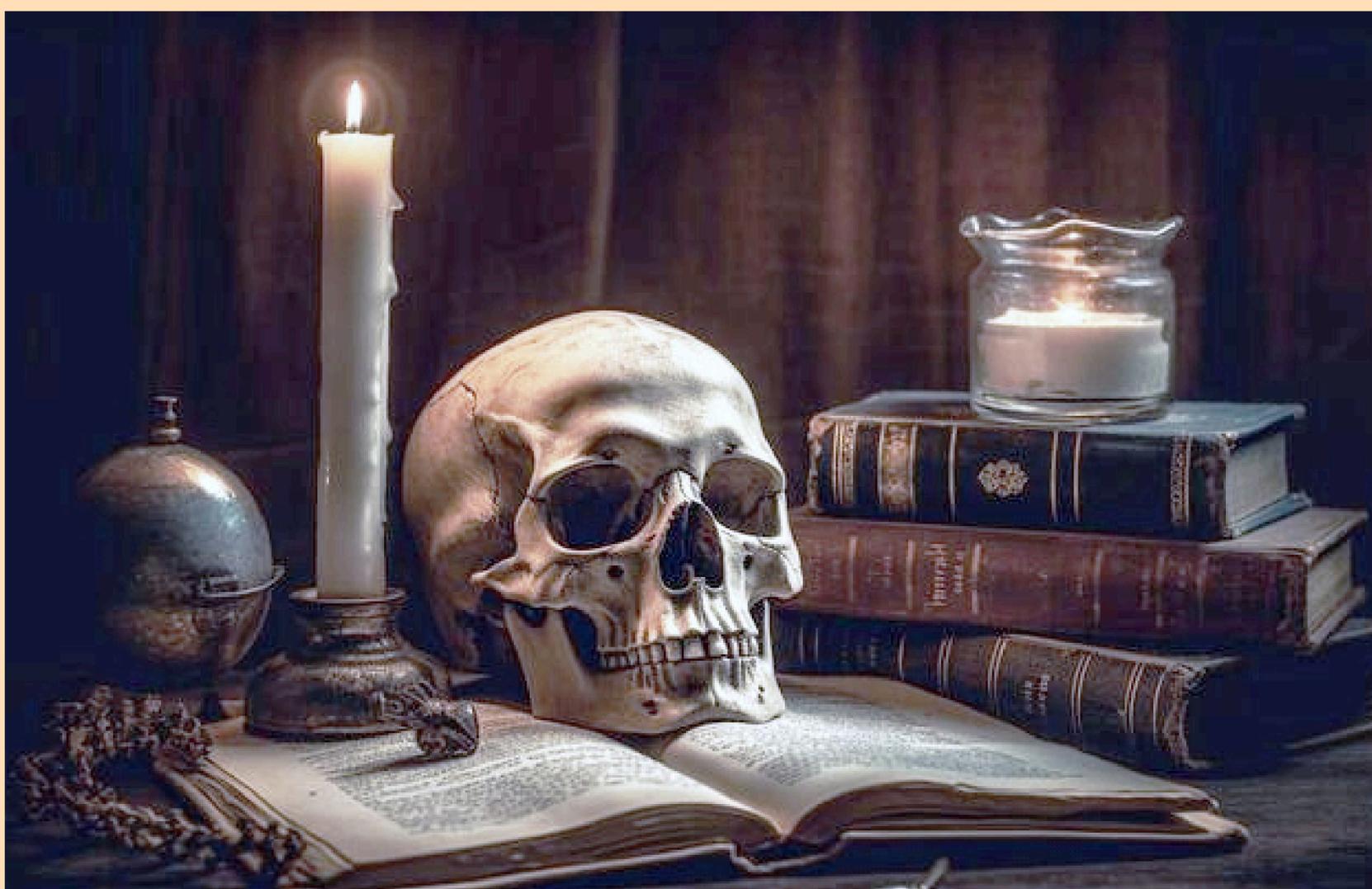


The Mystics' *Magazine & Directory*

Feature Authors:

Ellen Evert Hopman - Winter Solstice

Susun S Weed - Healthy Bones



Vancouver Island
Beautiful BC Canada

Fall Equinox To Winter Solstice
September 2025 ~ 2nd Edition

Fall Equinox

The Mystics'

Magazine & Directory

2nd Edition

A Word ...

Publisher & Chief Editor

Tamare White-Wolf

Well, we've had our first run of the Mystic's Magazine and the feedback has been fabulous. Thank you for those who have taken the time to let us know what you think. We're working on perfecting it as you well know.

I want to bring attention to the Calendars and how we here @The Mystics' want to present the information and content. We want to get away from what is called the Gregorian Calendar, whaty we have been conditioned to use. It's not actually a very magical calendar at all. So we're going to slowly turn the wheel until we have our magazine in perfect harmony with these magical times and natural seasons of the year.

Please expect some changes with our calendars instead they will reflect likely half month to half month, you will see what I mean soon. It will match each quarters regarding the solstice and equinoxes.

So our segments will follow that pattern. Such as September to October, October to November, and November to December since the equinox and solstice usually start around the 20th of every month. This way we are in alignment with the magical calendar and with the Earth and Sky 's vibration. We will be able to get our house in order a lot easier with this alignment. I hope you identify in some wonderful way too.

Thank you all so much, our editors, designers, the writers, the photographers. the magical souls sharing their knowing here and offering this to all of you...us! Thank you for being in this creation journey with us and our magical magazine.

Have a Blessed Mabon Harvest, a Magical Samhain (Halloween) until we meet again.

Our next Edition @ Yule due Dec 1st.

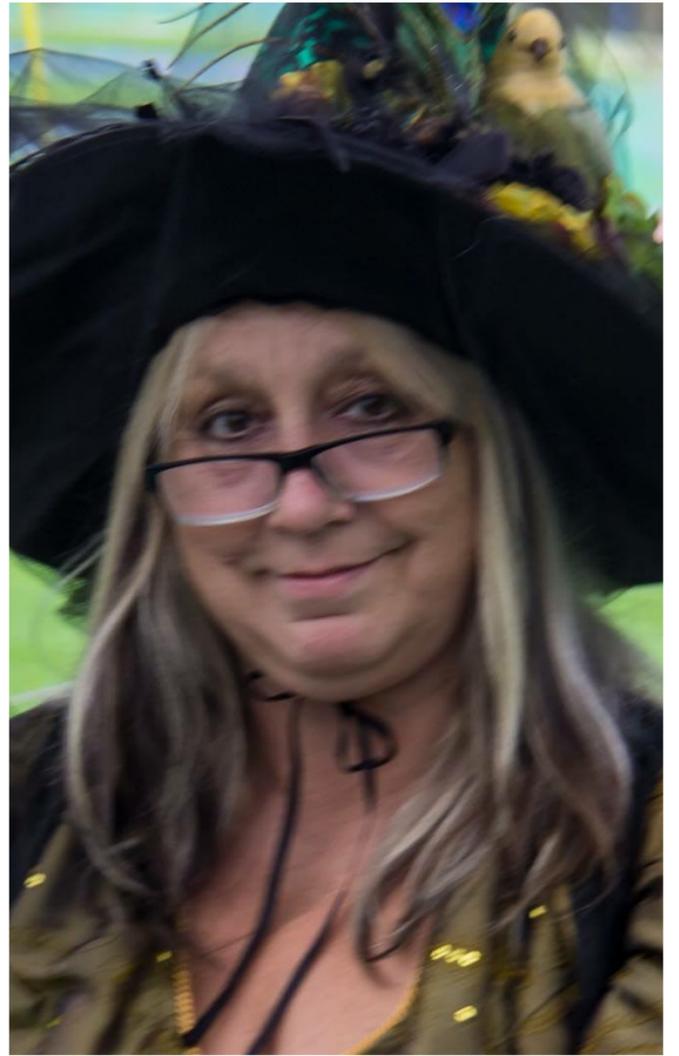
Look for them @ your favorite magical store or event on Vancouver Island. Online Too

If you are interested in advertising or submitting articles consider the season before submission. I would welcome your involvement and offer exposure of your contact information in exchange.

Alternatively you can just purchase an ad of your own...

See Directory @ the end of Mag for details.

TheMystics@TamareWhiteWolf.com



Tamare @Samhain Paganfest 2017
Creator and part of family owned
Earth and Sky Connection
She is a Psychic, Ordained Minister,
Esoteric Teacher, Strega/Witch
Shaman Spiritualist, Healer, Death
Doula & am I boasting now lol

Its always been a Magical Life....

Thank You,

Chi Miigwech

Blessed Be

"The creation of this mystical magazine and pagan festivals are some of the ways I am of service to community and to Spirit!"

To See Last Editions Go To Websites

www.earthandskyconnection.com

www.TamareWhiteWolf.com

Blessed Be Tamare White-Wolf

Contents

Feature Articles

- Healthy Bones The Wise Woman Way
p. 5-7
Samhain Known As, Halloween is the Perfect
Celebration of Scorpio Season p.15-p16
Female Gift Bringers p.28 - p.29
Witch's Debt: p.47
The Red Covenant p.48
What Happen in an Eclipse? p.51-p.52
The Dark Goddess At Samahin p77-p78

Other Articles

- King of Cups p. 43
Shadows Among the Spirit p.44 - p.45
For Whom the Bell Tolls p. 46
Zombies, UFO's, and Snakes p.49
Welcome to Akashic Answers p.50
The Cunning of Words p.59
The Magic of Autumn Colors p.60 - p.62
The Middle Pillar, Temperance p.63 - p.64
Shadows Beyond the Veil p.65-p.66
Pesky Mosquito Spirit p.67
The Evil That Would Not Leave p.68
The Power of Spirit p.69-p.70
Magick p.71
Meditation Embodies Empowerment p.72
Awakening the Inner Goddess p.73-p.74
My Grandpa Wanted MAID p.75
What on Earth is Horary? p.76
Corn Moon Legend p.79

The Curio Corner

- Ask Mama Wolf p. 3
Current Events p. 4
Traditional Beef Stew p.39
Wizards Riddles & Games p. 53 - p.58

Knowledge of the Seasons

- (Spirit Animals, Gem, Deities and More)
September p.8 - p.13
October p.14-21
November p.22-27

Articles of Old

- Encounters With a Talking Apparition
p.30 - p.35
What the Gypsy Said, p.36- p.37
Samhain Considered New Year for Witches
p.38

Directory/Index p. 80 - 82



Design Editor,
Writer & Our
Katty
Kommentator

Kat is one of our talented writer and has an eye for the perfect set up on how things should look. As a Capricorn she can zero in on the details to turn the basic into the wonderful.



Research &
Photographer

Tye the
Paranormal

Guy is the man we go to when we need something found. He puts his heart and soul into whatever he is looking for, like a dog with a bone. But if that wasn't enough he is a talented photographer. Most of the picture in here are his.

Thank you to all the Mystics who contributed to the Magazine. We appreciated your articles. We hope the community is delighted to find out many of these writers will be regular content contributors.

Too Name A Few...

Skylar Pink
Wyatt Michael
Ellen Evert Hopman
Nancy Arruda
Tamela Farrand
Gemma Parent
Kyla Adrienne
Tamare White-Wolf



Question: What is a Death Doula?

Answer: A Death Doula is someone who offers spiritual, emotional and physical support to those that are at end of life. They also offer support to the families of someone who is at the end of life stage.

A Death Doula sometimes provides advocacy to the person who is at end of life. This advocacy work could be with their family or with the laws in the community in respect to how they will be late to rest.

With the growing changes and many options available for people dying this could include something like having a green burial. There are many new and unique ways of saying goodbye. The Death Doula may bring that to the attention of the family in general.

There may be many practical steps that need to be taken before a person passes that need someone to take the lead specially in cases where there's limited family to help.

Death Doulas often called an End of Life Worker maybe seen similarly as a midwife or birthing Doula some believe the process of coming into this world is very similar to when we leave, so this kind of care is specialized by a Doula.

For those interested I am a Death Doula. If you need me, please contact me. If you want to become a Death Doula I was trained by Douglas College, and was one of the first of three in Ontario to receive my certification 2017 (I think)

Lucky for people in British Columbia as the college is there.

Contact Tamare by text @ 705-309-7171
Or @ EarthAndSkyConnection.com

Question: Why can't I connect with my loved one who has passed over a few months ago and can you help me connect with them?

Answers: What I have learned about the process of dying and going, "home" is that there are seven gateways or levels that the individual has to go through in order to deprogram from Earth and to complete the process of leaving the body but taking the soul to what I will call the cosmic bank.

This bank will process all you have learned and deposit all the gems that you picked up along the way for future souls to utilize.

The things you do not need would have been eliminated at each level as you were being deprogrammed before reaching source.

With that being said in my teachings which come from my native spirituality, we are not to disturb, to call back or even to say their name for one year because the process of reaching source creator is lengthy and complicated. We are taught not to interfere until the year has past because this is considered how long it will take to complete.

So if you've tried to connect with a loved one and it hasn't happened, give it some time give them some time. It's assumed that if you are able to connect with someone before that they may be stuck here with unfinished business, that's another issue for another time.

So I wouldn't worry about it when the time is right connecting is possible.





Current Events

September Full of Fun

Potions & Notions Witchy Oddities Market

4401 William Head Rd (Metchosin)
Sept 6th 10am - 4pm

Cowichan Exhibition Fall Fair

7380 Trans Canada Hwy (North Cowichan)
Sept 12th 9am - Sept 14th 4pm

Cedar Fall Witches Market

2388 Cedar Rd (Nanaimo District)
Sept 13th 10am - Sept 14th 2pm

Medieval Fall Faire

1014 Ford Rd (Nanaimo District)
Sept 13th & Sept 14th 10am - 4pm

Ultimate Toy Fair

3100 Tillicum Rd (Saanich)
Sept 20th - Sept 21st 9am - 3pm

Metchosin Fall Market

4401 William Head Rd (Metchosin)
Sept 20th - Sept 21st 1am - 4pm

Metchosin Fall Witches Market

(Metchosin Community Hall)
Sept 20th 10-5pm

15th Annual Fall Fairfield

1350 Thurlow Rd (Victoria)
Sept 21st 12pm - 4pm

Psychic & Spiritual Arts Fair

2243 Beacon Ave (Sidney)
Sept 27th 10am - 4pm

4th Annual South Island Powwow

1014 Caledonia Ave (Victoria)
Sept 30th 10am - 10pm

October Fall Events

Monster Mash Vintage Fair & More

2243 Beacon Ave (Sidney)
Oct 4th 9:30am - 4pm

Psychic & Spiritual Arts & Wellness Fair

195 Bay St (Vic West)
Oct 4th & Oct 5th 10am - 5pm

Halloween Pop Up Fair Island Vintage Fair

2039 Oak Bay Ave (Oak Bay)
Oct 11th 9:30am - 4pm

Cedar Bewitched Market

2388 Cedar Rd (Nanaimo District)
Oct 11th 10am - 4pm

Spooky Market 2

720 Station Rd (Langford)
Oct 18th & Oct 19th 11am - 4pm

Metchosin Bewitched Market

4401 William Head Rd (Metchosin)
Oct 24th 6pm - 10pm
Oct 25th & 26th 10am - 4pm

Halloween Market YYJ

195 Bay St (Vic West)
Oct 25th & Oct 26th 10am - 4pm

November/December Events

Witches Nite in Halloween Market & All Hallows Fair

4401 Metchosin Rd (Metchosin)
Oct 31 6pm - 10pm
Nov 1st 10am - 4pm

Winter Craft Market

675 Jolly Pl
Nov 8th 10am - 4pm

HandMade Village Craft Market

675 Jolly Pl
Nov 15th 10am - 4pm

Cedar Witchy Yule Market

2388 Cedar Rd (Nanaimo District)
Nov 22nd 10am - 4pm

Metchosin Christmas Spirit Market

4401 William Head Rd (Metchosin)
Nov 29th & Nov 30th 10am - 4pm

Prospect Lake Community Merry Witches Yule Market

December 13 10am - 5pm

Healthy Bones

The Wise Woman Way

By Susun S Weed Herbalist,
Seneca Peace Elder. Teacher & Author



Every woman I know is concerned about osteoporosis. Frightening stories equate it with broken hips, bent spines, wheelchairs, and death--things we all want to avoid. What can we do? Should we take calcium supplements? hormones? Fosamax? Can we rely on our green allies?

The Wise Woman tradition maintains that simple lifestyle choices-- including, but not limited to, regular use of nourishing herbal infusions, medicinal herbal vinegars, yogurt, and seaweed -- are sufficient to preserve bone and prevent breaks. And, further, that these lifestyle choices produce multiple health benefits, including reduction of heart disease and breast cancer, without the problems and risks associated with taking hormones. As for supplements, as we will see, they do more harm than good.

Forget Osteoporosis

First, we must rid ourselves of the idea that osteoporosis is important. In the Wise Woman Tradition, we focus on the patient, not the problem. There are no diseases and no cures for diseases. When we focus on osteoporosis, we cannot see the whole woman. The more we focus on disease, even disease prevention, the less likely we are to know how to nourish health/wholeness/holiness.

In fact, focusing our attention narrowly on the prevention of osteoporosis actually increases the incidence of breast cancer. The postmenopausal women with the highest bone mass are the most likely to be diagnosed with breast cancer. Women who take estrogen replacement to prevent osteoporosis, even for as little as five years, increase their risk of breast cancer by twenty percent; if they take hormone replacement, the risk increases by forty percent.

These risks might be vindicated if we could show a correlation between bone density and bone breakage, but there isn't one. When I found myself at dinner last year

(2000) with Susan Brown, director of the Osteoporosis Information Clearing House, I asked her to point me in the direction of any study that shows a clear relationship between osteoporosis and broken bones. She smiled. "There are none."

"In a recent study," she continued. "Researchers measured the bone density of people over 65 who had broken bones. Twenty-five percent had osteoporosis. Twenty-five percent had high bone density. And fifty percent had normal density." Notice that those with high bone density broke their hips as frequently as those with osteoporosis.

Get Flexible

If osteoporosis isn't the problem, what is it? In a word: inflexibility. Flexible bones bend; stiff bones break. This holds true even if the flexible bone is thin, even if the stiff bone is thick. Think of a piece of dead pine wood. Though it may be thick, it is brittle and breaks easily. Think of a green pine twig, even a small one is nearly impossible to break. Flexible bones, whether thick or thin, bend rather than break.

Flexibility is synonymous with health in the Wise Woman Tradition. It is created by nourishing and tonifying. Bone flexibility is created by nourishing the bones and tonifying the muscles around them. Tonifying is as important as nourishing, but because we are herbalists, let's focus on the benefits nourishing herbs offer to women who wish to have strong, flexible bones.

Nourishing Our Bones

Old age does not make weak bones. Poor nutrition makes weak bones. What are bones made of? Like all tissues, they contain protein. They are rich in minerals, not just calcium, but also potassium, manganese, magnesium, silica, iron, zinc, selenium, boron, phosphorus, sulphur, chromium, and dozens of others. And in order to use those minerals, vitamin D must be present and the diet must contain high-quality fats.

Bones Need Protein

I have heard, and no doubt you have too, that animal protein leaches calcium from the bones. This is only half true. All protein, whether from meat, beans, soy, grains, or vegetables, uses calcium in digestion. Protein from soy is especially detrimental to bone health; soy is not only naturally deficient in calcium, it also directly interferes with calcium uptake in the bones. Traditional diets combine protein and calcium (e.g. seaweed with tofu, tortillas made from corn ground on limestone with beans, and melted cheese on a hamburger). Protein-rich herbs such as stinging nettle, oatstraw, red clover, and comfrey leaf provide plenty of calcium too, as do yogurt, cheese, and milk (which also provide the healthy fats needed to utilize the minerals). Limiting protein limits bone health. Increasing mineral-rich proteins increases bone health.

Bones Need High-Quality Fats

Hormones are kinds of fats, and cholesterol is the precursor to many of them. Post-menopausal bone problems do not, to my mind, arise from a lack of estrogen, but from a lack of fat. If the diet is deficient in good-quality fats, hormones will be produced in inadequate amounts. And vitamin D, a hormone-like vitamin, will not be utilized well. Further, mineral absorption is dependent on fats. A low-fat diet, in my opinion, makes it quite difficult to have healthy bones.

Bones Need Minerals

Bones do need calcium, and they are the last to get it, so our diets need to be very

rich in this mineral. But to focus on calcium to the exclusion of other minerals leads to broken bones, for calcium is brittle and inflexible. Think of a piece of chalk, calcium carbonate, and how easily it breaks. A six-and-a-half year study of 10,000 white women over the age of 65 found that "Use of calcium supplements was associated with increased risk of hip and vertebral fracture; use of Tums™ antacid tablets was associated with increased risk of fractures of the proximal humerus." The other minerals found in bone lend it flexibility. When we get our calcium from herbs and foods (containing a multitude of minerals) we nourish healthy bones.

Extracting Minerals

From the Wise Woman perspective, the perfect way to maintain bone health, bone flexibility, and resistance to fracture is to use mineral-rich herbs and foods. Because minerals are bulky, and do not compact, we must consume generous amounts to make a difference in our health. Just as eating a teaspoon a carrots is laughable, so is taking mineral-rich herbs in capsule or tincture form. Because minerals are rocklike, we need to break open cell walls to get at them. Raw, fresh foods do not deliver minerals to our bodies.

To extract minerals, we need heat, time, and generous quantities of plant material. I prefer to extract minerals into water or vinegar. To make a nourishing herbal infusion, I pour one quart/liter boiling water over one ounce/30 grams of dried herb in a canning jar, covering it tightly, and letting it brew overnight. In the morning, I strain out the mineral-rich liquid and drink it -- over ice or heated, with honey or milk, mixed with black tea, seasoned with mint, spiked with rum, however you want it. You can drink the entire quart in one day, but do finish it within two.

My favorite nourishing herbal infusions are made from oatstraw (*Avena sativa*) or nettle (*Urtica dioica*) or red clover (*Trifolium pratense*) or comfrey leaves (*Symphytum uplandica* x). I sometimes add a little bit of aromatic herb such as

peppermint (*Mentha piperata*), lemon balm (*Melissa off.*), or bergamot (*Monarda didyma*) to change the flavor.

To extract minerals from fruits and vegetables, I cook them for long periods of time, or until there is color and texture change, evidence that the cell walls have been broken. Kale cooked for an hour delivers far more mineral to your bones than lightly steamed kale. Fresh juices contain virtually no minerals. Cooking maximizes the nutrients available to us, especially the minerals.

Herbs Are Mineral Powerhouses

Eating a cup of cooked greens every day is difficult, even for the most motivated woman. But drinking nourishing herbal infusions, eating seaweeds, and using medicinal herbal vinegars is easy. They are tasty, fun to prepare and use, and add a big nutritional plus with virtually no calories attached. Nourishing herbs and garden weeds are typically far richer in minerals than ordinary foodstuffs. Not only are nourishing herbs exceptional sources of minerals, their minerals are better at preventing bone breaks than supplements.

The ability of herbs to counter osteoporosis may be more complex than their richness of minerals, however. The minerals in green plants seem to be utilized more readily by the body and to be ideal for keeping bones healthy. Dr. Campbell, professor of Nutritional Biochemistry at Cornell University, has done extensive research in rural China where the lowest known fracture rates for mid-life and older women were found. He says, "The closer people get to a diet based on plant foods and leafy vegetables, the lower the rates of many diseases, including osteoporosis."

In Summation

My own experiences in helping women regain and maintain bone density and flexibility have led me to believe that lifestyle modifications work exceptionally well for motivated women who wish to avoid the risks and expense of long-term pill use. Nourishing herbal infusions, mineral-rich herbal vinegars, yogurt, and seaweed, combined with attention to

tonification of the muscles, unfailingly increases bone density and creates flexible, healthy bones and women.

8 Keys to Healthy Bones

1. Good nutrition for your mother while pregnant with you.
2. Good nutrition for you during the formation of your bones.
3. Monthly menses throughout your fertile years, especially before 30.
4. Special attention to maintaining high levels of protein, fat, minerals, and vitamins from herbs and foods in your diet when menses cease during pregnancy, lactation, or after menopause.
5. Regular rhythmical movement, the faster the better, daily.
6. Consistent practice of yoga, tai chi, or any strengthening, opening, flexibility-building discipline.
7. Chop wood, carry water.
8. Eat yogurt.



Earth and Sky Connection
Proudly carries these Books

contact her at:

susunweed@herbshealing.com

Susun Weed - PO Box 64, Woodstock, NY 12498 (fax) 1-845-246-8081

Visit Susun Weed at:

www.susunweed.com and

www.wisewomanbookshop.com

www.ashtreepublishing.com

Green blessings to you all Susun Weed



*September 21st -
October 20th*

Venus a Roman Goddess

by Tamare White-Wolf



Anyone who has known a Libra know that they are reasonably kind, loving, caring, and concerned about how they relate to others. This is true to how we see Venus in general, in fact, the Roman goddess Venus is associated to both Libra and Taurus as their ruling planet. There are indeed other gods and goddesses that work with Libra. But will be focussing on Venus for today.

This beautiful Italian goddess was not always venerated by the people. Eventually, she was honoured with an ancient Roman temple built at the command of Julius Caesar. He dedicated this temple to her calling it “The Begetting Mother”. Here she remained popular to the governing higher-ups such as emperors!

It didn't take long before Greek influence changed her to Aphrodite. We can talk about her another time. For now, Venus was charged with protecting women and girls and their chastity. Venus was also connected to prosperity. There are very few myths about her specifically.

Whatever we do know is she represents

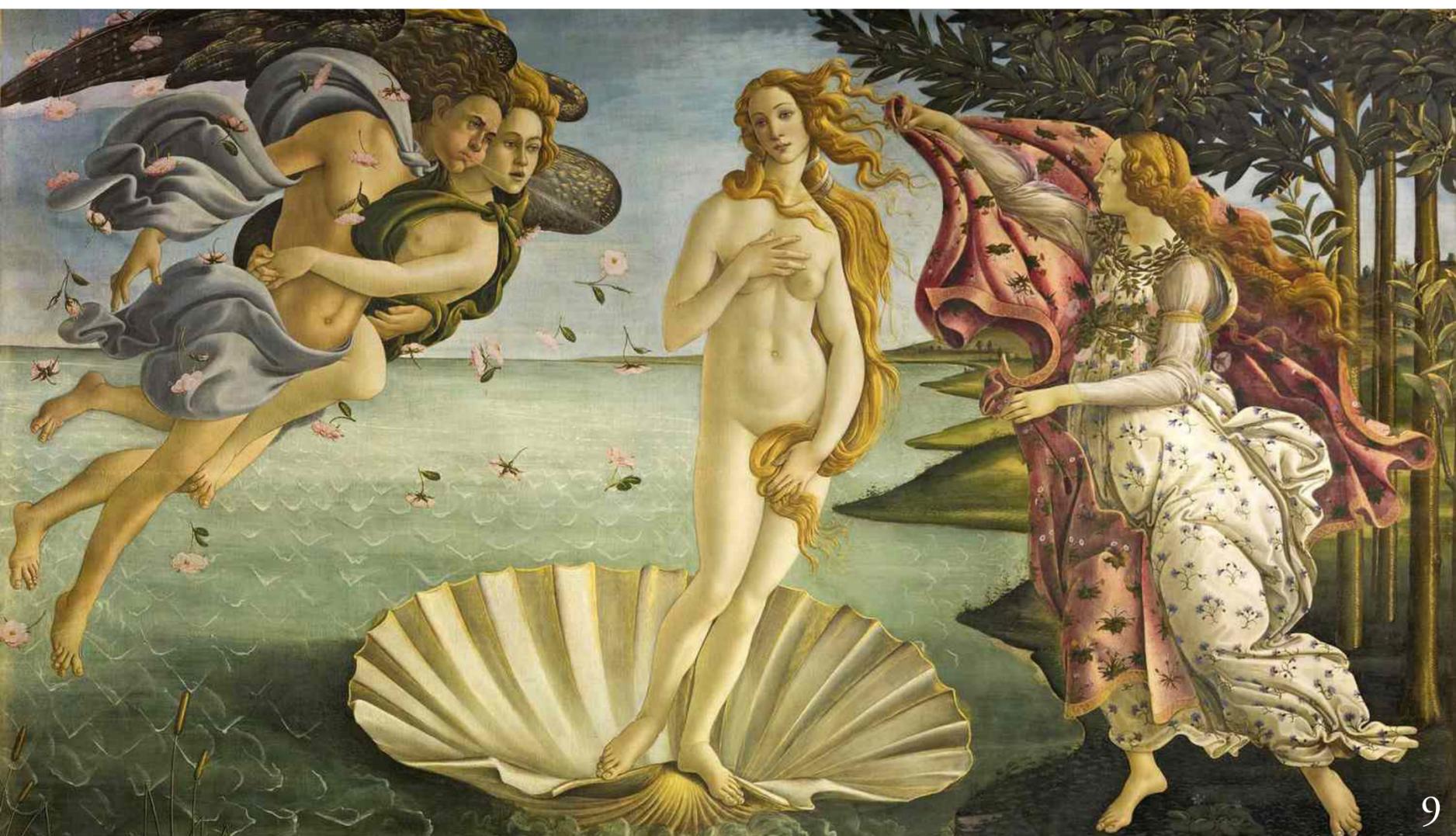
Venus this star was originally called the star of Babylonian, Goddess of Ishtar.

This is where she gets her association to love, beauty relationships!

The planet Venus has often been associated as a sister planet to Earth because it's similar size however, it's a very hot planet, which is likely another good reason, it gets the task of representing romance, love, sex and fertility.

Lastly, this little planet is also connected to money, prosperity, and overall victory. In fact the day of the week representing Venus is Friday so if you're a witchy person and you spell crafting, that's a good day for relationship spells or money.

I seen this day also be used in glamour or beauty spell crafting! Have fun with it! Overall, this planet and its energy is considered favourable for most and often is used magically to attract your hearts desires!



Bloodstone

By Faye Boyd



Hold this stone whenever you need to stabilize and to find your balance, this beautiful gemstone will help many however it is a semi-precious stone most fitting for the Libra, yes we know the Opal is the precious stone associated with them but this Jasper family stone has energy that works wonderfully for day to day living.

Astrological Sign: Libra.

Primary Chakra: Root. **Secondary Chakra:** Heart

Issues and Ailments (Physical): Acid balance in body, anemia blood circulation, bone marrow, bronchitis cancer, colon, cramps, detoxifying, eyes, heart, high blood pressure, immune system, kidneys, liver, lungs, lymphatic system, muscle cramps, nose bleed, pancreas, poisons

Issues and Ailments (Emotional): Aggression, anger, compassion, courage, grounding, unselfishness

Issues and Ailments (Spiritual): Awareness, grounding, humility, prosperity, serving humanity

Bloodstone is composed of deep Green

Chalcedony and small dots of Red Jasper. It is also known as Heliotrope, and Dragonite. This crystal is a powerful healing stone used for thousands of years for its healing properties. It is often used to purify and detoxify the body. Great at grounding negative energy and cleansing the body, it brings love into any situation and helps ground the negative energies surrounding that issue. This crystal assists in enhancing the functions of the mind, bringing clarity, and understanding to subjects that were unfamiliar.

It has been used to increase energy and strength. It removes energy blockages, which in turn, creates a smooth and constant energy flow throughout the body. This crystal can help to enhance intuition and creativity, and can be used to combat fatigue, irritability and confusion. It is good to keep a stone in any place that needs its energy cleansed.

Physically, it is an energy cleanser, purifying the blood and detoxifying the liver, kidneys and spleen. It benefits all blood rich organs and regulates blood flow. This crystal cleanses lower chakras, realigning the energies.



Raven by Tamare White-Wolf

Libras, Magicians, & Witches

Many cultures see this beautiful creature as a magical sign. It has been noted to be the bringer of light and the bringer of magic. A bird of mysticism and of life and death. Even Odin had a pair of these mystical messengers. Here we have stories of it being a Shapeshifter. An old native legend has Raven being scorched by the sun as it brings the light, fire and warmth to the people. Many feel the Raven as a bringer of darkness. That's only if you have inner fears and demons. The Raven will help your face this in a powerful way, your willingness or resistance is part of the magic. Therefore Raven becomes the messenger to the individual. They help us see the void. Remind us on how to use the tools at hand, how to be playful and one with the universe, and to be open to learning. Above all the spirit also reminds us of how strong we are, how smart we are, it is your will and intention that will bring the magic into real life! Remember it is also the shapeshifter so use strategy when necessary.

When we are in the void the dark, this black or darkness is not considered negative but instead of place where we seek the answers for growth, like a seed

in the Earth, draw your attention to the sun and allow the light to shine into the void. See the iridescence of the blue in the black let it change your ability to awaken you, especially if you are healing. Raven will help expand your consciousness. And allow for the deepest kind of healing. Raven carries ceremonial magic and can be the courier of energy necessary to help in the deepest darkest times.

When we step into the void, we are with great mystery Bring what you see there into the light and if you find that you were standing in your own way or wishing harm on another, you will be called to task. If you lack the vision of the miracles in your life and have instead settled into more mundane rot, then Raven may come to shake things up if you're standing in the great smoking mirror pay attention and check yourself.

Remember to ground this energy for manifestation is possible. Do it in love, and never push in areas you are unfamiliar with and always recognize the gifts offered around you as being apart of Ravens magic!



Book a Totem Animal Spirit Reading
Enjoy learning about 9 totem animals that can help you improve your life! 10% off for new clients
Lets spread the love this Yule with a Gift Certificate for your loved one.
@ EarthAndSkyConnection.com
Visit us @Market Square Victoria BC
or call 778-441-1771



Mullein

By Tamare White-Wolf



I've been fortunate enough to have teachings from Seneca Elder Herbalist Susan Weed below is my interpretation of her sacred knowledge. Also I love the teachings of Sun Bear and his Earth Astrology Medicine Wheel teachings, this herb as been assigned to the Libra/Raven

Mullein (*Verbascum thapsus*) is a stately fuzzy-leaved plant frequently found on roadsides, ditches and other sunny open places. This common weed is one of the world's best lung allies. You can buy it dried or harvest your own. No other wild plant looks like it: its leaves are large fuzzy (a foot or more) Smaller leaves where used as butt wipe in the bush lol and the upright stalk of yellow flowers (five feet or more is common) make it easy to recognize. It was often used and dipped in fat and lite as torches. A famous ear ache oil is made from those leaves, flowers and seeds.

To harvest, cut the entire stalk of plants just beginning to flower and hang them, upside down, in a shady place to dry. To brew mullein infusion, fill a quart canning jar about half full of cut and crushed mullein leaf and stalk pieces. Fill the jar to the top with boiling water, cap tightly, and let it sit at room temperature overnight. Mullein leaves are fuzzy, so strain the infusion through tightly-woven cloth (like a handkerchief) before drinking. The dose of mullein infusion is 1-4 cups a day. It will last for 5-6 days refrigerated. It brews up to a dark brown liquid with an appealing smoky flavour, especially with milk and honey.

To relieve acute lung problems, such as bronchitis, pneumonia, SARS, even coughs, Susan Weed suggests 2-4 cups of mullein infusion a day, plus elecampane, echinacea, and/or poke root tinctures are consumed until health has returned. To strengthen the lungs, or to restore health to lung tissues after "assaults" such as tobacco smoke or radiation: 1-2 cups of mullein infusion daily for six weeks is suggested. To relieve allergies and asthma, 2-4 cups of mullein infusion every day for 6-8 weeks is amazingly effective.

Mullein

Gender: Hermaphroditic. Planet: Saturn/Mercury. Element: Air

Medicinal Uses: Mullein is a great expectorant-soothing coughs and congestion and loosening phlegm. It also has very mild sedative properties.

As such, it is the perfect tea for colds. Be sure, however, to strain the tea through a cloth bag before serving to remove the tiny hairs that will cause even more suffering through mouth and throat irritation. The tea with a bit of milk is also useful in the treatment of diarrhea.

A sweetened infusion of the flowers carefully strained can also be used to treat colic. Poultices of the leaves can be used for hemorrhoids.

Infusing bruised leaves in olive oil yields a useful treatment for frost bite and burns. The warmed oil can also be dropped into the ear to treat ear infections as well. This oil will have anti-bacterial properties.

Tincture of this herb are useful for migraines and chronic inner-ear disorders. Take 8 to 10 drops of tincture several times a day with cold water.

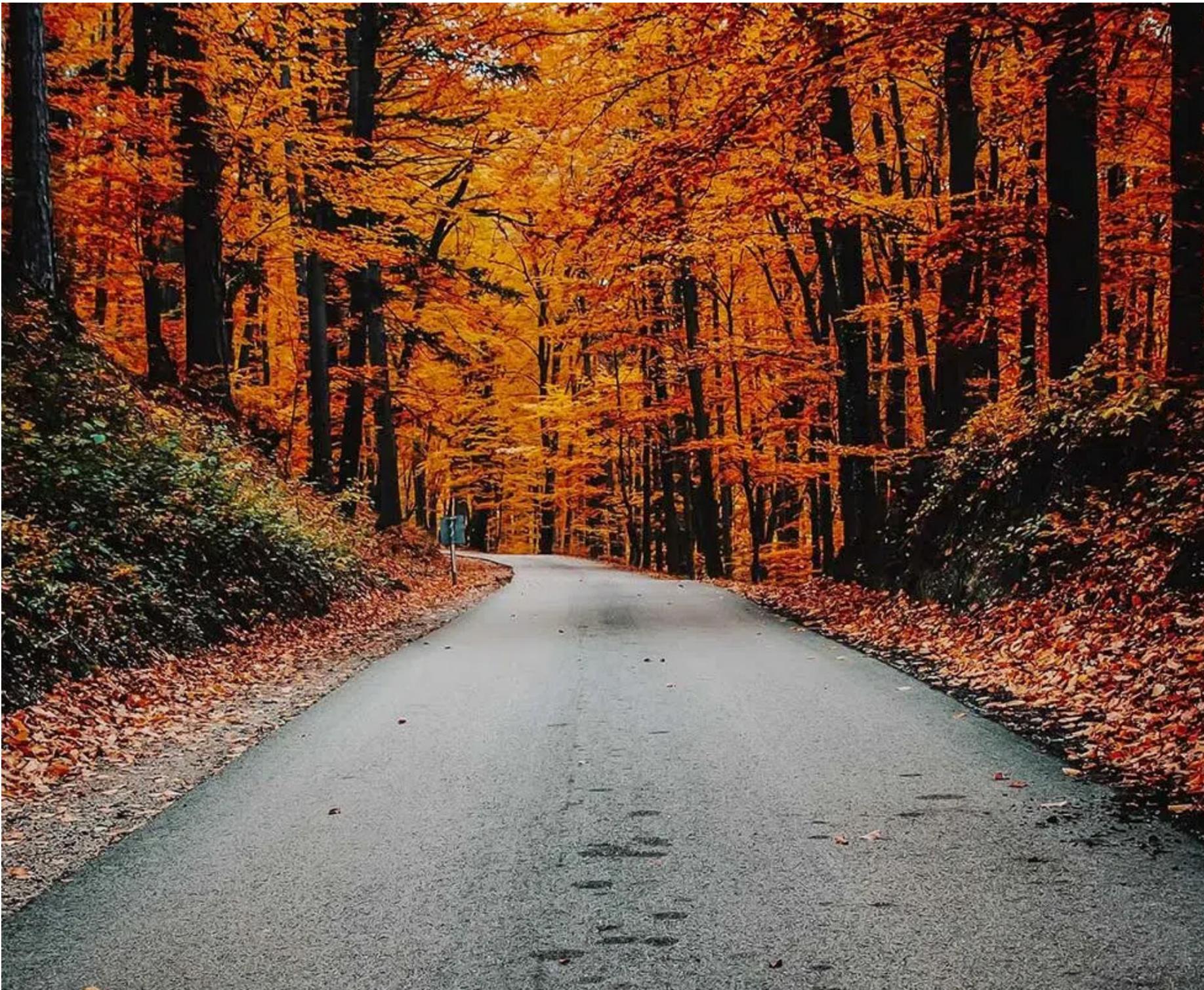
Magical Uses: If you are making your own candles for ritual, consider using the stalks for the wicks. It is considered a sure safe guard against evil spirits and magic. Powdered it can be used in spells that call for graveyard dirt. It protects you in your sleep to combat both evil spirits and nightmares. As it helps one to fall asleep when ingested, it makes an excellent tea to encourage prophetic dreams and as an aid in lucid dreaming or astral travel while asleep.

Common names: Our Lady's Flannel, Velvet Dock, Blanket Herb, Velvet Plant, Woolen Rag, Woolen, Rag Paper, Candlewick Plant, Wild Ice Leaf, Clown's Lungwort, Bullocks Lungwort, Aaron's Rod, Jupiter's Staff, Jacob's Staff, Peter's Staff, Shepherd's Staff, Shepherd's Clubs, Beggar's Stalk, Golden Rod, Adam's Flannel, Beggar's Blanket, Clot, Cuddy's Lungs, Duffle, Feltwort, Fluffweed, Hare's Beard, Old Man's Flannel, Hag's Taper, Hedge Taper, Candelaria, Quaker Rouge, Graveyard Dirt

Contraindications: The little fuzzy hairs which cover every inch of this plant are very irritating to the skin and mucus membranes. Use care when collecting, and always strain liquids with mullein in them very well to remove the little hairs before ingesting.

Go check the "Wall" of Herbs For all your magical & medicinal needs @EarthAndSkyConnection Market Square Victoria BC

September (Magic Everyday Keeps the Mundane Away)



Sun.	Mon. 1	Tue. 2	Wed. 3	Thurs. 4	Fri. 5	Sat. 6
	Start A New Witchy Book (fiction/non fiction)	Start A Fall Garden	Do Something That Scares You	Plan A Fall Trip	Use Color Magic To Call in Abundance	Make A Fall Bucket List
 7	8	9	10	11	12	13
Draw Down The Moon	Have Lunch In Nature	Take 4 Deep Breathes Before Answering When Mad	Spend An Evening Tending To Your Plants	Pass On Some Witchy Advice	Go For A Walk On The Beach	Go Apple Picking
14	15	16	17	18	19	20
Spend The Afternoon Foraging	Visit Your Local Witchy Shop (See Directory)	Have A Self Care Night	Listen To A Witchy Podcast	Get A Hair Trim To Release Old Energy	Treat Yourself (Coffee, Tea, Book Etc.)	Celebrate The Equinox Eve with Friends
 21	22	23	24	25	26	27
Do A Mabon Money Spell	Make A Tincture For Cold Prevention	Create A Protection Sigil/Charm Or Bag	Start A Dream Journal	Take A Tarot Class At Your Local Witchy Shop	Try A New Recipe Witchy or Mundane	Start Your Fall/Autumn Decorating
28	29	30				
Plan Your Thanks Giving Dinner	Start Learning A New Skill	Use Your Firepit To Make Smores				



*October 21st -
November 20th*



Samhain known as . . .

Halloween is the Perfect Celebration of Scorpio Season

Astrology is about natural cycles, not just personality



By Wyatt Michael

If you had to pick a zodiac sign for Halloween, you would probably pick Scorpio. It serves plenty of Scary, often a dose of biting satire, and a chance to show off our hidden selves—whether we realize it or not—by dressing up as a character from our fantasies. It makes sense, as Halloween is in the middle of Scorpio season. Scorpio season happens every autumn (this year from October 22 to November 21) when warm days give way to cool nights, when we look at summer's harvest and confront the reality of winter.

Halloween, also known as Samhain, is one of eight Sabbats in the pagan Wheel of the Year. Taking place at the solar solstices and equinoxes and the midpoints between them, these holidays mark the four seasons of temperate latitudes. They remind us of chores to be done, prosperity to be shared, and emotions that might come up. The purpose of Samhain is to prepare us for winter's darkness and cold. In a world of less privilege, we would anticipate the possibility of starvation and death. So, we parley with monsters and the spirits of our ancestors.

Those of us born with planets in Scorpio carry those concerns with us, giving us strength to defeat fear, or risk being forsaken by it. The character of the sign is described by its season. Scorpio is the Fixed Water sign: the heaviest matter in the universe that sinks to the bottom of the soul and confronts those energies that least want to move. Often, that's deep-seated fears and trauma. Such fears arise when winter is coming, when we consider who might let us share their hearth, or who we may have to kick out in

the cold to protect our family.

When we say the veil is thin between the living and the dead at Samhain, we mean that forgotten matters may return to haunt us, and that decisions can be of deepest import. Those of us who work with spiritual energies have the power to integrate and banish, and to ask for guidance from beings no longer embodied.

Just like the pagan farmers, astrologers link the western zodiac to this natural calendar: the yearly cycle is a progression of triplicity and quadruplicity, also known as element and modality. Both systems divide the year into seasonal quadrants by the equinoxes (at 0° Aries and 0° Libra) and the solstices (at 0° Cancer and 0° Capricorn). These four signs are the Cardinal quadruplicity. They begin each season with a burst of elemental energy.

Firey Aries burns away the chill and heralds the sprouts pushing from the soil, driven by its ruling planet Mars. Its Sabbat is Ostara, which we often symbolize with a hatching egg.

Watery Cancer bringing the heat of summer may not seem obvious, but water represents emotional energy, an outpouring of joy as summer begins. The fullness of the Sun reflects Cancer's ruler, the Moon, who is Lord of such cycles of fullness in the energy of the Sabbat Litha.

Air sign Libra sees autumn as a balance between summer and winter, the time to divvy up the harvest and sit in celebratory rituals of the Sabbat Mabon. Libra's ruler Venus points to community working together. (Yet Scorpio follows with autumn's descent as we fully realize the coming darkness.)

Earth sign Capricorn begins the cold winter. Despite the temperature, days begin to lengthen. We maintain our needs, look to the coming warmer days, and light the fires at Yule. Its ruler, Saturn, brings out the harshness of survival, but also the stability of what remains when the blooms of summer are gone.

Astrology was invented in the flat plains of Mesopotamia, a land of deserts, river wetlands, and infinite skies. Instead of an eightfold calendar, they created twelve signs to structure the tasks and rituals of their year, each of the four seasons progressing through three stages.

After the Cardinal comes the Fixed quadruplicity. These signs represent the fullest expression of each season, their element matching its energy most clearly.

Spring's sign is Taurus, the beauty and bounty of the Earth. Blooms, bees, and babies are expressions of natural magic. Its ruling planet, Venus, matches the exuberant, sensual Sabbat of Beltane.

Leo is the Fire sign of the hottest month, featuring its ruler, the Sun. In crowning fields of golden grain, we may lounge like a lion, devouring peaches, and cherries at a late evening cookout during Lughnasadh celebrations.

We've talked about Watery Scorpio and the realization of endings. Be prepared! While in spring the power of Mars pushes up from the ground, in Scorpio season, Mars pushes the energy back into hiding. Transformative Pluto takes on this role among the modern planets.

Aquarius brings the Fixed element of Air, maybe a time to curl up and ponder the meaning of life at a Imbolc fire festival. We prune trees, imposing our vision before they quicken. In the second half of Saturn's winter period, we consider our past mistakes and how we can build better—a task for innovative Uranus of the modern planets.

The last quadruplicity is the Mutable signs, the time of transition, when the season's expression begins to integrate the energies of the next.

Mutable Air sign Gemini brings us to the end of spring, a time of planting and planning. It seems like anything is possible, but where we direct our attention will determine summer's growth. Ruling planet Mercury is mindful of what can and cannot be.

Virgo's Earth energy finishes summer with abundance. Fruits, herbs, and grains are all bursting to harvest. We must work hard and carefully to gather what they have to offer. Mercury rules once again, this time deciding consequences.

Sagittarius rounds out autumn with its free, Firey energy. Depending on what we learned from Scorpio season, it might be time to hit the road, or just to enjoy the year's stories and the fruits of our labour. Jupiter rules here, either judgmental or generous.

Winter, and the zodiacal year, closes with Pisces, the beginnings of Water's stirrings under the snow. We take seeds from last year's crops—each one containing a dream of harvest—and warm them to awaken. Another sign of Jupiter, while we sum up the past and imagine it unfolding again. Modern planet Neptune reminds of hidden possibilities, each seed a mystery until it grows in its own time.

Now, in late summer and autumn, you know the light is fading once again, and we will have to come together in community to keep each other warm over the winter. In our culture, that's why Halloween gives way to Christmas, the light, hope and defiant abundance in the face of darkness—whether or not we celebrate it in honour of a popular eastern teacher, or of nature herself and the structure of time in which she cradles us.

But for now, sink into what scares you, and let it express itself as a monster. By wearing its face for a night, you will capture its power to keep you safe until next year. For those of you born under the sign of Scorpio, I don't have to tell you how to command monsters. The rest of us get a taste every year, and thanks to Halloween, we don't have to hide it. Savor the magic of that ritual!

Reach Wyatt Michael here
MindScape@tutanota.com
Or meet him @
Earth and Sky Connection

Pluto, as a god!

By Tamare White-Wolf



Let's talk about all the gods as planets. Did you know that the planets were considered gods? It's true, it's seems the majority have forgotten this sacred way. Astrologers have not! Witches have not!

Pluto is the Roman name for what we also know as Hades. We'll expand on that in another article. Focusing on Pluto, which is slightly different from Hades more intense fearful energy. Pluto is much more pleasant, more benevolent, you can imagine this if you think of any Scorpio person you love. This is their planet, right? Scorpios can be very dedicated, very committed and loving. I love their generosity and yet they are often wealthy and so represents abundance and riches.

We don't always see the more intense darkness of them coming because of this uplifting and beautiful side, it's

good to be aware of this shift in energy as it will surface if

they feel disrespected, so now you know! Pluto itself is deep and can be oppositional. Especially if it's seeing an injustice against something, it loves. Being patient and kind to this vibe is very rewarding and so is honouring Pluto, as a true god.

Show the kind of veneration that it needs. All Gods need acknowledgment, when we do this, the planet blesses you back with its strengths and gifts!

The planet Pluto has been associated to plush and fertile ground, this and the bodies of water like ponds, rivers and sea that encompass the land. If you are inclined to take Pluto to your altar and request assistance in its area of magical energy you may be blessed with whatever you asked help with!



Venerate Hades/Pluto
Put them on your Altars
Statuary available @
Earth and Sky Connection

Citrine

Written By Faye Boyd



Citrine can activate one's imagination, bringing more creative visions to a clearer mind. This crystal can help one to overcome depression, release anger, and learn effective communication skills. It can enhance one's optimism in any situation, bringing a more positive outlook into the conscious and subconscious mind, which allows one to step into the flow of things with better results.

This crystal is often credited with attracting synchronicity by opening the mind to new ideas, discerning which are most likely to succeed, allowing those to develop, and following through with them to their happy conclusion. Ruled by the Sun, it warms, cleanses, and energizes. Highly protective, it makes a great tool for transmuting negative energy.

This crystal heightens self-discipline, attracting professional success and wealth. It can also be used to cleanse all Chakras. It will help support the energy of a family environment at work or at home.

This crystal does not hold or accumulate negative energy, but rather transmutes, dissipates, and grounds it, making it extremely protective for the

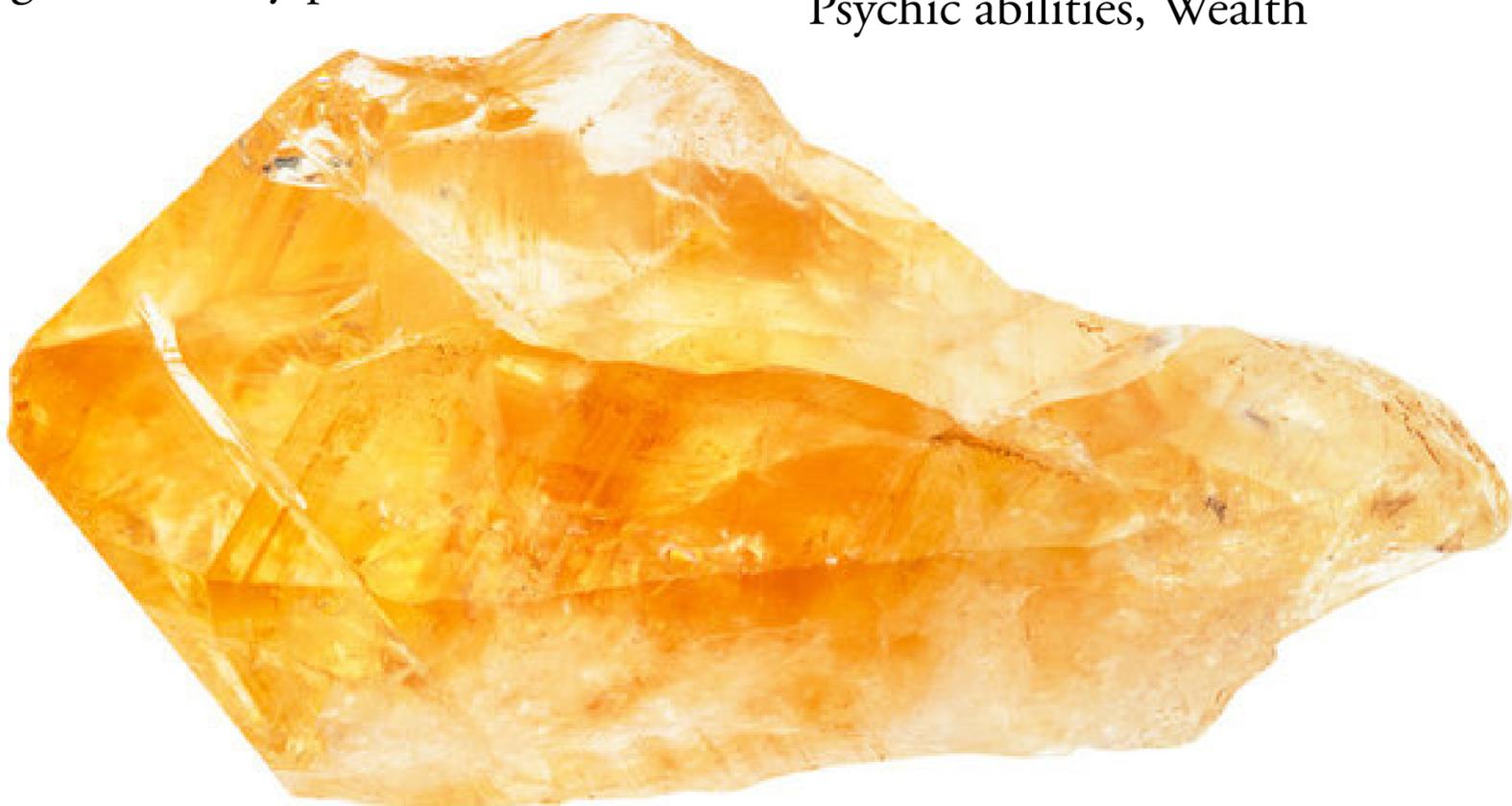
environment. It works out problems on both the physical and subtle levels, transforming negative thoughts and feelings into positive ones. It is one of only two crystals on Earth that never needs to be cleared or cleansed. It is a stone of abundance and manifestation, attracting wealth and prosperity, success and all things good.

Primary Chakra: Sacral or Solar.
Astrological Sign: Aries, Leo & Scorpio

Issues and Ailments (Physical):
Circulation, Comfort, Enjoyment, Honesty, Hope, Inspiration
Negativity, Self-confidence, Shyness

Issues and Ailments (Emotional): Calming, Comfort, Enjoyment, Honesty, Hope, Inspiration
Negativity, Self-confidence, Shyness

Issues and Ailments (Spiritual):
Abundance, Creativity, Manifestation, Energy, Phobias, Prosperity
Psychic abilities, Wealth





Snake Medicine

by Tamare White-Wolf

Many don't like snakes yet the teachings they bring are transformative, maybe that's the thing most people don't want to face their demons as healing is a lot of work! Subconsciously we fear truly seeing our shadowy selves. Admitting our weakness and shortcomings is most definitely a tricky thing. And the snake above all others will shine the light on what is toxic in you and others!

Scorpio is someone who holds this medicine is someone who has a lot of resilience and can transmute any negative or poison energy, whether it is mental, physical or spiritual, doesn't matter it has the ability to overcome whatever obstacle is placed in its way. Often snake is seen as immortal because of this ability. It has the power of alchemy, psychic energy, and of course, sexuality along with reproduction because of this life, death, rebirth cycle, native astrology associates it to our Scorpio friends.

This meaning that the Scorpio person has the ability to shed old ways in favour of new knowledge and new paths that are forged as a result. At this point, those with snake medicine can tap into the cosmic consciousness. It sees light and dark, as equal in creation and just as important and as a reminder, things can be experienced as poison, but can be eaten and integrated if one

has a proper state of mind. If we remember correctly, two snakes are intertwined around a sword representing Hermes, healing, and western medicine. This vibe teaches divine wisdom and strength accepting all things about yourself, good and bad, light and dark. Integrating both our male and female energy is the goal of the snake and its teachings for all those that encounter it. if this creature speaks to you, it may be asking you to transmute something in your life so that the gift of wholeness is realized.

This spiritual magical creature does offer heavy magic thus helping to change your consciousness and more, and although we know this animal to be of the water and earth, it brings the fire and the power to wield it . So do not fear changes instead allow the discomfort and unfamiliarity to help you change patterns safely, and reliably. It is ok to change your identity as you become your authentic self. This being also speaks to your sexuality and if there's any part of you that is working through that: snake comes to help you, whether there's been abuse, promiscuity, or even a lack of sensual energy, the snake will help you through it, helping you face it as you transmute it!



Blessed Thistle

By Tamare White-Wolf



Often the thistle has been associated to the Scorpio and the heart, one could figure out why if you consider the prickliness of our wonderful Scorpio friends and family members. It's not that they're mean not at all but these folks are straight to the point and slightly unnerving to those that don't expect such clarity and truth. That is the whole point of the thistle. This plant is often avoided again like the Scorpio. It is very intense and makes its point clear, as it deals with toxicity, helping the liver remove waist that hasn't found its way out.

There's an 13th century legend as to why the Scottish see this plant as a national emblem. It is because it saved them during a Norse invasion. This prickly plant save the day when a barefoot soldier stepped on a whistle and cried out in such pain he alerted all the Scots and ruined the surprise, (the soldiers, removed their footwear in the dark of the night in hopes to be quiet as they moved into the camp). So now thistle stands as a sign of the Scottish's resilience, strength, and fortitude.

Another interesting fact is the Royal family has an "Order of the Thistle" it was likely founded in the 1400s by James the 3rd. This order recognizes men and women who have held public office or in someway, have contributed

significantly to this nations life. Apparently, there are 16 knights and ladies, the queen, the princess Royal, and the Duke of Rothesay (Prince of Wales) who presently is Prince William.

This is very much a male orientated plant has the influence of aggressive and or assertive energy like Mars the planet it's associated too. It has been associated to Pan go figure! It offers protection and vitality on a magical level. It has been known to work well with hex, breaking and managing any negativity or perceived evil! It Is also used in justice or baneful magic as well.

On a more medicinal level. It's used for inflammation and can help with gas and indigestion. I've heard raving remarks about its helpfulness in restoring the liver to its optimal state too. For those of you who are breast-feeding it can help in the production of milk. Some have used it for PMS symptoms, including painful menstruation. Be mindful of using it when taking medication's lowering stomach acid as it may have contraindications of such



October (Magic Everyday Keeps the Mundane Away)



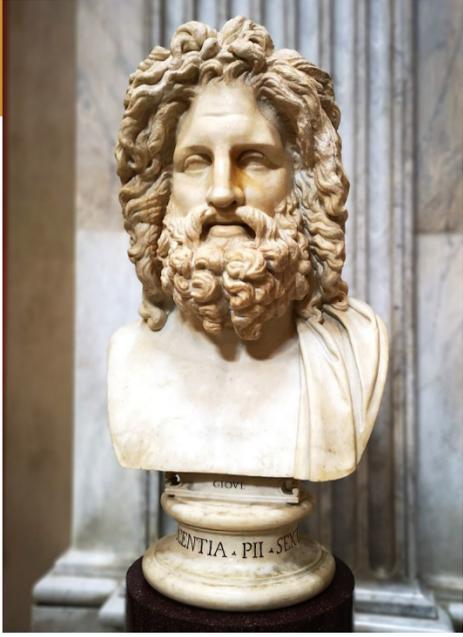
Sun.	Mon.	Tue.	Wed. 1	Thurs. 2	Fri. 3	Sat. 4
			Set Up a Backyard/Patio Alter & Leave An Offering	Try Making Apple Cider	Make A Scarecrow	Make A Cinnamon Broom
5 Make A Pine-cone Bird Feeder	 6 Do A Release Ritual	7 Have A Relaxing Cup Of Tea	8 Go For A Walk & Collect Stuff	9 Visit A Witchy Gathering	10 Take Yourself Out On A Date	11 Rake, Then Play In A Pile Of Leaves
12 Clean Your House Of Unwanted Things	13 Give Thanks To All Your Ancestors & Indigenous For Their Sacrifice	14 Read A Halloween Themed Book	15 Go Shopping For A Costume	16 Finish An Old Project And Let It Rest From Your Mind	17 Visit A Haunted House	18 Have A Witchy Movie Marathon
19 Visit A PumpKin Patch	20 Read Up On Samhain	 21 Make Autumn Poppets	22 Wear Red To Increase Luck	23 Bake Goodies With Intention	24 Carve Pumpkins	25 Make Or Add To A Witchy Playlist
26 Roast Pumpkin Seeds	27 Do some Protected Divinations	28 Try A New Meditation	29 Braid/Comb Your Hair With Intention	30 Start A New Art Project	31 Samhain	21



**November 21st -
December 20th**

Jupiter the Roman God of Expansion

by Tamare White-Wolf



If you are the zodiac sign of either Sagittarius or Pisces then this God is associated to you!

Or if you are looking to advance your career, money, or weight loss. This could be your chance to work with Jupiter.

It is the planet associated to Sagittarius and as we know, Sagittarius is the great philosopher and knows a lot about a religion, philosophy and the occult. This energy assists them to expand their knowing mind.

Jupiter's father is Saturn, his siblings are Juno, actually his twin sister, (which I spoke of in the last edition) also Neptune and Pluto. One of his children is Mars. As you can see there's a theme here. The old ways have many wonderful ancient stories about the old gods, the planets.

If you've ever seen a Greek or Roman coin, you may have noticed an eagle holding a thunderbolt. This



God of the Sky, Sky God, King of the Gods. He was literally considered the God of kings.

You may find Zeus associated to Jupiter because that's what the Greeks called him, having similar strength and gifts, however, far more intense unwavering and certainly unforgiving.

Also, Zeus had far more to do with human relations than Jupiter ever had. However, Zeus considered an Olympian God dominated all other gods in Olympus. Jupiter however was a little more humble and focused on the empire and the kings of that state.

There are many images of Jupiter under a sacred Oak tree with a nearby Ox! This tells us a lot about his stamina, strength, and fortitude. A great god to ask for help when you need to face something where you need to overcome weakness of some kind.

Jupiter is often called upon in times of crisis whereby faith is required to survive difficulties as it linked to faith, abundance and expansion!

Ask Jupiter to help you while you learn so you can remember what you are studying, asks for his support during exams could be your ace in the whole!

Finally if you want to change your image by losing or gaining a lot of weight try requesting help from Jupiter or Zeus.

Start this on a Thursday as its Jupiter's magical day of the week. Try it what do you have to lose!

Black Obsidian

by Tamare White-Wolf



Many do not realize that Obsidian was once expelled from a volcano and is now just cooled lava. Our native people used it to make sharp instruments and utensils, like knives and spearheads. There are many types of Obsidian, such as mahogany which is tree and lava, or Snowflake Obsidian which is ash and lava. There are many for now we'll talk about the Black Obsidian. medicine people like shamans often created jewelry pieces and adorned themselves believing this would give them protection from all negativities. And since they were often helping those that, we're dealing with difficult things this was in a way of absorbing or deflecting.

Obsidian is simply a stone to be worked with consciously and with respect. It is a stone without boundaries or limitations. Nothing can hide from it. Obsidian is considered one of the most important spiritual teachers and is referred to as the "stone of truth."

Our true selves are reflected back to us via its shiny surface so one must be prepared to face both positive and negative sides of reality as it emerges. It also brings with it a unique opportunity to clarify causes of physical illness or emotional upset. It impels us to grow while still lending support. Healers may use Black Obsidian to help those unable or unwilling to let go of the past. Obsidian often used in scrying for



divination purposes, found in mirrors and crystal balls. It focuses ones inner vision, and gives blunt answers on the course of action to take. The blackness of the stone will allow easier access to the subconscious. Said to be a vision stone for use in vision quests and prophetic dreaming.

Carrying or wearing Black Obsidian assists in dispersing negativity around the physical, mental, emotional, and spirit bodies. Place Black Obsidian in a home, office, or sacred space to remove any unwanted energies and keep the area free of negativity. It will vibrate calmness and security, and stabilize the energies of all persons within its reach.

When you feel flighty or cannot get your physical life in order, hold one in your hands or place your bare feet on two small, polished pieces, and let it absorb that for you! Obsidian loves this job it is truly built for just that!

Primary Chakra: Root Astrological

Sign: Sagittarius, Scorpio

Issues and Ailments (Physical):

Joints, Circulation, Arthritis

Issues and Ailments (Emotional):

Grounding, Stress, Tension

Issues and Ailments (Spiritual):

Protect against psychic attack, Attract positive energy



Elk

by Tamare White-Wolf

In British Columbia, we are privy to some of the most beautiful elk in the world. They are beastly in size; these ones are called the Roosevelt Elk. Just looking at them you can see their strength as they are majestic and muscular with a rack that would pin whatever it wanted to down! We see they can withstand a lot, that they're have endurance, physically and likely mentally.

We automatically give them respect they deserve; this beautiful creature is often associated to the Sagittarius. They remind us to look after ourselves, to protect our own physicality, to honour the temple being our bodies and if you ever heard them in mating season their bellow can sound like a Sasquatch caught in a snare. It's kind of a spooky sound that tells us that if a Sagittarius's has something to say, you're going to hear it otherwise it'll keep in its own lane. This creature is protective and territorial in particular around mating season.

A smaller elk is likely a good dinner for cougar, keep in mind that in native astrology, the cougar is a Pisces, just saying what I'm saying. The thing about a cougar is it definitely doesn't have the stamina of an elk and if it's strategy is to outrun the elk, it won't happen. Unless the cougar is quick witted it will not have a chance because elk's noticeable strength is there ability to go the distance. Elk isn't necessarily quick, or even the smartest, but they pace themselves and always arrive at their goal however, let's not forget that Sagittarius can procrastinate again this might be during mating season. Their physical strength and potential resistance may create very aggressive and confronting anger so I wouldn't tempt that probability,

lets be reminded here of their endurance. When it is off season this creature likes to hang with his own gender, developing strong friendships. If this animal comes to you in some way other than due to the zodiac referencing, it could be your spiritual medicine or teaching from the animal. I often see this as mother earth speaking to me directly. Its likely time for you to hang with your gender same friends, in safe sacred spaces. This may help you feel connected to community. In spaces allowing you time to speak from the heart, sharing your thoughts with feedback from those you trust and are not in competition with. People you have nothing to prove anything to. Instead, there is alignment in some incredibly special way.

If your life has become dull you may need to remind yourself of these gifts available within. You are being put on notice to actively bring these parts of you to life again and actively live it on the daily. Alternatively, if you were moving too quickly and stress is high, remember there is always a breaking point. Do not be forced by illness to take that break. You are being called to take notice now. A good lesson here is to listen to your body by paying attention to the level of strength your body has or not, so that it doesn't break on you unexpectedly down the road.

Being persistent about getting something done does not mean resistant to what is good and healthy for you. Protect yourself even against yourself by pacing yourself accordingly.



Spruce Tree

By Tamare White-Wolf



There was a time when I lived in a beautiful property by a babbling brook with my Teepee and sweat lodge, with a stand of spruce trees, 20 trees long. They stood majestically high above every other tree, wider than any other too, and with a tinge of blue that was seen best at moonlight. The magic of fireflies love for this tree can only be realized by seeing it in person in June when they are dancing around it. Oh and along with it there would be a warm breeze with an aroma wafting through the night air like noting you have ever smelled before.

Spruce spiritual meaning is aligned with the Sagittarius in several ways as this tree is very resilient. For instance, the Sagittarius can preserve and overcome many challenges in nature and the fact that they're towering heights symbolizes a link between earth and sky. Sagittarians are spiritual philosophers, so it makes sense that this tree has a connection to the ancestors. Meaning a Sagittarius trained in the occult could easily connect with the other side. We often find the resin being used in healing rituals, such as a sweat lodge, as it clears a stagnant energy with its smoke.

I like the traditions and stories of Greek mythology, the spruce tree is associated to Artemis goddess (see the Goddess article on page ...)of the moon of nature and hunting she is known to be a protector of women. Spruce also called "the tree of birth" because of its resistance to harsh weather, resilience and strength, representing eternal life.

Used as a Christmas tree to celebrate the birth of Jesus Christ. Again, something the

Sagittarius and would align with as love, religion and spirituality. Using a brightly lit tree during the darker times of the year was an attempt to bring a more positive perspective. There is a saying "to be like spruce"! I guess in some ways that would equate to "be like Sagittarius" they are joyful, playful, curious, kind, and interesting souls.

If you look deeply into Spruces branches, you'll see they are sheltering birds, insects, raccoons, squirrels, and possums. Again the energy of embracing one another, without judgment, giving the Jesus vibe of "Love one another". (If we where to agree he was born Dec 21st than he would have indeed been a Sagittarian) filled with kindness, and a sturdy, strong, don't mess with me kind of energy. Yeah, that would be my kind of friend, never mind that lol I've always had a crush on that man!

The young buds are filled with respiratory medicine like no other, it's very helpful for reducing inflammation, can clean up a sick wound over night, settles digestion issues and will rebuild a damaged immune system. It's a versatile plant, with varied strengths of spruce, check the variety you have as well. It is enriched with vitamin C, among other properties, it is discouraged if pregnant, as a can act as abortifacient. This is a plant that should be used with caution and direction if you don't feel comfortable consult someone in the know before using.



November (Magic Everyday Keeps the Mundane Away)

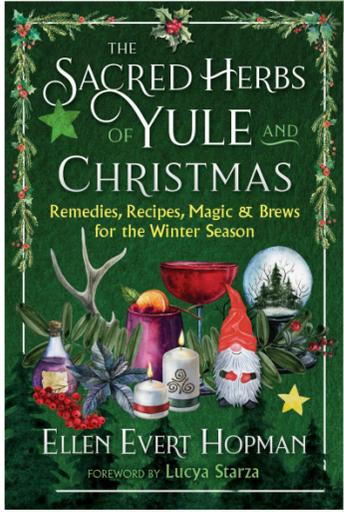


Sun.	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.	1
							The Witches New Year - Smoke Cleanse Your Home
2 Cook A Fall Harvest Meal	3 Build A Family Tree/Research Ancestors	4 Study The Beaver Moon	 5 Tear Up Old/Unfinished Projects Your Not Going to Finish	6 Have Some Past Life Stuff Done	7 Bring Your Plants In For The Winter	8 Light A Magical Fire/Firepit Safely	
9 Go For A Walk & Clean Up Your Neighborhood	10 Rub Lavender On Temples To Relax	11 Honor The Fallen Witches & Indigenous That Came Before Us	12 Make Amends With Someone You Have Hurt	13 Meditate & Let Go Of Something From Your Past	14 Start Saying Goodbye To Fall	15 Go Gift Shopping For Friends At Your Local Witchy Store	
16 Hakate's Night: Honor Her With An Offering	17 Carry Black Tormaline For Grounding & Protection	18 Do Shadow Work To Help Prevent Winter Blues	 19 Prosperity Spell For Holiday Funds	20 Try A Relaxing Simmer Pot	21 Buy Or Make A Dream Pillow	22 Start A Gratitude Journal	
23 Craft A Spell Bag	24 Carry A White Feather To Maintain Peace	25 Refresh/Create Home Protection Wards	26 Blow Bubbles & Make Wishes	27 Make Some Oil Infusions With Intention For Winter Health	28 Try Making Your Own Beer, Wine Or Mead	29 Add Cinnamon To Coffee/Tea For Energy, Prosperity & Courage	
30 Start Yule Planning Now To Get A Head Start For The Holidays							

Female Gift Bringers and Christmas

Spirits

By Ellen Evert Hopman



Saint Lucy's Day (December 13).

Said to be a witch who rides at midwinter.

Read on to learn of other relevant seldom known...

www.elleneverthopman.com

In Britain and the United States, we are used to “Father Christmas” and “Santa Claus” but other countries and cultures celebrate female gift bringers. Why not incorporate some of the images and traditions of these womanly Spirits into your own Yuletide tradition? A figurine of La Befana, Lutzelfrau or Frau Holle could hang from your tree, while Snow Maiden (and Grandfather Frost) figures might be placed underneath it. How about leaving out a plate of cookies and a glass of milk for Mother Christmas or for Lady Abundia, the Christmas Fairy?

Mrs. Claus is a well-known modern purveyor of gifts – she helps her husband Santa in his yearly work of gift manufacture and distribution, though depictions of her usually have her staying at home at the North Pole, baking cookies. Like Santa she is an international figure and here are just some of the names she is known by; Mother Christmas (English), Weihnachtsfrau, (German), Joulumuori, Kerstwrouvtje, Kerstomaatje (Finnish), Bayan Noel (Turkish), and La Mère Noël (French).

St. Nicholas travels with his wife on occasion; she is known as the Niglofrau (Nicholas wife) in Austria, Nicolaaswif in Holland, and the Nikoloweibl in Bavaria. In the Austrian Tirol, Klasa (the feminine form of Claus) sometimes travels with the saint, handing out presents from a basket.

In Czech areas on December 4 - the eve of St. Barbara's Saint Day, women dress as the Barborky, or Barbaras, in white dresses and veils, carrying baskets of sweets for good children, and brooms to threaten the naughty. Sometimes it is Matička or the Blessed Mother who leaves treats in children's shoes on the Feast of the Immaculate Conception (December 8). 1

From the Middle Ages and into 19th century France, people left out food and drink at night for a woman named Lady Abundia, Domine Habundie, or Satia, the French gift-bringer of New Years. She was a later version of Abundantia, the ancient Roman Goddess of prosperity and abundance whose name literally means "plenty" or "overflowing riches" and who brought good luck and fortune to those she visited. 2

La Tante Arie, is a kind fairy is said to be the reincarnation of the medieval French Countess Henriette de Montbéliard, who arrives with presents on December 24. La Tante Airie takes people who have been frozen by the cold into her grotto and miraculously warms their hearts once more. La Tante Airie, always accompanied by her donkey, listens to children's wishes which are carried to her by the wind. She leaves nice presents for good children, while leaving the naughty ones with nothing but a boot full of twigs. La Dame de Noel (the Lady of Christmas) brings gifts in Alsace. 3, 4

Anjanas are Cantabrian Mountain Fairies who bring gifts on January 6 every four years.

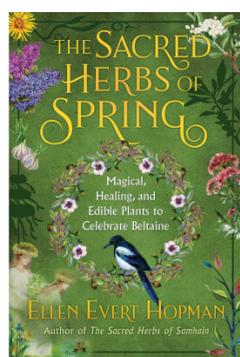
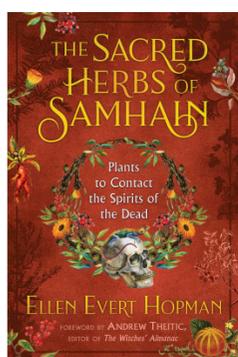
Snegurochka (Snow Maiden) is the female helper of Ded Moroz (Grandfather Frost) in Russia. She only appears in winter, presiding over the New Year's festivities. She retreats to the north in summer. She is said to have long blond hair and wears a blue and white, fur-lined costume.

Babushka is the cranky Russian "Old Woman" who refused to visit the newborn baby Jesus. Some accounts tell that she even gave the Magi wrong directions on purpose! On the eve of Epiphany (January 6) she brings presents to sleeping children. 5

In the Dominican Republic its Vieja Belén (the old lady from Bethlehem) who brings presents to poor children on January 6. In Switzerland, on Christmas Eve a girl dressed in white carries a lantern through the town, representing the Christ Child. A retinue of six other girls accompanies her, singing carols and distributing gifts. 6

In Italy it is La Befana, the Christmas Witch, who is the bringer of presents. According to legend she was invited to join the Magi on their journey to visit the newborn Christ Child but preferred to stay at home and clean house. She seems to have regretted that decision because she now wanders the world seeking the child, dropping down chimneys and leaving gifts for good children but only ashes for those who misbehave.

Other Books in this Series



She very sensibly wears black, because it doesn't show the soot! 7

Mother Goody, who originated in Scotland, is the spirit of New Year's in New Brunswick, Canada. Children hang their stockings on New Year's Eve for her to fill. Aunt Nancy or Mother New Year also brings gifts at New Year's in Canada; children hang their stockings in hopes that she will fill them. In some Canadian areas, "Queen Mab", the Christmas Fairy, puts gifts into stockings on Christmas Eve – but naughty children find only a birch rod. 8

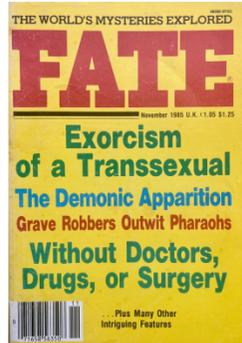
Norse Berchta, the wife of Odin, is also a figure found in German and Austrian lore. Other names for her are Bertha, Berchtel, Budelfrau, Buzebergt, Frau Holle, and Percht. She is an old woman who enters the rooms of children to comfort them and bring treats. She is also sometimes described as a leader of the Wild Hunt; the wild Spirits that fly across the stormy sky on Christmas Eve.

Similarly, Hertha, the Norse Goddess of the Hearth, graces the household hearth at mid-winter. Her presence there may be one of the origins of Christmas gift-bringers coming down the chimney. 9

There is a related German Yuletide figure called Lutzelfrau who brings gifts such as apples, nuts, and dried plums to children on Saint Lucy's Day (December 13). She is said to be a witch who rides on the wind at midwinter. 10

Those numbers refer to links Ellen provides as receipts of her research, get the book for details.

Book excerpt from "The Sacred Herbs of Yule and Christmas – Remedies, Recipes, Magic and Brews for the Winter Season"



ENCOUNTERS WITH A TALKING APPARITION



Born of an alliance between the living and the dead, two very different ghosts came to haunt the family.

By W. G. Roll

JUST WHAT to make of things was the problem we at the Psychical Research Foundation faced in the fall of 1981 when we first learned about the Berinis.*

More than 20 years of research into psychic phenomena had taught us our own version of Murphy's law: Always expect to be surprised because in the end you probably will be. The unusual events at the Berini home in a small Massachusetts town made it apparent that this case would be no exception to our rule of exceptions. Unlike any of the other haunting cases we had investigated, the Berini apparitions were said to *speak*, often making sad, plaintive comments or in some instances conveying specific information to family members. Moreover, the psychic phenomena in the household ran the gamut from relatively mild and nonthreatening encounters with a child ghost to violent,

frightening poltergeist activity. The case, we quickly learned, was a complex entanglement of apparitions, psychokinesis and ESP effects.

On October 3, 1981, Steven Tringale, our field reporter for Massachusetts, and I made our way to the Berini home. Although the activity had ended by the time we arrived, we spent three days with the family and their visitors gathering testimony and investigating places where events reportedly had occurred.

The Berinis live in a two-story white frame house in a respectable middle-class neighborhood. The house, nicely furnished and well cared for, was built in the 1920's by a relative of the present owner, Joe Berini, who shares it with his wife Rose and her two children by a former marriage, John, then 15, and Daisy, 11. Mrs. Berini, 34, was five years older than her husband; born and raised a Jew, she converted to Catholicism shortly before their marriage. Berini originally attended medical school in Florida but returned to Massachusetts in 1979, shortly after his

*This is a pseudonym. The real names of the family members are on file at the Psychical Research Foundation in Chapel Hill, N.C., and at FATE's editorial office.

Articles of old cont.

marriage. He currently works in a factory and he has lived in his present house since 1979.

The problem started shortly after the family moved into the house. One night in May 1979 Mrs. Berini heard the voice of a little girl crying for her mother. "Mama, Mama, this is Serena," the voice whimpered. Mrs. Berini mentioned that incident to her husband and later he too heard the voice. In fact, they heard it a total of six times between May and November. The voice was often heard before tragedies or near-tragedies struck the family. It was heard right before Mrs. Berini's daughter's tonsillectomy, during which the girl almost died. It manifested again just before her grandmother suffered a stroke and again the night before the grandmother's death a month later.

Nothing further happened until March 9, 1981, when Berini was working the night shift and Mrs. Berini was home with the children. She woke up in the early morning hours (about 2:30 or 3:00) and thought she saw her son in the hall outside her bedroom. She got out of bed, checked and found John still asleep in his own room, so she returned to bed. The figure then reappeared in the hall and this time Mrs. Berini noticed that it was much shorter than John.

"It was dressed in a white shirt, white pants and white shoes," she told us. "It was almost like looking through a milk bottle. It was a very peaceful experience and I was not afraid. It stayed for about two hours on and off, coming and going."

Since the figure wasn't frightening, Mrs. Berini didn't think much about the matter until March 20 when the figure

returned at the same hour. This time the apparition actually entered her room three or four times. And this time the apparition spoke:

"Where do all the lonely people go?"

"Where do I belong?"

These were some of the apparition's remarks. Mrs. Berini was sure she wasn't dreaming.

Three days later her husband also saw the figure. The Berinis were in bed on Sunday, March 23, when the apparition appeared to both of them. This time it addressed them saying that a lie had been told and the truth should be known, a declaration that made no sense to the young couple. Berini told us that after it spoke the figure "turned around and walked out of the room, not through a wall or anything, just where I would have walked. Then he walked down the hall."

Berini followed it. "I got up and I looked around the corner," he said, "and he went into my son's room and then he . . . went into Daisy's room . . . turned around and walked back and forth three or four times and then he was gone."

When Berini first saw the apparition, he noticed that it knelt and tried to pick up the rug in the hall outside the bedroom. His impression was that it might be looking for something, so he later removed the rug and floorboards. Under the floorboards he found a small metal medallion of the Virgin Mary connected to a broken aluminum chain. The medallion had probably been dropped there during the construction of the house, but no one knew its significance.

The apparition continued to appear two or three times a week thereafter,

often speaking and making short statements to the surprised couple. Sometimes only one of the Berinis saw the figure although both were in a position to do so. Whenever the apparition materialized, it was in the Berinis' bedroom late at night. The children were apparently unaware of the apparition's presence, although 11-year-old Daisy probably saw it on one occasion. The young girl told us during our visit that she was waked on June 24 by a disturbance in her parents' room. She got up to investigate and saw what she called "the white thing" in her parents' room. She was frightened and jumped into bed with her mother.

"I looked up," she said, "and a white shape was in the hallway and I ducked under the covers."

The Berinis were becoming more and more curious about their annoying, although apparently harmless, nocturnal visitor. So Berini decided to learn what he could about the identity of the figure and the meaning of its messages. The name "Serena" meant nothing to him or his wife but he asked his father if he knew anyone by that name. It turned out his father's sister had been named Serena and she had died in the house when she was about five years old. Conceivably, of course, Berini may have known the story subconsciously but it is less likely that he mentioned it to his wife. Mrs. Berini could not recall ever having heard about Serena.

But there was still the problem of the white apparition of the small boy. Berini first thought perhaps it was the ghost of his father's younger brother Giorgio who had been killed in an accident outside the house some 50 years earlier. The boy was eight at the time of his

death. Berini asked his father how the boy was dressed when he was buried. The older man couldn't remember but a neighbor who had attended the funeral remembered that he had been attired in his white communion suit.

During its earlier visits to the Berinis the apparition had spoken of a twin brother, Carlos, whom it blamed for having taken something from the house. Giorgio's still-living brother is named Carlos. He and his family lived in another part of town but could throw no light on the apparition's remarks.

* * *

THE NEXT phase of the case began in late March or early April when the apparition made one of its now-frequent visits. This time, however, it indicated it had mistaken Berini for his father (i.e., the boy's oldest brother). "My oldest brother is the only one who can help me," the apparition said. When it disappeared, the phone next to the Berinis' bed flew across the room. Berini replaced it but it flew off the nightstand again. This occurred several times. Finally Berini called his mother to warn her that the apparition might be planning to visit her. But each time he mentioned Giorgio's name, the phone went dead.

Although so far this was the only instance of apparent psychokinesis, the Berinis grew concerned. They sought the help of religious advisers who told them simply to ignore the apparition—which had been visiting them almost nightly now for two months. When the apparition next visited (on May 28), Mrs. Berini, who was at home with the children, decided to pay it no attention. This was not easy when the closet door in her bedroom started opening and

slamming shut. Early in June the Berinis began hearing footsteps running up and down the staircase.

Things were becoming a little much for the couple and on June 3 two priests visited the house at their request. In the presence of the Berinis, their children and Joe's parents and sister, the priests conducted a mass in the house and blessed it. This was the Berini children's first inkling that something unusual was going on.

The apparition reappeared, however, the very next night. This time Berini ordered it to leave in the name of Christ. The apparition left and its appearance gradually became less frequent. While it now seemed that the gentle white apparition was withdrawing from the scene, another apparition, a more petulant one, was about to make an unwelcome debut.

The night of June 5, the day after Berini ordered the white spirit out of the house, a "grotesque" black apparition appeared. This figure also materialized in the hallway. It was about 5'6" tall and wore a cape; it had a hump on its back. Berini particularly noted the apparition's large feet. The appearance of this figure heralded the outbreak of spontaneous poltergeist activity. The next night the bedroom telephone "kept flying across the room." The bedside lamp fell on Mrs. Berini's head several times.

On June 9 the apparition reappeared. Berini woke his wife and she too saw it and noted its peculiar feet. She also reported that the apparition was the size of a small adult and it once again was standing in the hallway.

The incidents became so troublesome that the family eventually moved out of

the house and stayed with Berini's parents. The black apparition continued to manifest before the family's move, usually at night by the Berinis' bedroom. It would hurl profanities at them, intoning its invectives in a deep, gruff male voice. It seemed to make a point of appearing when Mrs. Berini was trying to pray—"I guess trying to break my concentration," she suggested. Her husband tried to get it to reveal its identity but its only response was that it was a "minister of God."

The summer was a time of intense poltergeist activity. Lights turned on and off, bedclothes were disturbed, dishes and figurines toppled from shelves and broke, heavy furniture moved about and a large china cabinet fell over several times. Even floorboards in the attic were torn up. The most frequent occurrence was the opening and slamming of the retractable attic stairway in the hall. Its violent movements caused the ceiling in the upstairs hallway to crack.

Religious items were especially singled out. On one occasion a cross that had hung on a wall was found upside down on the Berinis' bed. The couple once watched as a toy dog with a cross wedged in its mouth moved about in Daisy's room.

Even casual visitors witnessed the disturbances. One day in late August Ben Alcantro, a friend of John's who attended the same high school, was in the kitchen talking with Mrs. Berini (who was in the living room) when a candle flew off a windowsill, hit the living room TV set and rolled under the end table near the couch.

The Berinis' neighbors learned that the family was having more than simple

domestic problems. Lisa Jardin, a 70-year-old housewife, told us about her experiences with the disturbances. During the latter part of August, when she was visiting Mrs. Berini, a lamp fell to the floor in the living room. Later, as she was getting ready to leave the house, with Mrs. Berini walking just a bit ahead of her, another table lamp flew into the center of the room and smashed.

Several of the Berinis' relatives witnessed the occurrences, some of them dramatic. Once the Berinis and a few relatives heard a loud crash and found a heavy bookcase standing upright on the stairway steps. It normally stood at the top of the stairway.

On August 28, Daisy's birthday, the Berinis found one of their large carving knives stuck upright in the formica top of the kitchen table. For the family this was the last straw and the Berinis moved out that day. They returned only to put their furniture and other belongings into the garage for safekeeping.

Although the unusual occurrences in the Berini household had begun calmly enough, by the end of the summer things had clearly taken an ugly turn and Mrs. Berini became a frequent target for flying objects. Once the retractable staircase fell down and struck her. Joe Berini was also occasionally a target, especially during the later phases of the disturbance.

The most frightening incidents for Mrs. Berini were those in which she felt as if an unseen agency were attacking her. The first attack came on June 13, the day after her birthday. The family was having dinner in the kitchen when she felt her left hand suddenly forced behind her back as if by an invisible

assailant. The force was so strong that her shoulder popped out. The family watched as her head twisted oddly to the right. She began to choke and she was turning blue when her husband grabbed her and took her outside.

The next assault happened on the following night. Mrs. Berini was asleep when she was pushed out of the bed and onto the floor. Her body was unusually hot and she bore peculiar impressions—like finger marks, according to her husband—on her legs and arms.

Mrs. Berini corroborated her husband's account and told us of other incidents. Once, she said, "I started to feel like I was burning and when Joe looked I had three very deep scratches on my chest and an upside-down cross on my back and neck." Berini verified this incident.

His sister Mona told us that she had a similar experience while visiting the house on July 11. Mrs. Berini had been scratched on the face that day, so Mona decided to call one of the priests the family had been consulting. As she was hanging up the phone, she felt a burning sensation on her face and found a long scratch mark on her left cheek. Mona told us the mark remained visible for about a month.

The worst attack occurred on August 5, the day after the Berinis brought a young Doberman pinscher as a watchdog.

"At 2:35 A.M. Joe got called into work," Mrs. Berini said. "At 3:00 A.M. the walls started to bang . . . and the bed was raised off the floor. I tried to scream and the door slammed so I could not get out of the room. The dog was growling and the door opened. When I ran to the kids' rooms screaming, their

doors slammed and wouldn't open. They wouldn't wake up. I tried to scream for John and then I was dragged back into my room and the door slammed and 'it' started to choke me and scratch me. I got Joe on the phone and he came home The dog jumped on the black spirit and it let go."

The dog was still barking and crying when Berini got home. When he entered the bedroom, he found the bed floating two feet in the air. His wife was sitting on it with her arms crossed, clutching a cross and a bottle of holy water.

The flight of the Berinis from their home on August 29 marked the beginning of the end of the disturbances. The family stayed away for three weeks. A priest conducted an exorcism on September 24 and the family moved back to the house shortly thereafter.

Things have been quiet for the Berinis ever since then.

* * *

IT IS one thing to investigate and document cases such as these but it is quite another to understand them. Poltergeist disturbances usually have their roots in the psychology and interactions of the family members. Many years of research have revealed that poltergeists flare up in houses where repressed hostility exists. My associates and I at the Psychical Research Foundation have also found evidence that persons engendering poltergeist activity may suffer from certain forms of epilepsy or other central nervous system disorders. Do any of these features fit the Berini case?

It seemed to us that the focus of the disturbances was Mrs. Berini herself. Nearly all of the events we chronicled

took place when she was home and she was usually closest to each household object when it moved. Mrs. Berini complained that she had had an unhappy childhood. Her mother, who had married several times, was described as self-occupied and distant. Mrs. Berini's conversion from Judaism to Catholicism also had caused much family resentment; her mother said a prayer for the dead for her when she heard the news. Nor did Mrs. Berini get along with her new in-laws. In their view she had forced her husband to leave medical school before completing his education.

An important factor in the Berinis' poltergeist and apparitional disturbances may have been Mrs. Berini's anxiety and frustration over these rejections. This may explain why one of the apparitions kept asking such plaintive questions as "Where do all the lonely people go?" and "Where do I belong?" These sentiments would seem to echo Mrs. Berini's estrangement from her mother and the hostility of her new in-laws.

The sense of being an intruder must have been all the stronger since Mrs. Berini and her children were occupying the Berini family home. The white spirit's complaint that someone had taken something from the house also may have related to this situation.

Another possible factor in the disturbances may have been Mrs. Berini's medical problems. She had suffered migraine headaches and vomiting since childhood. Interestingly, these problems disappeared during the poltergeist disturbances, a not-uncommon pattern. Migraine can sometimes be a symptom or even a mild form of epilepsy; it has been called an "epileptic equivalent."

The Complete Fortune Teller by Diana Hawthorne 1940

276

WHAT THE GIPSY SAID

MASCOTS

The word "mascot" is quite modern, at least in English, the older words with the same meanings being Talisman, Amulet and Sigil, the latter being a sentence or other writing which, generally written in red, warded off threatening trouble.

The rules governing the beliefs in mascots—to use the modern name—were written down when the world was young and in nearly every instance contain a great and lofty thought.

No mascot bought for one's own use can be a bringer of good fortune—indeed it may have exactly the opposite effect. To endow its possessor with happiness and health, a mascot must come as the gift of a friend—in that case it is a concrete representation of loving thoughts and good wishes—or as a token of gratitude or reward for a good deed. Seen in that light, even the most crude possesses something of dignity and beauty.

No mascot will bring good fortune to one who is unworthy. This rule is not specially laid down in all cases, but in many a strong point is made of it, so that where it is not stated definitely we may take it as understood.

A knowledge of electricity is suggested by the very ancient rule that no mascot must be allowed to touch the ground. If it falls inadvertently, its virtue will have gone from it for a time.

Mascots, as a rule, have the greater power if worn on the left side, but to this there are exceptions.

Somewhat roughly all charms and mascots may be divided into three categories: those that concern love, those that bring health, and those which help to worldly success or guard against any evil. Into those three parts, then, I am dividing this article, and as I have just mentioned my gipsy friend, I will begin by repeating some of the information she gave me, as nearly as possible in her own words.

The Gipsy's Warning

"We all on us has heard many a time, as to put a pair o' shoes on the table means a quarrel, but maybe you don't know that to lay an umbrella on a table brings terrible bad

WHAT THE GIPSY SAID

277

luck, almost as bad as that which'll come if you has a string of wild birds' eggs in the house.

"To burn holly as you've put on the walls for Christmas afore New Year's Day be bad too, but it be worse still to have a bit o' that holly left when Candlemas Day comes.

"Us all knows what a little red spider do mean. The Money Spider 'tis called, because it brings money and good luck. But to kill a spider, especially at night, be very bad. If you drive crickets away 'tis terribly unlucky too, pretty nigh as bad as if you killed a robin or a wren. Yet not quite as bad, because if you do that you'll never have luck again so long as you live.

"A tree blossoming out of season, strange growths on a plant such as was never seen afore, the voice of someone calling you three times when there's not a living soul near, a bird screeching and crying over your roof at night, all these be tokens of illness or sorrow coming to someone in the house.

"And a sign of trouble, too, is when you find blossom and fruit growing on one bough, unless it be on one of them there foreign trees like the orange. Fruit and flower together always grows on them, I've heard. And if you should hear the Seven Whistlers flying overhead after dark it means troublous times for the whole country.

"And them do say if ever the Eighth Whistler be heard, it will be a sign as the end of the world is near." [I tried to persuade my friend to tell me more of these weird Whistlers, but she refused. All I could learn was that they were heard whistling in the sky in 1914 just before the Great War, and again at the end of 1935 when His late Majesty, King George, was seized with his fatal illness, to plunge the country in mourning. Beyond that all was unsatisfactory, I could not even learn where nor by whom the Whistlers had been heard.—D.H.]

"There be a terrible deal of meaning in flowers and plants did folk but come to understand it. Most people don't know a word on it, but us as travels the lanes and forests knows most. Ah, yes, us knows lots more nor them as shuts themselves behind brick walls with doors and windows.

Samhain / Halloween Considered New Years Eve for Many a Witch.

Tamare White-Wolf
Shaman Witch,
Ordained Minister
& Death Doula



Did you know that Halloween is a term that derived from all hallows Eve, which is the night before All Saints Day, which was the Christian celebration to honour their saints. This day was created in order to override and replace the ancient Celtic celebrations of what was called Samhain (Saw-Wain)! This celebration had a little more exciting twist to it. They would dress up in ghoulish outfits and create large bonfires in order to frighten and discourage spirits from interfering in their lives.

They believed that this time where the veils between earth and heaven were so thin that all spirits could find their way back to earth if they were wanted too. These events were meant to scare spirits away. However, not all spirits were scary and instead were welcomed to visit as they were family, ancestors even. For them they would make their favourite dinner which would be called a “dumb supper”. Everyone would sit down for a delicious meal together, leaving one chair empty and open for one plate of food to be placed on the table at the empty chair. They might decorate the chair with that person’s favourite sweater, coat and boots under the table. Sometimes pictures and personal things that they may have kept. Each person would share stories and memories about those they loved who had died! There would be laughter, pause and tears for all at the table. At the end of the night, they would take the food to a favourite tree or to a fire pit scrape the food into the fire or onto the Earth with prayers, poems, stories, and sentiments.

On November 1, the day marked the beginning of winter, as October 31 marked the end of summer. It was a great celebration as if it was New Year’s Eve many would commit to winter plans and resolutions. These would be committed to memory or shared at the feast or bonfire. Sometimes a stone, stick or feather was passed around. While the person holding it was talking and sharing how they planned to make it the greatest

year yet. Others would listen until it was their turn to share. This was a perfect way of spreading inspiration and hope to be

safe and healthy during the coming winter. This practice fostered welcomed support in helping to hold the vision and cheer them on, ensuring a vibration of prosperous outcome.

So, remember to venerate your ancestors and loved ones, even pets this Halloween. Maybe you could create an altar with pictures of those you loved no longer with us. During this time you can sit quietly in the dark with a candle, a mirror, and a book with a pen as this is a good time to talk to them because the veils are indeed thin. If you’ve a burning question or thoughts you want to share try this! Put a candle in front of the mirror. Sit in front of it with your book and pen in hand. Write your first question down quietly wait for the answer while looking into the mirror through the candle. You may notice the candle flame flicker, grow, or move as if wind is in the room. That’s them trying to communicate with you. Quietly ask the questions as you write them down. With pen to paper start writing as soon as you hear or feel or think you know what’s being said. This is called automatic writing and can be done to reach the other side. When you’re done thank them for their time and tell them you love them.

Side note, I always refresh the candy for the fae this season. I put it in the four directions, under tables and beds. Keeping them happy. You’ll have less trouble finding things you need like car keys! Blessed Samhain. May you reach the ones you need too this Sacred evening!



Traditional Beef Stew

(Recipe Found in The Joy of Cooking 2006 Edition)

Beef Stew:

The best beef stew is made with shoulder, chuck, short rib, cross-rib, brisket, blade, & bottom round. Shank, or Shin, meat can also be used, but it adds much more texture than flavor. We recommend buying steak or roast and trimming and cutting them yourself into 1/2 to 3 inch cubes, as it is more cost effective. Smaller the cubes the faster it cooks.

Ingredients:

2 lbs of boneless cubed beef

1/2 - 1 tsp dried herbs (thyme, marjoram, savory, oregano, & basil)

1/2 teaspoon salt

1/2 tsp black pepper

dredge in

1/2 cup of all purpose flour

shake off any excess flour heat over medium high heat

2 tbsp olive or veg oil, or some sort of fat

add meat in batches, single layer not over crowding brown on all sides.

remove each batch with slotted spoon.

when all meat is browned, drain all but

2tbsp of the fat and add

1 onion, chopped

3 carrots, chopped

3 small ribs of celery, chopped

4 cloves of garlic, chopped

cover & cook, stirring often, over

medium heat until onions are softened,

about 5 minutes. Add:

2 bay leaves

1/2 - 1 tsp dried herbs (same as above)

1/2 tsp salt

1/2 tsp black pepper

Add enough to cover the meat at least halfway:

2 - 3 cups beef, chicken broth or red wine or beer

bring to a boil, then reduce the heat, cover and simmer gently until the meat is fork tender, 1 1/2 - 2 hours. Add:

2-3 carrots, cut into chunks

3 - 4 boiling potatoes, peeled and cut into chunks

2 turnips, cut into chunks

2 parsnips cut into chunks

cover and cook until vegetables are tender, 35 to 40 minutes. remove the pot from heat, skin off any fat from the surface, & remove the bay leaves. taste & adjust the seasoning. thicken the sauce by whisking into the stew

1- 1/2 tbsp butter

simmer, stirring until thickened. garnish with rosemary or parsley.

As with so many full flavored, slow-cooked dishes, beef stews are better

1 or 2 days after being made. Reheat stews gently, adding a bit more liquid if necessary. Serve in wide bowl with pasta, rice, potatoes, fresh bread, dumplings, or biscuits.



FATE'S LIGHT SIDE

by Betty Lou White

Near Virginia Beach, Va., in April, a police officer pulled over a weaving Thunderbird, expecting to find an intoxicated motorist behind the wheel. When he saw dark glasses on the driver in the dead of night, Patrolman R. L. Farney said, "I asked him if he could see. He admitted he was blind so I asked him why he was driving. He told me the girl he was with was drunker than he was."

☆

Advanced Tobacco Products of San Antonio, Tex., has devised a smokeless cigarette for use in areas where smoking is illegal or socially unacceptable. The patented plastic tube, called Favor, looks like a cigarette but it contains a nicotine solution instead of tobacco. Inhaling it releases a vapor which the company says feels the same and provides the same satisfaction as cigarette smoke.

☆

Because the common flea is virtually extinct in Great Britain, the BBC placed a classified ad in the *London Times* offering a \$30 reward to anyone who can produce a flea circus. The fleas are needed for a television series scheduled for next year concerning the adventures of a veterinarian at a zoo.

☆

Police in Hawthorne, Calif., told Associated Press in February that five Cuban refugees were arrested while trying to break into a Coca-Cola

machine where \$20,000 in cocaine was trapped. The drugs were to have been hidden in the section where the cans drop down but someone stuck the package into the wrong slot and it fell inside the machine. That touched off feverish attempts to break into the machine and five arrests.

☆

A crystal ball on display in the window of the Games and Giggles shop in Ipswich, Suffolk, England, concentrated the sun's rays and started a fire.

☆

Two 78-year-old burglars were caught red-handed in a house in Sao Paulo, Brazil, on March 8, 1984, when the occupants of the house returned unexpectedly. The one inside was too deaf to hear the warning of his friend outside, police said, and the lookout man was not fit enough to escape.

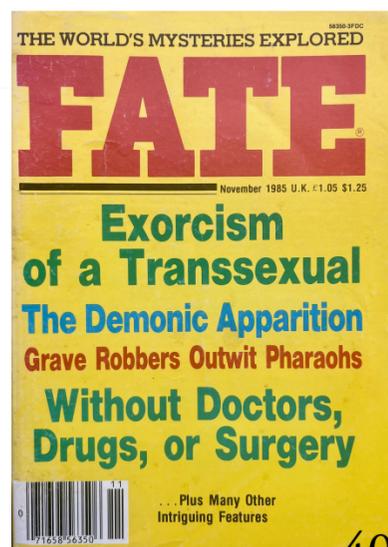
☆

An irresistible force met an immovable object in an English town. Police were alerted by telephone that a safe had been abandoned at roadside. A squad car went to the scene and an officer stood guard for an hour until detectives arrived to dust it for fingerprints. A vehicle with towing gear arrived and officers heaved and strained while the tow truck pulled. Later a spokesman admitted to newsmen: "That was when we realized it was a Midlands Electricity Board junction box which was cemented into the ground. We crept away."

73

Fate Magazine released its first issue in the spring of 1948 and was sold for 25 cents, featuring articles on UFO's. Although today it has moved to an online format it is still alive and well.

If you wish to read the full edition that we found these articles in or any other you may find interesting, visit fatemag.com and subscribe for full access.



Psychic, Spirit & Wellness Fair

OCT 4th & 5th | 10-5pm

Da Vinci Centre - 195 Bay Street

Tickets at door: \$10
Or Weekend Passes



Connect with spiritual seekers, psychic readers, Light Workers, energy healers and free-spirited souls.

www.LightandEnergy.ca

Earth and Sky Connection

will be there!

Spirit of Victoria

Metaphysical Hub

Ian Byington • info@sovic.ca • 778-265-3014

spiritofvictoria.ca

Earth & Sky Connection

Your one Stop Shop for all your Metaphysical needs.



Located at the Legendary
Market Square Chinatown
in Beautiful Downtown Victoria BC

560 Johnson St #62 Victoria V8W 3C6
BC Canada

778-441-1771

OR Text 705-739-7171

Open 7 Days A Week

Mon, Tues, Wed, Thurs, Sun 11 - 5 pm pst

Fri & Sat 10-6 pm pst

Nanaimo Location By Chance Only

1280 Scotchtown Rd 250-591-1177

Our Services Include



Tamare White-Wolf
Ordained Minister, Psychic, Seer,
Shaman Spiritualist, Esoteric
Teacher, Healer, Death Doula &
Strega / Witch

Skylar Pink

Psychic, Medium, Seer &
Spiritualist, Co-Owner of
Earth and Sky Connection
INC



Meghan Parlee
Clairvoyant & Energy Healer

Wyatt Michael
In-house Astrologer



Our Standard Classes

Tarot for Beginners: Skylar Pink
Begin a Personal Journey with the Tarot

Mastering the Tarot with
Tamare White-Wolf

Starting September 7th Drawing Down The Moon

UPCOMING EVENTS - Free Admission

Metchosin Community Hall, 4401 William Head Road, Metchosin
Cedar Community Hall, 2388 Cedar Road, Nanaimo



Event Info:

eventsbyla@hotmail.com

- Sept 6 - Metchosin Potions & Notions
Witchy Oddities Market
- Sept 13 & 14 - Cedar Fall Witches Market
- Sept 20 & 21 - Metchosin Fall Witches Market
- Oct 11 - Cedar Bewitched Market
- Oct 24, 25 & 26 - Metchosin Bewitched Market
- Oct 31 - Metchosin Witches Nite In Halloween Market
- Nov 1 - Metchosin All Hallows Fair
- Nov 22 - Cedar Witchy Yule Market
- Nov 29 & 30 - Metchosin Christmas Spirit Market
- December 13 - Prospect Lake Merry Witches Yule Market
- December 14 - Metchosin Bewitched Yule Market
- December 20 & 21 - Cedar Christmas Spirit Market

King of Cups

This Man is associate to the Water Signs, Scorpio, Pisces and Cancer. You may notice you are like this but aren't that sun sign, check your moon and rising signs as it might be that you are one of those signs. Alternatively you may be know someone just like this!

If this person shows up in your life you're surely in for a lot of love and laughter and tears of all varieties. This person's emotions are going to run high and be there driving force. This can be the best and worst trait of this King. Persuaded by their emotions and seduced by love

easily. This King is going to be the best friend and Ally you could hope for as long as you stay on their good side and keep your promises. They may even be a healer or Sage of some kind propelling you on your journey. They are always focused on the way things feel both for themselves and empathetically towards others around them. If they show up in your life upright they are sure to bring you the best parts of life and interaction with healthy masculine emotion.

However If they show up in reverse watch out because they will erode all of your boundaries pushing your emotional boundaries. sometimes passive aggressive and many arguments that will exhaust you to no end. Is it possible they have addictions of some kind and you are allowing them to create an emotional dependence that needs checking. You will be faced with your own personal shadows as a result of allowing them into your space.



By Skylar Pink



Learn more about the Tarot @Earth and Sky Connection Beginners with Skylar Pink (8 weeks call to register) Advance with Tamare White-Wolf Call 778-441-1771 Or email us here west@EarthAndSkyConnection.com

Skylar Pink
Psychic, Healer & Teacher.

Shadows Among the Spirits: A Paranormal Investigation at Paganfest



Stephanie J Bardy aka Lupa, is an accomplished author, poet and editor. She is currently Editor in Chief for The JayZoMon Dark Myth Company LLC . Her published works are many, you can find them at MythMart.com She has podcasts too, Lupa's Bits The Podcast, and Grindhouse Sleaze..



Every year, nestled beneath the boughs of the trees, Paganfest awakened—a convergence of drumbeats, candles, and the scent of sage wafting through the air. It was a celebration of earth-based spirituality, a gathering for modern pagans, witches, and those curious about the esoteric. Yet, one crisp fall evening, Paganfest became the stage for something entirely unexpected: a serious paranormal investigation. As a writer and amateur researcher, I was invited to document the events that would unfold—a journey into both history and the unknown.

I was fairly new to the property; I had been once before but not in this capacity. I had held a haunted object workshop and now it was time to put up or shut up. The sun dipped below the trees, the temperature dipped as well, and a gentle mist drifted through the air, threatening rain. We were cold, bundled up, and eager to start the investigation. I was accompanied by a regular crew member and some of the guests at the fest.

I did a brief intro to the gear, the K2, the Spiritbox, and a few other pieces and we set off. Tamare led the walk as she knew the property the best. She gave a bit of history of the land, and suddenly my Spiritbox went off, confirming what she had just told us. This used to be native land.

Several of the people on the walk talked about encounters they had on the property, and those who lived there also shared similar stories. I am always one to go in and debunk before I will definitively say it is a haunting of some sort. So, to say I was skeptical was an understatement. I have had several experiences that later turned out to be nothing more than pipes banging or even just my own imagination. We crossed a bridge and ended up in a clearing of sorts with some decent sized rocks. I set up my equipment and we proceeded to have a 'call and answer' session. The lead investigator will lead the questions and the spirits will use the equipment to answer simple yes or no questions. Tamare was there to validate the responses.

Then the magic happened. We started getting words over the Spiritbox. Sentences, names, places. Details that no one could know. I documented everything that was said on the box and took about a million pictures and video. The communication went on for a good half an hour, and then we started experiencing equipment malfunctions. Batteries that were fully charged, suddenly drained, things that had been recorded couldn't be found. Digital pictures would come out black.

One of Tamare's Only Pictures that Night @ Paganfest 2016

At that point I knew that we were no longer dealing with a friendly 'ghost' and it was time to move back to the main area of the festival. We packed up our gear and headed back. A few days later, I went to analyze the evidence I had collected and was very disappointed to find that most of it was corrupt or too garbled to understand. This happens on occasion, and I have learned that sometimes, experiences are meant to be experienced and not necessarily shared. Those who were on the walk know what we heard, what we saw and what we felt. Personal experience in this field accounts for most of the evidence we collect.

I will never forget that walk. I have wanted to go back when there are no people there to communicate again, but that itself is a red flag. This is a hobby that can grab you, pull you in, and become an obsession. Wait until I tell you about Fuller Avenue next issue!

I remember seeing the video you took where many orbs were all around me as I lead the people around the property. It was very cool to see as I never felt truly alone when I was on the land and I always felt safe, protected and "watched over". This experience confirmed so much for me.

It was very hard leaving and moving to BC, even the property didn't want me to go and made it very hard to sell. I had to have a good ole chat with it and the spirits I knew were existing here.

I literally ask them to let me go. Promised to come back to be with them from time to time! Which I have done and when I returned they definitely showed up to say hello!

It's really too bad the video and pictures didn't make it though! It was so amazing hearing their names and what they had to say through the spiritbox. The experience we had that night and many other times while living there will never leave my heart, a land so full of spirit could never be forgotten.

~Tamare

For Whom The Bell Tolls

By Tye the Paranormal Guy



Victoria hosts many golf courses but one that can sometimes stand out a little more than

others is the Victoria Golf Course, not because of golfing all year round in Victoria but because it has a haunted storey behind it, and a course I myself had a paranormal experience. Victoria Golf Course dates back to 1893, when it was a farm. People wanted to play golf on the field, but were not allowed during the summer because of grazing cattle. Some say, some of the haunting maybe native warriors but to my knowledge this has not being 100% confirmed. The hauntings I'll relate to is the one around 6th and 7th hole. These holes are rumoured to be haunted by a Doris Gravlin, which is probably one of the most popular hauntings in Victoria.

Doris Married a Victor Gravlin in 1930 who worked at the golf course. Later on Doris left Victor in 1936. Victor met up with Doris later and these 2 were never seen alive again. Doris' body was later found near the 7th hole in some drift wood near the waters. Victor was found later after Doris and it was determined Victor took Doris's life and then his own.

My experience with this Golf Course haunting happened many decades after these deaths. When I visited this haunted location during the night. I read about the haunting in the article it said, all you had to do was ring the iron bell 3 times between 6th and 7th hole and she might make her self known. So being in my late teens with a new drivers license I had to take a couple friends and check this out for my self. My friends and I decided we would instigate to make this spirit show itself. Since they did not believe in ghosts or spirits. I wanted to show them differently. We arrived after the golf course was closed and it was dark. Well it was

really dark and there were no street lights. We found the iron bell. I rang the bell not once but 3 times as the haunting tale stated to do. To my surprise nothing happened. We did not see anything or hear anything. So I decided I needed to get something to prove that ghosts exist so I went directly to the hole. There was a flag out, and I decided to take the flag but and the whole pole with it.

I did not make it more than a foot or two and I felt a tug-o-war with a something, was it a spirit, a ghost? Friends yelling out of the car just grab it let's go. They saw I was trying to pull the flag pole but I could not move it, the spirit had different plans. Finally I tired just the flag, whatever it was resisting me allowed it. It was as if it was saying, you can have the flag but I am going to show you I am here. In that moment I was thrown about 20 feet across the green of the golf course. My friends were yelling "are you ok", I was but ran back to the car shaking up for sure but with the flag, leaving the pole on the green. My friends relayed what they saw, which was a woman figure tossing me out of her way, they started laughing at me. I did not see anyone but I knew it was the female spirit. They said we watched it, it was a woman. I interrupted them and said yes a woman in a white dress. We left but I got the flag and they looked at me, then clued in, that it was indeed a ghost. I looked and said BINGO. Do you believe now? My experiences with the paranormal happen regularly when I go out investigating.

The picture you see here is the Iron Bell you can see between the 6 and 7 hole. Picture taken in August of 2025

More experiences to come in the future issues. Keep fallowing.

Tye The Paranormal Guy
Founder of
Victoria Paranormal Activities.

Witch's Debt: What Do We Owe the Spirits We Work With? by Ayrmid Sage



**Advocate, Author &
Witch Made Products
amongstsistersau.com**

You can't keep taking without giving something back. Not in life. Not in witchcraft. And especially not in relationships with spirits. Yet it happens all the time. People call on spirits, guides, ancestors, guardians, the dead, the land, even gods, and ask for help. They want protection, guidance, opportunity, healing, justice. They light a candle, say a few words, maybe leave a bit of incense burning. Then they get their result and walk away like it was a vending machine. Hands washed. Spell complete. Done and dusted. But magic does not work that way. Spirits are not vending machines. They are beings. Conscious, aware, ancient, or close. Some are your kin. Some are allies. Some are simply watching. And when you call on them, you are entering into a relationship. It might be a one-time thing, or it might turn into something deeper, but it is still a relationship. And relationships require maintenance.

This is where the idea of witch's debt comes in. It's not about punishment or being cursed. It's not karma. It's more like what happens when you ask someone for a big favour and then never thank them. Never visit again. Never offer to return the favour. That energy builds up. The relationship shifts. And that silence you hear? It's not approval. It's distance. Witch's debt is what you owe after spiritual work is done and the spirits have answered. It can come in the form of a forgotten promise. Maybe you said, "If this works, I'll do this in return." But life got busy. You forgot. Or you decided the result wasn't exactly what you wanted so you didn't feel like it counted. That is still debt. It can also come from working with spirits like they are tools. You read about one that helps with healing or protection, so you call them up, use their name, and don't bother to ask permission. No offering, no introduction, no effort to actually know who they are. That kind of thing might get you a short-term result, but it won't get you a long-term ally. And it might earn you a reputation. Spirits talk. Maybe not the way humans do, but energy speaks across time and space.

If you walk through the magical world

leaving open doors and burnt bridges, it shows. The land feels it. The wind carries it. Your magic starts to fall flat, or worse, you start attracting attention you did not ask for. So how do you stay in good standing? What does healthy reciprocity look like? Start by keeping your promises. If you say you will light a candle, pour water, tend an altar, or tell a story in return for help, then do it. Write it down so you don't forget. Better yet, offer first. When you ask for something, give something straight away. That could be incense, fresh herbs, clean water, a song, or your time. Spirits respond to sincerity more than anything. Make space in your practice for maintenance offerings. Not every offering has to come after a big spell. Sometimes the best magic is showing up with no requests.

Just sitting quietly with a cup of tea, whispering your thanks, leaving flowers by the riverbank, or refreshing the glass on your ancestor altar. That is relationship. That is care. That is how you stay connected. And when you have been helped in ways that feel big or unexpected, offer something meaningful. Not expensive, meaningful. Something that requires a bit of effort or thought. Maybe you clean a part of the land in their honour. Maybe you craft something by hand. Maybe you carry their story and share it when someone else needs to hear it. What matters is that you act. Gratitude in your heart is lovely, but it does not feed spirits. They don't need our worship. They need respect.

You might also want to consider whether you are calling on too many spirits at once. Not every spell needs a spirit involved. Not every ritual needs a name attached. Sometimes witches get excited and throw everything at a situation. everything at a situation. They ask the dead, the trees, a deity, a saint, and three different herbs to work together and fix things. That's fine if you're ready to maintain those relationships after the fact. If not, you might be setting yourself up for spiritual noise, scattered energy, and eventually, silence.

Witch's debt isn't a punishment. It's a reminder. That we are not alone. That magic is not one-sided. And that the beings who walk beside us deserve more than being called up in a crisis then left in the shadows. Your craft will deepen when your relationships deepen. You'll start to notice the whispers before you even ask. You'll feel the presence of spirit in your day-to-day life, not just in ritual. And you'll be trusted. Because you've shown that you can be. So, ask for help when you need it. But give thanks when it's given. Not because you're scared of backlash. But because you understand what it means to walk this path in right relationship. Because you know that everything given has weight. And everything received deserves honour.

The Red Covenant: A Book for the Blood-Bound

They didn't say welcome. They didn't mark your moment. No one lit a candle when you first bled. No one called the stillbirth a death. No one sat with you through the abortion. And when the blood stopped, no one offered you a rite to honour it. You were expected to carry it all and keep quiet. That silence is exactly why The Red Covenant is being written. This book is a reclamation of everything that has been kept behind closed doors. It's not a polished lifestyle guide or a pretty wellness book. It's a raw, truthful collection of the oldest rites of womanhood, told through a modern lens. It speaks to the bleeding body, the birthing body, the ageing body, the grieving body, and the sovereign body. It is a book of rites for every threshold a woman crosses, especially the ones no one names. This isn't about being soft or sacred in some performative way. This is about remembering the fire in our bellies and the grief in our bones. It's about naming what was never meant to be forgotten. The Red Covenant is still in the writing stage, slowly building itself into something that I hope will meet you exactly where you are. Every word is being poured over like an offering. It's being shaped by lived experience, by loss, by fierce love, and by the wisdom that only comes through bleeding and breaking and surviving anyway. And while the book is still coming together, the oil that carries its spirit is already here.

www.amongstsistersau.com

The Red Covenant Oil

Before the book found its final shape, the oil came through. I needed something to work with during the writing. Something that felt like a tether to the thread of women who came before me. Something that would hold the blood stories in my skin as I wrote them down. That's what The Red Covenant Oil is. A companion. A ritual tool. A container for the grief and power of womanhood. It's not an oil for the light and fluffy moments. It's an oil for when you need to sit in the truth of your own becoming. For the quiet griefs. For the rites you never got. For the times you wish someone had said, "This matters." It's made with herbs that know the womb, the blood, and the breath. Rose, myrrh, raspberry leaf, mugwort, heather, cinnamon, and calendula, each one chosen with care, not because they smell pretty, but because they hold memory. The scent is earthy and deep. It smells like old truths and fresh resolve. Use it when you bleed. Use it when you don't. Use it when you remember. Use it when you want to forget, but know you shouldn't. Let it be part of your rituals, your mourning, your reclaiming. Let it hold space when no one else will.

This is Only the Beginning

I don't want The Red Covenant to land quietly. I want it to arrive like a drumbeat. I want it to bring women into circle, whether that's in person or in spirit. I want it to be the book you hold while you cry. The book you pass to your daughter. The book you give to your friend after loss. This book is for the witches and the non-witches. For the women who call themselves spiritual and the ones who don't. Because blood rites are not aesthetic. They are universal. They are as old as the first woman who ever bled in the dark, alone. If you feel the pull of this work, know that you're not alone. We're writing the new story together.



Zombies, UFO's, and Snakes: What Your Scariest Dreams Are Really Telling You!

by Dream Interpreter Rachel Perry



A nightmare is a signal that something new is opening within you.

Fear Means Something New is Emerging

Nightmares often get a bad rap, but at their core, they are about movement and growth. Every nightmare is a positive message in disguise. Fear is simply the body's way of signaling expansion, whether you're about to give a speech, change jobs, or fall in love. The same is true in dreams. When fear shows up, it's often your inner world saying: "Pay attention—something new is trying to surface."

A radical way to see it: every nightmare is a message of courage. That sudden chill, that panicked chase scene, that thing lurking in the shadows? They are invitations.

Zombies, UFOs, and Snakes—Oh My

Take a zombie dream. You're running, your heart pounding, the undead closing in. Terrifying, right? But look closer: zombies often symbolize things that no longer serve you—old habits, outdated roles, or relationships that need to be released. Zombies represent people who are no longer thinking for themselves—just going along with the crowd. The fear comes because letting go is hard, being an independent free thinker takes effort but it's necessary and it's worthwhile.

What about a UFO dream? Seeing something completely alien can be unsettling, but it may simply signal that an unfamiliar opportunity or energy is entering your life—something beyond your current frame of reference. It's not a threat; it's an expansion.

Even snakes, common nightmare fodder, are often symbols of transformation, healing, flexibility and change. The fear may point to your

resistance, not to danger.

Nightmares as Invitations

When we change how we see nightmares, they lose their sting. Instead of asking, "Why is this happening to me?" try, "What is opening up in me?" That simple shift turns fear into fuel. It reframes a jolting 3 a.m. wake-up as a moment of self-discovery rather than dread.

How to Work with Nightmares

1. Pause before pushing it away. Breathe deeply. Fear is just energy looking for direction.
2. Write it down. Even a sentence can capture the key feeling or image.
3. Ask the growth question: "What is this fear pointing me toward?" Or "If I had more courage, what would I do differently"
4. Say thank you. A nightmare often marks the edge of your next level.

The Gift of the Dark

Nightmares are not punishment. They're signposts. Halloween reminds us that shadows can be playful, even beautiful, if we face them. The next time fear visits your dreams, know this: it's not there to haunt you. It's there to expand you into a new self and a brighter future.

Contact Rachel Perry here:
rachelinterpretzdreamz@gmail.com



Welcome to Akashic Answers with Teresa Klan!



So many reasons to consider sitting through a session of investigating the Akashic Records, here's one client who shared that she experienced this at a time when her life was falling apart. That it transformed her life not just for her to live better, but spiritually empowered her to find new awareness and meaning in her being. Every session transformed her and the inward journey of her soul to realize everyday blessings. After years of struggling with challenging emotions, she was helped, her identify and transmute into a much higher-dimensional frequency. Since then, the changes in her life have been phenomenal.

One of the most common questions about the Akashic records is: "What are the Akashic Records?" It's a great question with many layers. Imagine them as the "iCloud" of your soul—a limitless library where every moment of your existence is stored and accessible.

In the Akashic realm, time isn't linear. Everything exists in the present, and past, present, and future are all happening simultaneously. Did you know your next incarnation could be in the past?

The Akashic Records are made of light and sound vibrations, quantum waves that carry the creative blueprints of your life. These Records are not static; they evolve as you do, creating a continuous feedback loop that shifts your experiences. As you change, so too does the energy of your soul's journey, revealed in your Akashic.

What have you contributed to the personal, communal, and collective matrix? Your perspective may not align with the full truth of what you've experienced. Wouldn't it be powerful to connect with a more conscious aspect of yourself, one that helps you see how your energies interact with others? The Records offer insights into the divine lessons behind your challenges, and they can reveal the best next steps for any area of your life. Please take heart that, most importantly, I've found that people are often doing better than they realize.

The Fall Equinox is a perfect time to journey within and explore your Akashic Records. Just as nature turns inward, so too are we invited to spiral toward our core. After the expansive season of growth and celebration, autumn offers a moment of reflection. This quieter time calls us to review and weave together who we've been, who we've become, and where we might be going. Maybe some threads need pulling out that you are ready to release?

As the light wanes, inner illumination begins. Autumn offers the gift of new self-realizations—insights that might have been obscured during the busy, sun-filled days of summer. This is the season to cozy up with yourself and nourish your spirit in preparation for the deeper journey ahead.

Now is the perfect time to set yourself up for success. Take time to harvest the wisdom within and allow it to rest gently in your heart space. Through the Akashic Records, you'll uncover the updated version of yourself—the one who holds the wisdom and clarity to navigate what's to come.

Autumn is the season of self-reflection, and the Akashic Records are a tool to guide you through this inward journey, helping you to step into the next chapter with confidence. If you are feeling called to explore your Akashic Records in a personal session or even learn how to access them yourself, please reach out and contact me! With a little guidance and training, you can find what we are all looking for: ourselves. May your feet find soft pathways xo.

Contact her here

www.teresaklan.com

What happens when there is an Eclipse?

They are coming September!

A Planetary Perspective

“Karmic Confrontations!”

In September of 2025 there are a set of Eclipses that can trigger some discordance with the Ego (and within the self)! Eclipses are all about ‘releasing and letting go’. Lunar Eclipse are specifically about releasing, letting go, clearing and purging. Solar Eclipses are about releasing what no longer serves, integrating the lesson of the eclipse, so that you can embrace a gift. Most people have difficulty with the concept of letting go and releasing due to their level of attachment. Attachment to how things should be, to beliefs, to their thoughts, to their ideals. When eclipses take place, those attachments are challenged in some way.

In truth, we are learning to let go of something that no longer serves us. A belief, a thought, possessions or ways of BEing! On September 7th we have a Lunar Eclipse (Full Moon) in the sign of Pisces and on September 21st a Solar Eclipse (New Moon) in the sign of Virgo.

This activates the Virgo / Pisces polarity, and we are looking at our Dharma / Karma. We are completing Dharma through Service (Virgo) and completing Karma through Evolution (Pisces). We are the Seeker (Virgo), accessing Source (Pisces). There are many lessons that are being activated. One is about maintaining a spiritual understanding that is integrated into the physical reality. We need to create a bridge between our spiritual world and our physical reality. We require inspiration and imagination while using common

Astrologer since 1995.
Schedule a reading
here NancyArruda.ca



By Nancy Arruda

sense, discernment and the rational mind in day-to-day activities. We need to provide a life of meaningful service as we live out our ideals and personal vision. Develop boundaries around how, when and to whom we give and receive compassion and empathy. Maintaining a oneness with the self that is capable of separateness (or being in a relationship without losing the self). And ultimately, healing the self before healing others.

The intensity of the eclipses is felt two weeks before the first eclipse to two weeks after the last eclipse (and they are two weeks apart) for a total of six weeks. After the six weeks, there is an integration of the lesson that the eclipse brought us for approximately 6 months, or until the next set of Eclipses.

For the last quarter of 2025 (and moving into 2026) we are not just dealing with the Dharma / Karma vibration through the eclipses.

Earlier this year both Saturn and Neptune moved into the sign of Aries. When that happened, many people were embracing a new sense of identity, and many people were having identity crises. The more attached you were to your old identity the harder the shift became to embrace the new identity the universe was asking you to embrace. What identity is that? The Authentic-Self is being asked to step forward into BEing. However, On September 1st, 2025, Saturn

(currently in Retrograde) will be retrograding back into the sign of Pisces activating an earth based Karmic lesson that did not fully absorb through the new identity you were asked to embrace when it shifted into the sign of Aries. Because we did not fully integrate this identity (nor could we at the time) we are given an opportunity to reflect back to when Saturn was in the sign of Pisces during the beginning of 2025 before moving into the sign of Aries on May 24th. The lesson of Saturn in Aries is one of patience and self-reliance. The lesson of Saturn in Pisces is some strong karma that needs to be worked through (which was present with Saturn in Pisces from March 2023 to May 2025). The house in your natal chart where Pisces resides will add additional information to which Karma you are working through in this lifetime.

We are currently revisiting any karmic interactions that took place from the beginning of this year prior to Saturn entering the sign of Aries. Think about the lessons you were learning from the end of March 2025 to the last week in May of 2025. Those lessons are being 're-activated' during Saturn's revisit to Pisces (Sept 1, 2025, to Feb 13, 2026). Have you noticed that you are not the strong character that you identified with earlier this year? Have you stepped outside of your authentic nature since Saturn has moved back into the sign of Pisces? In other words, have you fallen backwards into an old aspect of your identity (the part that you struggled with)? How can you properly build up that new identity again and work through any karma that was not completed before Saturn moved into the sign of Aries?

Additionally, Pisces ruling planet,

Neptune also moved into the sign of Aries this year and stationed retrograde on July 4th, 2025. He will be retrograding back into the sign of Pisces on October 22nd, 2025, and will remain in this sign until he moves direct and then back into the sign of Aries on January 26th, 2026.

With Neptune in Pisces our creative potential is highlighted, and you are being asked to tap back into your Souls vibration so that you can merge that into your new identity (once Neptune moves back into the sign of Aries. That means fully integrating compassion, patience and peace while you tap into your creative process (or intuitive insight).

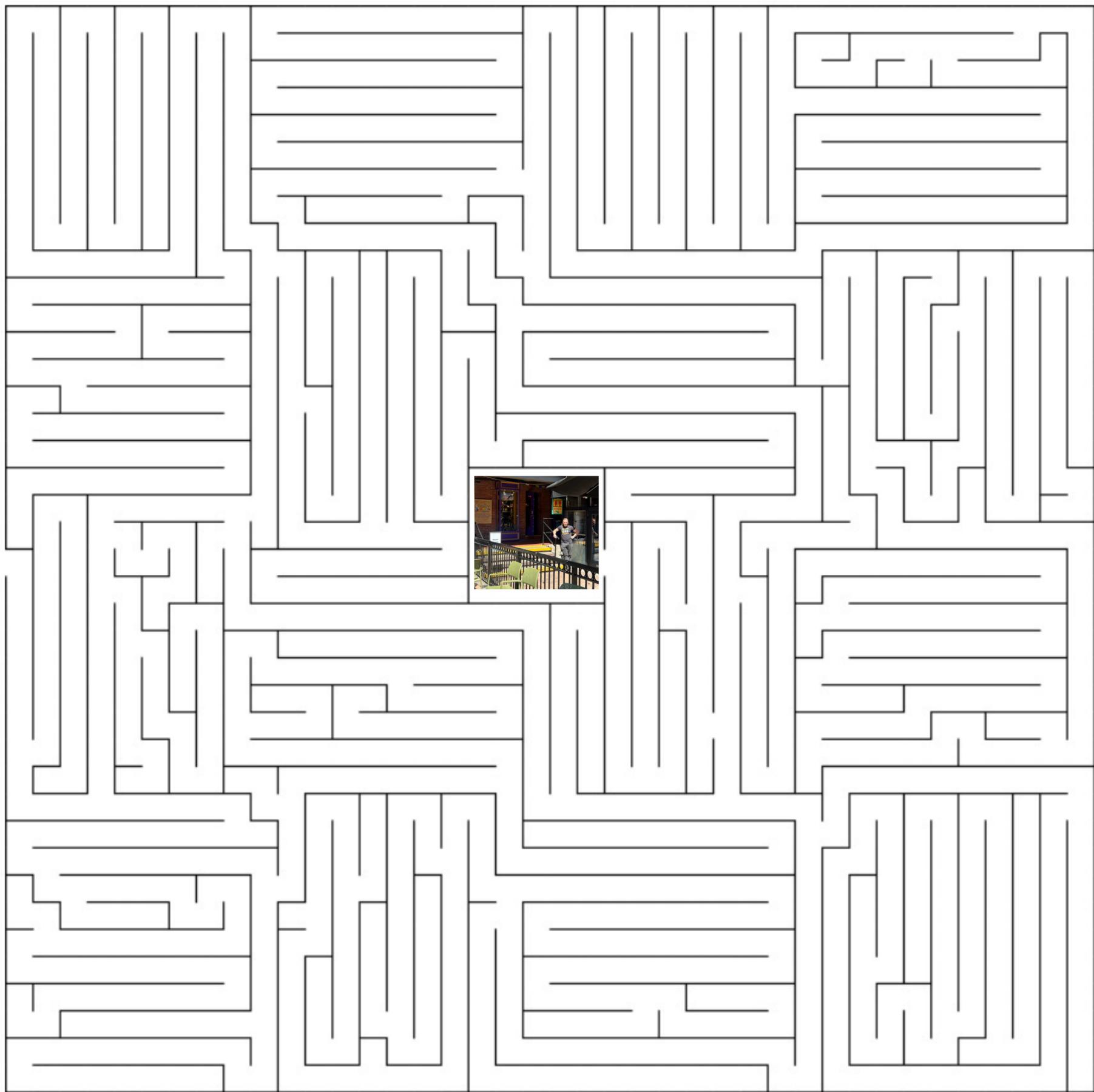
Overall, what does this mean? Well, it means that we are working through some karma. How do you do that? By aligning with your Dharma (gift to the world). Many people have embraced an identity of who they want to be from a place of EGO and not from an authentic aspect of your Souls highest vibration. A reality check and a spiritual check is taking place allowing you to release those aspects of the false identity (through the eclipses) and go back, rewrite some karmic lessons and then implement them into BEing.

Enjoy the Journey!



Wizards Riddles & Games

Can you help our Island Psychic find his way out of the maze?



Can you guess the hidden phrase and Win a prize at our store

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
			D								R							T							

L L L L S E E S E
 Y H P R R M P R R Y I T D K D X M E T G D P U
 E S S L E E S
 X P O D T E X T R D P K D P H F T C A A Y H P
 E E L L S E E
 H D I Y H D Q Y U P R R X Y T D D
 L E S S E S
 L R D T T D F T P A M P E H

Decode the message.

Each letter in the phrase has been replaced with a random letter or number.

Try to decode the message.

	-		+		+		+		49
+		-		-		-		+	
	+		+		-	23	+		40
-		+		+		-		-	
13	+		+		-		+		17
+		+		+		+		+	
	-		-		-		+		3
-		+		-		-		-	
	-		+		-		+		18
-12		17		-12		-41		15	

Fill in the missing numbers

The missing values are the whole numbers between 1 and 25.

Each number is only used once.

Each row is a math equation.

Each column is a math equation.

Remember that multiplication and division are performed before addition and subtraction.

								18
								24
								22
								27
								33
	5			0				18
								19
	1							18
20	18	24	32	25	17	25		23

Fill in the missing numbers

The missing numbers are integers between 0 and 6.

The numbers in each row add up to totals to the right.

The numbers in each column add up to the totals along the bottom.

The diagonal lines also add up the totals to the right.

Happy Fall Y'all Word Search

T M H B E V E A I L N I S N S S W T B H R I N N I
 M N Y G L N S O S A A E E P Y I T L H E C A N K Y
 O U U S I A T O I A P V I L T L O Y B I O E U R G
 U I L R T S C D D T A R E C S O N M H W S R D N U
 M E T L E I I K E R I L H K D D E S L P B D N G Q
 Z I C K E S C M C T N C K S J V A C I I Y E X P N
 C Y A U B I B S U A R Z T R O K P L K T U N Q L O
 M N P O R E N Z X A T O O N A Y C S E N O B U P X
 S O F F R P B G F B N R G M D E L A Y H U T C O F
 M L M M T R S T R E U E C V B F B L G C A X N S Q
 R L H K C U N N I N G F O L K I K A M R H I J P O
 S R W A T H I N N I N G V A I L E L O T U I P Q T
 O E N N K L V R X Z J S F M N U R T E Q R E C R J
 I D Y A P B N C G Y Z E Y H P D S G E V S F R J I
 Y C F O Q D P X J N L J Y C P Z U T W W N K F X L
 S L Y S Z L K I P W E Y S H J G W N S V E Q O I A
 L A P A L L I X Y M F G E X D R S P M M O Y K F X
 U Y B A S B X S Q A U F K V G E L P A L L D C L Q
 I I F Q V N U T S X D U L F U B B U K V S D A C C
 Y B T I I B G W B K D R E B O T C O D S A H T C U

akashic

bones

cunningfolk

Fall

november

psychic

snakes

tarot

zombie

blackcat

candy

eclipse

mullein

obsidian

raven

spirit

thinningvail

bloodstone

citrine

equinox

mystics

october

september

spruce

witchcraft

-----,

This puzzle is a word search puzzle that has a hidden message in it.

First find all the words in the list.

Words can go in any direction and share letters as well as cross over each other.

Once you find all the words. Copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.



FORTUNE TELLING BY DOMINOES AND DICE

TAKE a set of dominoes and lay them face downwards on the table. Shuffle them thoroughly.

Remove one piece without looking at it, and set it aside. Shuffle again and repeat till you have drawn three pieces. Set the other dominoes aside, turn the three the right way up, and study the message they have to tell you by the help of the following list of meanings. Never deal with more than three dominoes at a time and do not consult them more often than once a day—once a week would be better. The more seldom any form of divination is practised within reason, the clearer and truer the message it will give.

As the dominoes are shuffled, the Inquirer must wish and keep her mind concentrated on the work in hand.

The following are the meanings of the various pieces.

Blank—Blank. Disappointment.

One—Blank. You have an enemy.

One—One. Early meeting with a stranger.

One—Two. Arrival of an old friend.

One—Three. The answer is *No*. Only the Inquirer can say if this reply is clear.

One—Four. Money trouble is threatened. Be careful.

One—Five. A new lover.

One—Six. A wedding will shortly take place.

Two—Blank. Some worry presses on your mind. The piece next to this will tell you about it.

Two—Two. Your wish will be granted.

Two—Three. A change. It may mean a journey or a removal or fresh work. In any case, the influences are good.

Two—Four. The one you trust is false.

Two—Five. Your friend is true.

Two—Six. An excellent sign. Good fortune in all things.

Three—Blank. Trouble. To the single it will concern love, to the married it will be over money.

Three—Three. Money is coming.

Three—Four. A happy love-affair if you are single, or news of the happiness of a friend. To the married, happiness at home.

Three—Five. Help will come from someone in a higher position.

Three—Six. A present.

Four—Blank. A slight disappointment, or rather a postponement.

Four—Four. A big building.

Four—Five. A surprise.

Four—Six. A quarrel.

Five—Blank. Think well before you answer the question that will be asked.

Five—Five. Good fortune coming through a change.

Five—Six. Some gaiety or happiness with a loved friend.

Six—Blank. Scandal.

Six—Six. There is happiness ahead.

.

Divination by Dice

In this case two dice must be used, and while the Inquirer fixes her mind upon that for which she wishes the most, she must shake them well in their box and throw them. Whatever numbers come up she must write down. Then shake the dice and throw them again, once more making a note of the numbers. For the third time she must repeat the process.

She must then read the numbers separately, adding them together to obtain the digit and find a corresponding digit amongst the symbols just given for the dominoes.

To make that more clear we will imagine the first throw of the dice produced a one and a four. The digit would be five and she should turn to the Five—Blank domino. She looks at her next throw and finds it is three and six, which make nine. There is, of course, no nine on the dominoes, but she must look at the Four—Five and the Six—Three, which give the same number. Finally, she throws one and





DOMINOES AND DICE

271

two, which is three, so turns to the domino Three—Blank, or One—Two.

Thus from her three throws she has gathered the following messages:

- (1) Think well before you answer the question that will be asked you.
- (2) A surprise and a present.
- (3) Trouble or the arrival of an old friend.

She must put those three replies together and study them well to make sure she has their meaning clear. That done, let her add the numbers she has thrown together and find the final digit. One, Four, Three, Six, One and Two. The result of that addition is seventeen, which equals eight. Let her look at the dominoes which give this digit, the Double Four, the Five and Three and the Six and Two, and read the final message from them. It will soften or strengthen the message received already.

The Complete Fortune Teller
by Diana Hawthorne 1940

The Cunning of Words: Writing as Witchcraft

By Celeste Rodriguez,
The Drunken Oracle



www.thedrunkenoracle.com
Witch Practitioner, Spiritualist,
Author, and Mastermind
To take her courses, or to buy
her witch made products, visit
her website.

Have you ever stopped to think about the magic hiding in your words? Every time you sit down to write, whether it is a story, a poem, or even a journal entry, you are doing more than creating sentences. You are casting spells. You are shaping reality. You are practicing one of the oldest forms of witchcraft: the cunning of writing.

When I speak of cunning through book writing, I am talking about the art of weaving intention into story. It is subtle, but it is powerful. On the surface you may just see characters moving through a plot, but underneath, the words are carrying your will. The page itself becomes your altar. The pen becomes your wand. And every word becomes a thread of magic.

Think of it like this. Instead of speaking a spell aloud, you write it down in a way that disguises it as story. You might write about a character who finds abundance after struggle, and in doing so, you are calling that abundance into your own life. Or you might create a poem that releases grief, letting the pain move through you and onto the page. This is writing as conjuration. This is storytelling as spellcraft.

So how do you begin? Start with intention. Ask yourself, what outcome do I want this story to manifest? Be clear with yourself. If you want prosperity, then fill your writing with symbols of wealth, growth, and harvest. If you want protection, let your characters win by outsmarting danger and surviving against the odds. Use repetition as you would in a chant. Hide your petition inside dialogue or bury it in description. And always write your spellwork in the present tense, because the universe responds to what is alive now.

When you finish, do not just see your pages as words. Treat your book, your journal, or even your notebook as a living

talisman. You can seal it with intention, whisper a blessing over the manuscript, or even anoint the edges with ritual oil. This is how you keep the magic breathing in the work. Every time you read it aloud, every time someone else encounters it, the spell is activated again.

In my own practice at The Drunken Oracle, I create ritual oils that help writers and witches alike keep their intentions strong. One of my favorites for this work is Manifestation of Power Oil, a blend aligned with Leo's fire and the strength of the lion. Before I write, I anoint my wrists or the nib of my pen. The scent anchors me, reminding me that my words are alive and charged with purpose. If you want to try it yourself, you can find this oil and others in the Botanica section of my website, TheDrunkenOracle.com.

The truth is, cunning through writing is not about simple storytelling. It is about coding your reality, word by word. Your stories can reshape your path. Your journal can whisper to the universe. Your book can carry a spell long after you have finished writing it. The moment you recognize that your words are alive, you step fully into your power.

So the next time you sit down to write, remember this: you are not just a writer. You are a conjurer. You are a witch of words. And the story you tell today may become the spell that changes everything tomorrow.

The Magic of Autumn Colors

by Coy Róisín



I've always found fall to be one of the most magical times of the year. I love hiking in the woods or driving through Algonquin to witness the trees going through their celebration of life and death. It brings me great joy to witness this miracle of nature. At the same time, I often feel a twinge of sadness at the death of the beautiful far reaching canopies that house the wildlife and shade the forest floors.

I force myself to remember death is necessary, not evil. Coincidentally, the Death Card, from The Tarot, is associated with the zodiac sign Scorpio, the second astrological sign of fall, which falls (pun intended) between October 23rd to November 22nd, when days and nights are perfectly balanced and the season is at its peak. Thinking about the meaning of the Death Card, I know that Death is not the end. It is an opportunity for transformation and change. The trees need to shed their leaves, it's part of their cycle. Do we lament a butterfly emerging from its cocoon? Or our child going off to college? Without death (change), rebirth cannot happen. What is crucially important is you find the lesson in the loss and use it to transform yourself. Just like the trees, shed the old so new growth can happen!

Colors hold deep meaning, if we know how to interpret and listen to the messages. I am newly learning to listen to the universe, and nature in particular. I know there are omens all around me if only I can hone my abilities to perceive them. Much goes into interpretation, and color is a big part of it. So, let's learn about some of the colors of fall leaves.

GREEN

The element of Earth is often represented by the color green. We also find green

associated with the planet Mercury (which is masculine) and represents Wednesday (Mercredi in French). Mercury is the planet of intelligence, rational thought, and communication. Two of the Spiritual Principles of Mercury are "Messenger of the Gods" and "Divine Communicator." Sounds like any signs on a Wednesday that have the color green involved may be something you should pay close attention to!

Diverse cultures have different beliefs surrounding the color green. Some say it's lucky, some unlucky. In the Middle Ages Chartres Cathedral, in France, had a stained glass window with a green skinned, green eyed "devil." There are mentions that green is also the color of fairy folk who were believed to claim you as their own if you wore green.

Green is the color of Paradise to the Islam people and their prophet Mohammed carried a green banner. They also believe in Al Kadir, who was also a nature God in Western civilization (pre-Christian) known as the Green Man. The Green Man was a forest deity who reminded us that Mother Nature is of the Divine.

In alchemy green is Vitriol (sulfuric acid). When green iron sulfate crystals were distilled in a flask vitriol was created. The vitriol has been referenced to Philosopher's Gold, very valuable indeed!

In spirituality, tarot, and many other occult beliefs green is the color of new life, resurrection, hope, healing, fertility, money and regeneration. Green is the universal color for "Go". People are called "green" when they are inexperienced. It is also used to describe someone who may be envious. One must mix Blue (truth and clarity) and Yellow (consciousness, illumination, and self-expression) to get the color green.

The Magic of Autumn Colors cont.

RED

Red is the color of the Fire element, the southern direction, and the universal stop sign. Its associated planet is Mars which is linked to Tuesday (Thor's Day).

It is a masculine color often associated with war, compulsion, and fear, yet also, loyalty, and dedication. It is our sexuality and animalistic nature. Red is also energy, passion, courage, strength, life force, blood and blood lines, and power.

Red has been a sacred and magical color as far back as archeologists can find. Evidence in Israel of red ochre buried in graves was found as an important symbol of vitality, life, and resurrection. A regal color which can be seen when one "roles out the red carpet." But it didn't start there, red was a very difficult color to dye with, so in ancient times (Byzantine, Roman) only nobles, generals, clergy, cardinals, and monarchs wore it. Red garnets and rubies have been worn for protection for over 2000 years. In India and China, red is used at weddings for clothes, decorations, and gifts. In ancient Egypt red was seen as evil (associated with the God Seth). Christians associate red with the Devil. In the Bible red is usually blood, sacrifice, and redemption.

Red is an important color in alchemy. Mercuric sulfide (also called vermilion) is a compound of sulfur and mercury. It is believed that making vermilion is one of the first steps in making the Philosopher's Stone.

Did you know that red is the first color seen by babies?

ORANGE

Orange is a masculine color. Linked to the planet Saturn and Saturday, Orange is a balance between red (energy/sexuality) and yellow (consciousness/spirit). When you balance your actions with your purpose you create harmony and happiness. And that's what the trees are telling us with their spectacular array of colors! Orange



is often a symbol of fertility and at the same time virginity. Brides often use orange blossoms in their bouquets. This is interesting because orange trees bear fruit and flowers at the same time.

In the Hindu culture, a bride smears orange powder on her forehead as a sign of status once she has married. The Hindu also use orange flags or banners outside their places of worship. They replace these once a year in an elaborate ceremony.

In the Netherlands, the original ruling Dutch dynasty was known as the House of Orange. The first orange carrot came from Dutch farmers (carrots were originally black, red, and purple). A UNICEF study done in the wake of the COVID-19 pandemic reported that Dutch children rank consistently as some of the happiest in the world. Orange always makes me feel happy! Who doesn't feel better after a tall cool glass of orange juice? Or feel joy at the sight of a monarch butterfly? Even staring into a fire brings a calm joyful feeling to most people.

YELLOW

The color yellow is a masculine color and is linked to both the Sun and Neptune. The energy of yellow represents our Solar Connection (our ability to tap into the transformative energy of the sun). Symbolic meanings include; power, authority, intellect, intuition, light and endurance. Yellow often represents the

The Magic of Autumn Colors cont.

spirit, your conscious mind, and your ego (as in Tarot Yellow is the Sun-the self).

To the Ancient Egyptians yellow was used to represent durability and timelessness, making it also the color of mourning. In China, it is the color of the Empire and fertility (their healthy soil is yellow in color). This link to fertility is why they hang yellow, use yellow sheets and pillows in bridal suites in China. In the UK and North America yellow has been associated with cowardice, "yellow bellied." This is believed to come from the biblical reference of Judas (who wore yellow robes).

Jews were forced to wear yellow as early as 1215 as identification. In 10th century France they would paint the doors of criminals yellow. To the Jews yellow means beauty so the color at least may have been a silent comfort. In the 14th century warriors were known to wear yellow chrysanthemums as a sign of courage. Yellow crosses were painted on doors to indicate the plague. Even today quarantined areas and police tape are yellow, making yellow a warning.

PURPLE

Purple as a color is feminine. It is linked to the Moon and Monday. Purple is the color of the crown and the conscious mind. It's about intuition and spirituality. The crown makes it a color of wealth, majesty and royalty, but also highly connected to Source (God/The Universe).

Purple dye was originally only available from a sea snail, called the Murex Brandaris, making it extremely rare and more expensive than gold! Myth has it that it was Hercules' dog who stumbled upon these snails as a tasty snack thus dying his muzzle purple.

BROWN

Brown is Mother Earth, Gaia, our home, and is a feminine color. Being the color of the earth, it is a grounding color, which is stabilizing and aids in our

connection to our planet. Brown is often worn by some monks as a symbol of their status. A reminder that they live a simple life voluntarily. Whether you look at Eastern or Indigenous Cultures, or even Christianity, they all hold the same basic meanings for this color; poverty, humility, and practicality.

We've learned a lot about colors! Now what? There's plenty of differing information on each color? Well, I'll tell you what my kind, wise (not in an old way) teacher told me, "use what feels right for you, in that moment."

I encourage you to spend time with the trees in your neighborhood and on your walking trails. Ask for permission and leave a gift while harvesting. Find a hiking spot or a park to hunker down in and just be present with nature. Hug, talk to, and most of all send the trees love and gratitude.

"We are not strengthened by our connection to nature, but weakened by our separation from it"



Clemens G Arvay, Biologist
Pathworkings by Ted Andrews (pg 33)
The Magical Trees - list of trees, their energy and magic

The Middle Pillar, Temperance a Sagittarius Card

By Gemma Parent



“Everything is connected. Everything is important. Everything is divine.” What energies flow along the path of Temperance? How does this card align with your choices that your heart commits to?

Blending. Mixing. Testing. Sensing. Being deeply entranced in the moment. The nexus of the ouroboros.

The song, “Feel” by BAYNK, strongly emanates Temperance energy with the musical flow of a lemniscate, lyrics of fiery Sagittarius energy, and the commitment to ‘doing the thing’. Letting the act transform you and your life. It’s the Ouroboros in sound. An infinity symbol. BAYNK sings: Feel just a little bit. Push it out. Try to take it. In just a little bit This card is indeed about integrating and making choices.

After all, this card is deeply entwined with the most important value — integrity: owning your choices. Being in that space within your heart and mind, where you know the choice that sits well in your being. Being prepared to do the actions that back that choice up. Being prepared to allow the change that choice creates. This card is not about being passive but being deeply active. You decide it’s worth the risk. You kiss your love. You let that person truly see your heart. You speak up and defend the pure. It’s a card and path of authenticity. Deep true acceptance of where I am in my journey. Deep true acceptance of where you are in your journey.

It’s worth the work. I know I want to climb that mountain, but right now, I am in this pool of life. Right now, I am feeling into the myriad ways I can use my spirit and emotion to inspire my corporeal. My mind and heart move before my body, yet they work in tandem.

Temperance is associated with the 25th path from Tiphareth to Yesod.

That’s the heart to the solar plexus, that spot right below the navel. Our experience of ourselves in the world aka heart, and our experience of ourselves within ourselves aka gut. The gut where Yesod is felt, where the moon energy abides, this is communication from heart center to inner knowing. No wonder it’s Temperance who is associated with Sagittarius; the one who yearns for

wisdom and adventure.

This beautiful path is associated with many stories, most familiar to me, the Little Mermaid and Rapunzel. In both these stories, the female protagonists are taking matters into their own hands — choosing their joy. Even though their caretakers have a clear vision of their future path, these two protagonists truly choose their own path. The level of difficulty or newness is not a barrier to their determination and vision. Choosing to align the heart and the inner being. Making them match. Doing the ridiculously hard work.

In The Little Mermaid, Ariel journeys to the sea witch, Ursula, and gives her voice up to have the chance to live on land with legs, even though Ursula warns that every step will feel like Ariel is walking on razors.

In Rapunzel, she gives up the monotony and loneliness of being locked in a castle and lets herself befriend the person who found himself in her castle. Rapunzel does what she has never even dreamed of and talks to a stranger, ultimately discovering friendship and love. This leads her to finding the strength to stand up to the woman who trapped her there.

The lessons in these stories are all about bringing harmony in the protagonist, also notably love. True love as an important key for opening up the heart of understanding and deep connection to the true meaning of life. The true depth of the human experience.

Recently, I was listening to a podcast called “The Telepathy Tapes,” where they were interviewing a Buddhist and he was talking about Dharma. I really like considering this card with the concept of Dharma: a Buddhist concept that speaks to the way we can overcome the pain and suffering in this life through bringing our special talents and abilities to the community around us, making the world a better place. `

suffering in this life through bringing our special talents and abilities to the community around us, making the world a better place.'

According to Hajo Banzhaf and Brigitte Theler, the authors of Tarot and the Journey of the Hero, temperance "stands for finding the combination that lets us go our very own way — which still leads to some critical walks on the razor's edge." As Ariel's 'freedom' initially comes with the felt pain of walking on razors, her fight for true love and her integrity led to her true freedom, whether as heavenly sea foam in one version of the tale, or with her prince in the human world where she finds belonging in another retelling.

Archetype: the soul guide

Task: trusting a higher guidance, finding the right mixture

Goal: inner certainty, finding the center and wholeness

Risk: following false inspiration, mediocrity

Feeling in life: being carried by a great power, harmony, imperturbability, and health

When I look at the Temperance card from the Waite-Smith deck, I notice the way the figure is completely focused on the energy using their hands to pour the water. Their face is completely serene with a slight smile on the lips, making it clear this power is enjoyable. In this moment of the Hero's journey, we (as The Fool) come upon a pool of water. The golden path leads beyond the mountains where the sun rises. When we step into the pool, we meet our depths. We reflect. We witness. We prepare to do the thing.

We meet the Devil and move through the Tower. Ascension. Transformation. Although the Temperance card shows the head, feet, and hands being exposed (or vulnerable), I can see that the focus is actually the energy moving through these areas. Here, we stand before the water.

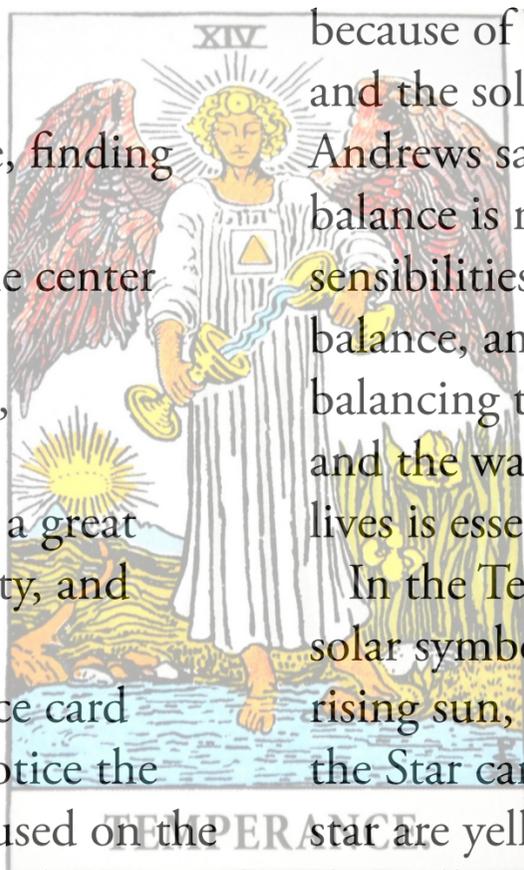
The Star card is where we emerge from the pool naked, completely washed of any previous 'identity' that was not truly us. The nudity in The Star is humbling as well as liberating. There's nothing to hide. This is where the divine vision comes from. I'm

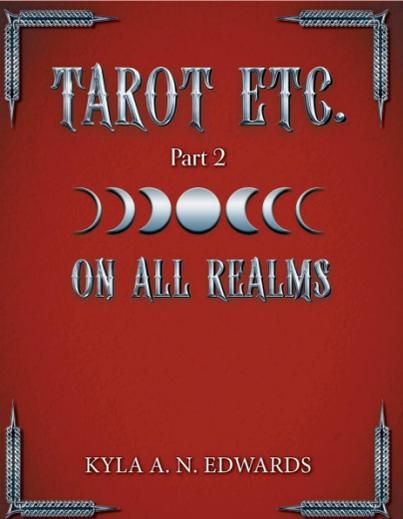
seeing a lot of similarities and differences, which is truly beautiful. First, they are both yang energy through the astrological influences (Sagittarius is assigned to Temperance where Aquarius is assigned to the Star). These energies bring the mutable through Sagittarius and Fixed with Aquarius.

Both cards also show one foot entering a small pool of water. This is linked with the River Styx, a representation of the liminal spiritual space. Water is spirit in motion, or emotion. Temperance moves between Yesod and Tiphareth, where the Star moves between Yesod and Netzach. This path is said to wake up psychic sensibilities because of the harmony between the heart and the solar plexus being activated. Ted Andrews says, "Because of this greater balance is required [for waking up psychic sensibilities] Temperance is the card of balance, and on the spiritual path balancing the physical with the spiritual and the ways we express them in our daily lives is essential".

In the Temperance card, the hair, the solar symbol on the third eye, the cups, the rising sun, and the irises are all yellow. In the Star card, only the hair and the middle star are yellow. My interpretation is that this yellow shines golden like the sun, it's all about the beautiful, wonderful warmth of life. The value of life. In Temperance, the mind is highlighted, the third eye guides our energy to cultivate, the way we use our resources and skills to integrate the soul. The third eye will determine what is in our cup (emotional resources). The sun, the heart of our solar system, along with our body illuminating our vision, feeds the flowers that we cultivate.

In Star, the value is in the mind and the dream that illuminates the dark sky. Focused your energy on aligning your vision of your future with heart and gut instincts, the changes will taste sweet. It's rewarding to know that choice and effort are going towards a life that truly has value, be proud to be working on such a life. Wherever you are in your hero's journey, however much you are learning about yourself, tarot, and the universe, you are capable. You are connected. You are important. You are divine.





Shadows Beyond the Veil:

My Paranormal Experiences A Chronicle of Encounters with the Unknown

by Kyla Adrienne Edwards



Throughout history, humans have sought to understand what lies beyond the edges of our perception. For some, the world of the paranormal is a source of fear; for others, a wellspring of curiosity. My own journey through realms unseen began in childhood, when the boundaries between the ordinary and the extraordinary seemed as thin and natural as mist at dawn. This article is a collection of my most memorable paranormal experiences, illuminating haunted famous places I have visited as a professional paranormal investigator, and realizing that I am the scariest thing in any haunted space I enter.

A very important part of what I do is try to help the spirits I encounter to cross over. Some do and some do not. This is because, even after death here in the third dimension of Earth, we carry on with our soul missions. I have been giving professional lecture presentations on the paranormal for many years to help people understand between the veils and beyond. There are many ways to do this to this work however the one way NOT to do it is in fear base emotions or thoughts. You are setting yourself up for attachments and a really bad time if you do!! All my major investigations listed below we conducted over 3 weeks during Halloween. My husband and I were married on Halloween so he entertains my work by having me choose a haunted destination for our anniversary get away every year. You can read about the spirits and detailed stories in my second book “Tarot Etc: On All realms”.

The Stanley Hotel, aka THE OVERLOOK HOTEL, is one of my favorite destinations. Nestled regally in Estes Park among the rugged Colorado Rockies, rises not only as an architectural gem but also as a beacon for the otherworldly. Since its grand opening in 1909, its halls have resonated with stories so compelling that even the spirits seem loath to depart. The hotel embraces its spectral reputation, proudly displaying a hallway adorned with framed photographs of ghosts and apparitions captured by its living guests. Visitors are encouraged to share their own paranormal finds, adding to the tapestry of supernatural lore.

Determined to have an encounter, Scott, my husband, and I planned far in advance, booking—an entire year ahead—the most haunted room for a four-night stay over our Halloween anniversary. The anticipation was rewarded with experiences that still send a shiver through memory.

Our second night found us awake at 2 a.m., shadows thick in the room. A gentle creak traced itself across the floorboards, and Scott nudged me beneath the covers. “There is someone walking around our bed. Look and see,” he whispered. Peering out, I saw nothing but darkness and silence. I spoke softly, introducing us to the unseen presence, but received no answer—just a heavy, expectant hush.

On the third night, as the clock again slipped past two, Scott’s nudge woke me to footsteps, heavier than before, accompanied by the distinct clinking of

Shadows Beyond the Veil cont

spurs. My heart thudded as I sat up, voice recorder in hand, asking questions into the dark. The spirit, if it lingered, remained reticent, leaving only the fading echo of boots on the floor.

Despite our eerie nocturnal visitors, our time at The Stanley sparkled with adventure and a sense of history. The hotel is, of course, immortalized as The Overlook Hotel in Stephen King's "The Shining." Legend has it that King and his wife Tabitha stayed there for a night as the hotel was closing for the season, and a nightmare during their stay inspired the iconic horror tale.

During our visit, the halls teemed with paranormal investigators, their equipment lining the corridors, all eager to document the resident spirits. En route to the annual Shining Ball, we encountered one such group. One investigator alerted me, "Whoa Miss, you have a shadow following you, you can see it on this device." And indeed, on their screen, a shadowy man hovered just behind me. "It was Jack, my deceased twin brother," I thought, but kept the notion to myself. Suddenly, another device began to beep, voicing the name "Eddie." When asked if I was Eddie, I replied, "No, but my maiden name is Edwards." The group's astonishment was palpable—an unexpected link revealed in the halls of the haunted.

Halloween night brought its own magic. We sought out Vera, the resident psychic, who regaled Scott with messages about his classic car collection and offered me cryptic warnings about coworkers at the

funeral home. As midnight descended, Scott and I slipped into the basement, capturing on camera the fleeting image of an orb darting away—a photographic trophy I eagerly sent to the hotel, hoping it might join the gallery of wandering souls.

We joined the Hotel's Ghost Walk tour, immersing ourselves in tales of lingering spirits, including the infamous cowboy said to haunt our very own room. We welcomed the tour into our quarters, sharing the charged atmosphere with fellow seekers. Through chance, we met the couple staying in The King's Room, who allowed us a glimpse of the old desk where Stephen King began "The Shining," a literary relic infused with creative energy.

Our adventure culminated in the rare honor of participating in a private séance within the hotel, surrounded by the whispers of history and the faint stirrings of the unseen. Each moment at The Stanley was alive with possibility—a seamless blend of grandeur, mystery, and the uncanny. We left with stories and photos, haunted by ghosts and the desire to one day return and walk the spectral halls of The Overlook Hotel once more. Got ghosts? Hire me.

Who Am I?

Professional Tarot Consultant, Psychic Medium, Occult Teacher & Healer, Seichem High Priestess, Certified Parapsychologist, Mortician & Funeral Director, Paranormal Investigator, Co creator of Steveston Ghost Walks, Witch & Author contact her here kylaedwards73@gmail.com

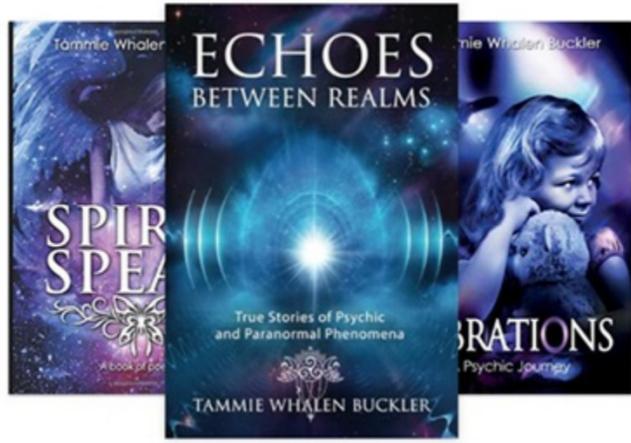
Pesky Mosquito Spirit

~ Echoes Between Realms

By Tammie Whalen Buckler



www.tammiebuckler.com



Tammie Whalen Buckler a Storyteller of the Unseen. Her first book, VIBRATIONS—A Psychic Journey, Tammie shared true stories of psychic phenomena and otherworldly events.

One day, someone asked me if I was a Medium. I said, “No,” even though I’ve had countless experiences with spirits trying to communicate with me. The way I see it, a Medium connects with spirits at his/her will - in my case, spirits connect with me at their will.

One of the most memorable times this happened was over lunch with a client. We were having a relaxed conversation when I felt a gentle but persistent psychic nudge - like a tap on the shoulder that wouldn’t quit. At first, I ignored it. But the longer I tried to focus on my client, the stronger it became. It was as if someone was leaning right into my space, insisting, “Pay attention to me!”

My eyes kept drifting to the ring my client wore - a striking red stone that seemed to pulse with energy. The more I noticed it, the more the spirit’s presence swelled around me, a buzzing insistence that reminded me of a mosquito that simply refused to leave. I sighed inwardly. This spirit wasn’t going to give me a moment’s peace until I passed along whatever it wanted to say.

The tricky part was figuring out how to bring it up. I started subtly. “That’s a beautiful ring,” I said. “Very unique.” His face softened into a smile. “It belonged to my grandmother. She was from Russia. “The moment he said “grandmother,” the spirit’s energy sharpened, her presence snapping into focus. A

name floated into my mind, clear and strong.

“Was her name Mary?” I asked softly.

He froze, eyes wide, his expression shifting from curiosity to awe. “Yes,” he said at last, his voice catching. I told him that for her to be so persistent, it must have been important for him to know she was still with him. Emotion flickered across his face, the kind that comes when love from beyond suddenly breaks through the walls of everyday life. And just like that - the buzzing was gone.

Some spirits step forward like a whisper in the dark. Others drift in with a gentle nudge. And then there are those like Mary - determined, relentless, and impossible to ignore. She came to me as a pesky little mosquito spirit that day. But I know in life, she must have been a force of nature.

True Story from: Echoes Between Realms Author: Tammie Whalen Buckler www.tammiebuckler.com

Teaser for the magazine: A quiet lunch turns into an eerie, unforgettable encounter when an insistent presence refuses to leave... until her message is heard.

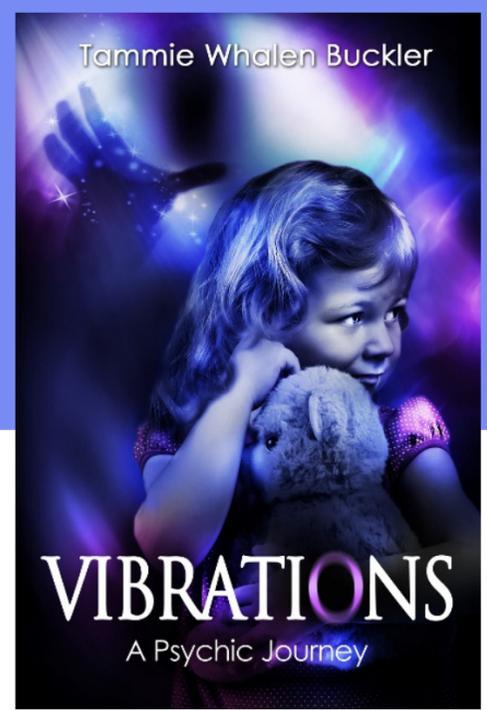
'VIBRATIONS

– A Psychic Journey ~ 'The Evil That Would Not Leave

by Tammie Whalen Buckler

Cold. Dark. Relentless. A haunted house and a presence that refuses to let go.

Evil waits in the shadows of this true story!



We had lived in our new house for months, but it never felt right. The air was heavy, oppressive, almost alive with malice. Each step inside pressed against me, warning me. I told Mom, but she only shrugged – not wanting to believe me.

That night, climbing to my bedroom on the third floor, the unease settled like a weight on my chest. My sister lay reading on the far side of the room. Feeling sick, I moved my wastebasket close to the bed just in case - dreading what the night might bring. As I reached for the lamp, my fingers froze. The lampshade had twisted into the face of a cruel, evil man. I couldn't scream. My arm stiffened; my breath caught. Slowly, I yanked the covers over my head, peeking until the horrifying face dissolved. I wasn't asleep - so how could this be a dream? Mom always warned, "Not everyone sees the strange things you do - so keep them to yourself."

Later, I awoke, nausea clawing at me, the room colder than the rest of the house. My gaze fell on the mirror. A faint glow formed, then sharpened into that same terrifying face. Two massive arms reached through the glass, toward me. My body froze; my mind screamed. One disastrous step backward, and the room tilted away. I woke on the floor, shivering uncontrollably, my heart hammering. My sister slept peacefully so; I was utterly alone with this monstrous presence.

The presence grew bolder.

The house had two staircases – one in the front entry and one narrow staircase leading straight into the kitchen. One day, as I was descending the narrow stairs to the kitchen, I felt a push between my shoulder blades. I tumbled down headfirst toward the kitchen.

The door at the bottom of the stairs slammed shut just before I reached it. Pain exploded through me as the door swung open. There was Mom, her eyes widened in panic, her disbelief was clear. How could she understand what happened?

There was no escape.

Soon, I couldn't sleep upstairs at all. The evil spirit wouldn't leave me alone. Mom let me use her room on the main floor hoping this would stop the horrifying hauntings. Getting ready for sleep, I folded my robe neatly on the chair and crawled into bed. But it followed me.

I woke choking. Something tightened around my throat, crushing the air from my lungs. My hands clawed, tearing at whatever it was until I could finally gasp. In the dim morning light, I looked down. In my hands was the soft belt from my robe - the robe I'd left folded on the chair hours earlier.

I don't know how it got there. I don't know how it wrapped around my neck.

Mom says nightmares aren't real. But I wasn't asleep when I saw the face in the lampshade. I wasn't asleep when it came through the mirror. I wasn't asleep when something shoved me down the stairs. And I wasn't asleep when that belt closed around my throat.

I have no explanation. It defies logic. It challenges reason. You may ask yourself, "Was it real, or imagined?" I can only say: every moment happened exactly as I explained it here. It is real. It just reads like fiction.

Read the book for full content!

The Power of Spirit Moving Through You and the Earth

by Jennifer Chapin



Publishing Consultant & Author.
TellwellPublishing.com
Books Available Now
@Earth and Sky Connection

In this book of 144 wisdom sayings there is a melding of the voice of Archangel Michael through Ronna Vezane, Sacred Scribe and Jennifer Chapin. The message in quotation marks below comes from Lord Michael. What follows in italics is Jennifer's insight into the message.

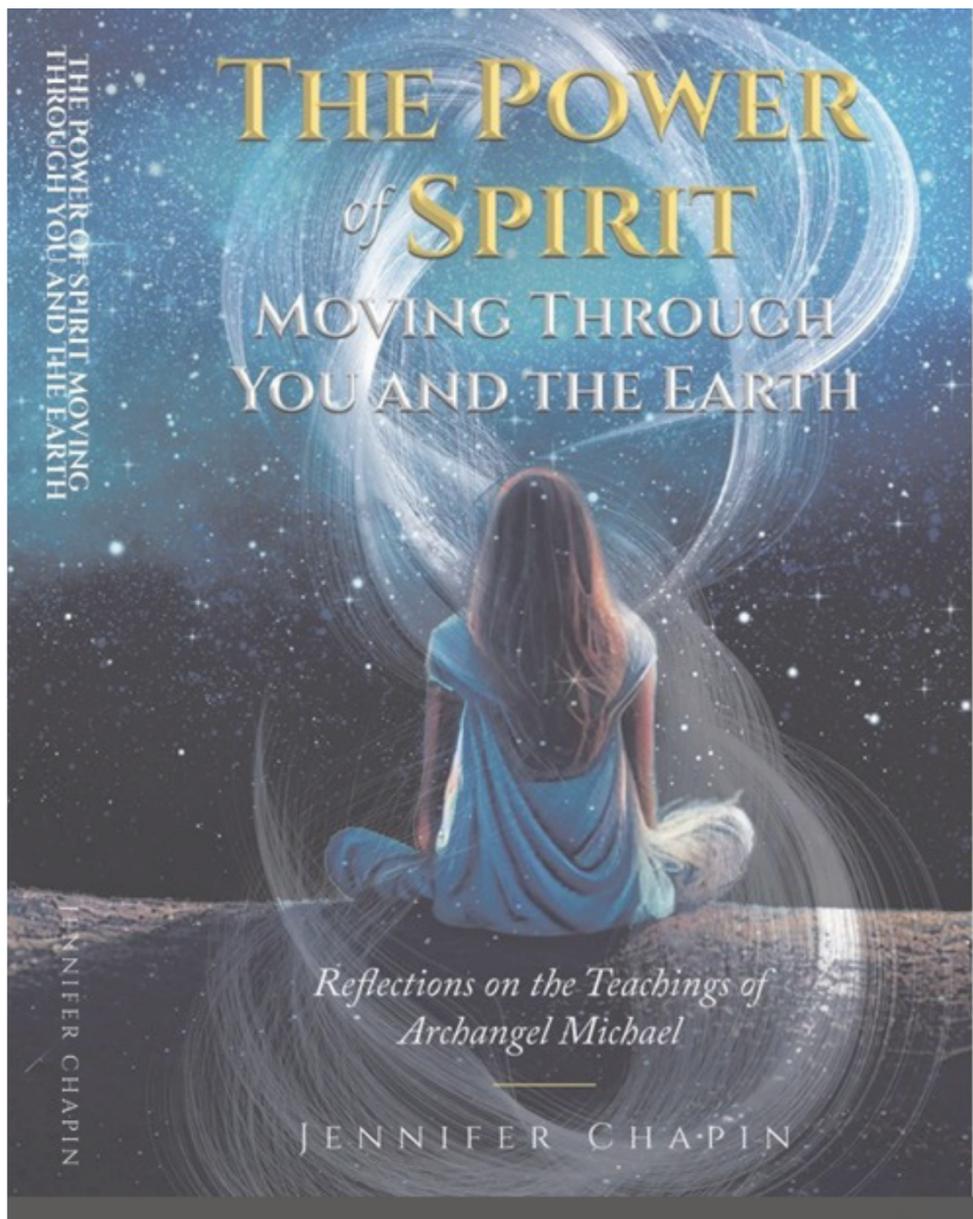
“Blind faith is not a requirement nor a desired attribute of a master. You are becoming responsible partners, co creators of your future, the future of the Earth and humankind. Your mettle is being tested to see if you can stand firm within the onslaught of negativity, fear, and resistance that is spewing forth from those who are not ready to awaken. No matter how deep the shadows or dense the matter that swirls around you, you must remain a pillar of Light anchored firmly on the Earth, while tapping into the heights, strength, and majesty of your Divine Self.” (Archangel Michael via Ronna Vezane, StarQuestMastery.com)

We are spiritual adults now, not children, and these days it would be precarious for any of us to stray from our center and the power of Now. We have reached a supreme point of volatility on the planet, which is why we are so needed—all of us. We have been training for this over many lifetimes and yes, our mettle is being tested like never before. Every crevice within us is being exposed. We cannot hide from ourselves anymore. Any discordant energies that exist within us that may be lurking behind obfuscation and denial are being weeded out from us through the Fires of Purification. They are also being weeded out from the world around us. Imagine yourself as a great Sentinel of

Light, for in truth, that is who you are, holding Light for all the people of the Earth and for our magnificent planet as well. Your radiance, which grows daily as we continue to purify, is now reaching the farthest corners of this planet, and out into the Sub-Universe as well.

The reason why this time is so chaotic is precisely because of the increasing power of the Light bombarding the Earth. As Light Bearers, this radiant Creator Light flows through us first, and then onto the Earth. We are the filters, as it were, because if this Creator Light hit the planet and humanity directly, it would be destructive in the extreme. When Lord Michael says, “You must remain a pillar of Light,” I take his words very seriously because he does not mince them.

As each of us approaches and then moves into the Fifth Dimension and beyond, our entire focus shifts. We start to see people and world events from a heightened perspective. We see clearly. It is important to maintain an alpha state of awareness, achieved through constant meditation and prayer, so that we can discern the Truth behind world events and those who purport to be Light Workers. As our sensitivity increases, we also use our heightened awareness to make the resulting changes and modifications to our own lives. We are not the people we were last week, last month, or last year. “Blind faith” is not an option when you can truly see.



Endorsement:

Jennifer Chapin has written a transformative book to navigate these times of intense change. Lovingly commenting on a collection of Archangel Michael messages brought through by Sacred Scribe Ronna Herman Vezane, Jennifer offers relevant and profound ways to walk through the Aquarian Age with ease and grace. She invites us to create a portal for change. I am Faith Almasi, Master Teacher and healer, having served Ronna as personal assistant and caregiver through her final years. An amazing mentor and dear friend, Ronna and I worked together to maintain the legacy of her Archangel Michael teachings.

Jennifer's contribution is to be the voice of the messages, layered by her own wisdom. The flow of her writing spirals our souls to new heights!

This is a powerful read from cover to cover, or as an Oracle! I encourage my students to explore the readings by randomly selecting a particular message.

I really resonate with the 144 Chapters. 144 - Multiple of 12 - symbolizing Angel Guidance and Divine Order. This is assisting us with Spiritual Breakthrough and Shifting Consciousness.

As Ronna would joyfully declare, "Are You Ready?" Jennifer guides us to say, "Yes I Am!"

I have had the chance to review this amazing book I cannot wait for it to become public. I used the book with a technic bibliomancy; it is a method whereby you open the book randomly to get a message from spirit. the most interesting messages so pertinent to my day and my week. the message was clear, usable, and accurate. I love the message directly channeled from archangel Michael as well as the messages Jennifer added. great little book cannot wait to get it into our stores.

-Tamare

Has this been Your Journey too? Magick with Tamela Farrand



Greetings and welcome to my Covenstead...lets talk about this sacred journey I have been on throughout my life. As a crone I look back and see all the transitions throughout my life, as a child I learned herbs from my grandmother, tea leaf and tarot handed down from my great-grandmother, ritual and spells were taught from my family tradition...a combination of many sources and cultures. My parents practised in quiet, as they had been taught, I was told not to share who we were, but that didn't sit well with me. I started in my teens to seek out other witches' and do as much research and connecting as much as possible gaining sisters and brothers around the globe. After my first marriage I started my own coven and continued to meet and gain knowledge. Through my own newsletter of the 80's , groups online that I created, and personal growth I gathered my children and Conveners celebrating magick in all steps of my life.

From readings to classes, writing articles, quietly building a personal collection of my own magickal work in multi binders and journals, grimoires and books of shadows. Fast forward, I have six adult children , two failed marriages, and now live on my own, sharing magick with my circle of friends, children and grandchildren. Teaching, giving seminars, doing readings, Reiki, and selling handcrafted magickal goods. Also my own YouTube channel for over three years , and my life has slowly come into the elder aspect now that I am sixty, but I still stay active in all aspects of my magickal life, from drumming circles to gatherings, moots and celebrations of the wheel, meditations, sound baths, gathering in the Covenstead over tea and sharing knowledge.

I have learned no matter what life lessons forge your world, believing in yourself and your

magick keeps you moving forward. Your growth depends on you, change is always along your path, but how you deal with it proves you are either a survivor or stuck, and when you are not moving, your energy needs to heal, you need to focus on the transitions you are facing and going through to make any sense of why this is happening to you. I have been there a few times too, I do not deal well with grief, so things will slow my healing but I soon pick up speed to get back on track.

I wouldn't change my life, from gathering my own herbs to dry and grind to store for blending teas, incense or spells, from scrying using many methods, being a natural medium, and the best part of all this? Sharing the wisdom gained with all of those I can help, or teach...for that is my calling. I show gratitude daily and always count the many blessings in my life, we all have issues, but let's make the best out of it, and allow the universe to complete us with the many gifts offered. Thank you for spending this time with me,

Blessings, Tamela

Wytchery, Broom & Kauldron
Readings, Seminars & Classes....
Paranormal Investigations - Medium
Handcrafted Magickal Goods.....
"Sacred Circle of Ancient Wisdom"
Hearthstone Covenstead"
Magick with Tamela Farrand
<https://www.youtube.com/channel/UCFxbLTwiwoKJEKD3TC0Zg>
Call 226 759 7653 for app.

<http://youtube.com/@magickwithtamelifarrand>

Meditation that embodies empowerment, transformation, and Renewal.

by Ellen Irvine



Crone Coach
The Crone's Counsel

Begin by finding a comfortable, quiet space where you won't be disturbed. Sit or lie down in a position that feels relaxed yet alert. Close your eyes gently, and take a deep breath in, filling your lungs completely. As you exhale, release any tension you're holding.

With every breath, feel yourself sinking deeper into relaxation, letting go of the outer world, focusing inward.

Now imagine you're standing at the edge of a serene lake, its surface a perfect mirror to the sky above.

The air is filled with a sense of peace, possibility, and new beginnings. As you gaze into the water, you see reflections of your limiting beliefs - doubts about your worth, fears of visibility, feelings of being overwhelmed.

These beliefs form stones in your hands, heavy and jagged.

Take a moment to acknowledge these stones, understanding they once served a purpose, but now, it's time to let them go.

One by one, gently toss them into the lake. Watch as each stone creates ripples, disturbing the surface for a moment before sinking out of sight.

With each stone you release, feel yourself becoming lighter, more buoyant.

As the lake returns to calm, the surface clear once again, notice how the water reflects a new image - a version of you radiant with confidence, surrounded by abundance and success. This is your true essence, unlimited and powerful.

Repeat these affirmations to yourself, feeling their truth resonate within:

- "I am worthy of abundance and success."
- "My potential to thrive is limitless."
- "I attract the opportunities and resources I need to fulfill my dreams."
- "Every step I take brings me closer to my desires."

- "I trust in the flow of life and my place within it."

Allow these affirmations to sink into your subconscious, repatterning old beliefs with new, empowering truths.

You are doing fantastic

Now, imagine a warm, golden light descending from above, enveloping you in its radiance. This light represents the energy of creation, love, and possibility.

Feel it recharging every cell in your body, infusing you with strength, courage, and a renewed belief in yourself.

Take a few deep breaths, letting this light fill you from within, expanding beyond your physical form, connecting you to the universe and its infinite abundance.

Now as you begin to bring your awareness back to the present moment, wiggle your fingers and toes,

Gently move your body. When you're ready, open your eyes, carrying with you the energy and insights from this meditation.

Remember, the universe is always conspiring in your favor, and you are a powerful creator of your own reality. Step forward with confidence and openness, ready to receive the abundance waiting for you.

You've just taken a powerful step towards attracting anything you desire. Carry this feeling with you and let it guide your actions and decisions all throughout your day.

Please Contact

<https://thecronescounsel.com>

Awakening the Inner Goddess:

Celebrating Navaratri & Diwali for Spiritual and Astrological Renewal



Every autumn, as the Sun journeys from Virgo into Libra and beyond, the Vedic calendar blesses us with

By Michelle Marie

luminous celebrations dedicated to the Divine Feminine. From Navaratri in late September to Diwali in October, these sacred festivals are not only cultural treasures but also opportunities to honor the goddess outside of us and awaken the goddess within.

In Vedic astrology, Parvati, Durga, and Lakshmi embody the Shakti, the cosmic power that animates existence. Just as the Moon reflects the Sun's light, women reflect the divine radiance of Shakti on earth. When we consciously align ourselves with these festivals, we open portals for karmic healing, planetary harmony, and deep self-renewal.

Navaratri:

The Nine Nights of the Goddess

September 22 – October 1, 2025
(all times reflect North America)

Navaratri literally means “nine nights.” Each night is devoted to the goddess in her manifold forms. The first three nights honor Durga, the fierce protectress who clears away inner and outer demons. The next three exalt Lakshmi, the goddess of abundance and beauty. The final three are for Saraswati, goddess of wisdom, music, and truth.

- Astrological note: Navaratri begins as the Sun transits Sidereal Virgo, a sign of purification and ritual discipline. This is the ideal time to cleanse karmic patterns, particularly if Mercury or Ketu (South Node) is afflicted in your chart.

- Personal practice: Light a lamp each evening and chant mantras aligned with the goddess of the day. For Durga, recite Om Dum Durgaye Namaha; for Lakshmi, Om Shreem Mahalakshmyai

Namaha; for Saraswati, Om Aim Saraswatyai Namaha.

- Inner Goddess reflection: Ask yourself—where do I need courage, where do I need prosperity, and where do I need wisdom? Each goddess awakens that aspect of your own Shakti.

The culmination, Durga Ashtami on October 5th, is especially potent. Traditionally, devotees feed young girls (kanyā pūjā) as embodiments of the goddess. Symbolically, we are called to nourish our own inner child, to see innocence and divinity reflected in every woman we encounter.

Diwali & Lakshmi Puja:

The Festival of Lights

October 20, 2025

Just weeks later, the night of Lakshmi Puja brings the sparkling heart of Diwali. Homes glow with rows of lamps, inviting Lakshmi to enter and bless families with prosperity, health, and harmony. Spiritually, Diwali is the victory of light over darkness, of self-knowledge over ignorance.

- Astrological note: Diwali coincides with the New Moon in Libra. For those experiencing malefic effects from Venus or Saturn, this is a powerful moment to reset relationship karma, dissolve financial obstacles, and cultivate inner harmony.

- Personal practice: On Diwali night, clean your home to sweep away stagnant energy. Place a lamp in the southeast corner (the Lakshmi corner according to Vastu). Recite Shreem 108 times to invoke abundance. Offer sweets, coins, or flowers to a small altar.

- Inner Goddess reflection: Lakshmi is not only wealth but also self-worth. Ask yourself: how can I honor my body as sacred, my talents as treasures, and my relationships as sources of light?

When we celebrate Lakshmi, we're not merely praying for external riches. We are affirming that prosperity flows from

within, and that gratitude is the seed of abundance.

Healing Karma through Goddess Devotion

In Vedic astrology, the planets are not simply celestial bodies but living deities who mirror our karmic journey. When Mangala Dev (Mars) is agitated, we feel restless or angry; when Shani Dev (Saturn) presses hard, life may seem burdened by delays or loss.

Devotion to the Divine Feminine offers a remedial pathway (upāya). The goddesses cleanse planetary afflictions because they restore balance to the psyche:

- Durga protects against malefic Mars, Rahu, and Ketu energies. Her fierce grace cuts through confusion, fear, and aggression.
- Lakshmi harmonizes Venus and Jupiter, alleviating struggles in love, finances, and self-esteem.
- Saraswati balances Mercury, guiding clarity of speech, writing, and wisdom.

Through mantra, fasting, lamp lighting, and offerings, we invite planetary peace. More importantly, we embody the goddess, reclaiming our strength, beauty, and wisdom in daily life.

Practical Ways to Celebrate and Embody Shakti

1. Create a Home Altar: Dedicate a clean space with flowers, a lamp, and an image of the goddess you wish to invoke. Sit daily in quiet reflection there.

2. Mantra Meditation: Even five minutes of chanting opens subtle channels. Choose a bija (seed) mantra: Dum for Durga, Shreem for Lakshmi, Aim for Saraswati.

3. Acts of Service: Donate food, clothing, or money to women, children, or students during these festivals. Karma is healed fastest when generosity flows.

4. Sacred Self-Care: Honor your body as a temple. Wear colors associated with each goddess (red for Durga, gold for Lakshmi, white for Saraswati). Treat yourself with reverence.

5. Astrological Remedy: Notice which

planets trouble you most. If Saturn feels heavy, light a sesame oil lamp during Navaratri nights. If Venus feels blocked, offer rose petals or sweets to Lakshmi at Diwali. Align the ritual with your unique chart.

The Goddess Within

Celebrating Navaratri and Diwali is more than following tradition, it's a spiritual psychology. These festivals remind us that every woman is the goddess in human form. By honoring Parvati, Durga, and Lakshmi, we honor our mothers, daughters, friends, and most importantly, ourselves.

The Divine Feminine teaches us that to be fierce and soft, wise and abundant, nurturing and strong, is not a contradiction but a wholeness. When we light a lamp for Lakshmi, we are lighting the hidden brilliance within our own hearts. When we chant for Durga, we awaken courage we never knew we had.

Closing Reflection

As the autumn nights stretch long and the stars shimmer brightly, these festivals invite us to pause and ask: How can I honor the goddess within me today?

Through ritual, devotion, and self-awareness, we heal the scars of karma and soften the malefic grip of troubled planets. More importantly, we remember that we, too, are Shakti, ever radiant, ever compassionate, ever divine.

So this season, celebrate not only the goddess in the heavens, but also the goddess in your own soul. The world is waiting for your light.

Michelle Marie is a Certified Vedic Astrologer, Tarot and Oracle Card Reader, and member of BAVA. A graduate of the Komilla Academy of Vedic Sciences and teacher at Rising Stars of Jyotish, she blends astrology, tarot, and yogic wisdom to help clients heal karma and awaken their inner power.

Michelle Marie
@AstrologicalTarot
<https://astrologicaltarot.com/>

My Grandpa Wanted MAID!

By Meghan Parlee



This year (2025) my grandpa was diagnosed with a few different types of cancer. He had been struggling for a few years with some body pains, not knowing what was going on with him. Doctors told him it was probably from old age. So he didn't worry too much about what was going on with his body. The body pains became too much for him to handle, so he ended up getting some tests done this year. Test results came back positive for cancer.

After my grandpa found this out he was told by his doctor, it was too late for treatments, my grandpa decided to use the MAID program for his passing, "Medically Assistance In Dying". It was hard to hear that he wanted to do that but it was his body. So the whole family supported him in his decision. We spent as much time as we could with him before the date of his passing. My partner and I spent some one on one with both my grandpa and grandma. During that visit grandpa had asked if we could be there for his passing. I had to really sit with that question. I wanted to honor grandpa's request but at that time, I was very anxious because I had never seen anyone pass by using the MAID program before. I wasn't sure if I could honor my grandpa's request. After a few days of having some time to think about it and having some deep conversations with my partner, I decided that I would be there for my grandpa's passing.

The day of my grandpas passing was very emotional. We went to my grandparents house that evening to spend the last few hours with my grandpa. It was a very heart warming

evening. When the time came for the doctor and nurses

arrival, we all said our last goodbyes and gave our last hugs and kisses. My grandma sat with my grandpa as the doctor started the process. Watching my grandparents in that moment was so emotional but also so beautiful to watch all the love they have had for each other over the years just come out in one small moment. It was such a beautiful moment. In that moment, I realized how special of an experience that was for me and everyone else as well. We all cried, a lot. We were all sad but also so glad that my grandpa wasn't in anymore pain. He was free now.

This experience with my grandpas passing made me realize how beautiful death really is and that more people need the support in seeing death as a beautiful experience. It can still be sad and that's okay. I then decided that I'd like to take my death doula course. The thought of being able to support people in that time, in their lives, made me feel so much incredible emotions. Being able to show people how death can be so beautiful, filled my heart. My grandpas passing showed me so much beauty in death and helped me grow in such an incredible spiritual way and I want to share that with others. Death is a beautiful part of life.

Meghan Parlee

Clairvoyant & Energy Healer, Bee Keeper & Candle Maker

To Reach Her or Her Services Stop By Earth And Sky Connection in Market Square Victoria BC

What on Earth is Horary?

by Wyatt Michael



Most of us first hear of astrology as a kind of profile personality. There are twelve types of people; all you need to

know is your birthday and you can join one of the twelve guilds. This idea has been around since ancient Sumerian when the signs of the zodiac were invented to make the math easier when observing the night sky.

The twelve signs are human inventions, not a feature of nature. But they contain a rich vein of secret knowledge. Over millennia, they have become a teaching tool for magicians and scholars to investigate the patterns of the universe, including the inner cosmos. Like Tarot cards, astrology can also be used for divination: to answer specific questions by reflecting on seemingly random messages that appear when you ask.

Astrologers call this technique Horary (a word related to Hour). Ancient and medieval astrologers considered the time of day to be more important than the date, and Horary reflects that focus. Quite simply, you ask the astrologer a question, and they create a chart for that moment, just like they would create a chart for a person at the moment of birth. That may seem arbitrary, and I suppose it is, just like the card you draw from a Tarot deck. Why did that particular card come up? Why did you ask your question at the moment when the planets were in the positions they are? These are deep questions of fate and interconnectivity that are fun to ponder, but not a prerequisite for using Horary astrology

to answer questions.

Then how can Horary astrology work? In my view, the planets really do reflect "what time it is" in the solar system. They, as well as we, were set in spiralling motion from the same cosmic impulse. But there's also a psychological explanation. When we draw a chart, we are taking time to think about cosmic forces, patterns and processes bigger than ourselves, and how we fit into them. It's a special container that puts us in a powerful state of mind. Those powers are always present in our lives, but when we have an important decision to make, it's useful to invite them to participate. Just the act of considering the symbolism of each planet helps us feel the gravity of our decision and identify what is really important. A professional astrologer, who has been working with these concepts for years, can guide you to understand their workings at the right level to help you where you're at.

But there's magic to it as well. In every reading, there will be at least one moment when the planets reveal something the client has not brought up or did not realize was relevant to their question. Maybe it's a relationship dynamic with a parent or sibling that's too close for you to see. Maybe it's a connection between two goals or desires that you thought could never work together. If you come to me with an open and curious mind, the planets will surprise you with unexpected insight.

Contact @Earth and Sky Connection
Full Natal Charts email him to begin the process. MindScape@tutanota.com

The Dark Goddess at Samhain

By J. Andrew Baker (he/him)

Samhain marks a magical moment when the boundary between worlds becomes especially thin, and we feel the turning of the year into its darker phase. The harvest has been gathered, lights are flickering around us, and our ancestors seem closer than ever. This beautiful season honours the Dark Goddess, who appears in many forms throughout the Celtic tradition. Each of her faces reminds us that endings are simply part of the endless cycle of renewal, inviting us to embrace change with hope and gratitude.

The Morrígan

At Samhain, the Morrígan emerges as a crow and shadow, embodying the fierce spirit of the season. She is Badb, the shrieking prophetess of battle, whose cries echo the chaos of conflict. She is Macha, the vibrant red mare symbolizing sovereignty, uniting land and people with her strength. She is Nemain, representing frenzy and dissolution, tearing away illusions and falsehoods. She is Anand, the mother of the fairy hosts, her name lovingly remembered in the gentle hills of the sídhe.

She keens for the dead and walks with the living at this liminal time. The Morrígan calls us to the sovereignty of our spirit, teaching that death is a transformation and fate is the thread upon which we grow.

The Cailleach

During Samhain, the Cailleach comes into her power. She's the old winter crone, wrapped in storms and crowned with stone. In Ireland, she's known as An Cailleach Bhéara, shaping the land and renewing herself every spring. In Scotland, she goes by Beira, the blue-faced woman, whose staff can freeze the ground and whose breath welcomes the snow.

From Samhain to Imbolc, she gently governs the land with quiet strength.

Without her cool touch, the earth can't rest; without her silence, seeds can't dream of

growth. Folklore says if Samhain is clear, she collects much wood, prolonging winter, but if storms come, she gathers little, hinting at a milder season.

She is gratefully honored as the Dark Mother of necessity, gently guiding us to let go of what no longer helps us, teaching resilience, and carrying the wisdom of ages with her.

Áine and Gráinne

The sisters of the sun gently share the passing of the year between them. Áine, the radiant goddess of midsummer, fire, fertility, and sovereignty, gracefully hands over her power at Samhain to her sister Gráinne, the winter sun. Gráinne guides us through the quiet and cold of winter until the wheel turns once more.

In some areas, change is celebrated at Beltane and Samhain, while in others, at Litha and Yule. We respect these differences, knowing each land has its own story. What remains constant is harmony: Áine in the light, Gráinne in the dark, reminding us every ending starts anew.

Other Goddesses and Women of Power

Throughout the Celtic world, the Dark Mother takes on many beautiful forms. In Wales, she's Ceridwen, gently stirring her cauldron of inspiration and rebirth, and Rhiannon, the resilient horse goddess of sovereignty and endurance. In Cornwall, she is Bucca Dhu, embodying the mighty storm and sea. In Brittany, she appears as the Ankou, a gentle guide of souls, and the Korriganes, enchanting fairy-women of liminal waters, adding a magical touch to her presence.



In Scotland, we also remember Nicnevin, the enchanting queen of witches and the Wild Hunt, as she rides out at Samhain. Among the Anglo-Saxons, there are the Mothers of Modraniht, who are cherished ancestral matrons of the dark season, and the Wyrd Sisters, who gently weave the fate of both mortals and gods alike.

Each teaches us that death is a natural part of life's cycle, embracing the wisdom found in darkness, and everyone is honored during Samhain.

A Candle Spell for the Dark Mothers at Samhain

You will need:

- One black candle
- A small amount of anointing oil: choose from frankincense for spirit, myrrh for the dead, rosemary for remembrance, mugwort for vision, or patchouli for grounding.

The Spell:

1. Prepare your space and cast your circle according to your tradition. Place the candle at the center.
2. Anoint the candle with the oil, focusing on drawing in the Dark Mother.
3. Light the candle and say:
“At Samhain, the veil is thin.
I call to the Dark Mother who walks with me tonight.
She may come as Morrígan, the mighty crow of fate.
She may come as Cailleach, powerful crone of winter.
She may come as Áine or Gráinne, keepers of the sun's cycle.
She may come as Ceridwen, with her

cauldron of rebirth,
as Rhiannon, our sovereign queen,
as Nicnevin of Samhain night,
as Bucca Dhu who stirs the storm and sea, as Ankou and the Korrigans who haunt the mists of Brittany,
as the Mothers of Modraniht who whisper fate in the ancient mists of the shadowed isles of Albion,
or as the Wyrd Sisters who weave fate.”

“Tonight, I call to (name of goddess) to strengthen our connection.

I ask you to help me build (choose two of her qualities, such as courage and vision, sovereignty and endurance, wisdom and renewal).”

“I open my heart to your wisdom.
Walk with me through the veil.”

4. Gaze into the flame. Sit quietly until you feel the presence of the goddess who chooses to come. Do not force her name. Allow her to reveal herself.

5. When she arrives, place your hand over your heart and say:
“Dark Mother, I thank you. Your blessing is my guide.”

6. Spend time in the sacred circle and meditative space to connect with her. Establish a meaningful and personal relationship with her.

7. When you are ready, thank her in your own words for joining you in the circle. Share that you will connect with her when she calls and that you look forward to continuing your journey with her.

8. Extinguish the candle with intention, open your circle and carry her gift into the dark half of the year.

J. Andrew Baker ~ High Priest | Witch | Educator | Activist

Andrew Baker is a High Priest in the Cabot Tradition and active in the Cabot Kent Hermetic Temple, a Witch, educator, and advocate. He works at the intersections of spirituality, education, Indigenous language revitalization, and global rights movements. As a ritualist and teacher, he uplifts community through Hermetic practice, Witchcraft, and inclusive celebration of the sacred feminine.



Corn Moon Legend ~

by Tamare White-Wolf



This moon is known by many names in the Native traditions:

The Harvest Moon, The Autumn Moon, Falling Leaves Moon, Barley Moon, Wine Moon and finally the one I will focus on The Corn Moon!

In the Celtic traditions it is one of the lesser Sabbats called Mabon which starts on Fall Equinox and is basically a similar celebration of harvest, death and transition and a reminder that all that is cut shall rise again.

Ojibway legends are passed down orally, I offer you the teachings of the 9th Moon. The Corn Moon in its fullness on September 7th which incidentally is the Lunar Eclipse. (Join Tamare for a Workshop on Drawing Down the Moon on this day at her shop Earth and Sky Connection 5:30pm)

Corn had a memory of the sacred time it existed inside the stars before creator gave it form. It remembered asking if they could have a silky hat so they would look smart and gracious when they came to earth. Creator planted them to be strong and tall so they would continue to feel their connection to star nation. Their silk hat provided shelter from the sun and rain. As they grew and grew living their life they began to feel a need to explore the

earth mother. Corn explained this to Creator and so it was decided to give them seeds in order to help spread the goodness Corn brought to all their relations.

So under their silk hat they began to grow many seeds looking somewhat like a brain. Each seed carried Corn's hopes, dreams and visions into the world which supported and helped all of Corn's kin. One day Corn's silk hat dried up, cracked open and all the seeds were freed falling to the earth. Each one began their personal journey rising up towards grandfather sun. Corn watched on as each seed developed into its own individual being sharing the core teachings in their own unique way.

This pleased Corn to see each stalk strive to meet their commitment spreading nourishment far and wide. In this time beans and squash appealed to Corn to work together. They call themselves "The three sisters". Together they provided enough abundance to feed all our indigenous tribes. And so it has been for many years that these three are a reminder to work within community, inter-dependent of one another, creating all that is needed without the burden and struggles of trying to do everything alone.

As you look to the moon this month rise-up to your dreams, see the bigger picture, and acknowledge the impact your legacy may leave for the collective consciousness, Mother Earth and all our relations.



For more information on the Corn Moon and other moons Join us @EarthAndSky Connection.com for our moon Teachings and class

Directory/Index

Victoria/Langford

7 Rays New Age Store

2002 Fernwood rd. 778-265-7181

Bamboo Beads & Bling

544 Fisgard St (250) 595-2061

Divine Gem

2035 Oak bay ave. 778-747-3100

Earth & Sky Connection

#62 - 560 Johnson st. 778-441-1771

Errant Empire Herbal

1316 Esquimalt rd. 250-590-5035

Inwards Market

622 View st. 250-388-5033

The Hermit's Path

#111 - 720 Station rd.

The Rock Hound Shoppe

777 Cloverdale ave. 250-475-2080

Triangle Healing Products

770 Spruce Ave (250) 370-1818

Shear Magic Boutique

#140 - 2945 Jacklin rd.

250-474-4141

Spiral Scents

#108 - 3 Fan Tan Alley

(778) 265-4781

Soulful Sister Aromatherapy #117 -

735 Goldstream ave. 250-590-1350

Triple Spiral Metaphysical Gifts

#106 - 3 Fan Tan Ally 250-380-7212

West Coast Creative Spirits #106 -

688 Granderson rd. 778-679-2718

Duncan/Cowichan Valley

Sol Centre

5380 Trans Canada Hwy

Madam Calliope's Metaphysical

Varieties

1765 Cowichan Bay Rd

Wishes Gifts & Books

125 Station st. 250-748-9411

Ladysmith/Nanaimo/Parksville

Crystal Quest

3881 Yellow Point rd.

250-240-6113

Earth & Sky Connection

1280 Scotchtown rd 250-591-1177

Golden Soul Sanctuary

#5 - 321 Wesley St (250) 797-1300

Kachvi Crystals Ltd

#59 - 6631 Island Hwy N

(236) 335-4555

Lobelia's Lair Metaphysical

Treasures

#8 - 321 Wesly st. 778-441-3501

Nanaimo Rock & Gem

520 Franklyn st. 778-268-4563

Pine-Opals

758 Railway Ave (250) 729-1750

Triple Moon Mercantile

76 Bastion st. 250-591-1431

Volva

88 wharf st. 250-802-9718

Wild Woman Medicine Show

#306 - 60 Commercial St

(250) 937-1080

Comox Valley/Campbell River

Isle Rock And Gem

6056 Island Hwy 250-337-0099

Mystic Earth Creations

#100 - 940 Island Hwy

778-346-3366

Sacred Earth Metaphysical

3025 Comox rd. 250-941-8222

Soul Star Mytaphysical

357 5th st. 250-388-5095

Directory/Index cont.

The Madman's Wife

5069 Johnston rd. Port Alberni

WTF; Wonder, Transformation, Freedom Source

180 Craig St, Parksville, BC
(250) 954-9893

Lower Island Services

Mobile Acupuncture Victoria

(250)-508-7789

Chrissandra Unger - Sound Journeys

750 Churchill Ave, Nanaimo
(250) 619-5352

Relaxation Of The Soul-Reiki

(250) 886-0851

Tamare White-Wolf - Shaman Seer

Metaphysical Minister, Death Doula
TamareWhiteWolf.com
(705) 739-7171 (778)=441-1771

Ana-La-Rai's Sparkles of Love,

Ladysmith BC (250) 240-3898

Gemma Health & Wellness:

Michele (250) 888-7029

Elderberry Herbals Marianne

Beacon (705)-740-2054

Victoria Mindful Counselling

Graham Bleasdale (250)-812-6417

Skylar Pink ~ Psychic, Occultist,

Teacher & Metaphysical Healer
earthandskyconnection.com
(705)-309-5420 (778)-441-1771

Swan Lake Spiritual

3874 Lancaster Rd Victoria Bc
(250)-812-3296

Essential Elements Wellness

828 Fort St, Victoria, BC
(250) 580-4994

Melissa Millar - Energetic &

Emotional Healer | Transformation
Coach

Victoria BC

(778) 654-5448

www.highestlevelyou.com

Susan Seale - Soul Coach

Victoria, BC

(250) 888-2432

Astrology & Sound Healing with

Nancy Hilton

Campbell River BC

(250) 514-4688 Text Only

nancyhilton17@gmail.com

Energy Counselling with Mike

2627 Starlight Trail Nanaimo BC

(250) 714-2690

Mobile Acupuncture Victoria

Victoria & Surrounding Area

(250) 508-7789

Lotus Flower Psychic Readings

Kathryn Lowther

416 Jubilee St Duncan BC

(250) 891-5138

Enchanted Power Light Therapy

with Beth Dame

4945 Laguna Way Nanaimo BC

(250) 204-9471

Directory/Index cont.

Zoe Baldwin

2367 Mountain Heights Drive
(250) 532-2457

Metamorphosis Healing Arts &
Readings with Siobhan
Triple Spiral 3 Fan Tan Alley
(250) 881-2722

Lisa Wieben Energy Healing and
Somatics
#7-712- West Saanich Road
Brentwood Bay
(403) 335-5993

Shannon with Anam Cara Holistic
Healing
2341 Henry Ave Sidney
(250) 896-0565
shannon@anamcaraspa.com

Intuitive Shift Hypnotherapy and
Mediumship Readings
567 Noowick Rd Mill Bay
(250) 619-3815

Sarah Strohan - Acupuncture + Body
work + Energy Work
1284 Gladstone Ave
(250) 532-0116
sarahstrohan@gmail.com

Alternative Schools

Earth and Sky Connection
#62 560 Johnson St Victoria
earthandskyconnection.com
778-441-1771

Pacific Rim College
#229 - 560 Johnson St, Victoria
pacificrimcollege.com
250-483-2119

Magdalene Rose Temple
magdalenerosetemple.com

School of Witchery
schoolofwitchery.thinkific.com

Witch School Canada
witchschool.ca

13th House Mystery School
13thhousemysteryschool.weebly.co
m

The Magickal Path School
www.themagickalpath.com

*Did we miss you? Lets us know, better yet consider:
An ad in the Yule Edition December 2025
Business Card \$25 Half Pg \$75 Back Page \$200
Contact us here. TheMystics@TamareWhiteWolf.com*



EARTH And SKY CONNECTION

"The Metaphysical Shoppe"

Products Psychic Sessions Alternative Healing Esoteric Workshops

Mother & Son Team > Tamare White-Wolf & Skylar Pink

Since 1997 www.EarthAndSkyConnection.com

Victoria 778-441-1771

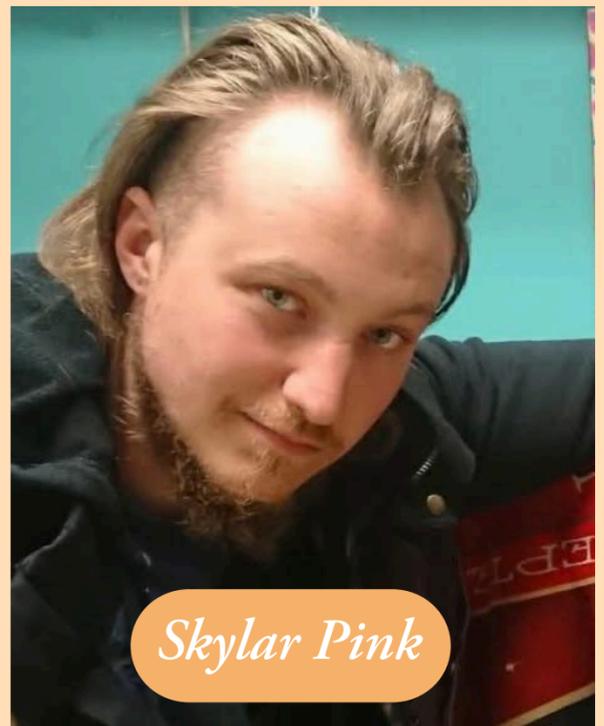
Nanaimo 250-591-1177

Our Victoria Shoppe is located in
the old Avalon Store in legendary
Market Square Chinatown BC

*Invite us to do a Psychic Party at
your holiday event this season!*

*Psychic
Mom & Son*

Tamare White-Wolf



Skylar Pink