and erratic.
<b>Harvest:</b>	Leaves, stems, and flowering plant are picked when flowering and used dried for decoctions, powders, tinctures and liquid extracts. Due to over-harvesting this plant is now considered on the extinct list and harvesting is prohibited in most countries.
<b>Height:</b>	15-49cm (6-16in)
<b>Width:</b>	30-45cm (12-18in)
<b>Hardiness:</b>	Z 4-7
<b>Warning:</b>	<b>Adonis' side effects include nausea and irregular heartbeat. Adonis contains cardiac glycosides, which can help control irregular heartbeat, reduce the backup of blood and fluid in the body, and increase blood flow through the kidneys, helping to excrete sodium and relieve swelling in body tissues. However, a buildup of cardiac glycosides can occur, especially when the herb is combined with certain medications or other herbs that contain cardiac glycosides, causing arrhythmias, abnormally slow heartbeat, heart failure, and even death.</b>
<b>Further Information:</b>	<a href="http://prcupcc.org/herbs/herbsa/adonis.htm">http://prcupcc.org/herbs/herbsa/adonis.htm</a>

**Do not use any herbal medicines or remedies without first consulting with your family physician. Herbal remedies often interact with modern medicines with negative effects.**

## Botryoidal Black Agate

Botryoidal Black Agate displays a Nodular configuration with presents, when polished, both tubular/orbicular configurations and plumes.



### Physical Properties:

<b>Category:</b>	Chalcedony Silicate
<b>Color(s):</b>	Black
<b>Crystal Structure:</b>	Monoclinic
<b>Chemical Composition:</b>	SiO <sub>2</sub>
<b>Geological Category:</b>	Metamorphic
<b>Strunz Classification:</b>	-
<b>Specific Gravity:</b>	2.68-2.72
<b>Crystal Habit:</b>	Nodules, with tubicular/orbicular configurations and plumes
<b>Hardness:</b>	7
<b>Cleavage:</b>	None
<b>Fracture:</b>	Conchoidal with sharp edges
<b>Luster:</b>	Waxy
<b>Streak:</b>	White
<b>Diaphaneity:</b>	Translucent
<b>Occurrence:</b>	Wyoming, USA

### Physiological/Holistic Properties

<b>Preparation:</b>	Elixir
<b>Treatments:</b>	Disorders of the intestines, alimentary canal, veins, ears, nose and throat. It has been used to dissipate pain on all levels.

### Metaphysical Properties:

<b>Astrology:</b>	Sagittarius, Scorpio
<b>Numerology:</b>	4
<b>Element:</b>	Earth
<b>Chakras:</b>	Root
<b>Keywords:</b>	Communication, concentration, psychic abilities, peace, healing, divining, grounding, centering
<b>Tarot:</b>	The emperor, Death, The Fool, 4 of Pentacles, Queen of Pentacles
<b>Tone:</b>	C
<b>God:</b>	Am-Heh, Arawn, Asclepias, Atlas, Bran, Corn Father, Coyote Brother, Cronos, Cuchulain, Dagda, Dis, Eite-Ade, Ghede, Gwydion, Hades, Heimdall, Hermes, Horned God, Jupiter, Khonsu, Loki, Madhera, Math, Merddin, Nefertum, Ninib, Odin, Osiris, Pluto, Rangj, Samana, Saturn, Sekhet, Sin, Thor, Thoth, Woden, Xocatl, YHVH, Zeus
<b>Goddess:</b>	Al-Ilal, Anna, Aradia, Artemis, Athena, Baba Yaga, Babd, Bast, Bebhionn, Brizo, Bronach, Brunhilde, Cail-leach, Carlin, Cassandra, Cerridwen, Crobh Dearg, Cybele, Demeter, Devanyani, Diana, Dolya, Edda, Elli, Eris, Fortuna, Frau Holde, Frigga/Frey, Hakea, Hathor, Hecate, Hel, Hera, Husbishag, Inanna, Ishtar, Isis, Kali, Kalma, Kele-De, Levanah, Lilith, Lunah, Ma'at, Macha, Mara, Mari, Mari-Ama, Marzana, Morrigan, Nemesis, Nephthys, Nicnevin, Nimue, Pamona, Parsiphae, Phoebe, Psyche, Queen of Elphame, Remati, Rhea, Rhiannon, Selene, Themis, Zorya Vechernaya
<b>Affirmation:</b>	I can concentrate on things that are most important and maintain focus against any and all distractions.

# A MONTH IN I-CHING

## MAY 2026

\_\_\_\_\_ **Week 1 May 1– May 7**

- \_\_\_\_\_ **CHIA JEN—The Family**
- \_\_\_\_\_ **SUN— Wind, wood, Gentle**
- \_\_\_\_\_ **LI—Fire, Brightness, Beauty**

There is a strong and firm unity in the family. Cooperation is predominant. It’s a time of family activity.

\_\_\_\_\_ **Week 2 May 8– May 14**

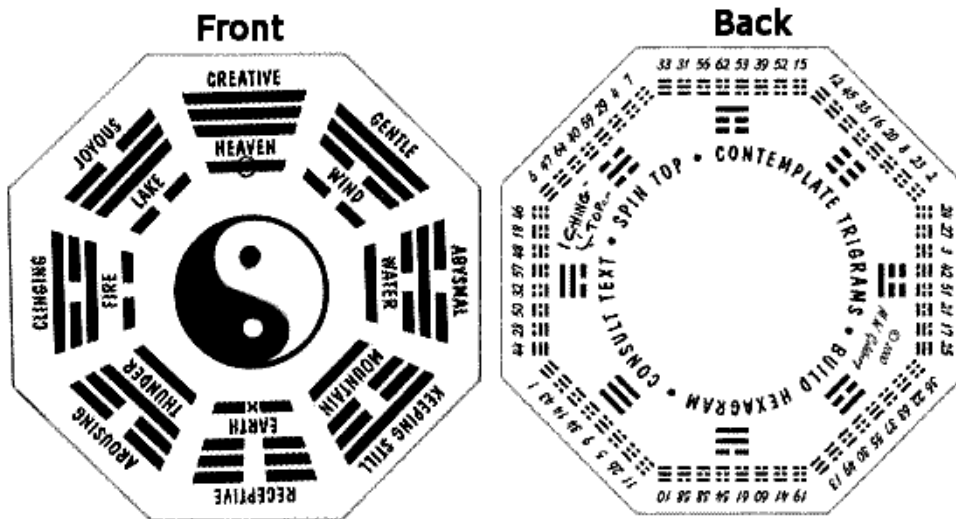
- \_\_\_\_\_ **LI—The Clinging**
- \_\_\_\_\_ **LI—Fire, Brightness, Beauty**
- \_\_\_\_\_ **LI—Fire, Brightness, Beauty**
- \_\_\_\_\_ This is a period of predominantly good fortune, but it must be shared with others in order for it to continue

\_\_\_\_\_ **Week 3 May 15– May 22**

- \_\_\_\_\_ **I—Increase**
- \_\_\_\_\_ **SUN—Wind, Wood, Gentle**
- \_\_\_\_\_ **CHEN— Thunder, Movement**
- \_\_\_\_\_ Everything that you do this week will be advantageous to you. So prepare to spend your time this week focusing on necessary projects.

\_\_\_\_\_ **Week 4 May 23-May 31**

- \_\_\_\_\_ **CH’IEN— Creative**
- \_\_\_\_\_ **CH’IEN— Creative, Active, Heaven**
- \_\_\_\_\_ **CH’IEN— Creative, Active , Heaven**
- \_\_\_\_\_ Your creative energy is at its strongest point this week. Focus on new ideas and artistic endeavors.



## The Griffin

by Alexander Aloma

There are moments in life where you come across something that feels both unfamiliar and strangely known at the same time. The symbol of the griffin was one of those.

At first glance, it's easy to see it simply as a creature of myth, a fusion of lion and eagle, strength and sky. It began to feel like something deeper than just an image passed down through time..

The lion has always been grounded, powerful, undeniably present. The eagle, on the other hand, moves differently. It sees from above, from a place of clarity and distance. Bringing the two together creates something balanced in a way that feels intentional.

And the more I thought about that balance, the more I felt there's a constant pull between staying rooted and reaching beyond, between acting and observing. The griffin doesn't struggle between those states. It embodies both at once.

What stood out to me most was how often the griffin appears as a guardian. Not just of treasure in the physical sense, but of things that hold value on a deeper level of knowledge. The griffin doesn't hoard, it protects.

Sitting with this, I began to see the griffin less as a creature and more as a presence, a reminder of what it means to stand watch over something, whether that's your energy, your work, or your own decisions in your life.

There's also something to be said about its stillness but yet I see and feel how it makes us feel in our heart, giving us courage to be who we should be.

What I appreciate about it is that it doesn't feel overwhelming or chaotic. There's no sense of recklessness in the griffin. It feels steady not just in what it represents, but in what it reflects back to you. Strength, a balance that feels earned rather than given.

It invites a different kind of question, not "What can I take from this?" but what is the worth I've learned not just externally, but internally as well.

Because in the end, the griffin isn't only a guardian of distant treasures or forgotten places. It becomes a symbol of personal stewardship of knowing what matters enough to be kept, honored, and defended. It's interesting how something so ancient can still feel relevant when you come across it at the right moment. Almost like it was waiting to be noticed.

Or maybe more accurately waiting for you to be ready to notice it.



## The Fool's Journey: Start at the Beginning

By Emily Thornton



When working with the Rider Waite tarot, one must learn about the main players. The Fool is ground zero because he is the symbolic representation of us or the human condition. As he is the beginning card and the blank slate, the Fool is the zero card. He is not given a number, because he has not gained the skills needed (yet).

The Fool holds a unique and pivotal position as the inaugural card of the Major Arcana in the Tarot. More than merely a starting point, the Fool embodies the very essence of new beginnings, representing the pure potential that exists before experience and definition take hold. This archetypal figure stands at the precipice of a journey, both literal and metaphorical, poised to step into the vast unknown with an open heart and unburdened spirit. Often depicted as a youthful traveler, seemingly carefree and perhaps even a touch naive as they approach a precipice, the Fool's apparent lack of awareness is not indicative of stupidity but rather a profound trust in the unfolding of the universe. This card encapsulates the courage required to embrace uncertainty, the optimism inherent in a fresh start, and the limitless possibilities that lie before us when we dare to venture beyond the familiar. The Fool is the embodiment of the journey itself, the initial spark of curiosity that ignites a quest for knowledge, experience, and self-discovery.

The visual elements within the Fool card are laden with meaning, each contributing to a deeper understanding of its core message. Examining these symbols unlocks layers of interpretation and provides valuable insights into the nature of new beginnings and the journey ahead.

**The Cliff Edge:** This potent symbol represents the pivotal moment of decision, the point where the known world ends and the uncharted territory begins. It signifies the necessity of taking a leap of faith, stepping outside the confines of comfort and security, and embracing the inherent risks associated with any new endeavor. The seemingly precarious position is not necessarily one of danger but rather an invitation to trust in the unseen forces that will support the journey.

**The White Dog:** Often depicted leaping alongside or nipping playfully at the Fool's heels, the white dog is a powerful symbol of loyalty, faithful companionship, and inherent intuition. It represents the instincts that guide us, the inner voice that often speaks truth even when logic fails. The dog's presence suggests that the Fool is not entirely without guidance but is supported by innate wisdom and a loyal spirit that encourages forward movement. Its whiteness can also symbolize purity of intent and the uncorrupted nature of the Fool's spirit.

**The Wand or Staff:** Carried casually over the Fool's shoulder, the wand or staff is a symbol of potential action, creative power, and the tools necessary for the journey. It represents the nascent ideas, the untapped skills, and the inherent resources that the Fool carries within. The often-small bundle attached to the end of the wand suggests that the Fool travels light, unencumbered by excessive baggage, both material and emotional. This emphasizes the importance of adaptability and a willingness to let go of the past.

**The Satchel or Bundle:** The small bag or bundle held by the Fool signifies the essential provisions for the journey. Its lightness suggests a detachment from material possessions and a focus on inner resources. The contents are often unknown, implying that the true necessities for the journey will reveal themselves as needed. This symbol highlights the importance of being present and trusting that what is required will be provided along the way. It can also represent the accumulated wisdom or experiences from the past that, while not a heavy burden, are still carried forward.

**The Sun Overhead:** The radiant sun shining in the sky above the Fool is a powerful emblem of optimism, vitality, and the dawning of a new day. It represents the energy and enthusiasm that fuel new beginnings, the clarity of vision that guides the initial steps, and the inherent joy in embarking on a fresh adventure. The sun's light illuminates the path ahead, suggesting a positive outlook and the potential for growth and enlightenment.

**The Flowers at the Edge:** The delicate flowers growing near the cliff edge symbolize the beauty and simple joys that can be found even at the threshold of the unknown. They represent the appreciation for the present moment and the ability to find beauty in the immediate surroundings, even amidst uncertainty. These small details serve as a reminder to remain open to the wonders of the journey, no matter how daunting it may seem.

**The Garments:** The Fool's clothing is often depicted as simple and unadorned, reflecting their lack of pretense and their focus on the journey itself rather than outward appearances. The vibrant colors sometimes present can signify the energy and enthusiasm that accompany new beginnings.

The multifaceted symbolism of the Fool allows for a rich tapestry of interpretations, depending on the context of the reading and the querent's individual circumstances.

**The Dawn of New Beginnings:** At its core, the Fool signifies a fresh start, a clean slate upon which new experiences and possibilities can be written. It represents the initiation of a new phase in life, whether it be a new relationship, a new career, a new creative endeavor, or a journey of self-discovery. This interpretation emphasizes the excitement and potential inherent in stepping into the unknown.

**Embracing Innocence and Naivety:** The Fool embodies a state of pure potential, unburdened by past experiences, prejudices, or limiting beliefs. This innocence allows for a fresh perspective and an openness to possibilities that might be overlooked by those more jaded or experienced. It encourages us to approach new situations with a sense of wonder and a willingness to learn. However, this innocence must be balanced with a degree of awareness to avoid genuine foolishness.

**The Courage to Take a Leap of Faith:** The image of the Fool approaching the cliff edge perfectly captures the courage required to step into the unknown. This card urges us to trust our intuition, even when the path ahead is unclear, and to embrace the risks inherent in pursuing new opportunities. It reminds us that growth often occurs when we dare to venture beyond our comfort zones.

**Living in the Moment with Spontaneity:** The Fool's carefree demeanor and seemingly impulsive step highlight the importance of embracing the present moment. It encourages us to act on inspiration, to be open to unexpected opportunities, and to trust the flow of life. This spontaneity, however, should be tempered with a degree of mindfulness to avoid reckless actions.

**Unfettered Potential and Limitless Choices:** As the first card of the Major Arcana and numbered zero, the Fool represents pure potentiality. It signifies a state before definition or limitation, where all possibilities are open. This card encourages us to recognize the vast array of choices available and to believe in our ability to shape our own destiny. It is a reminder that we are not bound by the past and that the future is ripe with opportunity.

The Fool's journey through the Major Arcana is a powerful metaphor for the human experience itself. It depicts the progression from a state of innocent potential through various archetypal experiences and lessons, ultimately leading to greater wisdom and self-awareness.

**The Initial Spark of Innocence:** The Fool embarks on their journey with an open mind, a trusting heart, and a sense of boundless optimism. This stage represents the initial phase of any new endeavor or the beginning of life itself, characterized by curiosity and a lack of preconceived notions.

**Encountering Archetypal Experiences and Teachers:** As the Fool travels through the subsequent cards of the Major Arcana, they encounter various challenges, relationships, and inner states that represent the universal experiences of life. Each card embodies a specific lesson or archetype that contributes to the Fool's growth and understanding of the world and themselves. From the Magician's manifestation to the High Priestess's intuition, the Empress's nurturing to the Emperor's structure, each encounter shapes the Fool's evolving consciousness. These experiences can be seen as milestones on the path of individuation, the process of becoming a whole and integrated self.

**The Attainment of Wisdom and Enlightenment:** Through navigating these diverse experiences, the Fool gradually gains wisdom, resilience, and a deeper understanding of the complexities of life. The journey is not always smooth; there are trials and tribulations represented by cards like the Tower or Death. However, each challenge provides an opportunity for growth and transformation. Ultimately, the Fool's journey culminates in a state of greater self-awareness and a more nuanced understanding of the world, as seen in cards like the World or Judgment. The cyclical nature of the Major Arcana suggests that even after reaching a stage of perceived completion, the journey begins anew, albeit with a greater level of wisdom and experience.

**Love and Relationships:** In matters of the heart, the Fool often signals the beginning of a new romantic connection, characterized by spontaneity, excitement, and a sense of playful exploration. It can suggest a relationship that is approached with an open heart and without rigid expectations. The Fool may also indicate a need to embrace new experiences within an existing relationship, injecting a sense of adventure and lightheartedness. However, it can also caution against naivety or a lack of commitment if the surrounding cards suggest immaturity or irresponsibility.

**Career and Work:** In a career reading, the Fool frequently points to a new job opportunity, a change in career path, or the initial stages of a new project. It encourages taking calculated risks and exploring unconventional possibilities. This card suggests a time for innovation, creativity, and a willingness to learn new skills. It may also advise approaching

Ultimately, the Fool stands as a timeless symbol of the human spirit's innate desire for adventure, growth, and self-discovery. This card reminds us that every journey, whether literal or metaphorical, begins with a single step into the unknown. It encourages us to embrace uncertainty, trust our intuition, and recognize the boundless potential that resides within. By embodying the Fool's spirit, we unlock the magic of new beginnings and embark on a path filled with infinite possibilities, transforming our own stories into rich tapestries of experience and wisdom.



# *Fairies of the World*

## *Bocan*



**Land of Origin:** The Isle of Skye in the Hebrides Islands of Scotland

**Element:** Air

**Appearance:** No one has ever survived an attack by the Bocan so their description is not given. Their sole purpose was to attack and mutilate travelers.

**Active Time:** Night

**Lore:** The Bocan probably does not exist except as a thought form, one which probably grew out of the fear of highwaymen, groups or bandits which plagued Britain's rural roadsides from the 9th to the 19th Centuries. No mention of the Bocan exists in any exact folklore before the Medieval Period. No roadside attacks have been blamed on a Bocan in more than one hundred years.

**Where Found:** They are most likely to be found in roadsides in heavily wooded areas.

**How to Contact:** Unknown but there really is no good reason to contact them anyway

**Ritual Help:** None whatsoever.

## Mesoamerican Astrology



### 7. Mazatl (Deer, Stag)

Sign:	Deer	Dates:	January 14
Nahuatl Name:	Mazatl (Deer)		February 3,23
Mayan Name:	Manik (Deer)		March 15
Day:	7		April 4,24
Direction:	West		May 14
Element:	Water		June 3,23
Planet:	Moon		July 13
Core Significance:	Ascension		August 2,22
Strengths:	Loving, Original, Protective		September 11
Weaknesses:	Evasive, Guarded, Sensitive		October 1,21
Color:	Blue		November 10,30
Stone:	Amazonite		December 20
Compliment:	Rabbit		
Challenge:	Earth		
Occupation:	Public Servant, Scientist, Sociologist, Spiritual Coach		
Gods:	Tlalot		

This animal represents prestige and rarity because it is difficult to track in the high plateaus of Mexico! It is also synonymous with shyness, tenacity, and being a dreamer. People of this sign are also highly sociable.

This sign is contradictory in many ways. Natives of this sign find the greatest importance in community and family, but also they are nomadic in nature and freedom seeking. They can be sensual, artistic, and sometimes eccentric.

# Egyptian Astrology



## 7. Thoth

Sign:	Thoth
Dates:	April 1-19, November 8-17
Western Equivalent:	Virgo
Planetary Ruler:	Moon, Mercury
Compatibility:	Bastet, Isis
Colors:	Pink, White
Symbol:	Scribes Scroll/Quill

People born under this sign tend to exert wisdom well beyond their years. They are quick learners and adapt to new situations with relative ease. They can be restless when it comes to self-improvement and are never satisfied unless they are presented with challenges.

The God Thoth taught people speech, writing and mathematics. He became the tutelary deity of scientists, philosophers, agronomists, scribes, and bookkeepers. For example, when making exact astrological calculations, the priests and magicians called upon his strengths. Being that he possessed great wisdom, he was the advisor to the god Osiris, and the mentor to Osiris' son Horus. He is depicted with the head of an ibis.

### **The Thoth Man**

Men born under this sign possess the gift of persuasion. Just looking into their eyes is enough to get a person to cater to their whims. Their curiosity, enterprise and determination are enviable, and the Thoth man always strives to comprehend the unidentifiable. They have generous and honest personalities and are modest in any situation. They heroically face all obstacles thrown at them and move forward through them with absolute confidence.

### **The Thoth Woman**

A woman born under this sign, is extremely adaptable, and takes to new things with relative ease. She makes an excellent teacher, and is able to instruct others correctly. She is an opportunist when it comes to her career, and finds a great deal of pleasure in working. When choosing her career she relies on her intuition and emotions, often finding suitable and amicable work environments on account of it. She is prone to have many admirers, but she is willing to wait to find the right companion.

## Eastern Astrology—Chinese

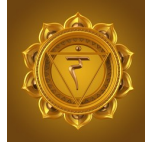


### 7. Horse

The Sign:	Horse
Animal:	馬/马 mǎ
Earthly Branch:	午 wǔ
Name of Period:	午時 Wǔsh
Yin/Yang:	Yang
Trine:	3rd
Element:	Fire
Compatibility:	
Good:	Dog, Tiger, Goat
Friendly:	Snake, Rabbit, Dragon, Rooster, Pig, Monkey Horse
Conflict:	Rat
Avoid:	OX
Time:	11:00-12:59
Years:	1966,1978,1990,2002,2014,2026,2038,...
Cardinal Point:	South
Lunar Month:	5th
Season:	Summer
Western Equivalent:	Gemini
Flower:	Sunflower, Jasmine
Numbers:	
Lucky:	1,4,5,7,9
Avoid:	2,3,6
Colors:	
Lucky:	Blue, Gold, Red, Yellow
Avoid:	Dark Green, Green, Orange
Personality Traits:	Agile, sporty, active, communicative, humorous, sociable, cheerful, passionate, imaginative, unconventional, wayward, detached, impatient, skittish, untamed, hot-headed

People born under the sign of the Horse are mentally and physical agile. They love to be on the move and will never miss an opportunity to travel or go on an excursion. The more exciting the adventure the better. They are extremely curious and are always looking to explore new places and ideas. They are intellectuals and seek knowledge. They however, dislike obligations, and tend not to make close friendships because of it. Due to their adventurous nature they often leave a lot of things unfinished.

## Chakras



### Manipure (Jewel City)

The Manipura chakra is located just above the navel. It translates from Sanskrit as “city of jewels” or alternatively as “resplendent gem” or “lustrous gem”. It is associated with the colors yellow, blue in classical Tantra, and red in the Nath tradition. It is associated with the element of fire and the power of transformation. It governs digestion and metabolism as the home of Agni and the vital wind Samana Vayu. The energies of Prana Vayu and Apana Vayu (inward and outward) energies meet at this point in a balanced system

Manipura is the home of the celiac plexus, which innervates most of the digestive system. In chakra-based holistic practices, practitioners work this area to promote healthy digestion. It also is used to treat the alimentary systems, pancreas-kidney and adrenal functions. It is said that weak Agni (fire) in the coeliac plexus leads to incompletely digested food, thoughts and emotions, and is a source of ama (toxicity).

The Manipura chakra is represented with a downward-pointing red triangle which signifies the tattva of fire, within a bright yellow circle, with 10 dark-blue or black petals like heavily laden rain clouds.

The fire region is represented by the god Vahni, who is shining red, has four arms, holds a rosary and a spear. Vahni makes gestures of granting boons, or favors, and dispelling fear. Over time it has been altered in Hinduism to reference Agni.

The Seed mantra is the syllable रं (ram). Within the Bindu, or dot, above this mantra resides the deity रुद्र Rudra. He is red or white, with three eyes, of ancient aspect with a silver beard, and is smeared with white ashes. Rudra makes the gestures of granting boons and dispelling fear and is seated either on a tiger skin or a bull.

Rudra's Shakti is the goddess लकिनी Lakini. She has a black or dark-blue vermilion color; has three faces, each with three eyes; and is four-armed. Lakini holds a thunderbolt, the arrow shot from the bow of काम Kama, and fire. She makes the gestures of granting boons and dispelling fear. Lakini is seated on a red lotus.

The Manipura Chakra is located behind the navel. Sometimes a secondary chakra called Surya (sun) chakra is located at the solar plexus, whose role is to absorb and assimilate Prana from the sun. Because it is related to the sense of sight, it is associated with the eyes. And because it also is associated with movement, it is also associated with the feet.

Because it works directly on the endocrine system, it is said to be associated with the Pancreas and the outer adrenal glands (the Adrenal Cortex). These glands create hormones involved directly with digestion that convert food into energy for the body, in the same way that Manipura radiates Prana throughout the body.

#### Comparisons with other systems of Holistic Medicine

##### Vajrayana

In Vajrayana traditions, the chakra is triangular, red and has 64 upward extending petals or channels. This chakra is the seat of the “red drop” . The short syllable ‘Ah’ is located within the red drop. Meditation on ‘AH’ is the key component of the practice of inner heat (Tummo). In Tummo a practitioners ‘subtle winds’ are projected into the central channel and rise to its top. This is comparable to “Raising kundalini” and is considered to be the first and most important of the six Naropa Yogas.

##### Qigong

The Chinese practice of Qigong has a degree of correspondence with the term “kua” or door. This series of doors connects to the three dantians that act as furnaces that convert different energies in the body. The lower dantian is said to be located in the lower abdomen, between the genitals and the navel. Its function is to convert (jing) energy from the kidneys into Qi (Pranic energy).

**Lataif-e-sitta**

Within the Sufi **Lataif-e-sutta** the torso contains several Lataif. Unlike the chakras, they are not distributed vertically, instead they flow from left to right. The **nafs**, or lower self, is the center that is situated below the navel.

**Qabala**

In western occult mysticism there are different associations with Manipura. For some it relates to the sephiroth of Hod and Netzach.

Netzach is the quality of energy used to overcome various obstacles.

Hod is the tendency to control and break down energy into different forms, these forms contending with each other becoming balancing forces. This is like the forces of anabolism and catabolism in the human body. These qabalistic sphere are associated with the left and right legs and feet of the body.

**Yogic**

The Manipuraka Chakra is said by the 10th century Kubjikamatatantra 11.35 to be located at the navel. The *Samigitaratnakara* 2.125-127 agrees that it is at the navel, and states that it has 10 petals, containing, deep sleep, desire, envy, slander, shame, fear, compassion, stupor, impurity and anxiety. The Prana that dwell there is named the sun.

It is said in the *Hatha Ratnavali* 1.60 to be purified by Nauli, one of the Satkarmas.

**Neo-Pagan**

With the incorporation of old Hindu practices into the new age thought processes. Hindu Yogic guided visualization developed. The Neo-Pagan technique is the breathing into the solar plexus, holding our breath and focusing our intent, this is to hold our energy and infuse it together with the intent. Visualize the build up of moving substance through our nose, into a channel down into the Solar Plexus, then exhaling allowing the energy to proceed outward into the world.

Balancing the solar plexus may contain self-love, appreciation and or/acceptance. This technique is to be used occasionally in and between cycles of meditation.. Affirmations beginning with "I am, I can, I will, or I am enough are the most powerful. Visualize the yellow solar plexus charging with energy and spinning around with the results of the affirmations.

**Pagan**

Meditations surrounding the attitude are important when focusing our intent through the Solar Plexus. Negative attitudes can cause hypersensitivity, action imbalances, and health issues including anxiety, digestive distress, fear, and other emotional and physical responses. Discharge the negative energy through the Solar Plexus and recharge it with positive thoughts. It is all about changing the attitude and perspective when using this chakra.

**Other Names**

**Tantra:** Dashachchada, Dashadala Padma, Dashapatra, Dashapatrambuja, Manipura, Manipuraka, Nabhipadma, Nabhipankaja

**Vedic (Late Upanishads):** Manipura, Manipuraka, Nabhi Chakra

**Puranic:** Manipura, Nabhi Chakra.

## Planetary Forces

### Jupiter

# 4

Bringing happiness to life, Jupiter is the planet of enthusiasm, good fortune, big-heartedness, and success. Expressed in its positive form, Jupiter brings a zest for life and new experiences, good health, prominence, wealth, generosity, honesty, and plain old good luck. If Jupiter is afflicted (at odds with another planet in your horoscope), Jupiter's influence results in laziness, boastfulness, extravagance, and blind and misdirected optimism.

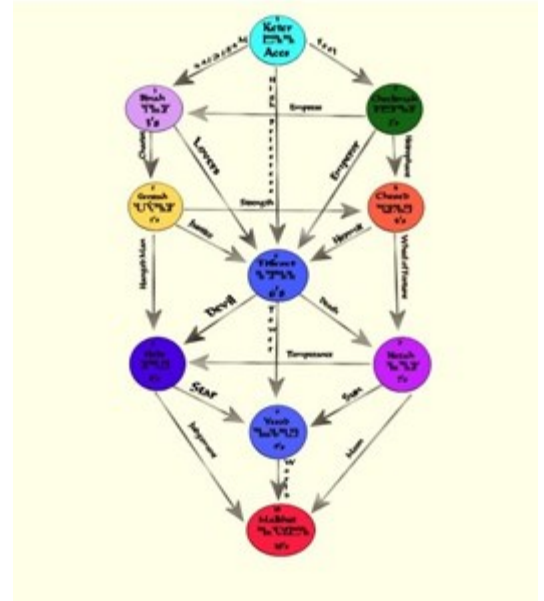
Jupiter, the largest planet in the solar system, is the fifth planet from the Sun. Essentially a giant ball of hydrogen and helium gas, Jupiter has 1400 times the volume of Earth and 318 times the mass. Jupiter is roughly 5 times further from the Sun than earth and takes 11.9 years to make a complete orbit. Jupiter's most famous feature is the Great Red Spot, which is an anticyclonic storm which has raged in the atmosphere for centuries. The planet has at least 16 moons: the four largest were discovered in 1610 by Galileo. They are named after the mythological paramours of Jupiter: Europa, Io, Ganymede, and Callisto. Callisto is almost as large as Mercury, and Ganymede is even larger than Mercury. Europa's extremely smooth surface is covered by a layer of water, ice, and liquid water may lie beneath the ice. Io is hellish in comparison with intense volcanic activity and sulfur dioxide spewing from vents on the surface.

Jupiter is named after the Roman mythological ruler of the gods (also known as Jove). The son of Saturn, Jupiter overthrew his father. Eventually identifying Jupiter with the Greek god Zeus, Roman literature assigned Zeus's attributes to Jupiter. But most Romans worshipped Jupiter in the old tradition, as Jupiter, Minerva, and Juno formed the primary religious triad of the Roman state.

<b>Rules:</b>	Leadership, politics, power, honor, royalty, public acclaim, responsibility, wealth, business, success
<b>Day:</b>	Thursday
<b>Magical Purpose:</b>	Clothing ,desires, legal matters, oaths and treaties, prosperity and riches
<b>Element:</b>	Air, Fire
<b>Colors:</b>	Deep Blue, Purple
<b>Signs of Zodiac:</b>	Sagittarius
<b>Tone:</b>	So, A
<b>Letter:</b>	D
<b>Numerology:</b>	4 or 5
<b>Metal:</b>	Tin
<b>Jewel:</b>	Amethyst, chrysolite, sapphire, turquoise, lapis lazuli, lepidolite, Sugilite
<b>Cabalistic Sphere:</b>	4 Chesed—Mercy
<b>Angel:</b>	Tzadkiel
<b>Incense:</b>	Aloes, balm, cedar, nutmeg, oakmoss
<b>Plants:</b>	Agrimony, anise, ash, balm, betony, black cohosh, bloodroot, borage, chestnut, cinquefoil, clover, dandelion, dock, endive, fig, honeysuckle, horse chestnut, houseleek, hyssop, juniper berries, linden, liverwort, maple, meadowsweet, mint, mistletoe, nutmeg, oak, olive, sage, sarsaparilla, sassafras, star anise, sweetgrass, witchgrass, wood betony
<b>Tree:</b>	Oak, olive, terebinth
<b>Animal:</b>	Unicorn, centaur
<b>Goddesses:</b>	Isis, Hera, Juno, Themis
<b>Gods:</b>	Bel, Eurymedon, Jupiter, Marduk, Thor, Zeus

**Tree of Life**  
**Sacred Paths of the Qabala**  
**Path 29**

<b>Titles:</b>	The Elder Witch
<b>Intelligence:</b>	Corporeal Intelligence
<b>Place:</b>	Netzach to Malkuth
<b>Hebrew Name:</b>	Qoph; ק (Back of Head)
<b>Number:</b>	100
<b>Angel:</b>	Malkiel
<b>Qlippoth (Demons):</b>	Barakiel ברקאל
<b>Demons of Hidden Paths:</b>	Nashimiron; נאשימירון (The Malignant Ones)
<b>God Forms:</b>	Odhinn, Freyja, Anubis, Vishnu, Poseidon, Neptune, Diana the Archer, Black Isis
<b>Color Atziluth:</b>	Ultra-violet
<b>Color Briah:</b>	Buff flecked with silver white
<b>Color Yetzirah:</b>	Light pinkish brown
<b>Color Assiah:</b>	Stone color
<b>Incense:</b>	Ambergris
<b>Animals:</b>	Fishes, dolphins
<b>Legendary Beings:</b>	Phantoms, werewolves
<b>Stones:</b>	Pearl
<b>Plants:</b>	Poppy, raspberry leaf
<b>Tree:</b>	Ash, elm
<b>Zodiac/Element:</b>	Pisces
<b>Tarot Card:</b>	The Moon (Child of the Sons of the Mighty)
<b>Human Body:</b>	Legs, feet
<b>Diseases:</b>	Gout, Venereal disease
<b>Magickal Powers:</b>	Bewitchment, casting illusions.



# Potions, Powders, Charms, and Spells



## Fire Horse Potion

Submitted from the Grimoire of Kayley Jean Detwiler

\*Fill container 1/4 full of Florida water (infused with orange peel and cinnamon sticks.

\*Add Essential Oils;

8 drops orange

4 drops clove

4 drops patchouli (for Earth)

6 drops frankincense

\*Fill rest of container with moon water (made during a full moon)

\*Speak this until you feel the potion is complete and ready for use. (note: 3 times is usually a powerful amount of speaking a working)

*"Movement, passion and creation,*

*Stepping forward with elation.*

*Grounded and stable as I move,*

*Remembering my power to self-soothe.*

*Steady-paced, mindful action,*

*Activating sacred traction.*

*And so it is."*

## Simple Sweetening Spell

By Emily Thornton

Ingredients:

-Simple jar

-Sweetening agent (agave, honey, or syrup)

-Cinnamon

-Lavender

-Rose Quartz or Pink Flowers

-Paper for Intention/or picture of target

-Candle for intention: White is a good all around color for spell working

Directions:

\*Write person's name or your intention on the paper...what do you want to go well in this situation.

\*Place a pinch of any of the herbs into the middle of the paper, then fold towards you (some do it 3 times...I have had it work with 1).

\*Put paper inside the jar and place a spoonful of the sweetening on top of the paper. Continue until the paper is completely covered.

Speak this: (I personally wrote this...but use what speaks to you)

*What was bitter, now come sweet*

*Intentions pure and light*

*Sweet as to me, now as well to them.*

*Make my way sweet and bright.*

*Preserve all that matters, and hold back those who don't.*

*Blessed be and harm to none.*

\*Finish by adding more herbs, the rose quartz or flowers. Seal or tighten the lid as needed.

\*Light the candle and place above the lid and meditate on your intentions. If the candle doesn't burn completely out (I use birthday candles for one time use to burn down all the way.) However some people will continue to meditate and light the candle for numerous days until the candle is out. Once you see the fruition of your sweetening, one can cast out the remains of the jar.

\*Reuse the jar after a deep cleaning. Cleanse with sunlight or smoke afterwards. One can discard the biodegradable items in a set place. (You can cleanse your stones again for use later).

\*To discard non-biodegradable things, add eggshells or salt and toss them in the trash. It is a form of protection.

## Tarot Spread:

From *The Magick of Tarot* by Edward Sott and Emily Thornton

### The Star Spread (7 Cards)

This spread is used when you want to figure out whether your hopes and dreams will materialize and things that may be helping/hindering your progression. Some spreads delve into the unconscious when reading. Many people may have underlying issues getting in the way. This spread should help bring them to the surface.

When drawing for this spread, have your intentions in mind. This will help get the answers needed. Lay them out in this order, each number of card represents the question below. This is just an example of the spread with cards I have drawn for it. Analysis will be on the next page.



\*Analysis of previous tarot spread.

Card Number	Representation	Divination
<b>The Present:</b> Page of Wands	<b>Page of Wands:</b> Exploring new ideas and creativity options. Take this energy and make something out of it.	There are some new changes happening where creative energy will help drive your creations. Take charge of that energy.
<b>Emotions:</b> Death	<b>Death:</b> Nothing lasts forever Change is a fact of life and without death, there would be no transition to another stage.	Emotions can be debilitating or can bring about big changes. Death is a part of it. Don't be so hard on yourself when things don't go well or you have to throw out an idea. Realize there is a natural progression to things...and move on to the next project.
<b>Beliefs:</b> Two of Swords	<b>2 of Swords:</b> Make a challenging decision. Use head and heart to judge the options.	It might be time to write out what you believe, and the pros and cons of following that belief? Get some outside perspective, are you focusing on beliefs that are hindering you or not?
<b>Heart of the Matter (significance):</b> The Moon	<b>The Moon:</b> things are not as they seem. Subconsciousness plays a role here. Nightmares are common.	Your subconscious is trying to tell you something with your beliefs. Try and focus on what your dreams are saying. You may find your answer lies there in the symbols your subconscious is bringing to the surface. What do they mean to you?
<b>The Unconscious: what is hidden and will surface:</b> 3 of Cups	<b>3 of Cups:</b> Group collaboration, a feeling of community and sisterhood/ brotherhood. Celebrating with loved ones	There is a real feeling of loneliness that is plaguing the querent. They long for that connection and collaboration. They have been searching for it for a while and finding people who have the same feelings. If you do not deal with this need for connection, one may not have the support to gain the dreams or hopes they are looking for.
<b>Hopes and Dreams:</b> Strength	<b>Strength:</b> Strength comes from within. Look for your purpose and power within yourself.	Your dreams are important. Sometimes being the fearless one will help you in the long run. Be confident in your convictions and be resilient in the troubles that may arise, that is strength.
<b>Outcome:</b> The Fool	<b>The Fool:</b> The blank slate. Ready to embrace the world. Lack of experience, not looking before leaping.	Even though the fear of being alone and not having connection may stop you from achieving your goals, go after them with your whole heart. Have boldness and traipse out into the unknown. You will gain experience as you go. Don't be afraid of the changes that are there.

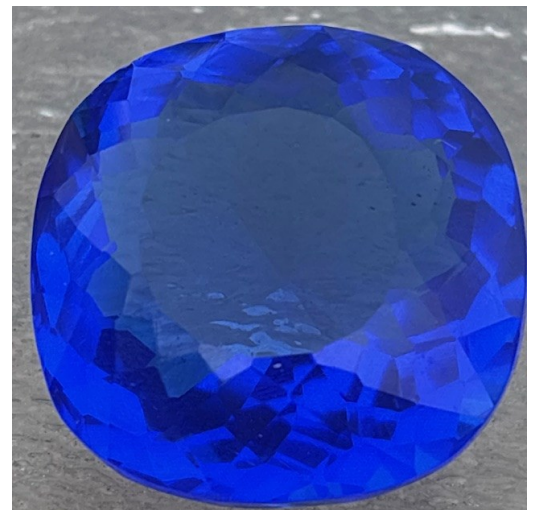
## Fantastic Familiars

### Stone Familiar: Safira the Sapphire By Michael Waterman

Some people have animal familiars, some have ancestors who help with workings, I have Safira. Safira is a 43 carat Sapphire I carry with me all the time and not just because she is beautiful. She is a constant companion. She helps in my mundane and my magical operations and rituals. She travels with me everywhere I go. It is said a familiar chooses the one magical witch or wizard that it shall be with. Safira chose me. I was always attracted to the color blue, in particular a deep cobalt blue. I have many other crystals and gemstones. I use them to send energies to help people who are in need. Each of my stones and crystals have a voice and yet

Safira is unique. When most people think of a familiar they think of a cat, bird, dog, frog, goat or some other animal. Usually people don't think of a gemstone. I do have a very magical cat as well. I also consider him my familiar. My cat's name is Oliver and he means the universe to me. He guards my home, but Safira travels with me everywhere I go. She speaks to me and knows my thoughts. Safira helps me send out deep cobalt blue healing energy. The Sapphire is also my birthstone and I wear a smaller Sapphire on my finger when I perform rituals.

When I found this large sapphire it called my name. I heard a loud cry in my head, *Michael*, the voice cried out, *I am Safira I have come for you, I have come to help you*. Her voice is that of a wise female spirit. When I obtained the stone I knew a spirit had entered it. Safira came to serve me. Understand my friends, I did not seek this familiar out. It was she who sought me out. Together Safira and I use the energy we have. Help those who need our assistance. This familiar, this precious stone came to me to help me make changes, it came to help me to manifest that which I need to do. I recharge this jewel every day in bright sunlight. I live in Savannah, Georgia. This is a place of intense beauty. I am surrounded by forests, the ocean, and beautiful architecture. Savannah is also surrounded by spirits. One of these spirits is my Safira. When I brought the gemstone to my altar, I felt its energy. This stone is not just a pretty rock. All who come in contact with Safira can sense its power.



I am grateful to the universe and to the pantheon of Egypt, who I follow. I know it was the Ntjeru who brought Safira to me. But I also know it was her choice to join and serve me. I know whenever I cast a spell or perform a ritual Safira lends me her companionship, her energy, and I feel her love. Can a Jewel love you? We know people covet jewels, but can they love us too? I say when a jewel holds a spirit it has a strong life force. A spirit like Safira is just such a stone. We are connected, just as closely as others are to birds or dogs, cats, or snakes. I can feel her emotional attachment to me as much as I know she can feel mine to her. Is this romancing the stone? No, it's true magic. As a witch, I am surrounded by spirits. I am fortunate that I have great spirits around me. They fill my rings and my amulets. They empower my ritual tools

To those who believe I am crazy, to those I say the life force of the universe is all around us. It's not just in the animal or plant kingdoms. The life force fills crystals, elements, metals and so much more. If I have made you think or If I have challenged you to expand your realm of possibilities here, then I have done my job.

I value my Safira because she gives me companionship and increases my energy. She always helps me in all I do. Isn't that the true nature of a familiar? Personally, I think so and I hope now you do too. I say find your familiar, or rather accept it when it comes to you no matter what form it may take for you. My maternal grandmother held her familiars as marigold flowers. She could always tell if something wasn't right. All she had to do was look at the plants. As she did, they would react and she would know what action needed to be taken. My Sapphire sends vibrations to warn and protect me.

I feel much more secure because she is with me. I thank the Universe Safira came into my life. When I don't have her with me I do not feel as confident. When we connect again, it's that feeling you get when you reunite with a dear friend. I think of Safira as a partner and co-pilot. When I meditate or do deep concentration or astrally project, I can feel Safira's energy all around me. She is always there to guard me and to aid me in any way. It is a sensation unlike any other. When you connect with your familiar, that becomes a relationship you can rely on. If You are searching for your familiar. I can help you. Contact me here and send your questions to me [michaelk@todayswitch.net](mailto:michaelk@todayswitch.net) I will be glad to help you.



## How to Create a Maypole for Beltane

By Emily Thornton

Beltane is celebrated on or around April 30–May 1, and marks the midpoint between spring and summer. It is one of the many fire festivals that are done throughout the year. However, besides fires many people celebrate through a more colorful tradition, the Maypole.

Historically, versions of the Maypole can be found in different traditions, not just European. Some scholars hold that it may have been a part of early traditions before Beltane became a pagan holiday. At its core, the Maypole is a potent fertility symbol. Yes, fertility is a very common aspect of holidays throughout the year, especially at a potent point of the year when the Earth and animals are growing and flowering. The center pole represents the Divine Masculine, while the ribbons and the wreaths or flowers used to decorate it symbolize the Divine Feminine and the fertility of nature. The circular dance and weaving of the ribbons around the pole represent the sacred union of these energies, celebrating life, vitality, and the return of the summer season.

### How to Create a Maypole

Creating a traditional Maypole can be a wonderful group activity for Beltane.

#### Materials:

- A sturdy pole or wooden dowel (the height is flexible, but it should be firmly secured).
- Long ribbons (at least two or three yards each, depending on the height of your pole). Choose colors that represent your wishes for the year—such as green for fertility, red for passion, or white for peace. Whatever you choose, make sure it resonates with you or the group in attendance.
- Wreath, flowers, or streamers to decorate the top. These can also be braided onto the ribbons as well.
- Something to secure the base (like a planted hole, a sturdy umbrella stand, or heavy weights). There are some people who use the same pole every year...just new colors and designs. A flag pole would be a great option for many, just make sure you can secure your ribbons in a safe way.

#### Steps for Assembly:

1. Prepare the Pole: Secure the pole firmly upright in the ground or a base. Make sure that people cannot pull it out of the ground, as those in attendance begin dancing around it.
2. Decorate: Adorn the top of the pole with a wreath or flowers.
3. Attach Ribbons: Secure one end of each ribbon to the very top of the pole. Ensure the ribbons hang down and reach the ground with enough length for weaving. The number of ribbons should match the number of people dancing.
4. Weave the Magic: Have each participant hold a ribbon. As music plays, dancers move in a circle, alternating directions (some clockwise, some counter-clockwise), causing the ribbons to braid down the pole. This collective act is a form of spell-casting, weaving your intentions into the coming season.
5. Leave the ribbons up: Many people leave the ribbons up for a time to remind them of what their intentions are and what they are hoping for.

If you are unable to set up a full Maypole, you can still channel this energy. As a small ritual, braid three cords or ribbons together to create a bracelet or belt. Chant or sing as you braid to raise magical energy, connecting you to the Maypole's spirit of creation and passion. Some individuals prefer to create a Maypole writing utensil...as a way to keep the energy close by. Whatever way you wish to celebrate, know that the Earth is waking and ready for growth, so should we all. Blessed be!



## Gods and Goddesses

### South American

#### Aztec

##### Chalchuihtlatonal (Jade Glowing)

God of War

Aztec (Classical Mesoamerican) [Mexico]

One of the deities collectively classed as the Tlaloc Complex generally concerned with rain, agriculture, and fertility.

##### Chalchiuhtlicue (Her skirt is of jade)

Water goddess

Aztec (Classical Mesoamerican) [Mexico]

Circa CE 750 to CE 1500 but probably much earlier

Worshiped widely but chiefly at Teotihuacan

Stone sculptures, murals, codex illustrations

Pre Columbian Codices

Featuring strongly in creation mythology. Chalchiuhtlicue presided over the fourth of the world ages which terminated in a great deluge. She is the tutelary deity of the fourth of the thirteen heavens identified at the time of the Spanish conquest, Ilhuicatl, Citlallicue (the heaven of the start-skirted goddess). She takes the role of a vegetation goddess responsible for the flowering and fruiting of the green world, particularly maize; she also takes responsibility for such natural phenomena as whirlpools. The consort of the rain god Tlaloc, and one of the group classed as the Tlaloc complex, she is particularly invoked as a guardian goddess of young women and is responsible for unpredictable events. A huge statue, three meters high, was discovered at Teotihuacan, and a larger unfinished statue, allegedly of the goddess and weighing approximately 200 tons (now in Mexico City) was found on the slopes of the Tlaloc mountain. Her attributes include a rattle on a baton and her dress is adorned with water-lilies.

##### Chalchiuhtotolin (Jade Turkey)

God of penitence

Aztec (Classical Mesoamerican) [Mexico]

One of the deities collectively classed as the Tezcatlipoca complex. In Aztec mythology, Chalchiuhtotolin was a god of disease and plague. Chalchihuihtotolin, the Jeweled Fowl, Tezcatlipoca's nahual. Chalchihuihtotolin is a symbol of powerful sorcery.

Tezcatlipoca can tempt humans into self-destruction, but when he takes his turkey form he can also cleanse them of contamination, absolve them of guilt, and overcome their fate. In the Tonalpohuilli, Chalchiuhtotolin rules over the day Tecpatl (Stone knife) and over trecens 1 Atl (water). The preceding thirteen days are ruled over by Xolotl. Chalchiuhtotolin has a particularly evil side to him. Even though he is shown with the cus-

tomary green feathers, most codices show him bent over with black/white eyes, which is a sign reserved for evil gods such as Tezcatlipoca, Mictlantecuhtli, and Xolotl. Another depiction of Chalchiuhtotolin's evil side includes the sharp silver of his talons. His Nahual is a turkey in which he terrorizes villages, bringing disease and sickness.

##### Chalmecacihuitl (Chalman Lady)

Minor Chthonic Underworld Goddess

Aztec (Classical Mesoamerican) [Mexico]

One of the deities collectively classed as the Mictlantecuhtli complex.

##### Chalmecatli

Minor Chthonic Underworld God

Aztec (Classical Mesoamerican) [Mexico]

One of the deities collectively classed as the Mictlantecuhtli complex.

##### Chicomecohuatl

Maize Goddess

Aztec (Post Classical Mesoamerican) [Mexico]

Her festival was held in September when a young girl was sacrificed having taken the role of the deity for a period of time during the celebrations. She was decapitated on a heap of maize fruits and her blood was collected in a large bowl before being poured over a wooden figurine of the goddess. Finally the victim's skin was flayed off and worn by a dancing priest.

##### Chicomexochitl

God of Painters

Aztec (Classical Mesoamerican) [Mexico]

Also described as a god of solar pleasure.

##### Chiconahui

Hearth Goddess

Aztec (Classical Mesoamerican) [Mexico]

A household guardian deity personified by hearth fires. One of the deities collectively classed as the Xuihtecuhtli complex.



## Monthly Correspondences

### May

<b>Other Names:</b>	Tri Milchi
<b>Moon:</b>	Full Flower Moon, Corn Planting Moon, Milk Moon, Hare Moon
<b>Element:</b>	Earth Air
<b>Gender:</b>	Feminine
<b>Herbs:</b>	Hawthorn, Rose Hip, Dittany of Crete, Elder, Mint, Mugwort, Thyme
<b>Colors:</b>	Green, Pink, Yellow, Red, Brown
<b>Flowers:</b>	Roses, Lilac, Jasmine, Lily of the Valley, Foxglove, Broom
<b>Scents:</b>	Jasmine, Rose, Lilac, Sandalwood
<b>Stones:</b>	Emerald, Rose Quartz, Moonstone, Malachite, Amber, Carnelian
<b>Trees:</b>	Hawthorn
<b>Animals:</b>	Cats, Lynx, Leopard
<b>Birds:</b>	Swallow, Dove, Swan
<b>Spirits:</b>	Faeries, Elves
<b>Goddesses:</b>	Aphrodite, Artemis, Bast, Diana, Flora, Maia, Venus
<b>Gods:</b>	Faunus, Pan, The Horned God, All Fertility Gods
<b>Power Areas:</b>	This is the best time to interact with spirits and faeries, intuition, powers of the God
<b>Astrology:</b>	Taurus, Gemini
<b>Birthstone:</b>	Emerald
<b>Symbols:</b>	Maypole, Flowers, Bonfires, Ribbons
<b>Themes:</b>	Fertility, Love, Abundance, Growth
<b>Runes:</b>	Laguz, Ingwaz
<b>Planet:</b>	Venus, Mercury
<b>Tarot:</b>	The Star, Judgement
<b>Numerology:</b>	3, 4, 22
<b>Governing Angel:</b>	Ambriel (Ambiel)

## Mycology

### Aromatic Knight

#### *Tricholoma saponaceum*



<b>Common Name:</b>	Aromatic Knight
<b>Botanical Name:</b>	<i>Tricholoma saponaceum</i>
<b>Order:</b>	Agaricales
<b>Family:</b>	Tricholomataceae
<b>Description:</b>	Lead-gray to olive-tinged cap with whitish gills and stalk, pinkish at base; odor soapy
<b>Cap:</b>	1½-3¼" (4-8cm) wide; Convex to flat; margin incurved at first; dry to moist, smooth or becoming cracked into fine scales; lead-gray, often with olive or yellowish tones. Flesh white, staining pinkish. Odor and taste soapy to mealy.
<b>Gills:</b>	Attached or sometimes notched, almost distant, broad; white.
<b>Stalk:</b>	2-3¼ (5-8cm) long ⅝-¾" (1.5-2cm) thick Widest at middle, narrowing or somewhat rooting below; stout, solid, minutely scaly at times; white, pinkish about base. Flesh becoming pinkish.
<b>Spores:</b>	5-6 x 3.5-4μ; Oval, smooth, colorless. Spore print white.
<b>Edibility:</b>	Undefined, not recommended for consumption
<b>Season:</b>	July-November
<b>Habitat:</b>	Single to several, in deciduous woods.
<b>Range:</b>	Widely distributed in North America
<b>Comments:</b>	This unpalatable mushroom can be distinguished by its soappy odor and the discoloration of the interior of the stalk.
<b>Bibliography:</b>	National Audobon Society Field Guide to Mushrooms. Gary H. Lincoff, Copyright©1981 Chanticleer Press Inc Page 86 Peterson's Field Guide to Mushrooms by McKnight & McKnight Copyright©1987 McKnight & McKnight pp.190-191 Simon and Schuster's Guide to Mushrooms by Gary H. Lincoff Copyright©1981 Arnoldo Mondodori ref.62

**Regardless of the fact that this mushroom is edible it is highly advised that before consuming any wild mushrooms that you consult with a professional mycologist. Many mushrooms are poisonous and look similar to each other.**

# May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Beltane (High Spring) /Full Flower Moon/ Feast of Bona Dea	2
3	4	5	6	7	8	9
10	11 Mother's Day	12	13 Celtic Tree Month of Hawthorn	14	15	16 New Moon in Taurus
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31 Blue Moon						

**May 1— Beltane (High Spring)/Full Flower Moon in Scorpio/Feast of Bona Dea**

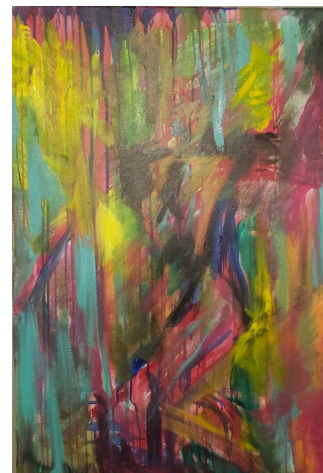
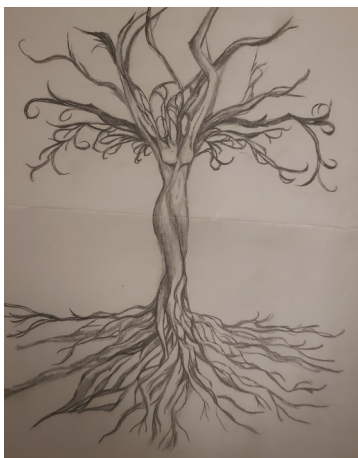
**May 11—Mother's Day**

**May 13—Celtic Tree Month of Hawthorn**

**May 16—New Moon in Taurus**

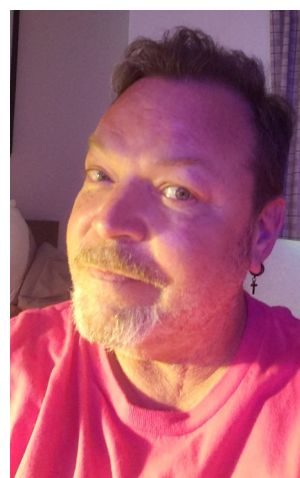
**May—31 Blue Moon**

## *ENCHANTED EXHIBITIONS*



### Ric Robbins Bio

I've been an artist my whole life. When I was young I would sit in front of the TV and draw what I saw. I now work in Healthcare after years in the fashion world of NYC and then being a hairstylist.



## Modern Technology vs. The Old Ways

### By Rev. Edward Sott

In today's fast paced world of cellphones, computers, AI, and other digital devices it seems to be easier to obtain information than it was in the past. Processing the information received however, has been diminished. A lack of ability to critically think about what is being presented is predominant. People are taking at face value everything they read on the internet and not analyzing or researching the facts behind what they are reading. They are assuming that what they read is the absolute truth.

The problem with this is that not all the information being presented is factual. It is easy to make up things as you go and then present them as evidence without validation. This has had a profound impact on not only our education system as a whole but also on our craft.

There is far too much misinformation out there for me to address all of it. Many new authors have come out with books that may or may not have been given due consideration when it comes to the research presented. These new authors are taken at face value by the general public as being experts in their field. Many people do not research the author, check their credentials, or even do a compare and contrast with the information in which they are providing.

The Craft itself is a ongoing and long drawn out process of learning that one dedicates their life to. It's not a quick fix, easy solution, fast action approach to spirituality. But what it does provide is through working, studying, and dedicating one's life to it, a means of permanent connection with the self and the Divine Consciousness.

This connection is not achieved by an immediate effect. In fact it may take years before one can reach the point of understanding that they become totally aware of the divine within and without them.

Before we continue however, I'm going to stipulate that modern technology when correctly used can be an asset to your craft study. Because it affords us the opportunity to garner information quickly and instantaneously it can allow us to gather our own resources in order to study the Craft.

Here are a few pointers to consider when beginning your studies. The methods listed below are those which I have over the course of the last 5 decades developed with my own studies as a function method of information gathering and analysis.

- Begin with a defined outline of what you wish to learn about.
- Break down and categorize each aspect of the general topic into specific subgroupings.
- Gather information on each of these subgroups one by one, write down the source routes of the information gathered.
- Once you have the general category and your sources written down then delve into each of these sources, take notes, compare and contrast what you have learned.
- Do not rely on just one source per each topic. Find several discussion points on each topic and then again draw comparisons.
- Research the sources individually check the credentials of each of the sources. Read the bibliographies in the material provided by them. See where they have derived their references from.
- Do NOT take everything at face value. Though the information may seem to be valid it may and will not be entirely complete.

Once you have researched the topic the next thing to do is begin practical application of what you have learned.

#### Ask yourself these specific questions:

1. What have I experienced as a result of doing suggested information?
2. Is there a profound difference between what I felt prior to the performance of the suggestion to how I'm feeling now as a result?
3. Did I attempt other methods and how did they affect me?
4. Does what I've learned from these sources suit me as to what I've been looking for?

Not all practices and rituals need to be done exactly as specified. Instead make necessary changes to them as you deem fit. Again journal your experiences. And also journal what you have learned.

Now lets get to online rituals and studies as opposed to person to person.

### Online Rituals:

The advantages of today's internet world is online communication via video chat applications such as messenger and zoom afford us the opportunity to chat with others around the globe. This can be a very effective tool in the manner that we can communicate with other like-minded individuals in a comfortable setting and not have to pay travel expenses to meet with those people. Open communication is the key though when conversing with others we need to always remember to be conscientious, not exposing more information than is necessary than for the conversation or workings that we are engaging in. The advantage with this form of communication is that we can get a visual read on the person(s) we are speaking with. The energy that is shared can be properly directed.

The disadvantage is that though we have the capability of visual communication we do not have the full dynamic of the energy flow that exists once the ritual is established. We also do not have the necessary filtration system to allow for any unwanted energies to be excluded. Like in all magical rituals caution must be taken in consideration and one must be discerning.

### Online Classes:

Online classes can be very constructive when dealing with working and learning about craft practices. A good instructor will not only explain to you the detailed information about the class which they are giving but will also provide you source material to further enhance your research. Online classes can often open doors to further study and learning.

The disadvantages of online classes are that though they may have the knowledge and instructional material available they often lack in peer discussion and also in joint research projects. They cannot provide additional apprenticeship programs where you can actually do a physical one on one working with the instructor. For example an online class on Herbalism may give you pictures and documentary information on particular herbs and uses, but because many herbs have similar characteristics actual identification requires field work and working expertise with the certified and qualified practitioner of Naturopathy. You don't want to go out into the field after taking a class on *Daucus carotus* (Queen Anne's Lace) and go looking for it, because you might end up finding *Conium maculatum* (Poison Hemlock) instead which by all outwards appearances and in pictures looks identical. One may heal you, the other is sure to kill you. The difference between these two plants is very subtle. And only by fieldwork and knowledge would you be able to tell them apart.



In conclusion, utilize the tools as they are tools but seek out a proper teacher and/or expert that would be willing to guide you in the Craft. Be discerning, conscientious, and analytical. Don't take everything at face value, research everything including the instructors. And furthermore remember always that the Craft is a spiritual practice that you have to be willing to dedicate yourself to. It's not a fad, or something to do because it's cool. It's a lifelong, living breathing, spiritual and religious thing.

Blessed Be.

## **How Mindset And Action Can Work To Manifest Your Desires**

**By Emily Thornton**

Many practitioners feel they know and understand the principles of manifesting, but cannot explain why they are still not receiving their desires. One believes that one creates one's reality. One understands the laws of attraction, and believes that what one thinks about is attracted to one's experience. Practitioners have even been practicing these principles, that is, when they remember to. When thinking about it, practitioners are repeating affirmations such as: A perfect relationship is available and they deserve to have it. or Their income level is constantly increasing. Okay, then, why is that perfect relationship or more income not coming to them?

One may be trying to blame parents for instilling some limiting belief that money is bad or that there is something spiritual about suffering. It really doesn't matter where some of those beliefs come from or how many of them there are. There is a way around this. One needs to focus on the beliefs that serve one better such as: The Universe is full of abundance. The Universe wants to bring desires to fruition. One may be feeling unworthy. If one doesn't think that they deserve to be happy and successful, how can they possibly create that in life?

Okay, so now one is 1) believing that it IS possible to have all one desires. And, 2) one is now feeling worthy. It feels like the work has been done and now there is just a wait for the Universe to fulfill those desires. There is another little piece here that could perhaps be the missing link. Take action. But wait a minute here one says. It is thought that one just has to ask and know that the Universe will supply, and presto! It appears. Not so fast, let's see how taking action can assist in this process.

When action is taken, any action, in the direction of a desire, shows the Universe that one is serious. It also facilitates the process because attention is focused on action instead of waiting. This action does not need to be huge earth-shattering stuff. This action can come from a feeling of inspiration, intuition, or even coincidental events. One very important thing to keep in mind when taking action: be sure to feel good about it, about oneself and what is wanted. Now it is known how to assist the Universe in fulfilling dreams.

### **How Do I Manifest? Just Trust**

If one is asking the question how do I manifest, then read this. Learning to manifest desires is similar to learning to swim. So how is swimming similar to manifesting? Both manifesting and swimming require total trust, i.e. letting go. In the case of manifesting, one needs to let go of the need to control the outcome and trust that what is sought shall be received. In the case of swimming one trusts that they will not drown. Everyone who has learned to swim will say that fear causes one to sink. Lack of fear allows one to float. And even if one goes down it will be temporary and they'll soon bob back to the surface.

It is the same with trying to manifest desires. Desires should be accepted as already having been fulfilled. If there are any doubts whatsoever that this is not so, one will fail to attract those desires. People can be fooled, but the Universe cannot. Every thought, feeling or doubt, no matter how slight, vibrates out to the Universe.

An example of manifesting and trusting is that of someone learning to swim at a later age. The person learning was baffled by the fact that they had difficulty keeping their head above water, while experienced swimmers didn't have such a problem. Others would swim effortlessly while personally, they struggled. That was until the instructor said this, "The reason you sink is because you don't trust the water to keep you up. You're afraid that if you let go, you'll go down." And then the parallels hit. It is the same with manifesting desires! No trust, no manifestation.

It's only when there is total and unequivocal trust that desires are as good as having already been delivered, that the manifestation will appear. The proof of total trust is when gratitude is expressed and celebration starts, in spite of present reality, which may be the exact opposite of what is desired. However, just as it is with swimming, getting to that point doesn't happen overnight. Fears, which are a product of past experiences, must first be released. Until a choice is made to change and do things differently, the same results will continue to be received.

In short, the answer to the question, how does one manifest, is to just trust. Trust that the Universe wants what's best and is fully capable to supply what is wanted. Trust that if the laws of attraction and of manifestation are followed, everything wanted shall certainly be received. Trust that just as the water lifts one up and lets one float, the Universe shall keep one's head above the tides of life, irrespective of how fearful things may seem right now. We are each strong in our own way, trust in the universe.



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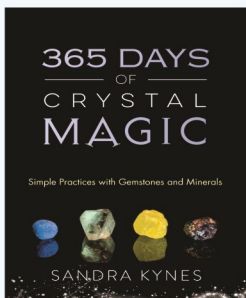
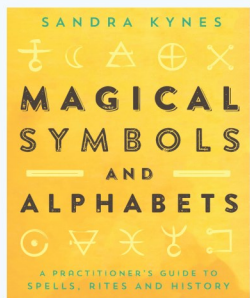
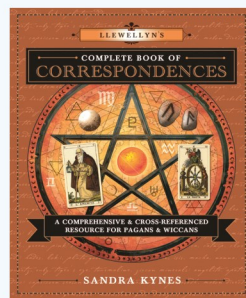
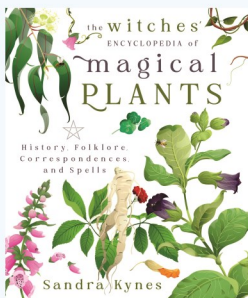
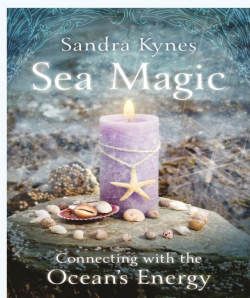
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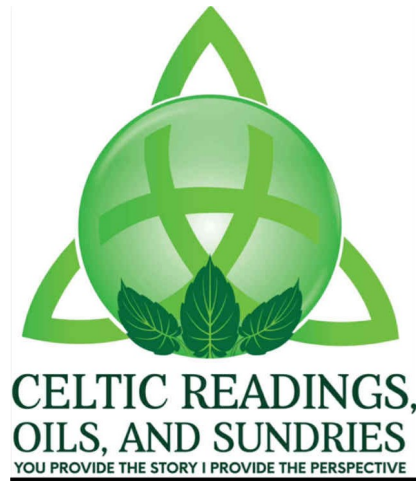
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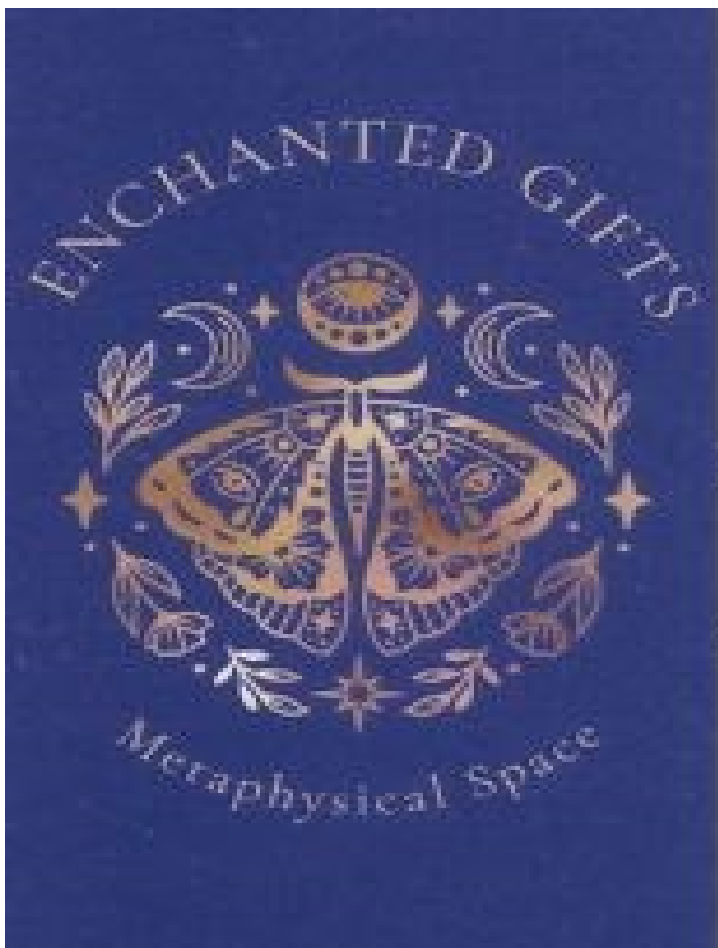
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