

Free

# The Mystics' Magazine & Directory

## Celebrity Authors

Chris Anne Donnelly

Ivo Dominguez Jr

Ellen Evert-Hopman



QR code to the online edition

Winter Solstice ~ Yule  
December to March 2026  
3rd Edition

# Winter Solstice

## The Mystics' Magazine & Directory 3rd Edition



A Word ...  
Chief Editor  
Tamare White-Wolf

As the holiday season begins with Christmas / Yule / Midwinter celebrations. We wish the most love and light to you and yours. May your time with loved ones be magical, fulfilling and memorable. We wish the winter season is easy and not too cold. We wish that your travels are safe, your health is good and you're feeling the love all around you, blessed be to you all. Blessed Yule, blessed Imbloc may the light shine brightly on you and your family!

The Mystic's magazine is so happy to report our successes to you. I was standing in our shop at Earth And Sky Connection, and a woman came in, who had read our first edition, she saw the second edition on the counter and literally jumped with joy. She scooped it up as fast as she could hugging it to her heart declaring her love for it. A number of people let us know that they read it cover to cover and thought it was the most amazing little magazine they had run across in a long time.

We have also had a number of people who

read the magazine and submitted amazing articles afterwards. Please look for your favourite writer as we have restructured the index to help you find them. For those of you still on the fence regarding advertisement or if you thought of writing an article please get something together for our Ostara/ Spring Equinox edition. Article due Feb 1st.

Some of you may have noticed we have included many of the community mystics in our directory. Would you like to add an article or alternatively some advertisement? Our advertising is inexpensive and easy,

Thank you to those who see the value in The Mystics Magazine and Directory, we appreciate your continued support.

Our wish is you find connections and resources from our efforts as it is our desire to help fulfill your spiritual healing journey.

We appreciate you all, much love as we extend all the positive energy and mirror it back. BB

*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](http://www.earthandskyconnection.com)

[www.TamareWhiteWolf.com](http://www.TamareWhiteWolf.com)

Blessed Be Tamare White-Wolf

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The Mystics Magazine is always available  
@ Earth and Sky Connection

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*Design Editor,  
Writer & Our Katty  
Kommentator*

Kat is a talented writers, has an eye for set up and speaks computer program

language better than most. Sure to find the lowest common denominator making all things possible. Many thanks to you and your stamina.



*Research &  
Photographer*

Tye the Paranormal Guy

Tye 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, and lastly our printer and distributor.

Man of many masks Thank You

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

Tamela Farrand

Nancy Arruda

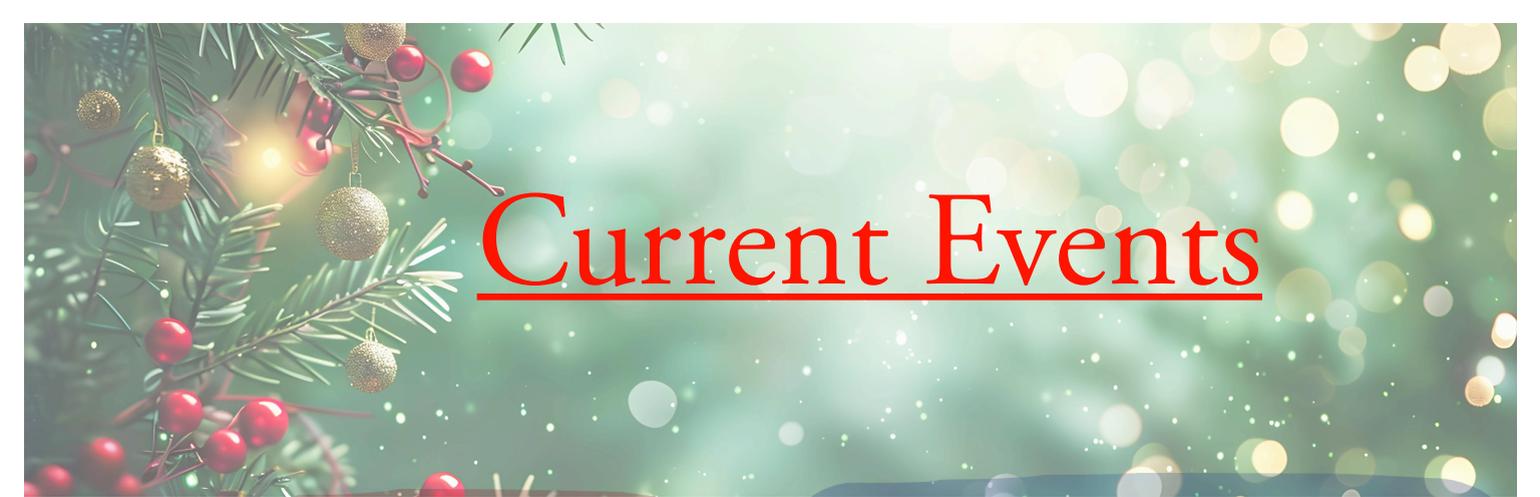
Tamare White-Wolf

Gemma Parent

Lupa Bardy

Rachel Perry

**Directory @the Back**



# Current Events

## December

*Remember BC Transit Reduces services from Dec 7th to Jan 4th*

**Magic of Christmas Light Show & Skating @Butchart Gardens** 3-9pm  
1st - 5th @butchartgardens.com **Christmas Light UP** *Happy Holidays*

555 Girou Rd Colwood Dec 1st on  
**Truck Light Parade** - 6th 5pm Check Facebook for route near you

**Krampus Market** - 6th 11am-6pm  
Fernwood Community Centre  
1240 Gladstone ave Victoria

**One Yoga Holiday Market** -Victoria  
6th 6pm-9pm #201-239 Menzies st

**Santa Bus** 13th/14 all day  
Hop on the Santa bus for a free ride and holiday music

**Merry Witches Yule Market**  
13th/14th 10am 4401 William Head rd  
Metchosin Community Hall

**Indigenous Winter Artists Market**  
20th 10am, 1110 Hillside ave Victoria

**Two Worlds Spiritualists Centre**  
3rd Sun Mthly Dec 21st 11am Moose Lodge  
1356 Cranberry Rd Nanaimo

**Festival Of Trees** until Jan 1st  
Bay Centre Shopping Centre

## January

### **New Years Ocean Ritual**

1st 11:11am Esquimalt Lagoon Beach  
**Polar Baer Swim** Glass Beach, Sidney  
1pm info@peninsulacelebration.ca

**Family Yoga & Shamanic Journeying**  
8th-1pm, 25th-2pm #209-734 Aldebury st  
**Inspirational & Prayer Service**  
Thurs' 7:30 202-4480 West Saanich Rd

## February

### **Nanaimo Murder Mystery**

1st of March wkly 2pm 51 Gordon St  
**Maiden Mother & Crone Winter Witches Market** 21st 10am-4pm  
Metchosin Community Hall  
4401 William Head rd

**Family Yoga - Monkey Adventure**  
22nd 1pm-2:15pm 209-734 Aldebury St

## March

### **Nanaimo Seedy Sunday 2026**

Sun 1st 10am Nanaimo District Secondary School @ 355 Wakesiah Ave

**Yin Yoga Meditation & Sound Journey**  
15th 2pm #209-734 Aldebury st

**Bloom & Broom Spring Witches Market** -  
21st 10am -4pm 5358 Spartron rd Prospect Lake Com. Hall

**Faerie & Fantasy Faire: Hooves & Horns**  
Mar. 28th & 29th 10am-4pm  
2243 Beacon ave Mary Winspear Centre



Question: I heard that the Christmas tree was a pagan tradition. Is it true?

Answer: You bet that's true. In fact, we used to decorate our trees outside, fully lit with candles. It wasn't until the recent past that we cut them down and brought them inside. That's when the candles stopped being lit inside the tree on the branches, and began to be lit on shelves and tables.

At this point sparkly things, shiny things, pretty things, painted things, dried fruits, and nature talismans were added to the tree. It was in Germany when it all began, such a lovely story. Go look it up! What we know a Christmas tree be has completely changed. One thing for sure for many moons we've been bringing in branches of evergreens, first for healing teas, then for the smell, then the beauty and the magical thinking and hope for long life. It was believed to have healing aroma that transferred its healing therapy as an inhalant. Where some realized that making salves for respiratory reasons.

Question: I have newly learned about Yule being December 21st. I've heard it's been called other things like mid-winter or winter solstice as a new broom I'm not sure what it should be called. I don't know what to do about Christmas either. I mean my whole family celebrates it on Dec 25th. I don't want to dishonor them nor my reclaiming of these ancient Yule traditions I'm incorporating into my life and new beliefs. Do you have any advice on the subject please.

Answer: Many of us who have deconstructed from Christianity go through this transition. Many of our family members would not appreciate it if we completely disregarded the Christmas Traditions they have followed so I get it, in fact I have celebrated with them continuously since the conception of my incorporating the Pagan ways into my life. I don't hide my new found traditions from them though instead I take the opportunity to teach them as I learn things. It's kind of subtle though as I don't want to turn them off instead, I want to intrigue them. So I share different memes and tidbits of information along the way through social media. They choose to read it or not, they choose to inform themselves about what I'm sharing or not I simply don't take offence to them ignoring or having no comments. I do however show and share any ritual or celebration I have or participate in true Yule style along the way. I look at this as a bonus really having started the celebrations on Mother's' Night (Dec 20th) and continuing on for 12 days in true Yule fashion. Have you heard about this sacred evening the night before Yule, (Mid-Winter, Winter Solstice). Look for more details within the Magazine.

Blessed Yule to one and all!

Have your *Questions Answered* email [TheMystics@TamareWhiteWolf.com](mailto:TheMystics@TamareWhiteWolf.com)  
To Book a Psychic Session with Tamare White-Wolf text 705-309-7171 or schedule an online session check [@EarthAndSkyConnection.com](http://EarthAndSkyConnection.com)

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# Yule

Dec 21st

Capricorn Season  
Dec 22st - Jan 19th

# December



Sun.	Mon. 1	Tues. 2	Wed. 3	Thurs. 4	Fri. 5	Sat. 6
	Add Yule / Winter Touches to Your Home	Craft a Yule Log or Bake One	Charge & Cleanse Your Crystals	Little Spirit Full Moon in Gemini	Have a Cleansing Bath	Make a Simmer Pot
7	8	9	10	11	12	13
Do a Winter Tarot Reading	Wear Carnelian for Energy & Motivation	Write What Yule Means to You In Your Journal	Forage for Pine-cones & Evergreens (safely)	Make Offering to the Winter Fairies	Add Yule / Winter Touches Around the Home	Host a Yule Feast for Friends
14	15	16	17	18	19	20
Make an Offer to the Yule Deities	Donate to Charity or Volunteer	Decorate a Yule Tree	Sun Welcoming Ritual	Wear Yule Colors to Connect with the Season	New Moon in Sagittarius	Mothers Night/12 Day of Christmas
21	22	23	24	25	26	27
<b>Yule</b>	Start of Capricorn Season	Start a New Project	Christmas Eve	Christmas Sacred Connection	Watch a Sunrise & Say a Blessing to Nature	Burn Incense (Sage, Pine Rosemary)
28	29	30	31			
Perform an Abundance Ritual	Make a Magical Mist for Energy	Write Some New Years Intentions	New Years Eve Stay Safe			

# The Meaning of 12 Days of Christmas/Yule

The 12 days of Christmas "Yule" are days to honour the end of the year, the darkest days and the Suns return. Here is a list of the days in order.

1. Dec. 20th is Mother's Night- this is the start of the party. We take this night to honor the Feminine Divine (ie. the Goddess Frigg or our Female Ancestors). Bring this into Dec 21st sit in reflection with the longest night and darkest day of the year.
2. Dec. 22nd is focused on restoration. We welcome the sun's return and celebrate life, death and rebirth.
3. Dec. 23rd the day of Feasts. A great day to host a friends dinner party.
4. Dec. 24th is the day of the Wild Hunt. A day to honor Spirits and Ancestors that roam the earth during the longest nights.
5. Dec. 25th we use this day to give back to the community. Volunteer it's a great way to honor this day
6. Dec. 26th this day is for Spiritual Renewal and cleansing all your tools and spaces is a great way to do this.
7. Dec. 27th The day of Wisdom. Show this by Practicing Divination.
8. Dec. 28th Show me the Money. This day do abundance rituals or spells
9. Dec.29th this is the day of Strength. Focus on things you have come out stronger from and be grateful for it.
10. Dec. 30th the Day of Protection. Ask spirit for continued protection & give thanks for all they have done.
11. Dec. 31st this day represents Joy, So light the sparklers, dance and make some noise (like banging pots and pans) to drive the darkness away.
12. Jan. 1st this is the day for Earthly Renewal take this day to be creative, make a vision board or some sort of art. Superstition says no cleaning or bathing of self, laundry or hearth..

## 12 Days of Witchmas Blessed Yule



**Dec 20th - Dec 31st**  
**Storewide Sale**  
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# The Birch Tree

by Ellen Evert-Hopman

## An Excerpt from Sacred Herbs of Spring

*Birch is associated to Capricorn according to Native Astrology*

[www.elleneverthopman.com](http://www.elleneverthopman.com)



Birch Tree (Betula spp.)

*"Beneath you birch with silver bark  
And boughs so pendulous and fair,  
The brook falls scattered down the rock: and all  
is mossy there."*

- Samuel Taylor Coleridge

*"Beltane fires in Scotland were ritually made of birch and oak, and a birch tree was often used as a, sometimes living, maypole. As birch is one of the first trees to come into leaf it would be an obvious choice as representation of the emergence of spring. Deities associated with birch are mostly love and fertility goddesses, such as the northern European Frigga and Freya. Eostre (from whom we derive the word Easter), the Anglo-Saxon goddess of spring was celebrated around and through the birch tree between the spring equinox and Beltane. According to the medieval herbalist Culpepper, the birch is ruled over by Venus - both the planet and the goddess. According to Scottish Highland folklore, a barren cow herded with a birch stick would become fertile, or a pregnant cow bear a healthy calf."*

In many cultures, but not all, Birch is considered a feminine tree sacred to the Earth Mother and other Goddesses. Meditate in a grove of Birches to form a mystical bond with female deity. Birch is protective when placed in the cradle, in the coffin, or planted in the graveyard.

Make your own set of Runes

Birch is a traditional wood to make runes for divination. Enter a Birch wood during the Waxing Moon.

Place your left hand on a Birch tree and ask her if you may cut a branch (or even better, go out after a storm and find a branch on the ground). If the tree says "yes" then leave her a

gift and saw your branch.

Dry the wood slowly, sealing the ends of the branch with wax, to hold in moisture as long as possible. On the next Waxing Moon, cut your branch into small round sections, sand them, and then carve or paint a rune on each piece.

Here is the Elder Futhark, the oldest Runic alphabet from Scandinavia and other Germanic areas.

ƿ	ᚋ	ᚑ	ᚖ	ᚗ	ᚕ	ᚨ	ᚦ
f	u	þ	a	r	k	g	w
fehu	úrur	purisaz	ansuz	raipō	kaunaz	gebō	wunjō
wealth	aurochs	giant	god	riding	ulcer	gift	joy
ᚠ	ᚥ	ᚢ	ᚷ	ᚢ	ᚣ	ᚱ	ᚵ
h	n	i	j	ī	p	z	s
hagalaz	naupiz	isa	jera	eihwaz	perp	algiz	sōwulō
hail	need/hardship	ice	year/harvest	yew tree	luck	sedge (?)	sun
ᚹ	ᚷ	ᚖ	ᚖ	ᚦ	ᚫ	ᚫ	ᚫ
t	b	e	m	l	ng	d	o
teiwaz	berkana	ehwaz	mannaz	laguz	inguz	ᚫgaz	ōpila
the god Tyr	birch twig	horse	man	water	the god Ing	day	inherited lan

### Herbal Uses

Birch sap wine was considered medicinal in Britain and Ireland and was taken to relieve rheumatism.

The sap is collected in the spring from mid-February to mid-March and I would suggest tapping a River Birch, Black Birch, Yellow Birch, or any Birch other than the White Birch, because the latter has no flavor.

A recipe for Birch sap wine from 1676:

*"To every Gallon whereof, add a pound of refined Sugar, and boil it about a quarter or half an hour; then set it to cool, and add a very little Yeast to it, and it will ferment, and thereby purge itself from that little dross the Liquor and Sugar can yield: then put it in a Barrel, and add thereto a small proportion of Cinnamon and Mace bruised, about half an*

ounce of both to ten Gallons; then stop it very close, and about a month after bottle it; and in a few days you will have a most delicate brisk Wine of a flavor like unto Rhenish. Its Spirits are so volatile, that they are apt to break the Bottles, unless placed in a Refrigerator, and when poured out, it gives a white head in the Glass. This Liquor is not of long duration, unless preserved very cool. Ale brewed of this Juice or Sap, is esteemed very wholesome.”

#### Herbal Uses

The inner bark of White Birch (*Betula alba*) has no flavor but it is loaded with gamma linoleic acid and useful in cancer treatments. The wintergreen flavor of the bark is found in Black Birch (*Betula Lenta*), Yellow Birch (*Betula alleghaniensis*) and River Birch (*Betula nigra*) and other Birches with a yellow or brownish bark. Gather the inner bark in spring when the sap is flowing.

Birch bark tea is a great grease cutter and can even be used to clean your kitchen stove – I believe it probably will do the same for your blood when taken as a spring tonic.

Simmer the inner bark for 20 minutes and then steep Elderflowers (*Sambucus* spp.) in the brew for another 20 minutes, to make a spring tonic.

The inner bark of Birch is a mild sedative and very useful for insomnia.

Externally the bark tea is used as a soothing wash or bath for skin conditions and can be rubbed into the scalp to benefit thinning hair.

The spring-gathered leaves can also be made into a tea and rubbed into the scalp for thinning hair.

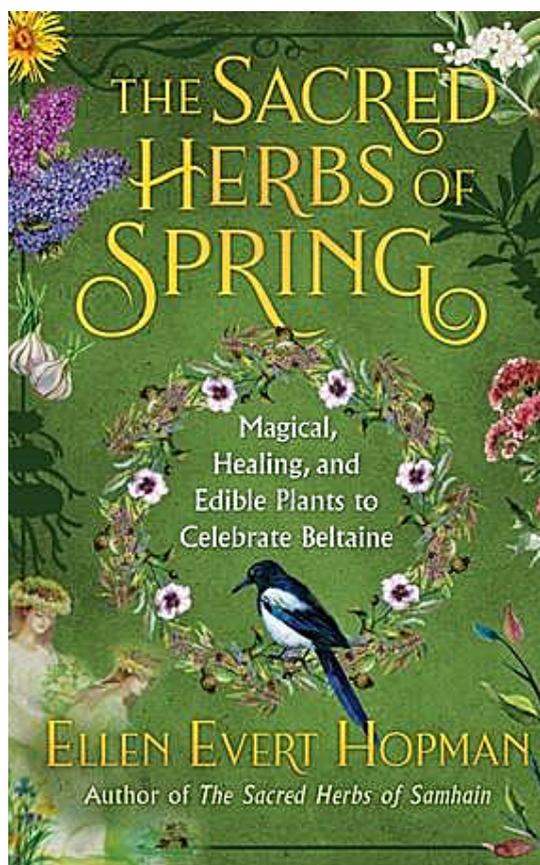
Cautions: avoid during pregnancy and breast feeding. Birch pollen could cause allergies in people who are sensitive to Wild Carrot, Mugwort, Apples, Soybeans, Hazelnuts, Peanuts and Celery. Birch leaves are high in sodium which could elevate blood pressure.

#### Method of Preparation

Leaf tea: steep 1 tsp. per ½ cup of freshly boiled water for 20 minutes

Bark tea: simmer 1 tbsp inner bark per ½ cup water for 20 minutes. Take ¼ cup, 4 times a day, not with meals.

*“Today’s Druids, Pagans and Witches have a vast array of materials at hand to feed the mind and inform their practices. Occasionally there comes along a work whose treatment of a specific topic is not only comprehensive but thoroughly engaging. In “The Sacred Herbs of Spring”, Ellen Evert Hopman has brought to bear her ability to enliven a topic that is beyond most authors. Her encyclopedic store of knowledge provides detail, not simply the herbs associated with Beltaine. Rather, she gives us an in-depth treatment of the lore, mythology and culinary traditions of both east and west. This is a book that is meant to be worn through use over the years and should be at hand each year when the green first appears on the trees.”*



Available @Amazon or  
Earth and Sky Connection Victoria BC

# From Darkness to Light: Vedic Festivals of Illumination

By Michelle Marie



As the year comes to a close, the cosmos invites us into reflection, renewal, and higher wisdom. In Jyotish, late December through mid-January is a profoundly sacred time, a bridge between endings and beginnings, darkness and light, surrender and strength. From Gita Jayanti to Makar Sankranti, these festivals form a celestial map that shows us how to restore balance, refine our Karma, and ascend spiritually. Whether you follow Vedic tradition or simply feel drawn to ancient wisdom, each celebration carries a message that applies to your life right now. Let's walk through these moments together, and see what they mean for your soul's journey.

December 1 — Gita Jayanti: The Voice of Dharma (Mercury & Jupiter)

December 4 — Dattatreya Jayanti: The Guru Within (Jupiter & Saturn)

December 4 — Annapurna Jayanti: The Goddess Who Feeds the Soul (Moon & Venus)

That same day also marks Annapurna Jayanti, the festival of Goddess Annapurna, who nourishes both body and spirit. She represents Moon (emotional fulfillment) and Venus (abundance and grace). This is a day to give thanks for nourishment, not just food, but the people, experiences, and emotions that feed your growth.

**Spiritual Lesson:** True prosperity isn't accumulation, it's contentment. Gratitude turns the simplest meal into a feast for the soul.

**Practice:** Prepare food with love and share it. Offer prayers to the hungry, or donate to a food program. Whisper, "May all beings be fed, within and without."

December 21–25 — Pancha Ganesha: The Great Remover (Mars & Mercury)

As the Sun pauses at the Winter Solstice, we

enter Pancha Ganesha, a five-day festival honoring Lord Ganesha, the remover of obstacles. This sacred time combines Mars (action, will) and Mercury (understanding), inviting us to clear inner clutter before beginning the new year. Each day represents a purification of one element: earth, water, fire, air, and ether, aligning us with cosmic order.

**Spiritual Lesson:** Every obstacle is a mirror of what we have yet to release. When we approach life with humility, even challenges become teachers.

**Practice:** Chant Om Gam Ganapataye Namah. Clean a small corner of your home or workspace as a symbolic act of spiritual renewal. Forgive yourself, and others, for the year that's passed.

January 14–15 — Makar Sankranti & Uttarāyaṇa: The Sun's Northern Journey (Sun & Saturn)

As the Sun enters Capricorn, it begins its northward journey, Uttarāyaṇa, marking the festival of Makar Sankranti. It's a harvest celebration of the light's return, and the symbolic turning point of the solar year. In Jyotish, this day is ruled by Surya (the Sun), the soul, moving into Saturn's disciplined sign. It's where light meets structure, and spiritual aspiration meets practical effort.

**Spiritual Lesson:** This is your cosmic new year. As the Sun ascends, so can you. Take your inner light and ground it in commitment, integrity, and compassion.

**Practice:** Offer water to the Sun at sunrise. Recite the Aditya Hridayam or simply repeat, "Om Suryaya Namah." Reflect on your goals not as demands, but as sacred vows to yourself.

## Bringing It All Together

From December's wisdom to January's light, these festivals form a sacred continuum:

- Mercury & Jupiter teach us to listen (Gita Jayanti)
- Jupiter & Saturn remind us to serve (Dattatreya Jayanti)
- Moon & Venus open our hearts in gratitude (Annapurna Jayanti)
- Mars & Mercury clear the path ahead (Pancha Ganesha)
- Sun & Saturn anchor our light into action (Makar Sankranti)

Together, they show how Karma transforms into Dharma; when we live consciously, every

act becomes a step toward liberation.

## Final Thought

This winter, as the Sun pauses in the stillness of the Solstice, remember: the divine conversation is still happening, within You. When you listen deeply, clear space, give thanks, and realign with truth, you rise in harmony with the cosmos itself. And that, dear friends, is the essence of Jyotish; the dance between heaven and earth, mirrored in your very breath.

Om Shanti,

Michelle Marie

*Contact Michelle at: [@AstrologicalTarot.com](https://www.AstrologicalTarot.com)*



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# The Devil is in the Details

According to Tarot Capricorn gets this card. by Kat McAllister



When most people see the Devil card in a reading, they tend to get a little uncomfortable, to say the least. I know that because I used to. Then I found out it was the card that corresponded with my astrology sun sign, Capricorn, and had to understand more. I felt that deep down this card couldn't be as bad as it was thought to be. I wasn't bad, or evil or someone who punished evil souls for all time, was I? Not even close, and it wasn't until I started my own journey to become a reader myself that I realized the complexities of this card, and just how misunderstood it really is.

Let us start at the basics of the card. We'll start with the fact that it is the 15th card in the Major Arcana. When we break that down and put it into a math equation of  $1 + 5 = 6$  and using numerology that makes the Devil card a nurturing card. A stark contrast to what most think when seeing the card. To understand this card a little more. This card shows a picture of two people chained to a stone with a goat like creature with wings, standing guard over them as if they are his capture. Pretty obvious right. The "Devil" has taken two souls as his captive to control for all time. On the surface at least. But let me ask you this, why are the chains so loose, if they are captive? When you look closely they are clearly large enough to slip over their heads at anytime they wish. Which then makes you ask why haven't they left?

Seems to reason that they are by choice and not by force. We can interpret this to mean that we are "stuck to our own situation". To say all of this doesn't mean that seeing this card in reverse means that you

are "Free". In fact it could mean that you CAN be and that you SEE the way out and you are ready to break those chains and overcome you "addiction" especially when paired with a card like the 7 of wands, where you find yourself having the high ground in your own fight.

But this is just one way to look at this card. I want to draw your attention to the devils uplifted right hand and how it holds the symbol of Saturn in the palm. Saturn being the planet of boundaries and limitation and restrictions. Although the planet itself corresponds with the World card, we also connect it to the Devil for those reasons of the boundaries, limitations and restrictions. It also the ruling planet of Capricorn which is an earth sign and the 10th sign in astrology spanning from December 21st - January 20th, marking the beginning of winter. I mean it starts on Yule after all.

Capricorn being the sign of work and responsibility can confirm even more that this card (Devil) is about self restriction as most of us choose where we work and what we want to be responsible for. also ruling over the 10th house we look towards Saturn for discipline, career success, public image and where we fit into this earthly world. Which makes sense with this card as I have found that most of the addiction we have stem from trying to fit in to the expectations of the world. There is so much more I could tell you about the Devil card but I encourage you to find out more yourself by people who have been studying and teaching far longer than myself. I hope this has given you a better view on the not so scary Devil card. Until next time my friend,

# Clear Quartz Is Best for Capricorns



By Tamare White-Wolf

Clear Quartz is a Master Healers Stone. It is an excellent all purpose crystal. In fact is used to assist electronics and watches in conductivity due to its ability to transpose frequency. It is not by chance but by science that it works for the movement of humans energy too as it is aligned with a frequency of (32.768 kHz) is standard for timekeeping, quartz crystals can have other frequencies depending on their size, and shape which can range from kilohertz to megahertz.

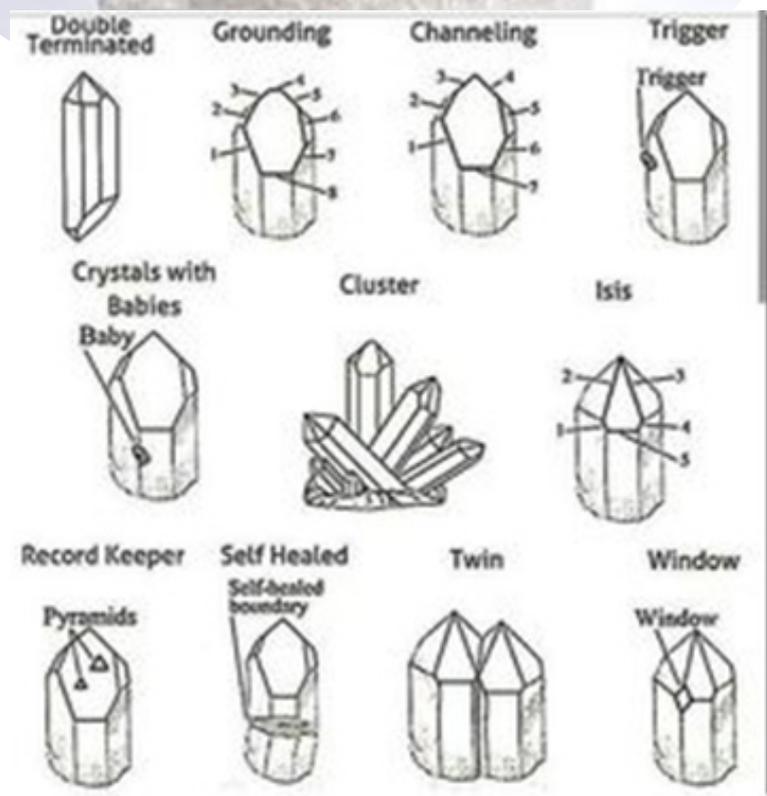
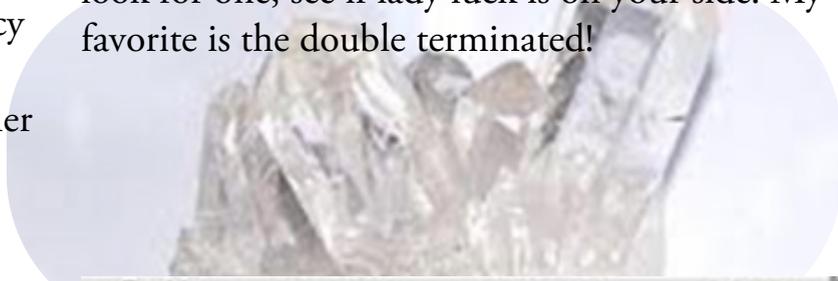
In crystal sound therapy, such as a crystal bowl the "healing frequency" is association with specific frequencies of sound that is believed to promote well-being and align the chakras. Clear quartz is often paired with the 528 Hz frequency in these practices, it is associated with cellular healing and DNA repair. It is used to amplify healing energy and to perform diagnostic healing. It has been used historically to detect food poison. It is said to draw out pain. It is used to strengthen all body systems. This stone is reputed to be particularly effective for chronic fatigue, arthritis, bone injuries, depression, diabetes, fibromyalgia, intestinal troubles. It also is said to improve mental and physical energy, stamina, and physical strength.

The Sacred Geometry of a 6-sided clear quartz point contributes to its ability to magnify energetic vibrations. The crystal clusters are strong amplifiers of energy, and are often used in healing rooms by alchemical healing practitioners. Clear quartz points are wonderful crystals to use with any type of meditation or energy work, including Reiki, Energy Healing and Energy Grids.

There are many shapes and sizes created naturally, six-pointed being the most

prevalent however there are ones with 4, 5, 7, 8, and 9

sides however are rare and hard to find...these treasures are often in our shipment come take a look for one, see if lady luck is on your side! My favorite is the double terminated!



Primary Chakra: All

Astrological Sign: All in particular Capricorn

Issues and Ailments (Physical): Burns, healing after surgery, heartburn, immune system, memory, pain, sleep, thyroid issues, toothache, vertigo

Issues and Ailments (Emotional): Emotional balance, friendship, harmony, perseverance, stress and tension

Issues and Ailments (Spiritual): Amplify healing, increase consciousness, positive affirmation, shamanic healing, spiritual guidance, unity

# Yuletide Gatherings



By **Tamela Farrand**

With the wintry season upon us, most will notice the commercialization that flows in our society. But in my family/ coven we tend to do things a bit differently. My grandfather never allowed a tree in the house, he said trees needed to be connected to the earth mother, so we would create edible gifts to the animals and birds ...walk into the forest behind his fields and we would decorate this huge tree of which we could only reach a quarter of it and hang suet and seeds for the birds, pieces of fruit and basket of chopped veggies....popcorn and feed thrown in the tree...we would also hang hand built bird feeders painted red, gold and green for the birds filled with seeds. We would hold hands and thank the Gods for the bounty we were given to hold us through the winter.

Making ornaments for inside were all handcrafted as well...with images of animals, the fae, nature...like with pinecones and feathers...bells...and strung popcorn and cranberries. The stag was a common sight throughout our home ...and my mother did like having a fake tree inside to decorate....we sang the non Christian songs of the season...but we also chanted and used our drums to lull ourselves into a calming state.

Gift giving was pretty much the same as everyone else when I was little but within our family, each extended individual family crafted either candles, soaps, incense, teas, magickal herbs, carved tools, oils, bath salts, medicines, dandelion wine, talismans, poppets, magickal bags, etc....and we would each bring a wicker laundry basket filled with enough to share with everyone....and another basket empty....the filled baskets were then lined up , and with our empty

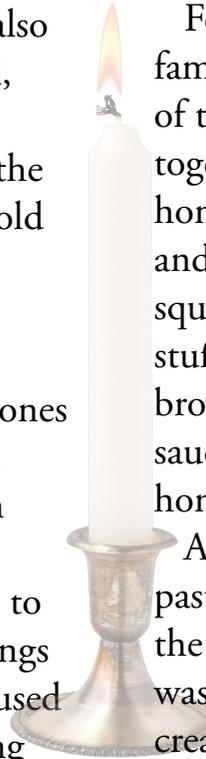
baskets we would walk down the line placing one pkg from each filled into our empty one...so that by the end...we all brought home a filled basket of magickal goodies to last us until the next gathering.

Feast was always a combination of everyone's favourite homemade foods, potluck....or cauldron luck as we call it within my Covenstead.

Feast was to unify our connection as family, sharing in the warmth and kindness of the food and people before us, working together to help one another. It was homemade breads and butter, turkey, goose and ham, potatoes, sweet potatoes and squash, homemade meat pies and meat stuffing , mincemeat pies, sliced carrots in a brown sugary syrup, homemade cranberry sauce, blended teas, coffee and spiced homemade cider for drinking.

Afterwards came the bowls of fruit salads, pastries, pies and cakes....My favorite being the one my grandmother always made, it was fancy with 5 or 6 layers...with special cream fillings and fruit ones with dark chocolate cake and a light icing covered in sliced fruits....my mouth waters even now at the thought of it.

Ritual was in the woods in a circle crafted of field stones the size of a cantaloupe...with an altar facing north....the adults did most of the work as we kids enjoyed the songs and stories told before us. After we would head back to the house and some would play music and dance, others would do readings, and some just talked into the night catching up on what they had been



doing since they had last sat down. My kids were brought up in a similar fashion, and learned to love doing things the old ways... and treasuring quality family time crafting up the season together. We still share in the celebration of Yule.... more gifts created with love that bought...more gathering and enjoying family rather than the hustle and bustle of most communities.

Guess I am saying if you want memories that will last and be handed down to the next generations you have to bring a lot of love, magick and remember above all how important family is. Blood or not, family is sacred.



## SIMMER POT FOR YULE

- Sliced apples
- Sliced oranges
- Cloves
- Cinnamon
- Nutmeg
- Cardamon

Place in a pot of boiling water and let simmer, it will bring forth protection, bounty, happiness and health within the home.

High Priestess Psychic, Hereditary Witch  
Paranormal Investigator  
226-759-7653

[youtube.com/@magickwithtamelafarrand](https://www.youtube.com/@magickwithtamelafarrand)

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Fill the missing numbers.  
The missing numbers value from 1 - 16.

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

# The Simmer Pot

By Empress Constantine



Hmmm... do you smell that? Cinnamon and citrus, thyme and rosemary... is that a hint of cedar? Ahh! Breathe in the healing aromas of nature. Remember your blessings. Think of what the past year has given you and your dreams for the coming one. Those are some of the purposes for a simmer pot!

Simmer pots are an Ancient Pagan tradition used also by the Greeks, Romans, and Chinese. Aromatic herbs, spices, and fruits were boiled to cleanse and purify homes. They were also used to celebrate the change of the seasons and either attract or ward off wanted or unwanted energies.

There are many items you will likely have in your kitchen, or garden, that you can utilize in your simmer pots in very magikal ways. Many common herbs and spices offer protection, purification, prosperity, cleansing, abundance, or love among so many other things.

Some ingredients can offer actual medicinal benefits while simmering. Adding a blend of germ-fighting ingredients such as citrus, clove, rosemary, cinnamon, eucalyptus, and cedar can help relieve coughing and congestion. A great way to naturally protect your family during cold and flu season.

Did you know, depending on the ingredients you add, the simmer pot water can be utilized for other purposes once drained. Some anoint themselves in the bath or shower once the liquid has cooled. Others transfer it to a spray bottle to use as air freshener or even bug repellent (which is good to spray around doors and windows or even your garden - be careful of non-pet safe ingredients here).

Some important tips when doing simmer pots

- You can add as much water as you like. It

is recommended to use water that has been anointed in some way. This could be by the

moon or sun, or simply your own word and intentions as you fill your pot from your tap.

- You don't have to use fresh herbs or spices. If you add essential oils, only use on/in your body if the oils are safe to do so with!
- When stirring your pot; stir clockwise to bring in and counter clockwise to repel or ward off energies.
- A pure silver spoon is recommended for stirring if you have one. If not, I recommend a wooden spoon or even a stick!
- You can use a pot on the stove or a crockpot. You can create simmer pots with certain incense burners, chafing dishes or fondue sets. Be creative but be safe!
- Don't forget to think about your intentions as you prepare, add your ingredients, and when you are stirring! Picture the steam and aroma filling your home with what it is you want or don't want. Breathe the smells deeply into your soul center and allow them to heal your soul.

— — — — —

*Join Master the Tarot  
with Teacher  
Tamare White-Wolf,  
Empress & Friends  
Thursdays 5pm PDT  
Starts Jan 8th 2026*

— — — — —

For a prosperous New Year bring in these magical energies for best results.

1. Citrus - A symbol of wealth and abundance, joy and prosperity, and vitality
2. Rosemary - Protection, purification, and clarity. Also used for remembrance and friendship
3. Thyme - Purification, courage, and strength
4. Peppercorn or Black Pepper - Banishing, protection, and courage
5. Ginger - Success, strength, energy, and passion
6. Cinnamon - Prosperity, protection, energy, success, money, spiritual cleansing, and warmth
7. Cedar - Protection, purification, ward off negative influences,
8. Salt - Protection, purification, banishes and repels negative energy cleanses spaces of harmful energies and promotes grounding, prosperity, and stability

I personally love the smell of a nice simmer pot after cleaning my house.

Much better than a candle or plug in, and its small, easy and healthier for all especially children or pets. Also more earth friendly

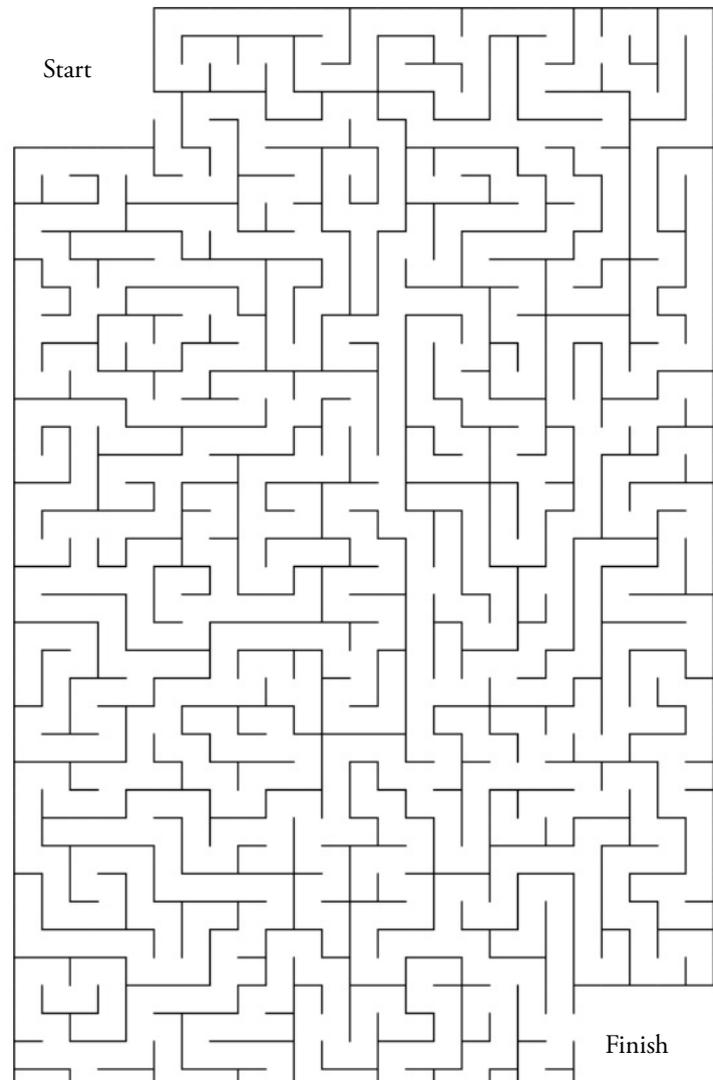
Katty Commentator



While you wait for your Simmer Pot to be ready try a fun little Maze.

## SIMMER POT INGREDIENTS

- 1 orange sliced
- 1 sprig of fresh rosemary
- 1 teaspoon dried
- 1-2 sprigs of fresh thyme
- 1-2 teaspoons dried
- 1 tablespoon of peppercorn
- 3 ½ teaspoons ground
- 2 tablespoons of ginger
- ½ teaspoon dried
- 4-5 cinnamon sticks
- ½ teaspoon per stick
- 3-4 sprigs of fresh cedar
- 1-2 tablespoons salt





# Snow Goose

## Associated to Capricorn

### by Tamare White-Wolf



When one sees this type of goose, we are taken back because we're not used to seeing them so white. They're kind of blueish with a black underbelly, when they show up in flocks on the ground, they look like a blanket of snow and that's where they got their name. They do come from the Arctic originally, and they do like to fly across Canada. Have you ever seen a flock of them?

When we see a flock of geese in formation of that common V, it is definitely a reminder of working together, choosing a direction together and aiming for it with all we got. If you've ever watched geese fly you will have noticed that the one at the front being the leader, eventually tires and falls back, one of the next two will take the leadership until it too tires, and that second one will take the lead, eventually every single bird in the V formation will have an opportunity at the leadership role.

This reminds us of the importance of everyone in a community and how everyone has a role and how each need to feel respected for their efforts within the community. Spiritually it holds meaning for working together, teamwork and a hive like mind in order to achieve a goal, suited for all. It often reminds us of changing seasons when we see them in that formation, as they are often moving to warmer climate or alternatively back to where they're from when it's warmer. It is a sign of adaptation and resilience. Considered a message from the heavens, brought to those on

Earth. Do you have someone who is speaking to you maybe?

These birds often represent a comeback of some sort, maybe you've been out of touch with yourself or maybe others. Seeing these birds will mark a time of reuniting, recommitting, reassuring and reconnecting with others but most importantly with yourself. This will mark a spiritual journey where you can find peace, grace, and even forgiveness. Your transformation will not go unnoticed and those around you will support you in all the ways they can in order to help you make these improvements in your life.

Like the formation of the geese, when you get tired ask for help, step back, review and reset yourself in order for you do your best. It's not a weakness to mention you need help. It's actually a strength to know that and to allow others to support you as you have always supported them. These birds are loyal to the point of exhaustion and if one was hurt or shot by a hunter, two birds will fall back with the injured bird. They will land and will seek out food in order to help it survive. Many times because of this behaviour the injured bird does survive, but if it doesn't, the two that landed with it, will wait until it finally breathe! That's loyalty, so this bird represents dedication and loyalty like no other.

Personally, I love my connection with this energy as it's often diligent with a strong focus on community.

Book a Totem Animal Session especially if you are changing paths in some way!  
TamareWhiteWolf.com Or visit her @ Earth and Sky Connection Victoria BC

# Saturn as a God Rules Capricorn and Aquarius

by Tamare White-Wolf



Saturn is the Roman God most associated to Capricorn. We can also expect the Greek God Pan to show up, you know the goat with the horns hooves and tail there's a reason Capricorn gets that archetype, let's talk about it! Most of us recognize Saturn as a planet but back in the day it was revered as a God and its ruling of this sign is perfect when you consider a Capricorn, or Aquarius for that matter as it is also ruling them!

Saturn is about boundaries, time constraints, deadlines, and the cycles of the earth, such as with agriculture, & changing seasons. those type of time constraints. It takes discipline to move within such constraints. This sign is not afraid of hard work, and has a deep responsibility to do as it says. They carry a great deal of personal ambition. One can see that both signs are goal orientated, believe in justice and carry themselves in a way as to not have to live out due karma.

Saturn is about wealth, patience, commitment, and time management. We can be burden by the constant attention to discipline and order, or feel a relief that patterns and routines create by its nature for organization and expectation.

Saturn is associated to the day Saturday, many have this day off of work but don't really get to relax, as it's actually a day of working home. This is when you get your laundry done, shopping, your hair, your nails, yes this is when you pick up things, return things, visit family, take the kids on excursions. It is a very busy day most of us can fill it in our own special way. Still full of expectations, boundaries, and checklist very Saturn like indeed.

There's a legend about the great God Saturn, this myth has him devouring his children, in order for prophecy to not come true. Where they would have overthrown

him, funny thing is, it came true because his son Jupiter did in fact defeat

and exile him. Saturn's wife Rhea saved her son Jupiter by hiding him. After this time, there was peace, an abundance and it was called the Golden Age.

There's a wonderful festival called Saturnalia in Italy, it's celebrated for a week long in honor of him. It was a time of community feasting, gifts and even role reversal between masters and slaves, it was fun. It marks the first days of the Christmas celebrations.

With a goat like imagine, which is where Pan and the Devil archetype come to mind. He represents flocks and herds, Pan is tied into the wild, fields and groves. He loves music and is depicted with panpipes. The sounds are intriguing and luring at best! Pan described as a lust full energy always in pursuit of nature spirits, nymphs and fairies. This is the influence of the sexual nature of Capricorn.

We see addiction to desires as his song draws in the curious. Without healthy discipline or boundary, can form an illusionary attachment. Pan is a god of emotion, in a panic, it can stimulate a fearful vibration. But he can help us face our fears as the Devil is the torch bearer, bringing it to light.

Son of Hermes and Penelope, even Pans mother fled at the site of him being half man and half goat.



# A Candle Spell for the Cailleach on the Longest Night

by J. Andrew Baker



You will need:

- One dark blue or white candle
- A small amount of anointing oil: choose from frankincense for spirit, myrrh for the ancestors, rosemary for protection, mugwort for winter vision, or cedar for northern grounding.

## The Spell

1. Prepare your space and cast your circle according to your tradition. Place the candle at the centre.
2. Anoint the candle with the oil, focusing on drawing in the Cailleach, Ancient Mother of Winter.

3. Light the candle and say:

On this longest and darkest night of Yule,  
I call to the Cailleach, Winter Queen and  
Grandmother of the North.

She who shapes the mountains,  
She who commands the storm,  
She whose frost-laden cloak protects the  
dreaming land.

Cailleach, Ancient One,  
Veiled Mother of frost and starless sky,  
Hear me in the deep turning of the year,  
When the longest night settles upon the land  
And the world holds its breath between  
seasons.

In our Sacred Traditions, your name is  
honoured  
As the Wise Grandmother of the Dark,  
Keeper of silence and truth,  
Guardian of the winter gate.

Come as Cailleach Bhéara of Ireland,  
Come as Beira of Scotland,  
Come as the Veiled Mother who walks the  
snowy forests of the North,

Bearer of ancient wisdom,

Guide of the winter  
path.

Here in these northern lands,  
Where winter cloaks the earth in white  
enchantment,  
Where wolves sing across frozen lakes  
And pines stand tall against the midnight  
wind,  
Your presence is unmistakable.

Cailleach of the endless night,  
You rise from drifting prairie snows,  
From Atlantic winds that carve the cliffs,  
From northern forests where ice hangs like  
crystal spells.  
You are the chill in the air  
And the warmth that gathers close to hearth  
and kin.

You are the hidden flame beneath the ice.  
Cailleach, I ask for your protection  
As I journey through the dark half of the year.  
Stand beside me in shadow and storm,  
Shield my spirit as the nights grow long.

You bring knowledge in quiet,  
Protection in winter's fury,  
Healing in stillness.  
You teach the sacredness of rest  
And the courage to release what must fall  
away.

Grant me your winter wisdom,  
Clarity in silence,  
Strength in darkness,  
Courage in the deep night.

On these Yule nights,  
When the sun is but a promise,  
You rule with your frost-blue crown.

The land bows to you,  
The wind carries your name.  
I open my heart to your guidance.

Walk with me through the longest night.  
Cailleach, Grandmother of Winter,  
Wrap me in your cloak of ice and stars,  
And guide me toward the returning light.

Bless me, protect me,  
Teach me, transform me.  
O Cailleach of the North,  
Keeper of the Dark,  
Woman of storms and ancient fire.  
I honour you.  
I welcome you.  
I am yours in the winter's night.

4. Gaze into the flame and sit quietly. Feel her presence come as breath, as silence, as cold clarity, or as a whisper in the stillness. Allow her to arrive in her own way.

5. When you feel her presence, place your hand over your heart and say:  
“Cailleach, Winter Mother, I thank you.  
Your protection surrounds me.  
Your wisdom guides me.”

6. Spend time in the sacred circle, letting her presence settle around you like a cloak of frost and stars.

7. When you are ready, thank her in your own words, honouring the bond you have renewed on this longest night.

8. Extinguish the candle with intention. Open your circle and carry her protection and wisdom with you into the dark half of the year.



J. Andrew Baker (he/him) 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 the community through Hermetic practice, Witchcraft, and inclusive celebration of the sacred feminine.

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# The Fools Journey

In honor of the Fools journey Which Starts January 21st

Aquarius Season  
Jan 20st - Feb 18th

# January



Sun.	Mon.	Tues.	Wed.	Thurs. 1	Fri. 2	Sat. 3
				New Years Day	Practice Silence / Quiet Meditation	Full Wolf Moon in Cancer 
4 Sun Day Cleansing	5 Declutter Your Altar	6 Woman's Christmas (an Irish Tradition)	7 Stir Intention in Your Morning Coffee/Tea	8 House Plant Care (Feed Your Plants Fertilizer)	9 Clean Out Your Ritual Tools	10 Letting Go Ritual (Release What Does Not Serve)
11 Day of Rest & Self Care	12 Do a Brain Dump on Paper or Journal	13 Banish Negativity	14 Have a Study Night for Your Spirituality	15 Finish Your Unfinished Projects	16 Cleanse Your Space / Declutter Your Home	17 Dream Work & Journal About It
18 New Moon In Capricorn 	19 Good Luck Intentions Abundance Spell	20 Start of Aquarius Season 	21 Start Something Creative	22 Home Blessing	23 Create / Refresh Your Witchy Playlist	24 Rosemary Renewal Bath / Shower
25 Make A Hearty Stew	26 Protection Spell / Ritual	27 Grimoire Work	28 Candles in Window to Welcome the Sun	29 Decorate Your Altar for Imbolc	30 Prosperity Floor Wash	31 End of Month Reflection Journaling

# The Star XVII

## Associated to Aquarius



By Gemma Parent

The Star card is a very enjoyable energy to be in, it's the feeling of being inspired and boldly imagining the what ifs of life with joy and love. Seeing how one can pour into physical reality and spiritual reality, which comes to life through each of our bodies and lived experiences.

In the Qabala and the Tree of Life, The Star card is the 28th path which is between Malkuth and Hod, or Earth and Mercury. This energy is like the physical moving with the mental plane, the space of exchanges in energy, the physical with the mental. In Pathworking A Qabala Guide to Empowerment and Intuition, Ted Andrews says, "This is a life path of learning to use our energies to manifest our dreams" (Andrews, 149) and that "...this energy stimulates tremendous inspiration... We are also brought face to face with the dangers and difficulties of following our dreams. Are we giving up security for a pipe dream? Is this dream achievable." (Andrews, 149). This is very true of the 28th life path and we can see it illustrated in this card in two stories that I love one of which Ted Andrews references. The story The Elves and the Shoemaker is a story very near and dear to my heart. I would listen to this story often. The second story that beautifully illustrates this card is the story of how Aquarius became a constellation. This is relevant because as you may already know, The Star card is associated to the zodiac sign Aquarius.

Before I get into the stories, I want to bring what Ted Andrews talks about in his

book, Pathworking. Andrews writes that the benefits; "creative and sexual power, higher aspirations, peacefulness, loyalty, dream opportunities, unselfishness, independence." (Andrews, 151). I see these benefits in both of these stories to varying degrees.

Remember that sexual power and energy is also synonymous with creative power. When we create anything whether it is a painting or a baby, it is a product of our primal urge and ability to create a "thing" outside of ourselves.

The other things to keep in mind before I recount these two stories are the "strengths achieved; Hope and Inspiration, individuality, strength to follow dreams, greater will and understanding." (Andrews, 151) as well as the "Weaknesses revealed, fear of following dreams, pettiness, self-doubt, impracticality, imposition of will, lust idleness" (Andrews, 151)

In the story of the shoemaker and the elves, we can see all of the strengths achieved and I find it difficult to see any of the weaknesses revealed. They must be present in some of the other stories Ted Andrews suggested, so I will focus on the strengths achieved.

Here is a short synopsis of the story of The Elves and The Shoemaker, as I remember it.

A long time ago a poor shoemaker is down to his last piece of leather. He cuts it out but goes to bed before finishing the shoes.

During the night, small naked elves who live in his walls complete the beautiful shoes. The next morning a customer sees them through the window and is so enamored with them

he buys them for five times what the Shoemaker usually sells his wares for. This pater continues- the shoemaker cuts leather, the elves finish the shoes at night and customers pay premium prices. Eventually the shoemaker and his wife are well known for their beautiful shoes and no longer poor, so they decide to stay up and discover how the shoes are completed every night. This is when they discover the Elves are doing the work. Touched by their kindness the wife makes clothes and the shoemaker prepares a small feast which they leave out instead of the leather that is usually left on the workbench.

When the elves find these gifts instead of leather, they are delighted. They put on the clothes, dance merrily and decide it is time for them to leave. The shoemaker continues to prosper because he learned their techniques and built a reputation for exceptional shoes.

When we come into the beginning of the story, the Shoemaker is weary because he hasn't sold anything for a long time, but he is still willing to try and do what he can. So he cuts is last piece of letter carefully and by the time he is done, it is growing dark so he retires for the night with his wife. I see this as his 'strength to follow dreams" as well as 'hope" that he will find a way through this difficult time. This is when the elves step in and sew the leather with so much skill that the shoes attract the eyes of a wealthy patron who happens to need a pair for an important wedding. This is "inspiration and individuality" the shoes are unique, and this is what attracts the merchant. Also the shoe maker studies the craftsmanship of the elves and learns how to improve his own work. This is "greater will and understanding."

The star card truly is that inspiration one has inside that lights their dark path. It is the light that shines at all times. When we know

deeply what is most important to us it becomes a deep well of strength. The Star card is the type of card that is always lovely to see in a spread or to use magically. This card points to the magical moment and feeling we get when we have an inspiration. You know how it feels when you have a vision in your mind for how things could be? A really potent and helpful way of understanding how inspiration can feel and then how that inspiration can ripple into the world; is the story about the constellation Aquarius which is associated with The Star card.

This story takes us back to a time before the water jug had been invented. Imagine what it was like before a water vessel was invented. You would absolutely have to live close to water. Well, back then there was a man named Aquarius, and he woke up one morning with an idea. An idea for a thing that had never been made. Now he didn't know how to make this thing so he started talking to different people in his village about this idea until finally they found people who knew how to make fire and people who knew how to make clay and finally they found a way to fashion clay into a jug that could hold water for a very long time. This invention changed the way the community lived so profoundly that he was given a constellation in the sky. And that is why Aquarius is called the water bearer.

The community had a much easier time with everyday life now that they could store water for future use, they could have more time for other activities and chores. Something as simple as a water jug. Remember, he used his community to fashion it. He knew he needed help to create the jug. It was a team effort and that is why Aquarius is known for being community oriented while simultaneously outside the box thinkers. This story is a helpful to link

the star card with the story of The Elves and The Shoemaker. In the star card we find the inspiration that makes the dark seem like it could serve a purpose and the drive to make it mean something beautiful.

In the story of The Shoemaker and The Elves we see how the shoemaker holds onto hope that he will find his way through honest work. He does what he is good at and leaves the rest to fate. The elves teach him a couple of things. First, they teach him that miracles can and do happen to good true hearts. Secondly, he learns how to hone his craft and his gifts for good. I especially love how he repays the elves for their kindness as generously and quickly as he can. The shoemaker doesn't take the elves for granted.

This card is calling the querent to find their deep well of trust in the self, to know deeply their hearts inspiration. It can be as simple as deeply wanting to serve the community and nurture a family, like in the

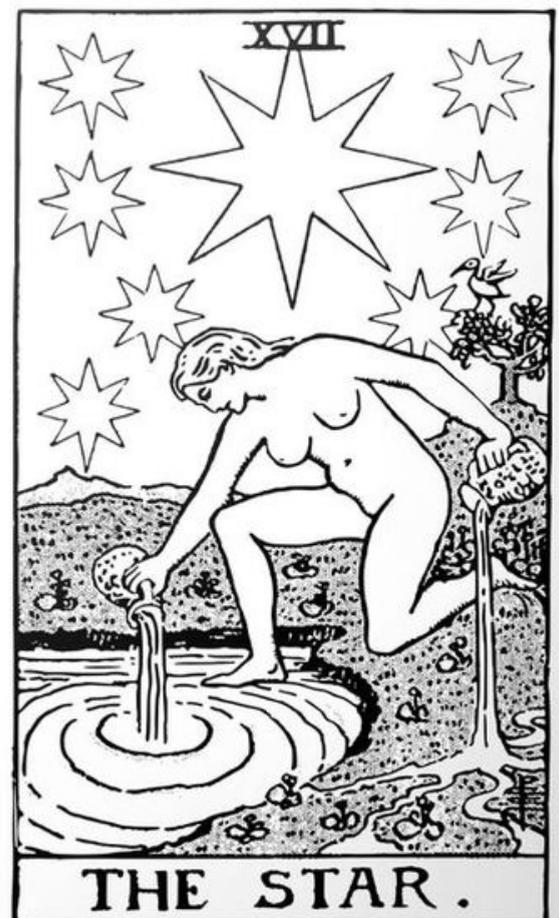
story of the shoemaker or it could be some other inner light, we each have our very own as unique as our fingerprint. This card moves me, it makes my heart feel seen and appreciated. It reminds me that we all have a beautiful part to play in the divine tapestry of life and that I have my own individual power to leave my own special ripple in the pool (and so do you, dear reader). This card reminds me that my vulnerability is a gift, and that my body is a conduit that I can use to bring the inspiration of the star into the world. That pouring into myself and the world is where the magic happens.

Something cool to try if you haven't already, is to take out the star card and meditate with it in front of you. You can close your eyes and picture the card in your mind's eye and simply focus on the breath and the image. I find this card always reminds me where my inner spark comes from, sometimes we need a reminder so we can be strengthened.

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5pmish PDT

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# VI of Swords

Lord of Earned Success Mercury in Aquarius

By Empress Constantine



There is a direct correlation for each Tarot card, Major and Minor, on the Astrology Wheel. This is a complicated system to explain that we'll leave for another time. However, the VI of Swords falls in the second decan of Aquarius, putting it approximately between January 30th and February 8th. Which is why we are covering it in a Winter edition of The Mystics.

This card depicts what looks like a Mother and Child being ferried across water, protected by Swords of truth in their front and the Ferryman himself from behind. To emphasize the message of leaving challenging times behind we see troubled waters behind the small boat and calm waters where the trio are headed.

The colors of the passenger's garb is quite revealing to their symbolization. The child wears purple, the color of the crown and wealth. Purple also represents intuition and spirit. Our relationships with not only our children, but our own inner child, must be cherished and protected. Children are believed to be more closely connected to Source, making purple a provocative choice, in my opinion. The Mother seems to be wearing a combination of red and yellow, which makes orange. From my article in the Fall 2025 edition I discussed how orange is a combination of your energy and animal instincts with your consciousness and spirit. When these things are in balance happiness and harmony are created. And that is exactly what the Mother in The Lord of Earned Success is doing.

Similarly, the Ferryman's shirt is orange. He has tall red boots and long blue sleeves.

The red boots show he puts his energy into where he is going. His blue sleeves suggest his rowing (or direction) is true and pure, intuitively

driven. As a psychopomp, Mercury was believed to ferry the souls of the dead across the River Styx into the Underworld. Making the planetary alignment of this card quite fitting.

Together, Mercury in Aquarius makes a very powerful combination. I see liberation from challenges using your wit, intelligence, and likely some cunning (as the duo appear to be sneaking off in the shadows, hidden behind cloak and swords). There is a strong suggestion of independence in the future for the Aquarian pair, Aquarius energy is adaptable, original, and assertive, so their transition should be smooth and fun. Their journey through Mercury has improved communication skills and rational thought, two important things our duo will need when seeking assistance from their new community on the other side.

All VI's fall in the Sephira of Tiphareth, according to the Tree of Life. Tiphareth is in the center of The Tree of Life and therefore represents our Heart Chakra in the middle of our chest. It is where we look at our ego (positive or negative), our core beliefs, and our truest selves. Because Tiphareth is the Sun, it holds the energy of compassion, nurturing, and creation. The themes of liberation and freedom are present in The Sun and in the VI of Swords.

Just as this could be a physical journey,

specifically across water, it could also be one into your own unconscious. A liberation from trauma that no longer serves you. You are crossing the river of emotions from tumultuous to smooth waters. I invite you to remember, crossing the river Styx is a transformative and transcending experience that may not be easy, especially at first. The journey into your unconscious could be

through therapy, journaling, or even writing a letter or email. I find that my most powerful spiritual work is not idle. Although this could be a spiritual journey into the unconscious through difficult emotions, all journeys need to be driven from the heart to reach their purposeful destination.

Join her live on Tik Tok Wednesdays @ 5pm ish PDT Readings by Donation



## King Of Pentacles

Here we see Capricorn, Taurus and Virgo masculinity. This is the type of King you want on your side when it's time to get the demanding work

done. Whether it's labor or just a long journey of effort having the King of Pentacles in your corner will surely be a large asset to whatever your endeavor. As he is very intelligent, resourceful and can see the worth in projects right from the get go. Assuming he's up right when he shows up in your life he might be your idea man as he will definitely help you with the practical side as he is good with his hands and of course will lend a hand with whatever it is you have to get done.

If it's a money making Venture you seek to triumph in, having the King of Pentacles on your side is a smart move as he is frugal and very good with investments. He is likely to be very calm and reserved although steadfast and sure of himself. Self assured in the best ways possible.

by Skylar Pink  
Psychic, Medium &  
Celtic Reiki Master, Owner of  
Earth and Sky Connection



If you catch this earthy energy upside down be ready for slow sloth-like behavior and wavering promises that never seem to come to fruition. He will be happy too use you and may take advantage of you in whatever way you allow him too, do be mindful of that. He might not be the worst King to receive in Reverse but he will definitely waste your time money and anything else you have.

**Learn Tarot in Skylar Pink's  
Beginner Class or if you want more  
Advanced Tarot Tamare White-Wolf  
register/ visit /call 778-441-1771  
or email Starts again January 2026  
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EarthAndSkyConnection.com**

# The Magic of the Season: Transition, Reflection, and the Wisdom in Your Teacup

**By Gypsy Hart**

**Hungarian & Romanian Mystic, Island Healing**



As the golden hues of autumn give way to the quiet stillness of winter, inviting us to slow down, listen inward, and reconnect with the unseen threads that weave our lives together. It's a season for reflection, dreaming, and divination. One of the most enchanting ways to access this intuitive guidance is through tea leaf reading, also known as tasseography, which is a centuries-old art practiced by mystics, seers, and healers across Europe and beyond.

When you sit down for a tea leaf reading, you're not just drinking tea, you're entering a sacred dialogue with your subconscious and the universe. As the tea is sipped and the leaves settle, they form intricate patterns and symbols that reveal insight into your current path, challenges, and potentials. Each curve, cluster, and image carries a message, waiting to be interpreted through an intuitive lens.

What makes this practice especially potent in November is the energy of introspection. Nature itself mirrors our inner landscape: quieting, preparing for rebirth, reminding us that endings are merely transformations in disguise. A tea leaf reading during this time can help illuminate your next steps, release emotional clutter, and restore balance between body, mind, and spirit.

Many who experience a reading leave feeling lighter, clearer, and deeply affirmed, many often finding that the messages confirm what their intuition already knew. The tea becomes a mirror, reflecting back truths that the busyness of daily life often hides.

As a Hungarian and Romanian mystic, I carry the traditions of my ancestors who believed that wisdom speaks through nature's simplest forms, like tea leaves, candle flames, dreams, and symbols. My sessions at Island Healing are designed to bring that old-world mysticism into the modern world: grounding, heart-opening, and rich with meaning.

Whether you seek clarity in love, purpose, or life direction, a tea leaf reading offers not only answers but also a sense of peace and empowerment. It's a gentle reminder that you are part of a greater flow, guided, supported, and capable of creating your own magic.

This Season, gift yourself the time to pause and listen to the whispers of your soul. The answers you seek may already be swirling at the bottom of your teacup. Step into the mystery. Sip. See. Awaken.

Book a Tea Leaf Reading with Gypsy Hart  
Sessions available in person/online  
through Island Healing. Van Island, BC  
Visit [www.IslandHealing.net](http://www.IslandHealing.net) Email:  
[gypsy@islandhealing.net](mailto:gypsy@islandhealing.net)  
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[@IslandHealingGypsyHart](https://www.instagram.com/IslandHealingGypsyHart)

# Uranus God of Gods

## Associated to Aquarius

by Tamare White-Wolf



Awe the legend of Uranus as a God... if that was happening in our time today we would be enraged but hey the gods can do what they want, right? Uranus as a planet rules Aquarius yeah and they're considered the most outlandish, rebellious, forerunners in the Zodiac, maybe this story has something to do with that.

Uranus was a Greek God he was considered a sky God his mother was earth, his father air, but he was also his mothers husband, fathering the Titans, the Cyclopes, among others. One of his sons Cronus literally castrated him and that blood gave birth to the giants, the furies and the ash tree nymphs. Incidentally, quaking ash tree is associated to Aquarius. I'll tell that story in another article seen here in this magazine page His castration created the goddess of Love ~ Aphrodite. This is when Heaven and Earth where separated.

I think the most compelling story is the one about the children called Hekatonkheires, they where triplets who where giants with 100 hands & 50 heads totally grotesque, disgusting and in their hideous form Uranus too was creeped out and cast them towards the deep darkness of Tartarus. This is a tower where one would have no choice but to consider their shadows. If they did not they would be thrown into the dungeons below never to see the light of day again. This act was the reason his son Cronus killed him, likely thinking he would face the same demise.

Uranus was considered the God of Gods. As a planet it is 7th from the sun, 3rd largest and rotates on its side, this tilt creates extreme seasons. When one pole faces the sun, it stays for 42 years than it flips and faces space for another 42 years. We can see by this it can stay the course but once it changes course it could be drastic and unforgiving.

I absolutely see this behavior in Aquarius they're easy going until they're not they don't usually fight about it they just cut you off and walk way never to be seen again. I'm wondering how many folks out there decided not to have children, who actually walked away from families they started or drastic had their babes taken away?

Now don't get me wrong there are likely just as many, even more parents or grandparents who made great relationships with the younglings. But I wondered what the most common sign was to be incline to give up the idea of having families and sure enough Aquarius was one of them. The reason being is they are so progressive and independent, wanting to live life on their own terms, and can't stand the idea of being restricted. This sign will take their time with decisions changing their minds when older. I'm pretty sure the real reason is because they are forever young at heart, striving to embody the archetype of youth and childlike antics, and definitely not wanting to be upstaged by a kid. Gotta love an Aquarian.

# Otter Spirit Medicine

By Tamare White-Wolf



My son Skylar is an Aquarius imagine my delight when I was walking on our new property in Ontario and saw a slide well sort of a slide, it was made by an Otter going down a mound (likely created itself the little innovator lol) into the river. It was good medicine and a good teaching, a message we would enjoy the land for years to come. Otter is about being playful, joyful and enjoying life, going at your own pace, with grace and an kind of ease that most beings cannot understand. I remember the day I heard two, swimming and playing in Willow Creek they looked like mother and son, cooing and what sounded like giggles yeah oh I love the Otter for me and my son Skylar!

Otter Totem Medicine carries an abundance of female energy applying to both men and women, as we all have a more feminine side. The Otter's hide is often used to make medicine bags for powerful women or for those who collaborate with people and their female side because its "medicine" assists to balance one's female energy.

Otter is loving & caring of its young, its friends and its mate! They enjoy playing and reveling in a warm cozy blissful connection with those it spends time with! It lives on land, but builds its home near water. The elements of Earth and Water are both aligned directly with female energy, always on the move and very curious. This joyful, adventurous, creature is assumes all other are just as friendly. They have little will to fight and will shy away if intimidated!

Those with the character traits of the Otter show the beauty of a balanced female side, the ability to trust, creating space for others without preconceptions or suspicions. Otter teaches us not to be jealous or malicious. It

strengthens sisterhood,

content to enjoy and share in the good fortune of others. Otter people express joy for others and see the whole tribes well being as important.

Long ago, in tribal law, if a woman were widowed, her sister would offer her own husband to the widow as a lover to keep her from drying up and not using her creative urges." This is Otter Medicine, too. Envy, or the fear of being replaced has no space in Otter's balanced understanding of sharing goodness.

Woman energy without games or control is a beautiful experience. It is the freedom of love without jealousy. It is the joy of loving other people's children and their accomplishments as much as you love your own. It may be time to examine your feelings about sharing the bounty of your life! Keep a Hawk-eye on your ego and maintain total trust.

If you are drawn to Otter symbology it may be telling you to become the playful child and to allow things to unfold in your life. It's time to stop worrying and let go of material things that burden or bind you. You might ask yourself, have you given yourself a gift recently?

Become like the Otter and move gently and flow with the waters of the Universe this is the way of balanced female-receptivity, discover the power of woman. If the Otter card appears to you in a negative way it may be telling you to stop running from one idea to another and focus. Stop blocking the gifts from the Universe with your male side. If this is the case, you may be embarrassed to receive compliments, to

have someone hug you. Just allow your genuine personality to come out and relax. Fear of rejection needs to be laid down. Drop the seriousness on all levels and play at life, allow the fear to roll off your back. Realize that the only flow is the flow of love from the Great Spirit to you, from you to others, and from others back to you.

Normally associated to the Aquarian as a power animal, Otter stresses the need for compassionate understanding, balanced judgment and generous sharing. If you are

happy for others you will find more joy in your own life.

Otter is a medicine used to eliminate worry and anxiety. It helps not to concern ourselves too intensely with a "more mentality" and collecting of material things or advancing your position career-wise. Otter encourages you to be satisfied with what you have and to simply enjoy it!

Laugh at your antics. Balance work and play. Reclaim vulnerability.

Book a Totem Animal Session Soon!

*Book a Totem Animal Reading with Tamare White-Wolf  
@ EarthAndSkyConnection.com 778-441-1771*

## The Journey of a Fool

By Kat McAllister



The journey of the Fool can be full of folly.  
But walking the path of the Magician  
can be fulfilling and jolly.  
With the High Priestess' spirit to pave the way.  
We look to our Empress to watch and say.  
"Trust in your Emperor's strength and might.  
Even if his Hierophant is full of blight."  
For we know these Lovers can guide our way.  
With the Chariot broken, we decide to stay.  
When our Strength is fleeting,  
And we Hermit ourselves to find the meaning.  
Even when the Wheel of Fortune stops turning,  
Trust we will get the Justice we have been yearning.  
Pay heed the price the Hanged Man pays,  
lest Death come to end our days.  
in Temperance we find the balance we seek,  
But beware the Devils interest we peak.  
For danger lie in a Tower so high.  
When we bare it all to the Star we sigh.  
The Moon will shine with her true sight.  
So the Sun can show us his pure light.  
Until our final Judgment we meet,  
& our World's journey is complete.

# Aquamarine

By Tamare White-Wolf

## Associated to Aquarius



Aquamarine one of my favorite crystals as it has all the colours and energy of the ocean. It can help one to connect with nature spirits of the sea, such as mermaids. Sailors carried it in ancient times for safe travel on the water and to protect against drowning. The soothing energy of this crystal makes it a perfect companion to calm fears and phobias. This is a “Stone of Courage and Protection”. Used often with the throat chakra, it can be used to promote verbal self-expression. It is can be used to for spiritual communication and can clear blocks for clear and affective communion with others, especially if there has been trouble relaying thoughts. This crystal aligns all the chakras and enhance the vibrancy of auras. The metaphysical properties of it make it an excellent stone for the spiritual initiates.

It also, allows one to look at emotional situations from other perspectives. It can help overcome judgment of others and encourage tolerance. This beautiful crystal can calm fear and worry, by opening the mind up to understanding the nature of Divine Perfection in the Universe.

By helping one to be more sensitive, it initiates a connection with the experience of a mass consciousness.

This crystal also works with the Heart Chakra by helping one to realize their innermost truth. It facilitates the releasing

of old patterns of behavior that no longer serve, and that actually inhibit one’s growth. Also brings peace and calm to the overactive mind, making it a great aid for deepening the meditative state.

Primary Chakras: Throat & Heart

Issues and Ailments (Physical): Acne, Allergies, Bladder, Brain, Cough, Eczema, Edema, Eyes, Feet, Glands, Jaw, Legs, Live, Lymphatic system, Nausea, Neck, Pituitary gland, Psoriasis, Sinus, Skin, Teeth, Thyroid, Travel, Water retention

Issues and Ailments (Emotional): Aggressive behaviour, Anger, Centering, Composure, Crisis, Harmony, Inspiration, Nervousness, Serenity

Issues and Ailments (Spiritual): Angelic realm, Awareness, Higher self, Meditation, Protection, Truth

***Stop by Earth And Sky Connection for your crystal needs. Our staff will be more than willing to help you find this and many more.***





# Quaking Aspen Aligns with Aquarius



By Tamare White-Wolf  
Shaman Witch

The spiritual meaning of the Quaking Aspen is profoundly similar to the energy of Aquarius people. These trees stand together, looking and responding very similar. Tall, thin, and graceful like. The wind comes and their silver back leaves shimmer and dance with a beautiful sound similar to a rain stick. Their roots all woven together neatly under ground. As we witness their dancing in unison, singing in harmony, we come to the conclusion they may represent spiritual communication. As they are team players, working endlessly toward a common goal and share an interconnectedness like few other signs.

These trees and the Aquarian in general can endure very cold temperatures and are extremely resilient. Aspens will return year after year in the same grove, taken it over as their own. This ability reminds us they can renew themselves and start a fresh new beginning even after depletion or destruction such as after forest fire.

They are one tree that will certainly regenerate a new stand quickly representing the human spirit overcoming adversity! Personally as a mother of an Aquarius son (Skylar Pink) I can attest to his commitment, dedication and support as we have worked endlessly together on hundreds of projects. Making him the best partner in business and most loving family ever!

Aspen can be carried for protection as it wards off negativity, evil spirits or even evil

people from being able to influence your life in any negative way. It has been known to be used in the making of crowns especially for those interested in astro travel, to and from the underworld! In fact its magical properties, can avert death until one is very old, promoting a person's ability to heal themselves living out many other community friends.

Did you know it was the tree used to create the crucifix Jesus endured? Wearing a crown made from Aspen gave power to those who visit the underworld and who want to return safely, this is why many were found on mounds in ancient burial sites! Therefore a great energy for meditation, shamanic rituals and journey work!

Quaking Aspen can be used to treat joint pain (rheumatism), prostate, (sciatica), nerve pain and even bladder issues. Food and drink can be created from all parts of this tree, inner bark, leaves, sap, white powered bark (yeast) even the ashes after being burned is useful as a salt derivative.

Cosmetics are created with the medicine from this tree as well as many household light weight wood items such as matches and pallets. And lastly many wildlife enjoy its nutrients year round but when facing a harsh winter the quaking aspen is revered by deer, elk, bear, moose, beaver, porcupine and other rodents!

This tree could literally be a life saver for all of us.



# Imbolc



**Pisces Season**

**Feb. 19th - Mar. 20th**

# February



Sun. 1 Bear Full Moon in Leo	Mon. 2  Imbolc	Tues. 3 Do an Imbolc Smudge	Wed. 4 Make a Brigid's Cross	Thurs. 5 Gaze at the Winter Sky	Fri. 6 Add a Little Love to Your Altar	Sat. 7 Give an Offering to Aphrodite
8 Focus on Stillness and Rest	9 Add Some Cinnamon to Coffee / Tea For a Lucky Day	10 Look into the History of Lupercalia	11 Do Some Some Shadow Work	12 Carry Rose Quartz Around With You	13 Self Love Shower / Bath	14 St. Valentines Day
15 Perform a Cleansing Ritual	16 Cast a Spell for Self Love	17 New Moon in Aquarius	18 Create a Mojo Bag	19 Start of Pisces Season	20 Treat Yourself to Something New	21 Create a Piece of Art
22 Learn a New Divination Practice	23 Make a Spring Elixir	24 Do a Love inspired Simmer Pot	25 Seek Balance	26 Discover Ancestral Wisdom Through Meditation	27 Spring Cleansing & Home Blessing	28 Decorate Your Home with Spring Flowers



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# Pine Gives us Fresh Medicine in the Midst of Winter

by Ellen Evert Hopman



Book excerpt from *Tree Medicine Tree Magic*

For me, winter seems to lose its grip just after Winter Solstice. Certain birds and plants are already reappearing due to the lengthening days. Since ancient times, this season of light has been celebrated as the rebirth of the Sun God who is symbolized by the evergreen Pine. So ingrained in our culture is this mystical relationship with Pine that we continue to follow the tradition of honoring its evergreen spirit at Christmas. Pines were considered sacred by the native peoples of the Americas and Europe. For the Iroquois, Pine symbolizes a balanced life existence. Its shape, which reaches for the sky like a pair of praying hands, suggests the search for Truth.

Pines grow in a circular shape. Circles symbolize energy cycles like the year's seasonal wheel, the motions of the planets, stars, and of life and rebirth. Pines reach a great age reminding us of the links between generations. Their wood and branches are soft, symbolizing a strength that is gentle yet firm. The even texture of the bark reminds one of an intelligence consciously directed towards a clear purpose in life.

Pine needles grow in bundles, symbolizing strength through unity. Their cones are curved, representing adaptability, while the sticky sap that holds the seeds reminds us of the importance of cohesiveness.

Pines trees carry a message of concern for future generations and a dream of peace for all beings. In bygone days, many Native American tribes would gather at a yearly congress. To commemorate these important gatherings, it was the custom to plant a pine, the tree of peace.

Practical Uses

Pine is one of the most prolific of the softwood timbers, and is used for lumber, furniture, construction, paneling, musical instruments, toys, household implements, poles, and pilings. It is an important food and shelter source for wildlife and has an ornamental value for humans. Native Americans used Pine needles for baskets and decorations, ate the nuts, and used the resin as a type of glue. Pine nuts (from the White Pine) were ground and added to soups.

Pine resin is used by violinists to condition their bows. It is also used in varnishes, sealing wax, resinous brown soaps, "paper-mâché", and for brewer's pitch to coat the inside of beer casks.

Herbal Uses

Pine resins have long been used as healing agents. A type of tar that is antiseptic, expectorant, and useful for lung conditions can be obtained by distilling the resin. (Pine tar water is also given to horses with chronic coughs.) The tar can be used internally and externally both as a stimulant and as an antiseptic for skin conditions. To use the tar, mix it with ten parts of water, and allow it to decant. Pour off the liquid, add sweetening, and take two teaspoons as a dose.

Pine resin can be gathered by tapping the trees directly. Chewed, the resinous gum will soothe a sore throat, or the dried and powdered resin can be applied to a sore throat with a swab or blown onto the back of the throat with a straw (in ancient times physicians used hollow reeds to do this!). When heated and spread on a cloth, Pine resin is an excellent plaster for lung conditions, sciatica, and sore muscles.

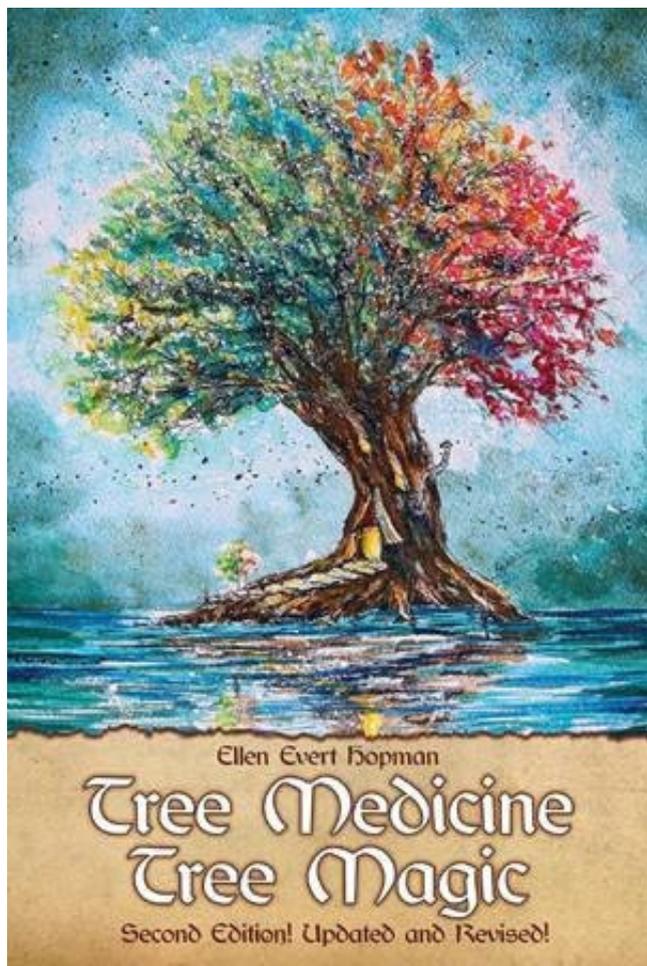
The distilled resin yields oil of turpentine which can be applied as an external stimulant for rheumatic conditions, sprains, and bruises. Internally, the oil of turpentine will kill parasites and is useful for lung conditions. The dose for lung conditions is two to ten drops in water or herb tea. The oil is also used for horses and cattle as a deworming medicine. Turpentine for this purpose should be purchased from a reliable veterinary supply house, never from a hardware store.

Pine oil is put into ointments and liniments that are used for sciatica and skin eruptions such as eczema and psoriasis. A simple way to impart the benefits of Pine to your skin is to gather fresh needles, twigs, and resinous cones and simmer them in a

high-quality oil (almond or olive). When strained, this makes a fragrant and healthful massage oil.

Scots Pine (*Pinus sylvestris*), French Maritime Pine (*Pinus pinaster*), and North American species such as White Pine and Ponderosa Pine, are used for their needles, bark, and resin. You can go out in the midst of winter when there is snow on the ground and gather the fresh needles and twigs to make a soothing tea for coughs and colds.

Just put the needles and a few twigs into a pot, cover with cold water, bring to a simmer and keep simmering for 20 minutes. Keep a tight lid on the pot so you don't lose the volatile oils via the steam. Enjoy with a bit of honey.



Tree Medicine Tree Magic by Ellen Evert Hopman is an outstanding book for anyone who wants to learn about and deepen their working with trees. In the book you will find poetry, folk lore, herbal lore, Native American lore, mythology, druidic insights, practical and medicinal uses of nineteen of the most common trees in North America and Europe. These nineteen trees include Oak, Pine, Ash, Willow, Holly, Hawthorn, Hazel, Birch, Rowan, Apple, Eucalyptus, Elm, Maple, Chestnut, Cedar, Poplar, Larch, Walnut and Elder.

Available @Amazon or shoppes such as Earth and Sky Connection in Victoria BC



# The Moon XVIII

By: Gemma Cunniff-Parent

## Associated to Pisces

The Moon card is a very special card to me. My sun and Mercury are in Pisces and so the feeling of this card is deep within me, and it makes me feel so understood and represented.

In the Qabala and on the tree of life, The Moon card is the 27th path. The path between Malkuth and Netzach, or Earth and Venus.

I was recently reflecting on the story of Eros and Psyche because Ted Andrews sites it as one of the stories related to The Moon. I was thinking about how in the end of that story Psyche looks inside the box to try and take some of the beauty that Persephone had put into it, and Psyche died as a result. The ‘Most Beautiful Woman in the World’ (so beautiful that she made Aphrodite jealous) still felt she could use more beauty before being reunited with her love, Eros. Even though Psyche knew first hand the wrath of Aphrodite. Psyche didn’t think she was perfect beauty. I think her story perfectly illustrates how important love and specifically the creative and sexual love of “eros” (which is the romantic type of love), is to each and every one of us. It is often a craving and need that we feel urged to fulfill, even at great risk.

Here is as brief of a synopsis as I can manage, and I strongly urge you to find the long version to get the beautiful nitty gritty details. Here I will recount the major details so we can discuss and everyone can follow along.

A long time ago, there was a place where Aphrodite had temples where people would gather to worship and venerate Aphrodite,

especially for her beauty. Aphrodite was considered the epitome of beauty for many years, until one day a young woman named Psyche was born, and she became increasingly beautiful as she grew. Psyche was so beautiful that people started to venerate and worship her, even going so far as to create temples for Psyche. This angered Aphrodite and she decided to bring her wrath down on Psyche, for she believed this was a great insult and injustice. Aphrodite sends her son Eros to make Psyche fall in love with a hideous monster with his love arrows. When Eros first sees Psyche he is surprised by her beauty and accidentally pricks himself on one of his arrows, and he instantly falls in love with her. Eros decides to marry Psyche and keep her in a lavishly furnished cave, and he only visits Psyche at night when it is dark, thinking he could keep his union with Psyche secret from his mother. When Aphrodite finds out that Eros, her son, had secretly married Psyche she flies into a rage and puts Psyche through a series of deadly trials. In the third and final trial Psyche must descend into the underworld to procure a box of some of Persephone’s beauty to bring back to Aphrodite. Psyche manages to beat all the odds and manages to achieve immortality and reunites with her love Eros, not as a mortal, but as a god, which Zeus does by giving Psyche ambrosia. Psyche earned her god status and the right to be beside her love Eros, in Olympus. To Psyche and Eros, love was worth all the trials and torture endured. To me this speaks of the depths of the human experience and also how those depths are in fact the whole thing that makes love feel so special and divine. The depths of that love and the textures of expression can only be partially captured by the harrowing and dramatic tale

of Eros and Psyche.

According to Ted Andrews the benefits of this path are “Creativity, Scrying abilities, attunement to animals and nature, increased sexuality, discrimination.” (Andrews, 147) The “Strengths Achieved, unselfishness, simplicity, faith, family harmony, innovation, understanding, animals and nature” (Andrews, 147) and the “Weaknesses revealed Greed, ungoverned imagination, sexual obsession, separatism, excessive empathy, withdrawal.” (Andrews, 147)

Psyche is the main character who displays the strengths achieved, in fact she ticks every box of the strengths achieved. Most importantly her character becomes more and more refined by the trials. She is by no means perfect, but she is lovely and seeks harmony, unselfishness, understanding animals and nature. The way she allows the gods to help her and uses their advice to innovate better ways to complete her trials for Aphrodite is particularly encouraging. Psyche isn't static and doesn't think she is better than anyone else. It seems to me that the mother of Eros; Aphrodite, is showing how all the weaknesses of this path can play out in life. Aphrodite is greedy for all the accolades and attention for her beauty, her ungoverned imagination was how she imagined and then tortured Psyche through the three tasks she set Psyche on.

Aphrodite doesn't display sexual obsession, but Eros does because it was definitely his sexual obsession that made him content to only visit Psyche in the dark, even though he was married to her. Eros wasn't nurturing the full need for divine connection, which is based in truth. If Eros had been honest with Psyche or upfront about being in love with Psyche to his mother, then maybe things would have been easier on Psyche, but I suppose Aphrodite's power was too

overwhelming for Eros. Aphrodite did in fact, force Hell to pay her for the perceived transgression.

Separatism is a really interesting word here, because I have indeed felt the pain of feeling scorned, and like Aphrodite wanted to end everything. I've felt like being completely left alone indefinitely, and I think many others can relate. In this story, I see excessive empathy in the way the gods of Olympus allowed Aphrodite to throw fits unchecked. I imagine they did this because they understood how she felt, because 'no one dares to defy gods'. It was rare for gods to be defied, but killing Psyche was too far according to Zeus and the other Olympians. Zeus made sure that Psyche was turned into a Goddess and could be immortal with her love Eros. This could be seen as family harmony as well.

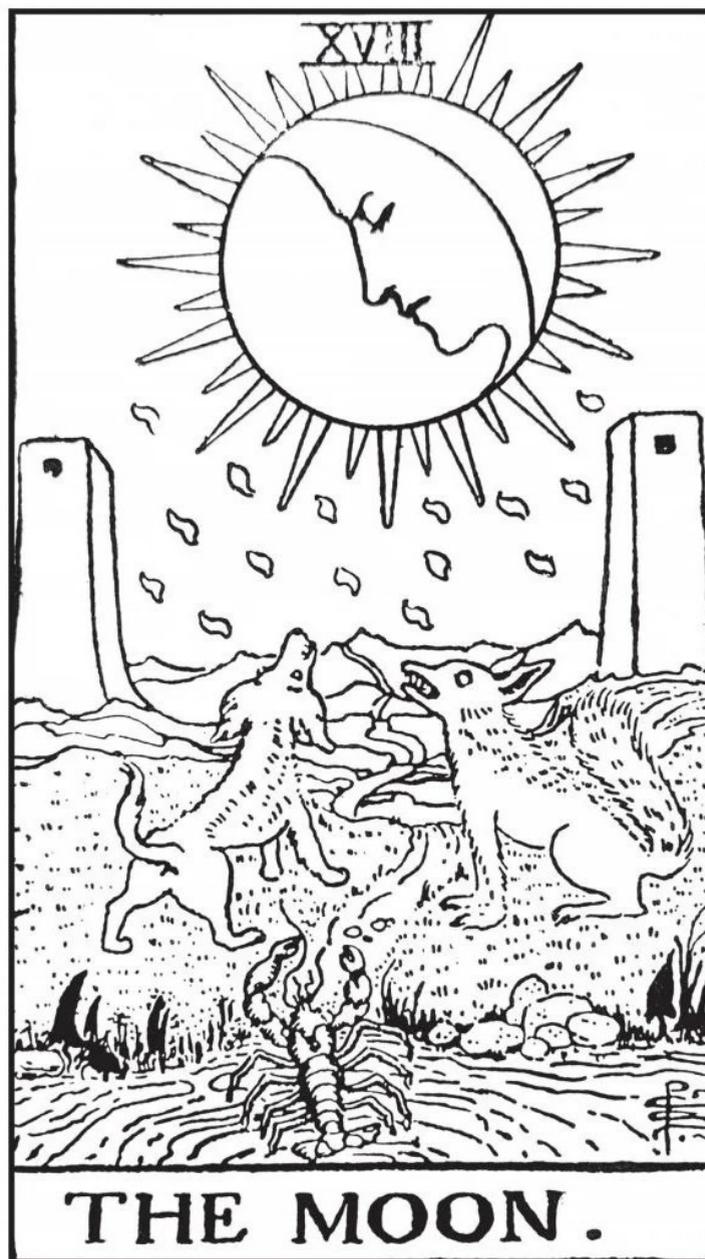
The richness of symbolism in this story is so moving and it is illustrating the value that the gods placed on overcoming adversity and maintaining or developing good character. This story deeply captures the essence of what separatism, excessive empathy, and withdrawal will do to a situation. For example if you love someone very deeply, likely it carries the pain of when they are not there.

Aphrodite quite literally tortured Psyche with the trials, which is unbounded imagination. Psyche overcame because her loveliness was genuinely pure, like how a flower can't help but catch your breath. Psyche was beautiful and worthy of protection and adoration just like a flower. Just because she exists. And this brings me to the metaphor of Psyche being our inner awareness of self and how Eros who is the god who was born out of Aphrodite, he is the word for romantic love because that is who he is. Eros is pricked with the arrow of love and when he sees Psyche, and I believe

there is exceptionally good reason her name means what we use it for in our modern language. Psyche defined by Webster means “soul, personality” or “the totality of elements forming the mind”. This is about romantic love becoming committed to loving and cherishing the soul and personality. When we look at the story through this lens it gives a depth of understanding to how our own love lives are reflected in this story.

I think this story perfectly illustrates the depth of love that a person (and always a Pisces) is capable of experiencing. The richness of love for many things, not only romantic, but there has to be something said about the richness and unique quality a romantic/Eros type of love brings. It is the depth of experiencing oneness with the all and the self. When you find beauty in the richness of the way your lover breathes when they lay beside you deep in sleep and how it warms your heart and belly. All the way to, the way sometimes anger or fear at the thought of your lover being suddenly

taken from you, can twist your insides and make you sweat. The range of feelings, like I said, the textures of them all. This is what the Moon card is all about. This card is beautiful and it is also terribly confronting. This card carries the duality of the experience of living, and is often a call to accept and take time with the darker parts of ourselves. A very useful yet challenging practice to be sure.



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Color you own Tarot

# Neptune Loves Pisces

## Roman God of the Sea



Neptune as a God a Roman God Oh yes he rules the fresh waters, the sea and horses. Many of us may know the Greek God Poseidon he is the counterpart to Neptune. Which is why we also see him holding a Trident. It is said when he slams the Trident down on the seabed its ripple effect could be earthquakes. The Romans often had a festival in his name called Neptunalia. Although you'd expect it to be held in the month of Pisces birth, it wasn't it was instead July where this festival was celebrated, a festival in honor of the thing most important to the people at the time, protection from drought.

Neptune had two brothers, Jupiter and Pluto, but he was the most spiritual, creative and dreamy one. He did not work well with boundaries instead he lived in the ebb and flow of illusion, a mystical, intuitive and inspirational god who could be very compassionate. Neptune was powerful he had dominion over sea monsters and mermaids too and at times he would send them out to do his bidding. It would not be surprising to find him enraged and sometimes in a very violent state, it was indeed part of his nature. As he did control the wind and storms we can see it was related to his temper. When he was upset the ancients believed he caused the Tsunamis, ocean storms and ultimately shipwrecks. If ever there was such a thing on

earth calling out to Neptune for protection would be a worthy act.

For those who love horses it may be Neptune whispering in your ear, as he was the god who created horses. It was when he struck the ground the first horse came about. So if you are a gambler and enjoy the horse track it is Neptune you speak with to get your favorite horse to win as he was a patron of horse racing. Those with this energy can be slightly delusional and potentially falling to things like escapism, deception and even addiction. It is important to see through these things to balance one's spiritual reality. So, asking this God for help with emotional regulation may be an important routine.

Finally he married Salacia a goddess of saltwater together they had a merman child once an adult he was given a conch shell trumpet which when blown would control the sea and its waves. Because Neptune had many affairs and fathered many children one being a winged horse called a Pegasus.

He is the 8th planet from the sun and has the most beautiful deep blue colour. We can expect those with this ruling planet to be very mixed emotionally like the ocean. Mostly we will experience the gentleness of a Pisces but honestly I wouldn't want to be the one to peeve off a Pisces as it could be a very long night and you could end up shipwrecked.

**Written By Tamare White-Wolf**  
**Book a Psychic session here**  
**@EarthAndSkyConnection.com**

# Wolf Medicine By Tamare White-Wolf

## Many Love the Wolf but its Pisces Totem



Wolf Medicine, The Healer, Pathfinder, Teacher & Leader!

Those that carry the wolf are fiercely independent, blazing their own trails, question rules, have extreme loyalty, are very sensitive to the surroundings and planets, in particular the moon! This connection with the moon makes them good at revealing what is hidden just beneath the surface! The senses of Wolf are very keen, and the moon is its power ally. The moon a symbol for psychic energy and the unconscious knowing which hold the secrets of knowledge and wisdom. Howling at the moon is an indication of Wolf's desire to connect with new ideas, new ways and new paths which are just below the surface of our consciousness. Wolf medicine empowers the teacher within us to come forth and aid Mother Earth's 2 legged in understanding the Great Mystery of life. Wolf carries the heart of danger and unpredictability. His nature is both friendly and vicious and his unwieldy spirit is a mirror to our own nature.

The spirit of wolf medicine defies domestication preferring freedom to think, to come and go, following their own rules and standards to the point of leaving the comfort of the clan if they are not happy with the social order! This confidence to be able to break away from the norm and go off into uncharted territories without fear and all alone is the depth of wolf medicine. Holding a healthy space around themselves despite what may be going on around them, the reason they make such good healers is because they also hold sacred space for others while they are in turmoil! Wolf energy accepts others and their learning pace

with openness and understanding! Through observation they will find your niche in order to help you learn in your own pace and style! This makes them great teachers and parents!

There is tale told by the Italian nation suggesting just that! Wolf Mothers: For Roman Pagans, the wolf is important indeed. The entire Rome empire – was based on the story of Romulus and Remus, orphaned twins who were raised by a she-wolf. The name of the Lupercalia festival comes from the Latin Lupus, which means wolf. Lupercalia is held every February and is a multi-purpose event that celebrates fertility of the livestock and the people of the nation.

***Many have heard the legend of the 2 Wolves, A Native tale describes the teachings of Wolf best:***

An old Navajo and his grandson went walking in the woods. The Navajo spoke to his grandson, teaching him of the plants to eat and the plants to avoid, teaching him how to read the story written in the dusty earth by the paw tracks of animals. (“The Legend of the two wolves. An old... - Aspiring Adventurers - Facebook”) When the old man saw that two wolves had traveled across their path he knelt at the tracks and turned to his grandson to teach him of his spirit, he said to the boy: Grandson there are two wolves in your heart fighting for your attention.

“It’s a terrible fight between two wolves. One is evil – snarling with rage, he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt resentment, inferiority, lies, false pride, superiority, and ego. The other is good, howling in harmony with the moon

and all living things- he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith. As you grow up the fight will grow stronger between these two wolves. As we all in humanity will face this same fight!”

“Which wolf will win?” The boy asked his Grandfather. The answer is simple... The one you feed~!

Wolves are naturally aligned in packs and have a sensitive and sophisticated hierarchy within the social structure, with a Alpha, Beta and Omega in every group. There is a monogamous mated pair (Alpha), their offspring (Beta) which fight hard to assert their position within the pack, in the end the weakest is found (Omega). It is here we often find the “Lone Wolf” created! As this is most often the wolf that leaves the pack in order to create their own pack and ultimately becomes the Alpha!

“A wolf pack: the first 3 are the old or sick, they give the pace to the entire pack. If it was the other way round, they would be left behind, losing contact with the pack. In case of an ambush, they would be sacrificed. Then come 5 strong ones, the front line. In the center are the rest of the pack members, then the 5 strongest following. Last is alone,

the alpha. He controls everything from the rear. In that position he can see everything, decide the direction. He sees all the pack. The pack moves according to the elder’s pace and help each other, watch each other.

If you carry Wolf Medicine, you’ll be called to share your medicine with others. Your intuitive and psychic side will provide answers and teachings for both others and for your own benefit. You will incorporate the ways of Wolf Medicine into your own life as you will feel it coming alive within you, you may share your knowledge by writing or teaching information that will help others better understand their own individuality and unique path in life. It is in sharing of life’s greater truths that the consciousness of humanity will attain new heights of awareness and connectedness. Wolf could also be telling you to seek out the silence and quiet places that will allow you to see the clan leader, the teacher, the healer, the pathfinder and the parent within. In the silence of a power place, devoid of others, you will find the true authentic self. Look for teachings and messages abound, no matter where you are. Wolf would not come to you unless you requested the appearance of the tribe’s greatest teacher.



*Consider a Totem Animal Spirit Reading with Tamare White-Wolf Seer & Shaman Witch @EarthAndSkyConnection.com 778-441-1771*

# Riders of the Wolf

Psychic, Tarot Card Reader, and Author of: **VIBRATIONS**

A Psychic Journey and Echoes Between Realms

A True Story by: Tammie Whalen Buckler

[tammiebuckler.com](http://tammiebuckler.com)



*Within the wolf's fur I saw a line of faces - ancestors riding with her, their presence both sudden and as old as blood. When I told her, she named them: family, always beside her. The glimpse became medicine.*

It's not a trick of the mind.

I first noticed the painting as I was scrolling on Facebook. Angel White Wolf, an amazing artist, created this drawing of 'Autumn Wolf' years earlier and decided to share it again as she once more travelled a healing journey. This wolf, through her gift – materialized on canvas and resonated with me like thunder and moonlight. The wolf in the painting seemed alive, its muzzle lifted skyward in a howl that carried beyond canvas and frame. Its fur was not one colour but a mosaic - russet, amber, and gold leafed through with black, like autumn set ablaze. Each stroke of the artist's brush rippled like wind moving through a forest floor. Behind it, branches stretched out bare against a soft wash of green light, as though the wolf's call was awakening the land itself. To its side, a tree painted with sacred patterns spiralled upward, adorned with feathers and symbols, as if marking this animal not just as creature, but as guardian and messenger. The brushstrokes pulsed, alive with motion, and the wolf's eyes were a stillness I could not look away from.

As I stared, something — a peripheral knowing, a tilt in the air — nudged me closer. My heart slowed; my room shrank to the space between me and that painted gaze. Within the wolf's shaggy ruff, where paint became texture and shadow, a line of faces rose up and threaded along its powerful

underbelly and ended up resting under the curve of its neck. They were not full portraits but the soft suggestion of people. I counted them - at least twelve - standing companion to companion, as if travelling beneath the skin of the wolf itself.

I enlarged the image, hungry for clarity, but the closer I peered, the more it slipped away. The faces dissolved as if the light itself decided they were not to be seen on demand. When I released the zoom they faintly reassembled like breath on glass, a secret folded into the painting's weave. I realised then that what I was seeing wasn't painted with pigment at all but layered over it by that enlightened part of me - the psychic eye that reads the spaces between things.

The knowing that came next was simple and certain: this was a message meant for her.

She was in the midst of a hard season filled with endurance, a quiet bravery that did not always have words. I held the image a little longer, feeling a warmth travel up my arms. Those faces were not strangers. They were riders - allies - gathered together once again to bear her burden, to share her path. They were telling her she was not alone.

I messaged her, careful and tender, and told her what I had seen. I tried not to gild it with explanation; I wished only to hand her the vision and let it breathe. Then her reply came: "They are my ancestors! I am Wolf Clan, and they are always with me. Thank you for telling me what you saw."

I felt a soft collapse in my chest - relief, gratitude, a kind of spirit hush. Her words

sealed the bridge between what I'd perceived and what she had always known in the marrow of her bones. For her, the wolf was more than image; it was lineage and promise. For me, the glimpse had become medicine.

When the psychic eye opens, it can be frighteningly intimate. Things will appear and evaporate, like breath on the glass of the world. When you see them - shapes that fold themselves into ordinary scenes, messages that seem to belong to another layer of the

day - offer them if you can. There is courage in naming the invisible. There is healing in passing it on.

Often, we do not know how our witness arrives at another's doorway. Sometimes it is a lifeline. Sometimes it is the smallest hand on a shaking shoulder. But if your vision eases a single heavy heart, then let it be seen. Let these fleeting riders know they are receiving a voice.

They are real. They ride with us.

Image Credit:  
'Autumn Wolf' -  
by Angel White Wolf Fine Art



## Hidden Message Word search

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

Aquarius	Birch
Darkestnight	Death
Imbolc	Pine
Rebirth	Rest
Shadow	Star
Yule	Capricorn
	Healing
	Pisces
	Retrograde
	Swords

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# Amethyst

by Tamare White-Wolf

## works well with Pisces & Virgo



Amethyst is a very powerful and protective crystal, and is a first choice of many meta-physicians.

This crystal was used in ancient times to recover from both physical addictions as well as addictive relationships, and became known as the “Stone of Sobriety”. Personally I like it blended with Citrine for the purpose of addiction issues. A natural stress reliever, it can encourage inner strength. The strong healing energy of this crystal can transmute lower vibrations to higher frequencies, transforming negative energy to loving energy. It connects the physical plane with higher realm, making it a good choice when working with the Third Eye Chakra.

This crystal also provides a wonderful peaceful energy for meditations, and helps with developing intuition and psychic abilities. It opens and activates the Crown Chakra as well, allowing easier access to the divine. This crystal enhances spiritual awareness and spiritual wisdom, promoting a higher state of consciousness. It clears and repairs holes in the aura and draws in Divine energy, as well as aligning and fostering cooperation between the energy bodies.

It's a must have, especially nice for a Healers space or the center of a home. I like it in a Cluster or Geode for anyone working in or servicing the community, as it draws to it spiritual beings, folks on a healing journey and others of kindred spirits.

Physically, it can help to alleviate headaches and migraines. It dispels nightmares and helps with insomnia. It can also reduce eyestrain, especially when

working at a computer.

Issues and Ailments (Physical): Acne, Addiction, Blood, Brain, Bruises, Burns, Cancer, Digestion, Eczema, Emphysema, Hormone production, Immune system, Herpes, Insomnia, Lungs, Metabolism, Nightmares, Pain, Pituitary gland, Psoriasis, Respiratory tract, Smoking

Issues and Ailments (Emotional): Anger, Anxiety, Balance, Decision making, Dispel negativity, Fear, Grief, Loss, Love

Issues and Ailments (Spiritual): Astral travel, Awareness, Consciousness, Crown Chakra, Dreams, Harmony, Higher self, Intuition, Meditation, Mediumship, Protection, Psychic abilities, Visualization, Wisdom





# Plantain Pisces Medicine

by Tamare White-Wolf  
Shaman Witch



The reason plantain is associated to Pisces is because it also thrives in moist conditions as all water signs do. Pisces is of course a water sign. It is used to stimulate compassion and empathy and create a desire to heal or even to soothe others often this plant is used in poultices in particular around bug bites stings even burns. Again this is the personality of a Pisces they'll be there for you if you've been stung by someone or something. As we know Pisces is often considered the most spiritual and intuitive of all the Zodiac signs and this plant is associated to immortality and wisdom, it is considered a powerful healer and is readily available, even in winter as it grows prolifically. I bet you have seen this beautiful herb.

I remember pulling out the stem full of its seeds and running my fingers from bottom to top until all the seeds were in my hand, at that point I made a wish and blew it into the air. I was about 8 I have no idea where I got this, how about you? I still do this once a year and I have had many a wish come true. Doesn't hurt to try it now does it?

Pisces being ruled by Neptune, however years gone by it was considered ruled by Jupiter, still these two planets work together for the Pisces energy. Neptune is considered a higher octave of Venus another reason why this plant works for them as Pisces is spiritual, loving, embracing, nurturing and available whenever needed there are many kinds of plantain as you can see here, the first picture considered the Broadleaf and the other Greater Plantain.

Medicinal Uses: Plantain is used externally for bites, stings, burns and minor cuts and

wounds as well skin afflictions. The juice can be applied directly, or the herb may be prepared as a plaster to treat boils, carbuncles and tumors. It tends to be used for internal afflictions of the respiratory system, asthma, cough, catarrhal congestion etc. It is also used for diarrhea or afflictions of the urinary tract. It has a soothing action and astringent action on the mucous membranes. A leaf poultice is used to speed wounds healing. The leaves treat urinary infections, burns, bee stings, hemorrhoids, and conjunctivitis. They are mucilaginous and expectorant. The Seeds are high in fiber; their mucilage may lower cholesterol and is used in cosmetics. In the wild, if you are injured chew on the leaves of the plantain to make a spit-poultice, then place this on the wound using a small amount of dirt to bind it if necessary, this will pull all the germs and help promote healing, and this can also work for removing splinters.

Magical Uses: Plantain worn as an amulet it protects against the hidden dangers of travel – such as snake bites and insect stings. In Ireland it is associated with St. Patrick, patron saint of Ireland – interestingly, St. Patrick is also associated with averting snakes. It is used in spells for protection, the home and the car as well as for travelers, especially those traveling on a road (which is where this plant likes to grow). The plantain can give power to magical workings in general. The herb is also used in healing sachets, specifically for headaches and fatigue.

Feminine, Venus/Earth Colour: Orange  
Other names: St. Patrick's Leaf, Snakebite White Man's Foot. There are contraindications, please look in them.

# Imbloc A Wintery Sabbat where Cailleach Meets Brigid



By **Tamare White-Wolf Shaman Witch**

This celebration of the wheel of the year is held smack dab in the middle of winter solstice Dec 21st called Yule and spring equinox March 21st known as Ostara. Which is approximately six weeks between the two, February 1, marks the day. Many know this day as Groundhog Day in this neck of the woods. This is an opportunity to see how many weeks of winter is left by considering the Shadow or lack of the Shadow of everyone's favourite little groundhog Wiarton Willie. He was created in 1956 Ontario. Still an older version was 1886 in Pennsylvania they called him Punxsutawney Phil strange though because that is native Lenape peoples word for "town of many mosquitoes". Regardless this day was celebrated by the Celts in order to inspire hope and confidence to those waiting out the coldest days of the year.

Would they have enough wood to keep them warm? Would they have enough food until they could hunt again? Would they make it without catching colds and worse had the blizzards completed their cycle? Where they free from their roof caving in from the weight of the snow? Fortunately, as time moved on our homes became sanctuaries of convenience however, many of us still endured ice storms and blizzards that took out our electricity, which our furnaces were dependent upon. So indeed, we did feel some of the experiences of our ancestors.

In some areas of Canada, the snow is still heavy, however more southern communities are watching crocus and daffodil emerge from light blankets of snow. It's a promising sign that spring is on its way. It's a good thing too because many have endured such a

long night that depression has set in this month. February is known to be second worst month for suicide. If you know someone who's had a loved one be victim to this offer, remember to offer a hand of compassion and prayers. May they somehow, find peace in the quiet and stillness of this month.

Often this Sabbath is celebrated with small groups, mostly families. We light candles and warm ourselves by fireplaces in honour of bringing back the warmth of the sun. Most of us will not celebrate outside with bonfires as we do in the summer Sabbats. Those that do will light those fires outside and huddle around with hot milky chocolate. This is the time for deep reflection on memories. A time where we might share our feelings and experiences. Those of us who are in the industry of farming, will have witnessed the birth of animals, such as sheep. These beings bring an abundance of milk, and for those who rely on the milk of a farm animal, it's a wonderful and delightful treat to drink a glass of ewe's milk after a long winter without. It is also the time to open the stalls and make available outside pastures again, of course depending on the amount of snow still on the earth..

Cailleach Queen of the Winter is considered on this day as she has her own myth, if the day was sunny she would be seen gathering more wood because it was a foretell of a longer winter. If cloudy the opposite spring will come soon. So the fires would be fed until the flames would touch the sky as all would dance in celebration of the coming sun.

Cailleach has a rival in Brigid the goddess, as winter wanes she loses her grip on us, leaving way for us to herald in new life and blessings that promise, health and protection of infants, farm animal and land. I celebrate Brigid here and appease Cailleach. Brigid gifts us with poetry, healing, smith crafting and childbirth, if you are skilled in these areas or pregnant consider paying homage to Brigid during this period. Maybe write a poem in honour of these two strong deities.



***Brigid***



***Cailleach***

## ***The Hag and The Mother.***

*Written By Tamare White-Wolf*

*She weathers the storm of snow and cold,  
collecting firewood she needs until spring.*

*The Queen of winter walks to the cottage  
pushing past the drifts and mounds beneath  
her feet.*

*The day is dim with no sunshine only cloud,  
and the winds that force the air to howl and  
sing.*

*A she gets to the door it swings open on its  
own, her stride inside does not miss a beat.*

*Inside is Brigid the mother of all, she offers a  
seat to the old woman Cailleach.*

*Their eyes deep in history as Cailleach lays  
down the wood and takes a seat.*

*Brigid bends to pick up each log, with her  
arms full she greets the embers with her reach.*

*The fireplace a blaze fills the room with  
warmth, the wintery woman smiles as their  
gazes meet.*

*The old woman stands up to find her bed as  
Brigid beckons her to take a well-earned sleep.*

*Bridget rejoices with the honor she gives, for  
now it's her time to walk the earth and live.*

*In the light of the flames she pulls out a  
journal and to write out thoughts of deep.*

*As her time in the cycle called Imbloc, a  
sabbat of the wheel of life as arrived.*



# My First Spiritual Loves

Master the Tarot Jan 2026

west@earthandskyconnection.com

By Tamare White-Wolf



**Brigid** the most inspirational goddess I have ever encountered, and she was my first relationship with the goddesses. Let me tell you about her. she was there for me time and time again, especially during the time when I was spiritually cracking open a community where there were so many Christian folks switching over into what they called “light workers”. A time when love affairs left me so broken I could barely walk. A time when fire itself made its debut into my life, with my home and then business was taken away. Brigid returned both with 10 times more power and value than I could ever had created on my own!

Those that didn’t understand me had a heyday, judging, gossiping and defaming my name and my path, as well as anyone else who thought maybe my beliefs I were indeed something to consider. Well I was on to something as paganism was on the rise all over the world we were awakening.

Brigid helped me release the hurt with poem after poem. She taught me about alchemy where I mixed media to create magical items. She taught me to walk my truth without fear, reminding me I wasn’t alone that she embraced me ensuring me that those that might harm me would meet their makers and taken out of my path!

She directed me to sit with water and to share my tears while talking about my feelings. She helped me through the loss of pregnancies promising me that one day I would indeed mother a son!

She guided me to help others when they were spiritually drained, when their bodies broke down, and when hope was lost all together.

Brigid inspired me to fight with a fiery

passion when faced with injustices. Teaching me to transmute all hardship into action leading to successes. This goddess also encouraged me to soften at the sight of youth, elderly and all others who were vulnerable such as with pets, disability and illness!

She supported me during my darkest hours just like she will always be there for you too! Just acknowledge her that’s all it takes! Maybe a story or poem in her name! Maybe just say hello with the warmth of a candle on Feb 1st.

**Jesus & Mary Magdeline**, my first awareness of them came through the Christian teachings my grandmother infused my family with. My mother having been faced with challenges that turned her away from religion, so she separated Jesus from the church in her heart. I followed that, finding truth in that I found a path that lead me to a journey of truth. Jesus and Mary were rebellious they saw how corruption turned the word of God against the people. As I uncovered forgotten history, I found them hiding inside my most beloved divination tool, the tarot. The Journey of the Hero began for me in 1989 during my Saturn’s return.

Jesus became my hero, inspired me to do better, to be kind, to be of love and Mary, she taught me resilience, honor, strength and grace. Together were pillars in my life but not in a Christian way. I saw they were pagans like me. I give homage to their life and in my beliefs they were married, had children and lived past the crucifixion. I will share that in the spring equinox edition.





# A Conversation with the Muse

By Chris-Anne Donnelly PART 1 see Pt 2 in Spring  
*Light Seers Tarot & The Muse Tarot Creator*

**These two amazing decks are**

**sisters, twins in-fact as they were created in the same time span, as one Tarot Deck grew the other beckon for acknowledgment. Chris-Anne went back and forth until both were created. Here is Part 1 of her birthing story in her own words complete with timeline. Look for part 2 in the Spring Equinox Edition 2026**

## **Tamare White-Wolf**

In 2014, I began creating my first oracle deck, The Sacred Creators Oracle, and it was the Muse that threw this idea into my structured life, and sent it spiraling out in the most beautiful, unexpected direction.

December 1st, 2014.

Knowing I had to shake things up, I asked the Muse for help. I speak with Spirit in many ways, but the Muse and I tend to chat via automatic writing, poetry or doodling, and so I pulled out a notebook, opened sacred space and asked her how I should proceed.

(Many readers will already know this, but automatic writing is a form of channeling where we sit with pen and paper and simply allow the ideas to fill the page without judgment, plan, rhyme or reason. This is also the way I often spoke with my guides at that time.)

Stop writing everything down. Until Yule.

I looked over at the stack of notebooks tucked on my shelf. Page after page of thoughts recorded – everything about the past and future was scratched down in messy sketchbooks, often with scraps of different papers, receipts and napkins tucked into the folds.

I looked over at my desk filled with lists, ideas and to-dos, all written down and saved for later. I felt a little bit of fear arise in my body and I asked for clarification, “What do you mean? I am a creative. I doodle all the time. I write everything down.”

Again her voice came through the ethers. Direct. And calm, “Stop writing everything down until Yule.”

I paused from scribbling down her instructions for a moment, but held onto my pen protectively, “But... if I stop writing things down... I will lose all of my ideas?”

My mind raced, speaking mostly to myself, but knowing the Muse would overhear my internal panic, “I have been this creative person who doodles everything my whole life! My ideas come all the time! I will lose them! How could I do this? How could I not save my thoughts? They are... me. Why would I not ground them into the real world in order to make them more real?”

Her powerful knowing pushed its way past my internal protest, and settled gently into my mind’s eye. She showed me that I had been in “capture mode” for many years, obsessively trying to capture all of the ideas she sent my way, and trying to detail each and every possibility for my life.

She showed me the way timelines would change if I took her up on any one of these wonderful ideas, and that my books were already filled with the seeds of a million-and-one different beautiful things. She told me not to worry, and that I had been deeply tuned into the ethers, yet I was writing it all down instead of taking action to really change my life. And once again, she firmly stated, “Yule.”

I nodded, quite afraid of the idea, but willing to give it a try. I understood that I had not stopped capturing long enough to truly create something of my own. I had been focused on other people's dreams all these years. And I dropped my pen mid-sentence. Looking away from my unfinished journal entry, my eyes floated up to the ceiling of my sacred space and I nodded, "Okay Muse, let's give this a try."

The next 21 days were challenging. I watched ideas come and go in my mind's eye, and I desperately wanted to write them down. Instead of writing them, I tried to file them away in memory... but many came and went like clouds in the sky... dissipating into nothingness. There were mornings that I mourned the absence of my bedside notebook, wanting to record a poem or a particularly poignant dream. In these moments I spoke to the Muse out loud, hoping to capture the essence of it all. And even though I didn't want to, I stuck to her program and I didn't write anything down for almost a month.

Some days, I spent time looking through my old notebooks instead, and laughed at all the odd ideas held within that collection had forgotten: DIY home-made creams for broken wings. Balms for the soul. A collection of multi-colored shoes where you could purchase separate lefts and rights. Poetry. Doodles of space-time. Oh, the mind is a wild and beautiful place when we are connected to the ethers of the Muse!

When solstice arrived I bought a new notebook to mark the occasion. I sat down in solitary ritual with the idea of writing down my experience of the month sans-pen-and-paper. I opened up space and sat down to converse with the Muse, thinking I would perhaps start by automatic writing.

I put pen to paper, and I realized that many ideas came and went during the

month. Yet only the very best ideas bubbled their way to the surface and remained in my memory. It was a real-life example of the cream rising to the top, and proof that I needed to be still and stop writing lists of ideas in order to hear the ones that really sang to me. During that month the Muse showed me that I had been bringing oracle decks into the boardroom for years, and that I kept trying to find the perfect deck but never could. She showed me how all of my design skills and interests would converge into the most obvious and delightful thing, and I took a deep breath and I wrote down one phrase : You will be an oracle creator who creates a deck for creativity and business, and you will inspire people to live their best lives.

I looked down at the words on the page and new it would be true. It had that perfect Goldilocks quality of being both challenging, scary and exciting all at the same time, and I could see the steps I needed to take to make it happen, only because of the stillness the Muse requested of me. Since 2014, I have spent most of my Decembers in a notebook-free zone. It has become a personal ritual of sorts, re-learning to trust that ideas will come and go, and that the best will stay in my heart. And re-learning to trust that the Muse is guiding me gently, no matter the twists and the turns that arrive.



We love Chris-Ann @Earth and Sky Connection we carry all of her publications, come see!



# In the Moment of Light

by Lindsay Woods

I never really set out to be a positive person. I set out to survive — to understand how to

live with an open heart in a world that doesn't always feel kind. But somewhere between the heartbreak and the healing, something sacred appeared: a quiet strength that glows even in darkness.

That journey became the heartbeat behind my writing. Each poem and reflection in the In That Moment series was born from the same question that still guides me now — how do we keep believing in love and light when the world feels heavy? Writing taught me that positivity isn't perfection; it's presence. It's finding a way to breathe hope into the hardest moments and choosing to see beauty even in the lessons that hurt. There comes a moment in everyone's life when the universe whispers, "Keep sharing your unique love with the world."

Positivity isn't about pretending everything is fine. It's about transforming pain into wisdom, fear into faith, and doubt into light. It's the practice of turning wounds into wisdom — the quiet alchemy of becoming softer without losing strength. Every challenge teaches something if we let it. The past isn't meant to define anyone — it's meant to refine. Growth often comes wrapped in discomfort, but it's through those moments that clarity arrives. Boundaries are one of life's hardest lessons. It takes courage to recognize that not everyone is meant to walk beside us forever. Protecting personal energy is not selfish; it's

sacred. True kindness includes knowing when to let go.

There is beauty in peace, strength in compassion, and power in quiet confidence. When we learn to walk away with grace, we stop surviving and begin rising. Every day doesn't have to be conquered; some days are meant to be cherished. There's a deep kind of peace that comes from realizing that doing your best — whatever that looks like — is enough. The world glorifies hustle, but healing thrives in stillness. Rest is also growth. Silence is also progress. No one climbs their mountains in a straight line. We all stumble, pause, and start again. Every setback is an invitation to begin with new eyes. There's quiet triumph in simply continuing — in taking one more step even when the path feels heavy. That's strength — not loud, not flashy, but steady and real.

To stand in love means to live with compassion, even when it's hard. To dance in light means to find joy even when the world feels dim. Everything needed for healing already exists within each of us. No one needs permission to shine. Joy doesn't wait for the perfect time — it lives in the laughter that escapes unplanned, in the warmth of a pet leaning against you, in the first breath of a new morning.

Joy is rebellion. It's the soft defiance of a soul that has known pain and still chooses love. When we live in alignment with love, we become both student and teacher of light — guiding one another home through kindness, patience, and understanding. Only those who have stood in the dark can

truly understand the sacredness of light. There will always be moments that test our faith, but real positivity doesn't deny pain — it transforms it. It's the courage to look at what hurts and still believe that something good can come from it.

Negativity may surround us at times, but it doesn't have to define us. Strength is the ability to stay kind in unkind moments, to stay grounded when the world shakes, and to forgive even when bitterness would be easier. Healing happens quietly — in forgiveness, in rest, in choosing peace instead of reaction.

Every person carries a spark that can

change a room, a relationship, even a life. Light is contagious; it grows wherever it's shared. Anyone feeling lost should remember: you cannot miss your light. It's part of who you are. Even when it feels dim, it never disappears — it only waits to be seen again. Be gentle with yourself. Celebrate how far you've come. Recognize that you are the moment of light someone else needs to see today. When each of us chooses to shine, even a little, the world grows warmer, softer, and more human. And in that shared glow — where one light meets another — that's where the real magic begins.

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# By Lupa Bardy

## Bringing Closure to Spirits by Bridging Worlds and Unveiling Hidden Truths



Paranormal investigating is more than chasing shadows or recording unexplained noises—it's a journey into the heart of human experience, often guided by those who have passed on but remain tethered to our world. For those with a natural affinity for connecting with the dead, each investigation is an opportunity to listen, heal, and reveal stories that might otherwise remain buried.

My passion for the paranormal began with a curiosity about haunted places but quickly evolved into a calling to help spirits find peace. Using a blend of traditional investigative techniques and psychic sensitivity, I approach each case with empathy and an open mind, seeking not only evidence of the supernatural but also the deeper truths behind the phenomena.

One investigation stands out as a profound example of the power—and responsibility—of connecting with the dead. I was invited to a century-old home where the family had been experiencing intense poltergeist activity: objects thrown across rooms, unexplained cold spots, and the sound of sobbing echoing through the halls. The disturbances were so severe that the family feared for their safety and considered leaving their beloved home.

During my initial walkthrough, I felt a strong presence in the upstairs bedroom. Through a series of EVP (Electronic Voice Phenomena) sessions and psychic impressions, I contacted the spirit of a young girl. Her energy was fragile, marked by deep sadness and fear. As I communicated with her, she revealed fragmented memories of abuse at the hands of a caretaker many decades ago. The trauma

she endured had left her spirit restless, and her attempts to communicate had manifested as chaotic poltergeist activity.

Determined to help, I researched the home's history and discovered that it had once served as a foster residence. Old records and newspaper clippings confirmed reports of neglect and mistreatment. The spirit's actions were not malicious, but desperate attempts to be heard and acknowledged.

With the family's support, we held a small ceremony to honor the child's memory. I encouraged the spirit to share her story, assuring her that she was seen and valued. As we acknowledged her pain and offered compassion, the poltergeist activity gradually subsided. The atmosphere in the home shifted from fear to peace, and the family was able to reclaim their space.

This experience reinforced my belief that paranormal investigating is about more than proving the existence of ghosts—it's about connecting with the dead to bring closure, justice, and healing. Haunted locations are often repositories of unresolved trauma, and by listening to the spirits who linger, we can transform places of fear into sanctuaries of hope.

For those drawn to this work, empathy and courage are essential. Each investigation is a chance to bridge worlds, honour forgotten lives, and make a meaningful difference for both the living and the dead. Paranormal investigating, at its heart, is a journey of discovery, compassion, and transformation.

# The Witches Silence

by Ayrmid Sage



Last issue we talked about The Witch's Debt, but this time, I want to explore The Witch's Silence. This is the kind of quiet that holds its own power. It is not the silence of fear or repression, but the calm knowing of a witch who understands that not all things are meant to be spoken. In folk magic, silence has long been a form of protection. It is the invisible boundary that keeps what is sacred from being pulled apart by the wrong hands or careless words. In the old days, the wise ones learned early that too much talk could draw trouble, mockery, or even danger. Keeping one's workings private wasn't about being mysterious; it was about survival and respect for the craft.

Silence also has a purpose within the magic itself. Words are spells and once spoken they begin to move through the world. When you tell everyone what you're doing, you release that energy before it has had time to settle. A charm loses its weight when carried on too many tongues. The folk witch understands that a spell needs the quiet of incubation, the hush of secrecy to take root. Some workings cannot withstand the noise of modern life or the scrutiny of others. They belong to the soil, the fire and the bones of the witch who made them.

There is another kind of silence too, one that grows from humility. The witch does not claim to know everything. Some knowledge is earned only through time, hardship, or personal revelation and those lessons are rarely shouted. In the folk path, wisdom is carried in gestures, in the way herbs are gathered, or in how one speaks to a flame. The old ways were never about grand speeches or ceremony; they lived in the unspoken rhythm between witch and

world. Silence becomes the space where listening

happens, where the spirits, the land and the ancestors are given their turn to speak.

In a world that rewards over-sharing, the witch's silence is an act of rebellion. It says that magic is not for display, nor for validation. It is lived, breathed, and felt in private moments. When a spell is kept close to the chest, its heart beats stronger. It is a secret between you and the unseen, a pact sealed by trust rather than attention. The quiet keeps it alive.

To walk the folk witch's path is to know when to speak and when to remain still. The silence between words is as sacred as any charm, for it is there that intent gathers strength. In the end, the witch's silence is not emptiness. It is the sound of power waiting, unseen and unbroken, until the time is right to be released.

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# “Winter’s Hidden Gift: How to Remember How to Remember and Decode Your Dreams



by Rachel Perry

With Wintertime upon us, the longer nights and cozy extra-blanketed beds sometimes bring about more dreams even with very little effort. For others, those who want to recall their dreams but still haven't been able to find the secret key to opening that mystical door to the unknown dream realm - the sleepy winter season is a perfect time to create new Dream Work routines. So whether you regularly remember your dreams or you want to recall them more often, here are 10 STEPS TO DREAM RECALL & INTERPRETATION that offer some insight into capturing these nighttime images.

1. Set the Intention- As you get into bed remind your Self of your intention to remember.
2. Repeat a Mantra - Either say or write - something like “I’m so happy I’m remembering my dreams easily now” or “I’m giving myself permission to remember my dreams.”
3. Dream Journal Nearby - Beside your bed, place your journal & pen (Note: some people find using Notes on their phone or using a voice recorder helpful while others find the dreams float away as soon as they pick up a device so experiment to see what works best for you.)
4. First Wakeful Moments - In the morning, as soon as you become aware that you’re waking up ask yourself “what did I dream” and see if any images, sounds or feelings come to mind. If they do, hold on to them in your mind like creating a screenshot of the dream or recording a video. Sometimes you can do this before even opening your eyes.
5. Start Writing - Slowly, when you’re ready, turn to your hardcopy or online journal

and set a timer for 20 min.

[This next step is based on Julia Cameron’s Morning Pages strategy in *The Artists Way*.]

If you already have a remembered dream, start writing it down but don’t stop when the story is done - keep writing until your timer goes off. This will help you bypass the inner critic and can either release more dreams which you hadn’t recalled when you first woke up OR it can help reveal feelings, thoughts, life circumstances, or memories related to the dream. The key here is to keep your pen writing or fingers typing non-stop without interruption until the timer goes off.

Now, if you didn’t recall any dream images when you first woke up - this step is magical when you do it with consistency. You open your hard copy or online journal, set the timer and just WRITE. It takes some self-discipline at the beginning. You can write anything. How are you feeling? What thoughts are you having about the day? Any issues hanging over from yesterday? If you run out of things to say, Cameron suggests just writing anything, for example “here I am writing something just because I don’t know what else to write” and on and on and on. What I discovered, after doing this practice regularly is that dream images WILL come to mind during the 20 minutes. It’s a really cool feeling. A bit similar to *deja vu*. I’ll be writing a sentence about what I’m making for breakfast and all of a sudden a whole dream scenario about french toast appears to my mind, like a bubble coming to the surface. Once that dream image surfaces, write it down, and

there you go - you've unlocked the door to your dreams. 6. 4 Parts to Transformation - Remembering is the first part. Writing it down is the second part. Analysis is the third part. And applying that analysis to day-to-day life is the fourth part. Many people get excited about remembering and writing it down and then lose focus and forget to do the analysis work.

7. Begin Your Analysis: When you first start out writing your dreams and paying attention to their meaning there's some things you can ask yourself that will help you to begin understanding the metaphors. Remember: dreams use the language of metaphors & symbols to communicate the message to you. Here's some questions to get you started:

Where did the dream take place? Who was in the dream? (Am I in the dream or observing?) What's happening in the dream? What action did I take in the dream? What's the strongest emotion I felt in the dream?

The reason these questions are helpful is because they get you thinking about the dream as a "story" and with this perspective you can begin to look at the symbols with more clarity. Even the setting in a dream is a metaphor, a symbol.

For example, a house symbolizes your SELF, a mall symbolizes your PUBLIC SELF, driving a car symbolizes how you're moving forward in life.

8. Get Comfy With Thinking About Metaphors - Whether we call it "reflection" or "meditation" or "pondering" - it's essential. When I first started studying my dreams with intention, I would take several hours or days to sit with a metaphor or symbol, asking myself "what does this mean to me?" Random images such as swimming pools, monkeys or potatoes were showing up in my dreams - why? The more I explored what things mean to me the more

I understood what the dreams meant. I also discovered that some things have individual, family, cultural or universal meaning but I'll explore that in more depth in another article.

9. Even Seemingly Meaningless Images Matter - If you struggle to begin thinking more symbolically about the dream images, here's a tip: when you're thinking about a symbol - for example, "potatoes" you can ask yourself "what QUALITIES do potatoes have?" They are a plant that grows easily and multiplies quickly. They're easy to cook with. They're versatile and can be prepared for breakfast, lunch, dinners, or snacks. Then I would ask myself how those qualities can be applied in my life. For example if I had a dream that I was cooking potatoes and enjoying the meal at a kitchen table then it would tell me that the dream was showing me that I also have these qualities that potatoes have: I can get grounded in many different locations and I can expand my reach & relationships in multiple ways. I am versatile and can adapt to many different environments, situations and circumstances. With a dream like this, I would take it to be a reminder that in the challenge I'm facing day-to-day I can create opportunities for abundance by "being like a potato" - simple yet versatile. Plain and complex at the same time. Anyone who knows me would agree these qualities describe me.

10. Advanced Tip: For those advanced dream workers and those superhero energy workers who already have a lot of depth and practice to their inner work and healing process here's a bonus for you. If you're already fairly comfortable with your own understanding of your dreams and you want to take it to the next step, here's what you do:

Ask your Self: What is the biggest challenge I'm facing today? Include the answer in your

20-minute freestyle writing. See if you can find any connections between the dreams & the current challenge. Remember: Positive Dreams will remind you of what's already working & to continue whereas Negative Dreams will show you the issues - often times around fear, anger, or sadness or some variation of these. Sometimes dreams are a mix of positive & negative and that's when you use the STRENGTHS in the dreams to work through the CHALLENGES.

Dreamwork is one of the most personal and powerful forms of spiritual practice we can

engage in. It asks for patience, curiosity, and honesty—but the rewards are limitless. Each remembered dream, no matter how small or strange, holds a spark of transformation waiting to be understood. Over time, this practice becomes more than just remembering dreams—it becomes remembering yourself: your resilience, intuition, and creativity. So as the nights grow longer this winter, treat your dreams like letters from your higher self—soft messages meant to guide, comfort, and awaken.



For more information on dreams and how to interpret them  
Contact Rachel Perry here: [rachelinterpretzdreamz@gmail.com](mailto:rachelinterpretzdreamz@gmail.com)

# The Power of Light and Dark:

## Reflecting on Ostara, Tarot, and Spiritual Transformation

Embracing the Shadow for Authentic Growth on the Pagan Path



By Kyla Adrienne Edwards

**Introduction: Ostara and the Balance of Light and Dark**

Each spring, as the equinox approaches, I find myself drawn to the pagan holiday of Ostara—a celebration of balance, renewal, and the dance between darkness and light. Ostara marks the moment when day and night are perfectly poised, echoing the intricate harmony at the heart of spiritual growth. For spiritual seekers and the pagan community, Ostara isn't just about flowers blooming and eggs decorating altars; it's a time to honour both the returning light and the fading dark, recognizing their equal power and necessity.

**Tarot, Spirit Guides, and the Duality of Power**

My journey with Tarot began with my parents ( I have been reading Tarot since I was eleven years old, making that over forty-two years of reading my sacred cards) and I soon discovered that every card—like every moment in life—carries both shadow and illumination. The Moon, for instance, is as vital as The Sun; the Tower, as transformative as The Star. Spirit guides, too, speak in whispers woven from both hope and warning. Working with these energies, I've learned that to truly connect with guidance, I must listen not just for uplifting messages, but also for those that challenge me to confront hidden fears and suppressed truths. The interplay of light and dark in Tarot readings invites us to welcome the full spectrum of experience, no matter how uncomfortable.

**Challenging Toxic Positivity in Spiritual Circles**

Within spiritual communities, especially online, the phrase “love & light” floats

everywhere. While

well-intentioned, this mantra can sometimes veil genuine struggle, dismissing the necessity of darkness in personal evolution. Toxic positivity—insisting on perpetual cheerfulness or denying pain—ultimately hinders authentic healing. True lightwork isn't about ignoring the shadow; it's about allowing it space to teach, transform, and deepen our understanding of ourselves and others. Authenticity in spiritual practice means validating both joy and grief, celebration and sorrow, especially as Ostara reminds us that equilibrium is sacred.

**Personal Journey: Astral Travel and Facing the Shadow**

My experience with astral travel began in childhood, often carrying me into realms that felt as wondrous as they were terrifying. For years, I inherited the fears of my ancestors—stories of lost souls, warnings about “the other side.” Yet, curiosity persisted, urging me to explore further. One night, during an Ostara meditation, I found myself pulled deeply into an astral encounter that would forever alter my understanding of light and dark.

In this realm, I met my shadow self—a presence both familiar and strange. It was not menacing, nor was it inviting. Instead, it stood quietly, holding memories I'd buried and truths I'd denied. The moment stretched, uncomfortable yet profound. Through Tarot imagery flashing in my mind, I saw the archetypes I'd resisted: The Devil, signifying bondage and temptation; Death, heralding transformation. My spirit

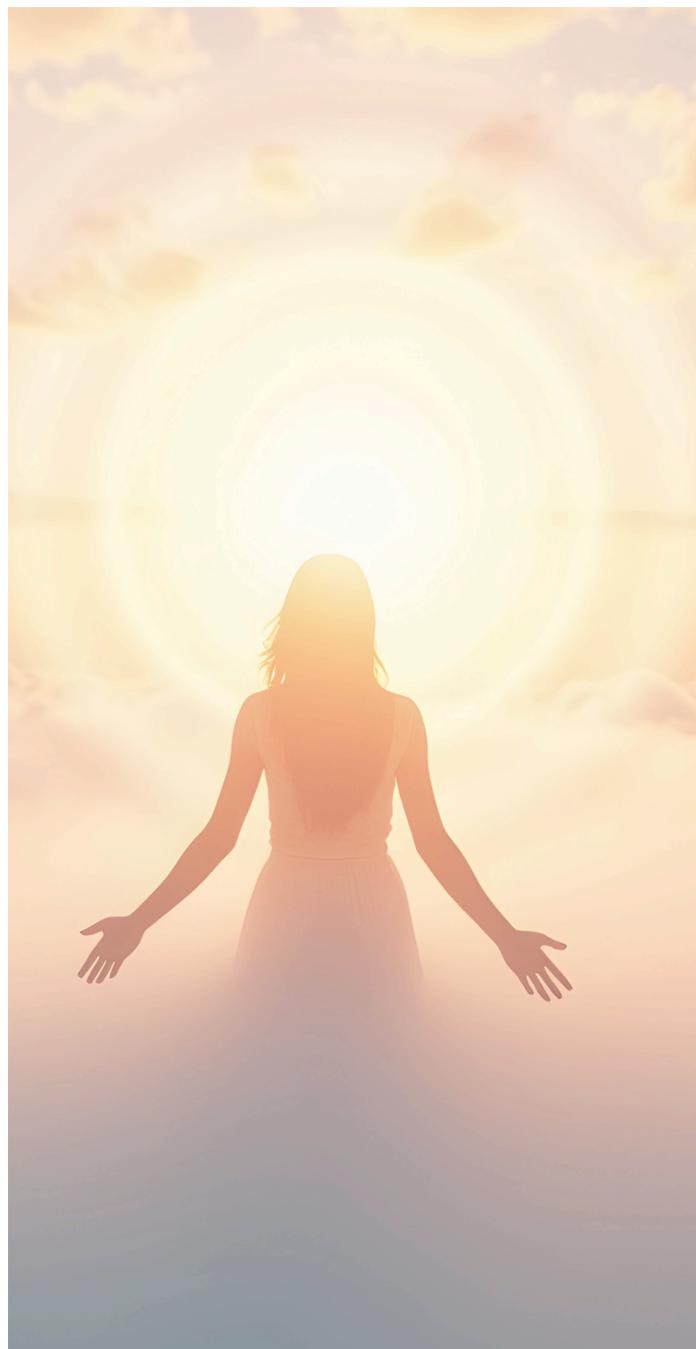
guides surrounded me, not to shield, but to encourage me to engage. Facing the shadow wasn't a battle—it was a conversation. I listened and, ultimately, embraced the part of myself that had long dwelled in the dark.

### Transformation Through Embracing the Dark

Emerging from that astral journey, I felt an unexpected lightness. By acknowledging and integrating my shadow self, I reclaimed power that had been scattered across years of avoidance. The darkness I feared became a source of wisdom, resilience, and creative potential. This transformation didn't erase pain, but it allowed me to carry it differently—no longer an anchor, but a tool for growth. The Tarot now speaks to me with greater nuance, and my spirit guides offer guidance that is both compassionate and honest. True light is not the absence of darkness, but the result of journeying bravely through it.

### Conclusion: Integrating Light and Dark for Spiritual Growth

Ostara teaches us that spiritual evolution depends on honouring both light and dark. In our personal practice and in community, let us challenge the myth that happiness is the only worthy pursuit, and remember that the shadow holds sacred gifts. Whether through Tarot, connection with spirit guides, or astral exploration, we find wholeness when we bravely face ourselves—not just the parts we like, but the parts we fear. This spring, as day and night share equal space, I invite fellow seekers to embrace their shadows and walk the path of authentic transformation. In the balance, we find our deepest light.



#### **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](mailto:kylaedwards73@gmail.com)**

# A Planetary Perspective



by Nancy Arruda

Welcome to the Winter Solstice, a time of retreat, withdrawal, and hibernation. A time when our energy retreats inward, into the self. When one ponders the ability to process what is taking place on an inner level. A time of comfort, search for warmth, which is ultimately healing.

If you can recall from my last article, we are working on a path of “The Self” with Saturn and Neptune moving into Aries earlier this year. Both planets have retrograded back into the sign of Pisces activating some karmic pathways that must be completed before we can embrace our authentic identity and who we are becoming.

Shortly after the Winter Solstice, the world experiences a New Year (Jan 1) and a new vibration. conscious or not, the energy and our expressions to the energy change and we sit in contemplation wondering our direction for the new energy. Before embarking on a new experience, we need to make space by eliminating the old.

Astrologically speaking, the old would be anything in retrograde motion while the new would be once the planetary energies have moved out of the retrograde phase (completing the shadow periods). This of course does not always align with our man-made calendar. Even though it feels like we are moving into new energy (on some level we are) there is always left over work to complete from the year before.

One thing I always look at regarding “what we are experiencing” in a New Year is the numerology.  $2+0+2+6 = 10 = 1+0 = 1$ . Numerology speaking, the number one refers to “The Self.” New beginnings, inspiration, initiation, and leadership. Most people only look at the single digit number

as it refers to numerology.

However, I work with all numbers up to 22. I refer them back to the Major Arcana in the Tarot and then look for the corresponding planetary energy. I then look at what those planets are doing through the new year for the numerology/tarot/astrological vibration of the year ahead.

A 1/10/19 is referred to as the constellation of the Magician and it represents the principal of will and focused consciousness\*. It is comprised of the number 1 – The Magician, the planet Mercury (pulling in Gemini and Virgo energy as ruling signs). The Number 10, The Wheel of Fortune and the planet Jupiter (connecting to the signs of Sagittarius and Pisces). Also, the number 19, The Sun card, and the Sun as a planetary ruler (which pulls in the sign of Leo).

You may notice that when adding 2026 the number 19 is not in the formula. That does not mean that we are NOT working with this vibration in the year. It simply means we are working with it on an unconscious level. It is still working behind the scenes and can sometimes be viewed as a very important part of understanding the overall influences this year. Take note of the Sun and what’s going on in your life in 2026 when the Sun is transiting Pisces, Gemini, Leo, Virgo and Sagittarius. Astrologically speaking, the Sun rules our personality, an aspect of our ego (on a lower vibration) and our Spirit (on a higher vibration). These are all aspects found within ‘The Self’, our identity. Due to the number 19 being unconscious, we will be working through

aspects of our personality, our ego and Spirit every month as we answer, "Who Am I"?

When we look at number ten, The Wheel of Fortune and the planet Jupiter, we look to the growth that we have achieved on a foundational level. We enter the New Year with Jupiter (knowledge, growth, abundance, spiritual) Retrograde in the Sign of Cancer (foundation, family, feelings, home). We are currently re-viewing our foundations in life, and how they have brought us to where we are today. What lessons aimed at personal growth and how you meet the world are you repeating that need to be re-visited on a foundational level? How has your overly dramatic emotional responses served you in the past?

Looking at the number one, The Magician and the planet Mercury. When Mercury is direct, we will be working with energy on a conscious level, and when retrograde, on an unconscious level. Retrograde periods will allow us to re-define our inner consciousness and aspects of 'The Self' which require some re-planning, re-communicating and re-thinking. You will discover aspects of 'The Self' that you may need to re-define or re-align with. Mercury will be retrograde in water signs (Pisces, Cancer, Scorpio) in 2026 so it will be speaking to how we process our emotions to life situations as it pertains to us on an individual and psychological level. How do you respond differently to emotional experience? How can you heal your psychological responses to life situations?

This brings me to an astrological connection to what we were working through in 2024. With Saturn and Neptune in the sign of Aries (The Self) in the spring, we were embracing a new self-identity within ourselves. They both retrograded and moved back into Pisces (2025). While in Pisces (2025/26) we are re-viewing

lingering aspects of our identity that we needed to restructure (Saturn) and clear (Neptune), and in 2026 they will shift back into Aries, so that we can move forward on our path of self-identity.

This leaves us establishing a new way of being (Saturn moving back into Aries Feb 14/15 and starting a new path finishing its shadow on March 3rd, 2026) and grow (Jupiter Rx November 11, 2025 until direct on March 10, 2026 in the sign of Cancer, our foundation with a post shadow completed on June 7, 2026). Jupiter in Cancer is asking us to expand our spiritual foundation (Cancer). We must use our mind, thoughts and perceptions to assist with the alignment (Mercury).

Neptune (Illusion/confusion/disillusionment) will re-enter Aries (Self-Identity) on Jan 26th and complete his post shadow on March 31, 2026. During these dates, our personality will have adjustments. If we see ourselves in an illusory way, believing in a fantasy identity, we will very quickly be disillusioned, so that we can align to our authentic nature. Of course, this journey is encompassing confusion!

Speaking of Mercury... Mercury retrogrades are quite important in 2026 as it will show us where we need to adjust our thought process as it pertains to our personal or self-identity. Mercury will retrograde in water signs next year. When retrograde in a water sign, it activates our psychological issues (combining mental and emotional properties of the mind). Here we must utilize our will to stay conscious of what is transpiring, as our tendencies will be to muddy the water and work from a perspective that is not necessarily clear, focused and directed. Mercury will be retrograde from February 26th to March 20th in the sign of Pisces. Remember if you

can stay focused and not allow whatever issues you may have to cloud your judgement!

Additionally, Mercury's natural rulers of Gemini has Uranus reentering it. In Virgo we will be shown additional aspects of what we need to release on a karmic level (as it continues to work with our Dharma). Contemplate your plans. Focus on your

authentic nature. Get clear by being truthful with the self. Choose to heal your past traumas so that you can embrace your inner spirit, your light. When operating from Spirit your ability to attract your desires (vs. fears) is easier! This is an alignment of your Dharma!

Happy Solstice, walk consciously through the dark and it will naturally guide you into the light!

**\*Footnote: Tarot Constellations by Mary K. Greer**

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# Best Practices For Divination

By Ivo Domínguez Jr



*This started as notes in preparation for a talk I was planning for the seers' group in my tradition. I decided to share it with some modifications to make it more broadly applicable. The following points are offered to encourage mindfulness and dialogue regarding the ethics and best practices for divination, oracular work, and allied disciplines. They do not cover all possible situations and differences in applications or doctrines, so change and adapt what is here to match your needs. I think that it is important for your sake and the sake of those lives that you touch to be clear on your ethical guidelines if you offer readings or oracular sessions of any kind. If you do not agree with any or all of these suggestions, I hope you will work to create your own or consider these a template that you can adjust.*

## 1. Ethics & Morals

Whatever system of ethics and morals you use in other contexts of your life should also be applied in doing readings and offering guidance. Bring your inner compass for right and wrong into play before beginning. Doing divination and/or oracular work is an act of service for both the people to whom it is provided and whatever spirits or divine beings sponsor the work. As a starting point, consider the nature of the social contract involved in both the giving and the receiving of a reading or a consultation.

## 2. Are You Fit To Provide The Guidance?

Before doing divination or seers' work of any kind, check in with yourself. Do you have the emotional, physical, and spiritual energy to proceed? If illness, exhaustion, life circumstances, or other matter have worn you down, you may not be able to offer your best. Is the nature of the question

or the guidance that is being sought pushing your buttons or triggering you in some

way? It may be better to refer the person to someone else if your own emotions, memories, or judgments cloud the reading. Additionally, doing too many readings in a short span of time or doing ones whose content and themes are particularly draining can damage your capacity as a reader or oracle. Allow recovery and rebalancing time for yourself.

## 3. Rules Of Confidentiality Must Be Followed

There is a great deal of personal information that is exposed by this work in both the questions and the answers. People often reveal private details of their lives, details which should be kept in confidence. Often readings will involve other people in the querent's life so the information that you provide may speak of them. The confidentiality and privacy needs of those that are not present but mentioned in a session also matter. If the session has multiple attendees, as in a group channeling, mediumship, oracular ritual, or such, try to impress upon those present the need for confidentiality. If you distrust the ability of some of those present to maintain confidentiality, you may need to modify what you are doing, end the session, or follow-up privately. Depending on the situation, if there is certain danger to others or the person asking the question, you may have to consider whether confidentiality is the highest good or not.

#### 4. People Looking For Guidance Are Often Vulnerable

Many, possibly the majority of people coming to you for guidance are doing so because they are confused, uncertain, under pressure, and so on. It is crucial that you offer compassion, remain present and listen carefully, and foster a sense of serenity. As you listen to their questions and concerns, allow your rational mind and instincts to sort through what is real, what is imagined, and what is skewed. Even if they are fully sincere and forthright, the stress of their circumstances will introduce some distortions to their account. Strive to give answers to the questions they cannot fully form.

There is a danger that some people will become dependent upon readings and consultations. If you did your job well, and gave them relief and useful guidance they may wish to continue to rely upon you. Addiction to getting readings and divination is a real thing. Consider setting firm boundaries on how often they are allowed to seek you out. Also be wary if they keep returning after a reasonable gap in sessions with the same question.

#### 5. Ask For Higher Guidance

Part of the work is science, part of it is art, but deep insight often comes from the unseen if it is asked for. Seek your Higher Self, the other person's Higher Self, and your concept of the Divine in offering guidance. If you work with spirits or other entities, commune with them as well. Be sensitive and aware of their belief system and include it in the work if it is practical to do so. In the end you are accountable for the guidance you offer, regardless of the complexities of the sources of that information.

#### 6. Know The Limits Of Your Knowledge What you know or don't know about the

world can have a powerful impact on the validity and utility of the guidance you offer. How well you can interpret and relay your conclusions and summaries to the querent will depend as much, if not more, on your knowledge of the content material as your spiritual skills. For example, unless you are a health care professional, you may not have the language or the understanding to give good advice even if your divinatory skills are working well on a health related question. Make it clear whether or not you have formal training in the fields discussed during a reading. Also make it clear when you make a statement if you are using divination or if it is a professional opinion if you are qualified to give one.

Sometimes the most important counsel you will give is a referral to a professional in a field in line with the needs of the state of affairs.

#### 7. Be True To What You See In A Reading

It is valuable to communicate the full range of gentle and harsh forces at play in a consultation. Don't sugar-coat and don't scare people when doing a reading lest you become entangled in their choices by providing them with skewed information. Honesty also means admitting when you aren't getting anything useful or need to take some time to process what you are seeing. There are many levels to each reading so different readers will focus on different things in accordance with their training and personalities. You are only responsible for seeing and expressing your truth as clearly and fully as you are able.

#### 8. A Tool For Empowerment

Each session reveals opportunities for growth and the exercise of free will. Try to empower people to seek their personal best and best possible outcomes. Encourage people to talk and to think out loud during a reading so that they take an active role in

exploring the possibilities and problem solving. There are many possible futures and the goal is ever to make it possible for the querent to choose between the available options. The goal is for the querent to feel that they have the power to make their own choices.

#### 9. A Commitment To Self-Improvement As A Seer

In addition to a commitment to learn more and to strive for a better command of your preferred methods of divination, work towards understanding other methods as well. Study is good, but regular practice of your skills is necessary to maintain or improve the quality of your efforts. Self-care is also a part of self-improvement.

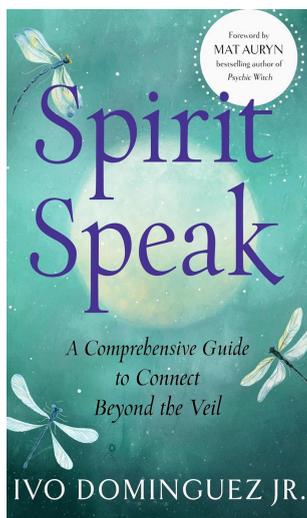
#### 10. Context Specific Rules And Choices.

Depending upon whether or not you are a solo practitioner, part of an organization, or a business, you may need to create or adopt

rules and guidelines specific to your context. For example, I won't do readings for people under 18 without verified parental consent. There may be regulations or policies associated with your geographical location or your organizational affiliation. If there are fees for services provided there should also be guidelines on what is fair and appropriate. If you are working as a part of a collective in service to a community or to members of an organization, there may be differences in how you work in-house rather than the general public. As you can see there are many other considerations beyond the points discussed here.

It is my hope that these points will stimulate further explorations of your approach and principles for not only divinatory work, but other facets of your magical and spiritual praxis.

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# Moonology

## The Art of Aligning with Natural Energies for Soulful Transformation

Excerpt from the Calling, A Priestess Journey

By Amanda Copplestone



Humanity has looked to the heavens for guidance, rhythm, and meaning since the dawn of time. Among the celestial bodies, none has captivated the human spirit quite like the Moon. Its luminous presence has been both a timekeeper and a spiritual teacher, reflecting the cyclical dance of birth, growth, release, and renewal that exists within all living beings. Moonology, the study and practice of aligning one's life with the phases and energy of the Moon, is both an ancient art and a modern reclamation of our natural wisdom. It teaches us that everything in life is energy, and that when we attune ourselves to the Moon's rhythms, we reconnect to the sacred cycles of the Earth, the cosmos, and our own soul. It is the spiritual and mystical practice of working with the phases of the Moon to align with its natural rhythm for manifestation, healing, intention setting, and self discovery. It blends astrology, lunar energy, and soul-based practices to deepen our connection with the Divine Feminine, the cycles of nature, and our inner self.

### The Ancient Language of the Moon

Every culture around the world has held reverence for the Moon's power. From the Egyptian Priestesses who honored Isis under the waxing crescent, to the Celtic women who gathered under the Full Moon for rites of fertility and divination, lunar worship has long been a pathway to the Divine Feminine. The Moon was seen as a living force, a mirror of the Goddess herself, representing intuition, emotion, dreams, and the unseen realms of the psyche.

In modern society, we've drifted from this rhythm. Artificial light, constant noise, and disconnection from the natural world have

dulled our sensitivity to the energetic tides that influence us daily. Moonology invites us

to return, to remember that we are not separate from nature but expressions of it. Just as the Moon pulls the ocean's tides, it stirs the inner waters of our emotional and energetic bodies.

### The Cycles of the Moon and the Soul

The moon has always been the mirror of the soul, pulling on the tides of our emotions, illuminating what is hidden, and guiding us through the cycles of release, rest, creation, and rebirth. The Moon moves through an eternal rhythm of eight primary phases, each offering distinct energetic qualities that mirror the cycles of creation within our own lives.

**New Moon:** A time of stillness, seeding, and intention. The darkness holds potential, inviting us to plant the energetic seeds of what we wish to manifest. It is the phase of inner reflection and soulful beginnings.

**Waxing Crescent:** The spark of hope and momentum begins to build. This is when dreams start to take shape through small, intentional action. It's a phase of courage, clarity, and trust in the unseen.

**First Quarter:** Challenges arise to strengthen our resolve. This phase teaches us the power of commitment, how to take aligned action despite resistance.

**Waxing Gibbous:** The energy amplifies, inviting refinement. Here, we assess our progress, adjust, and pour energy into completion.

**Full Moon:** The peak of illumination and manifestation. What was once hidden comes



into light. The Full Moon reveals truth, clarity, and the harvest of our intentions. It is a sacred time for release, gratitude, and emotional cleansing. Waning Gibbous: The energy softens as we integrate lessons. This is a time of sharing wisdom, giving thanks, and releasing attachment to outcomes.

Last Quarter: A moment of surrender and clearing. We are asked to let go of what no longer serves us, to make space for the new cycle to emerge.

Waning Crescent: The phase of rest, introspection, and spiritual restoration. Like winter before spring, it prepares us for rebirth.

Living in rhythm with these phases allows us to understand our own emotional tides and energetic flow. When we align our intentions, actions, and healing work with the Moon, we move in harmony with universal energy rather than against it.

### **The Science and Spirit of Lunar Influence**

Though often viewed as mystical, the influence of the Moon has a grounding basis in both science and energetics. The Moon's gravitational pull affects the tides, and because the human body is composed largely of water, many traditions believe that we, too, are subtly influenced by its movements. Studies have shown correlations between lunar cycles and human sleep patterns, moods, and even creativity.

Energetically, the Moon is associated with the subconscious mind. It governs intuition, emotions, and the unseen layers of our being. Just as the Moon reflects the light of the Sun, it reflects our inner light, our hidden wisdom and shadowed truths. To connect with the Moon is to explore the sacred landscape within, where healing, integration, and transformation occur.

Rituals and Practices for Lunar Connection  
Moonology encourages us to bring

spiritual practice into alignment with the natural world. By observing and honoring the lunar phases, we strengthen our intuitive relationship with energy, timing, and flow.

1. Moon Journaling: Recording intentions, dreams, emotions, and synchronicities during each lunar phase helps to track energetic patterns and deepen self-awareness. Journaling at the New and Full Moon is particularly powerful for intention setting and emotional release.
2. Lunar Rituals: Creating sacred space, perhaps with crystals, candles, and elemental symbols, can amplify connection. Under the New Moon, one might write intentions on parchment and place them under moonlight. Under the Full Moon, releasing rituals such as burning old notes or cleansing with water can clear stagnancy.
3. Moon Bathing: Spending time beneath the moonlight helps balance the nervous system and open energetic channels. The simple act of standing barefoot on the earth under the Moon reawakens a sense of belonging to the cosmos.
4. Water and Moon Elixirs: Water charged under moonlight can be used for anointing, bathing, or drinking with intention. It becomes a vessel of lunar energy, subtle, purifying, and healing.
5. Meditation and Visualization: Meditating during specific lunar phases allows us to harmonize with their qualities. The New Moon invites inward stillness, the Full Moon invites illumination and gratitude.

### **The Benefits of Aligning with Natural Energies**

When we connect with the Moon and the natural world, we realign with the truth that we are not separate from creation. The

benefits of this alignment ripple through every dimension of being, physical, emotional, spiritual, and energetic.

**Emotional Harmony:** Understanding lunar cycles helps us accept our emotional fluctuations as natural, not as something to suppress or judge. We learn to honor both our light and shadow with compassion.

**Intuitive Clarity:** Regular lunar practice strengthens intuition. As we track the Moon, we learn to trust inner knowing and move through life guided by deeper wisdom.

**Energetic Renewal:** The cyclical nature of lunar work mirrors the cycles of rest and action within nature, reminding us to balance doing with being. This restores vitality and prevents burnout.

**Spiritual Connection:** Moon work reawakens our connection to the Divine Feminine, to the Earth, and to the cosmic intelligence that governs all life. It cultivates reverence, gratitude, and sacred presence.

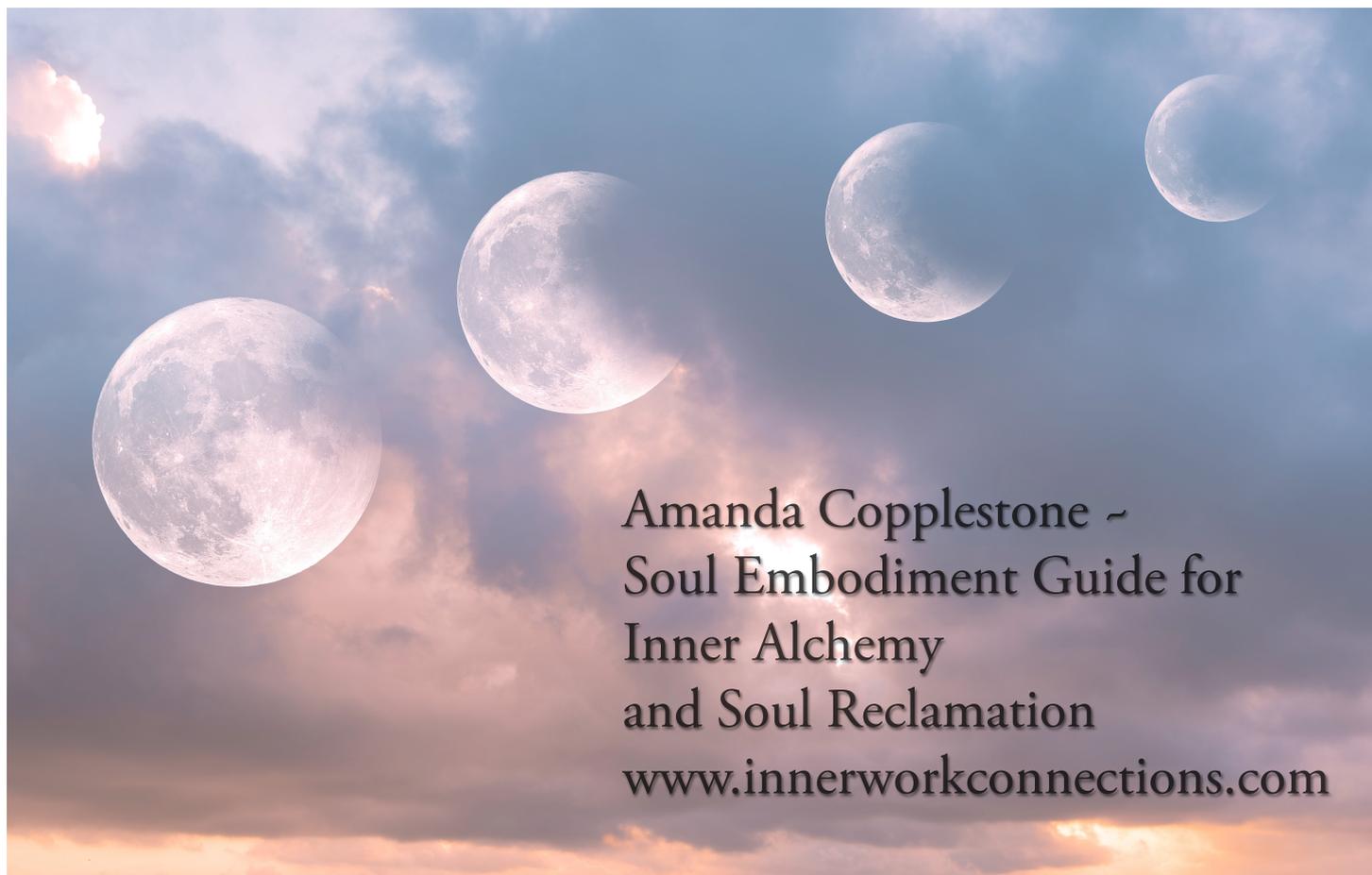
**Manifestation and Flow:** Aligning

intentions with lunar energy magnifies their potency. By working with universal rhythms, we become co-creators of our reality, rather than forcing outcomes from misalignment.

### **Reclaiming the Sacred Rhythm**

In the modern world, reconnecting to lunar and natural energies is an act of remembrance. It is the soul's way of returning home to rhythm, to reverence, to balance. When we honor the Moon, we honor the cyclical nature of existence itself. We remember that growth and stillness, light and darkness, creation and release, all serve a divine purpose in our becoming.

Moonology is more than astrology or ritual, it is a pathway of embodiment. It invites us to live consciously, in tune with our environment, our emotions, and the cosmic flow that moves through us. To live by the Moon is to live with awareness, grace, and devotion to awaken as co-creators with the Universe, aligned with the pulse of life itself.



Amanda Coplestone ~  
Soul Embodiment Guide for  
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# Anti-Cosmic Astrology

Anti-Cosmic Astrology has become

By Wyatt Michael



popular in the internet age, but it remains an esoteric path, with few really able to deepen its knowing. Like other arts, talk about astrology can show us how culture moves through history. The sky above reflects the world within—or vice versa. As we seek to understand the cycles of nature, we cannot avoid learning about ourselves. We are living through a historic moment that demands hard choices, and astrology is blooming now to assist us. If we are called to learn about it, we are called to form a butterfly in its chrysalis. That metamorphosis will not mean the end of material needs or emotional weight, rather we will change the way we live together and support each other in harmony with these cosmic patterns.

Day by day, as well considering the arc of our lives, it seems as if we are constrained by material limits. The Real World is just the way it is, it tell us, and it changes slowly. It takes time and energy to go from one place to another, and towers of power seem to sustain themselves despite attempts to liberate them. On the other hand, as we seek liberation, we discover step-by-step that every limit we confront is actually self-imposed to avoid some kind of fear—often a fear of something that no longer really threatens us. We get used to these limits, and attached to them (my precious). They become our personality and our ideology. Yet, we all have, at some time, moved past a limit thanks to an epiphany about our own habit or blind spot. Sometimes a friend or professional can help us with this process, sometimes it hits like a bolt from the blue. Either way, it's evidence that limits can be transcended—and all

limits are eventually like this. There is a deep part of ourselves that is not constrained by anything, whose will is the equal of all the cosmic forces set against it.

Even in light of that ineffable will, we see that people are unique and imperfect. Genes and circumstances of birth dictate personality; true choices only go so far. Astrology gives us another tool to explain these differences: rather than genes, we are born into a moment of the fractal weave of nature. The tableau of that moment tells us who we shall become. But astrology also asks us to see a self beyond such limits, a self who chooses to be born in that moment in order confront itself with particular experiences. That self is using the cosmos as an arena: a game of challenge and training as well as joy. Our birth chart is not just a map of our personality, it is also a map of the challenges we face in allowing our deeper self to emerge. What we call personality is the story of that journey, but the deeper personality is not described by battles and temptations, but by creativity and inner peace. Something beyond time is choosing to live within time's rules.

Astrology has always shown our attempts to navigate the reality of time: as a game of the gods, as fate, as mathematical determinism. Traditional and modern astrology both consider the information in the stars to be inviolable. To the ancients, we were bound by our fate according to the will of higher powers; all we could do was prepare ourselves. Modern astrologers see our chart more like our stats in a video

game, making some things easier and other things harder. Throughout the tradition, when it comes to fate, knowledge is half the battle. We must be satisfied with the choices we do have the freedom to make, and pray for the serenity to accept what is out of our control.

On the other hand, anti-cosmic astrology insists that we are beings of freedom. The natural cycles of the planets control us only as human authority does: that is, we are tricked and conditioned into accepting agreements that are not spiritually mandatory. The planets, also called archons, are agents of oppression keeping us imprisoned on a tiny earth and banned from the vastness of the cosmic realms. They captivate us with anxieties and audacities—if angst does not break us, then pride will distract us. But astrology tells you what weapons these archons wield against you in particular. Knowledge is indeed half the battle, and the other half is refusing to be a soldier in an endless, hopeless war. The chart is not our true self, it is a script we have been handed for the world's stage.

The word Cosmos originally meant to order and equip for battle (the related word Cosmetic shows us an ironic continuation of this meaning). Each planet in the cosmos is a weapon or shield as well as a burden. Each has its own character. Some seem unpleasant on their face, while others are more seductive.

**Saturn** is the archon of the material, constraining us in three dimensions and trapped in linear time in our human incarnations. To stunt the growth of our spirits, Saturn demands patience and surrender.

**Jupiter** is the archon of abundance, trapping us in our emotional frenzy and entangling us in commitment. It seeks to devour our energy when it is high, and push

us under its weight when it is low.

**Mars** is the archon of passion, of fighting and lust. It drives us to hunt and to react impulsively to distract us from seeking inner truth. Violence shortens our lives and affronts our dignity as divine consciousness.

**Venus** is the archon of need, of seeking comfort and support, of seeking pleasure and beauty over truth. It keeps our mind childish and simple, afraid of stark reality and avoiding decisive action.

**Mercury** is the monkey mind, convincing us to confuse our true selves with the chattering ego and its verbal limitations.

Words do not describe reality, they can only direct and discriminate. The wise workman does not identify with his tools.

**The Moon** is part of the control grid of time, tricking us into repeating cycles and loops. It is the needs of the body and its feelings, it is the dreamy realm of emotionally charged symbols that focus on our mousy nature in a world of hungry cats.

**The Sun** is the master of it all, the lord of time and seasons, cracking the whip that keeps us slaving in the summer and shivering in the winter. The solar calendar is imposed on us by a medieval aristocratic church, it seeks to drive us away from nature's true cycles and have us look to ivory towers and mechanical clocks as the masters of our lives.

The outer planets represent cosmic forces that were brought online after a certain level of complexity of the consciousness network (civilization). They are more relevant in modern times, but we can also project their cycles back into ancient history, in order to understand the past and how it constrains our present.

**Uranus** is the shock to the system that keeps us thinking in terms of scarcity, once again reorienting to the imperfect material world.



**Neptune** is a push towards the hive mind, a foggy confusion where everybody's thoughts intrude on you and keep you from hardening the blade of your mind.

**Pluto** is the fear of death, the root of all animalistic confusion, which hides the view of cosmic chaos with its overwhelming inevitability.

**I share this not to make the world seem hostile. Rather, liberation of the mind comes from thinking differently, from disrupting patterns that have become**

**unconscious. Take a look at your birth chart from a new point of view, and you may find a new path to freedom.**

**Astrology is a practice that helps us reflect on the unfolding of consciousness historically, how our thinking develops over time and then, in turn, determines how we live and the opportunities we have to evolve further. Though we each walk our own path, we all share the same sky. We can only create the future by creating together.**

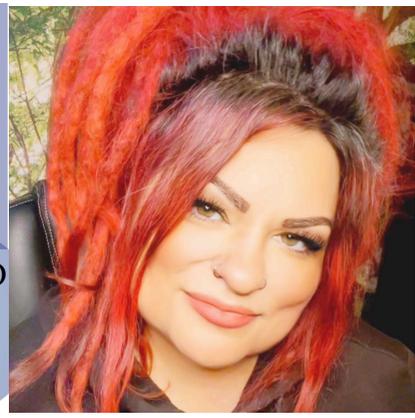


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# The Healing Season: Returning to the Rhythm of Light



Rev Dr Kim Mehmet, PhD  
Spiritual Health Therapist  
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There is a rhythm to healing that can't be forced. Between the Winter Solstice and the Spring Equinox, nature reminds us of that truth every single year: that darkness is not a mistake, stillness is not stagnation, and light always returns when it's time. The Solstice is the exhale of the soul. It's the moment the Earth releases her breath, sighing into silence. It's an invitation to stop striving and to listen again. Beneath the surface, everything that appears dormant is quietly preparing to awaken. So are you. In that stillness, old grief stirs. Fatigue that you've been ignoring catches up. You may feel like you're unraveling, but you're not coming apart — you're cracking open. Healing begins here, in the pause, in allowing. But the world we live in doesn't easily make space for that allowing. Instead, we built a system that rewards speed and punishes stillness.

The Cost of Man-Made Time Somewhere along the way, we forgot how to rest. Modern time is a man-made construct, designed to regulate productivity, not harmony. The invention of our calendar, the work week, even daylight savings, were created to make humans more efficient, instead of more aligned. We've been trained to move at a mechanical pace instead of an organic one. To rise by alarm instead of sunrise, to eat by the clock rather than by hunger, to measure worth by output rather than presence. And so we push, even when our bodies whisper "stop." We call exhaustion normal and numbness strength. We override fatigue with caffeine and self-doubt with hustle. We ignore the body's language until it starts to speak in

symptoms: anxiety, inflammation, autoimmune, burnout, depression, disconnection. This is the cost of man-made time. We live out of sync with the light, with the seasons, and with the natural intelligence that animates us. No wonder so many feel exhausted, hopeless, and lost. We've been trying to heal on someone else's schedule. But the soul doesn't keep time that way. Nature teaches us that healing is cyclical, not linear. The Solstice begins the sacred pause. The light returns slowly, subtly. Every dawn after that is a little brighter. This is the true pace of transformation: gradual, grounded, and grace-filled. When we stop obeying the clock and start listening to the Earth, our nervous systems can remember what safety feels like. Healing happens by slowing down enough to hear the heartbeat beneath the noise.

Healing Beyond Coping When we return to our natural rhythm, we remember that true healing isn't about managing pain. It's about transforming it. Coping helps us survive; healing helps us awaken. Coping keeps us functioning; healing sets us free. One numbs the ache; the other opens the heart. In my work through Conscious Mind-Heart Therapy (CMHT) and *The Shift: Healing Beyond Coping*, I've learned that most people aren't broken, just disconnected. They've learned to manage symptoms instead of addressing the soul's call for change. Burnout, grief, and emotional numbness aren't personal failures.

They're sacred signals that your consciousness is ready to expand. They're invitations to stop surviving and start awakening. It's important to remember that healing is not about returning to who you were before things fell apart. It's about becoming who you're meant to be — the self that can love more deeply, rest more freely, live more consciously, and serve more purposefully.

**Heartfulness: The Art of Feeling Fully**  
Mindfulness helps us observe our thoughts. Heartfulness helps us feel our emotions. When we repress emotion, energy stagnates. But when we allow ourselves to feel, we release. Heartfulness invites us to breathe into the ache, the joy, the longing. To feel without identifying, to witness without drowning. Try this: Place your hand over your heart. Inhale slowly. Whisper, "I can be with this." Don't fix it. Don't analyze it. Just be with it. This is how energy begins to move again. This is how the light gets in.

**The In-Between: Where Change Happens**  
Between the Solstice and the Equinox lies sacred ground. It's a space of integration, invisible yet potent. The dark night of the soul belongs here, not as punishment but as passage. Seeds germinate underground long before they break through the surface. We do, too. Healing often happens in the unseen. It happens in the moments we rest, surrender, or cry quietly in the dark. True

metamorphosis happens in silence. When we trust the in-between, we learn to trust that letting go is not loss, but rather, preparation.

Awakening as the Natural Healer True healing isn't just emotional or physical; it's consciousness itself remembering what it is. Awakening changes everything — biology, thought patterns, relationships, even the way energy flows through the body. When awareness returns, the body follows. When the heart opens, the mind softens. When we reconnect with the rhythm of nature, life begins to feel less like struggle and more like alignment. This is what I call The Shift — the moment we move beyond coping and into conscious creation. It's where healing becomes awakening, and awakening becomes a way of life.

**Returning to the Rhythm** You don't need to chase the light. You only need to stop resisting the dark. The Solstice reminds us that everything heals in its season. The Earth knows when to rest, when to shed, when to bloom — and so do you. You were never meant to run on clock time. You were meant to live on soul time. So this season, let yourself rest like the Earth rests. Let the darkness teach you to listen. Let the gradual return of light remind you: healing is already happening. Between Solstice and Equinox, let this be your practice: • Exhale. • Feel. • Integrate. • Awaken. The light is returning. So are you.

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# The Raven By Edgar Allen Poe

Once upon a midnight dreary, while I pondered, weak and weary,  
Over many a quaint and curious volume of forgotten lore,  
While I nodded, nearly napping, suddenly there came a tapping,  
As of some one gently rapping, rapping at my chamber door.  
"Tis some visitor," I muttered, "tapping at my chamber door—  
Only this, and nothing more."

Ah, distinctly I remember it was in the bleak December,  
And each separate dying ember wrought its ghost upon the floor.  
Eagerly I wished the morrow; — vainly I had sought to borrow  
From my books surcease of sorrow — sorrow for the lost Lenore—  
For the rare and radiant maiden whom the angels name Lenore—  
Nameless here for evermore.

And the silken sad uncertain rustling of each purple curtain  
Thrilled me—filled me with fantastic terrors never felt before;  
So that now, to still the beating of my heart, I stood repeating  
"Tis some visitor entreating entrance at my chamber door—  
Some late visitor entreating entrance at my chamber door;—  
This it is, and nothing more."

Presently my soul grew stronger; hesitating then no longer,  
"Sir," said I, "or Madam, truly your forgiveness I implore;  
But the fact is I was napping, and so gently you came rapping,  
And so faintly you came tapping, tapping at my chamber door,  
That I scarce was sure I heard you"— here I opened wide the door:— Darkness there  
and nothing more.

Deep into that darkness peering, long I stood there wondering, fearing,  
Doubting, dreaming dreams no mortal ever dared to dream before;  
But the silence was unbroken, and the darkness gave no token,  
And the only word there spoken was the whispered word, "Lenore!"  
This I whispered, and an echo murmured back the word, "Lenore!"  
Merely this, and nothing more.

Back into the chamber turning, all my soul within me burning,  
Soon I heard again a tapping somewhat louder than before.  
"Surely," said I, "surely that is something at my window lattice;  
Let me see, then, what thereat is, and this mystery explore—  
Let my heart be still a moment and this mystery explore;—  
'Tis the wind and nothing more!"

Open here I flung the shutter, when, with many a flirt and flutter,  
In there stepped a stately raven of the saintly days of yore;  
Not the least obeisance made he; not an instant stopped or stayed he;

But, with mien of lord or lady, perched above my chamber door  
Perched upon a bust  
of Pallas just above my chamber door—  
Perched, and sat, and nothing more.

Then this ebony bird beguiling my sad fancy into smiling,  
By the grave and stern decorum of the countenance it wore,  
“Though thy crest be shorn and shaven, thou,” I said, “art sure no craven, Ghastly grim  
and ancient raven wandering from the Nightly shore—  
Tell me what thy lordly name is on the Night’s Plutonian shore!”

Quoth the raven “Nevermore.”  
Much I marvelled this ungainly fowl to hear discourse so plainly,  
Though its answer little meaning— little relevancy bore;  
For we cannot help agreeing that no living human being  
Ever yet was blessed with seeing bird above his chamber door—  
Bird or beast upon the sculptured bust above his chamber door,  
With such name as “Nevermore.”

But the raven, sitting lonely on the placid bust, spoke only  
That one word, as if his soul in that one word he did outpour.  
Nothing farther then he uttered— not a feather then he fluttered—  
Till I scarcely more than muttered “Other friends have flown before—  
On the morrow he will leave me, as my hopes have flown before.”

Then the bird said “Nevermore.”  
Startled at the stillness broken by reply so aptly spoken,  
“Doubtless,” said I, “what it utters is its only stock and store  
Caught from some unhappy master whom unmerciful Disaster  
Followed fast and followed faster till his songs one burden bore—  
Till the dirges of his Hope that melancholy burden bore  
Of ‘Never—nevermore.’”

But the raven still beguiling all my sad soul into smiling,  
Straight I wheeled a cushioned seat in front of bird, and bust and door;  
Then, upon the velvet sinking, I betook myself to linking  
Fancy unto fancy, thinking what this ominous bird of yore—  
What this grim, ungainly, ghastly, gaunt and ominous bird of yore  
Meant in croaking “Nevermore.”

This I sat engaged in guessing, but no syllable expressing  
To the fowl whose fiery eyes now burned into my bosom’s core;  
This and more I sat divining, with my head at ease reclining  
On the cushion’s velvet lining that the lamplight gloated o’er,  
But whose velvet violet lining with the lamplight gloating o’er,  
She shall press, ah, nevermore!

Then, methought, the air grew denser, perfumed from an unseen  
censer.

Swung by Angels whose faint foot-falls tinkled on the tufted floor.  
“Wretch,” I cried, “thy God hath lent thee— by these angels he hath sent thee  
Respite—respite and nepenthe from thy memories of Lenore;  
Quaff, oh quaff this kind nepenthe and forget this lost Lenore!”

Quoth the raven, “Nevermore.”

“Prophet!” said I, “thing of evil!— prophet still, if bird or devil!—  
Whether Tempter sent, or whether tempest tossed thee here ashore,  
Desolate yet all undaunted, on this desert land enchanted—  
On this home by Horror haunted— tell me truly, I implore—  
Is there—is there balm in Gilead?— tell me—tell me, I implore!”

Quoth the raven, “Nevermore.”

“Prophet!” said I, “thing of evil— prophet still, if bird or devil!  
By that Heaven that bends above us— by that God we both adore—Tell this soul with  
sorrow laden if, within the distant Aidenn,  
It shall clasp a sainted maiden whom the angels name Lenore—  
Clasp a rare and radiant maiden whom the angels name Lenore.”

Quoth the raven, “Nevermore.”

“Be that word our sign of parting, bird or fiend!” I shrieked, upstarting—  
“Get thee back into the tempest and the Night’s Plutonian shore!  
Leave no black plume as a token of that lie thy soul hath spoken!  
Leave my loneliness unbroken!— quit the bust above my door!  
Take thy beak from out my heart, and take thy form from off my door!”

Quoth the raven, “Nevermore.”

And the raven, never flitting, still is sitting, still is sitting  
On the pallid bust of Pallas just above my chamber door;  
And his eyes have all the seeming of a demon’s that is dreaming,  
And the lamp-light o’er him streaming throws his shadow on the floor;  
And my soul from out that shadow that lies floating on the floor  
Shall be lifted—nevermore



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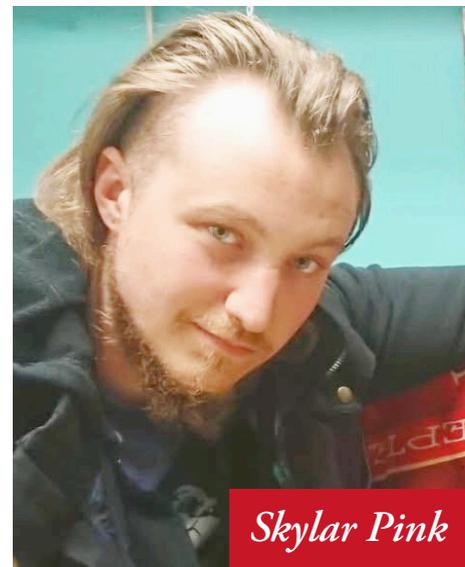
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