

Free

The Mystics' Magazine & Directory

Celebrity Author

Mary K Greer

Art by Morning Whispers



Summer Solstice ~ Fall Equinox
June ~ September 2026
Vol 2, 1st Edition



Online Edition

The Mystics' *Magazine & Directory*

We welcome your businesses and services to participate by advertising with us @The Mystics' we are the newest spiritual magazine supporting "The Mystics" in your community. We are both digital and printing this Magazine in a handy size of 5"x 8".

We print every 3 months, Solstice to Equinox, and Equinox to Solstice. The content reflects the Season and Sabbats relevant to each quarter of the . A compilation of seasonal resources of a mystical content by community, celebrity and creators everywhere.

We distribute @ Mystical Show Events and Metaphysical Shoppes across Vancouver Island. If you don't find them there, ask them too as these are our only *Free Spiritual Magazine in Canada.*

Oh, you may notice a mention of your business already in the directory, we knew you would appreciate that. In the seasons coming you will have first choice to stay permanently, for as little as \$22 yearly. We are celebrating our first year. We are blessed and excited to provide this little gem to all ou you.

Advertisement Options: Ask about Discount Ads up to 50% off

All Ads are in Colour.

Body of Mag~Bus Crd- \$90, Qtr Pg-\$125, 1/3 Pg-\$150, Hlf Pg-\$200, Full Pg-\$325

Inside Cover ~ Qtr Pg - \$150 Hlf Pg \$225 Full Pg \$375

Outside Cover ~ Qtr Pg- \$200 Hlf Pg \$300 Full Pg \$450

Directory incl links \$22 yrly, 2 lines, \$33 yrly 3 lines, \$44 yrly 4 lines.

Sponsor the Calendar to incl QR Code/Event \$40/\$75

Write an article, to get 25% off your ad fee.

Need artwork \$50 we can do it for you.

Covers both print, digital links and mentions.

You can call 250-591-1177 or text 705-309-7171

Blessed be to all and thanks for supporting *The Mystics'*





Witch Fest

Oct 31st & Nov 1st

Market Square, Victoria BC



Join the Witch Dance Enjoy Live Music

Best Costume Contest for Adult and Child

Crafts ~ Make a Besom, Meet your Totem Animal

Experience the Hauntings in the Area

Learn the History of Witches & Healers

Learn & Sing Seasonal songs

Buy Witch approved and Handmade Items

Healers with Potions, Lotions & Cacao Ceremony

Get a real Psychic reading from our Locals

Join the Scavenger Hunt keep findings or trade up

Trick or Treat and take home your loot

Indoor & Outdoor Fun for Everyone

To Participate as a Vendor, Psychic, Facilitator
contact Tamare@TamareWhiteWolf.com to register

So many things you have likely NEVER done!

The Mystics' Magazine & Directory Vol 2, 1st Edition



A Word ...
Chief Editor
Tamare White-Wolf

TheMystics@TamareWhiteWolf.com

This magazine celebrates quarterly. In this edition we honour, Summer Solstice (Litha) to Fall Equinox (Mabon) with Lughnasadh perfectly in the middle. Incidentally Aug 1st Lughnasadh is my birthday and those of us born in this time where conceived during Samhain (Halloween) I feel pretty honoured having these high points / Grand Sabbats in my beginning. Honestly I come by my witch ways naturally. Do you have a story like that too?

Recently it occurred to me that Victoria BC is thee Witch Capital of Canada, kind of Canadas' Salem! I absolutely love living here as I feel so connected to so many of you, I can't tell you how full it makes my heart. One of my sons declared that I would literally blend in if I moved here. I didn't understand it was even possible, now I do. So hello my witchy sisters and brothers and thank you for all your support and kindness. If you read this far I want to invite you to something I'm putting together and I'm looking for committee members / volunteers to join in the fun of planning such an event. It may absolutely turn into the "Party of the Year".

We are calling it **WITCHFEST**. I'm looking for help setting it up and finding the perfect vendors, psychics & performers., Its being held Oct 31st & Nov 2st @Market Square. There will be indoor /outdoor 10am to 10pm or 10-6pm spaces available. Prices range from \$111 to \$444

We do have a special for local bakers only \$33 to enter the Bake Off and y'all can sell your goodies afterwards for the whole day. I'm thinking we need to meet starting in June on Wednesdays in-person (Nanaimo and Victoria) or online. Are you interested?

Please email with Subject **WitchFest** to west@EarthAndSkyConnection.com or connect with us at Earth and Sky

Connection, drop by or call 778-441-1771 Last week I saw a big black bear only 6 feet away from me, he brings good tidings as he reminds me my dreams are manifesting right before my eyes. I'm very excited to watch it all unfold.

One more invite, any dancers interested in learning the wonderful **Witches Dance** we are working to gather at least 13 people to join in fun. We will begin learning weekly for an hour in September on Sundays @5pm. My friends in Ontario and I preformed the famous **Wolfshager Hexenbrut** dance at our annual Paganfest Series, (we had 4 yearly) this one was during Samhain (Halloween) we called it MuseFEST 2016! [Click here to see a YouTube video of it.](#) If you are reading this now you know there are definately benefits in visiting our digital version. Just teasing visit www.EarthAndSkyConnection.com

*Tamare
White-Wolf*



Contents

Celebrity Authors

Mary K Greer - What do they think or feel about me
Part 2 p.5-7

Community Articles

Ask Mama Wolf p.4
Book Review p. 12
Witches Nook p. 57

Featured Writers

Amanda Copplestone-Faith as Inner Knowing p. 70/71

Arymid Sage - The Witch's Word p. 75

Brianna Kozell - The Psychic's Child p. 64

Crystal Gaudet - Do You Have People in Your Life That
Reflect the Pages in the Tarot? p. 65

David Zunker-Let's Talk Summertime Astrology p.10/11

Denise Liviniuk - Meet the Heart of Soul Star p. 80/81

Empress Constantine - 2 of Cups p. 25/26
- Strength Tarot Card p. 41/43
- Signs of Summer p. 44/45

Gemma Parent - The Spiritual Warrior p.27/29
- Auralite p. 52

J.Andrew Baker - Taort Magic p. 39/40

Jen Finlayson - Summer Herbal Article p. 8/9

Jennifer Rapkins - Rethinking SpellWork p. 61/62

Katty Kommentator - Let's Be Done With Vaccination
Overreach p. 71/72

Rev Dr Kim Mehmet-We Didn't Rise for Ourselves p.73/74

Kyla Edwards - Mystical Guide to Moon Rituals p. 63

Michelle-Marie - Jupiter in Cancer p. 30/31

Michelle Yates - The Gathering Phase p. 66/67

Paula de Montiqny - My Method to Connect
to Spirit p. 69

Roy H. Blunden - How Did Wicca Come About p.58/60

Samantha Duncan - Beaytiful Woman of the Moon p.68

Skylar Pink - Knight of Pentacles p. 49

Slavic Spirit - Beyond Litha p. 16/17

Tara Greene - Summer Solstice Litha - Mabon p. 53/56

Victoria Potter - Broken Promises p. 76/78

Yvonne Triona-Magical & Medicinal Summer Herbs p.21/24

Wisdom of the Seasons~Tamare White-Wolf

& other Spiritual & Mystical Writers

Animals, Gods, Goddesses, Crystals, Herbs, Trees, Tarot

Cancer Season & Calendar p. 13 - 31

Leo Season & Calendar p. 32 - 45

Virgo Season & Calendar p. 46 - 56

*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. Tech Witch ...Thank You



*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. He is both our printer
and distributor. Man of many masks
We call him the Support Witch
Thank You



Thank you to all the
Mystics who contributed
to the Magazine. We
appreciated your articles.

**Find the Directory in
the Center for
Printed Magazine
Digital Version will be
@ the end of the
Magazine.**

Hey there my Witchy Mystics, if you are looking for something fun to do like maybe a Day Trip, we welcome you to "**The Mystics Trail**"

Click on the link (digital) or the QR Code to find *the Best Shoppes with the nicest people on the Island*

The Mystics' Magazine Google Map

Get the printed Magazine at participating shops & events, see *The Mystics' Trail below*.

Health, Light & Love, Spiritual Wellness Fair Campbell River

Mystic Earth Creations, Campbell River, BC

Standing Spruce Apothecary, Campbell River

Spiritual Wellness Fair, Campbell River

Soul Star Metaphysics Courtenay, BC

Eagle Gem & Gifts LTD Courtenay, BC

Red Fox Botanicals, Courtenay, BC

Metaphysical Psychic & Wellness Fair, Parksville, BC

WTF Wonder Transformation, Freedom, Parksville BC

The Madman Wife, Port Alberni, BC

Wild Woman Medicine Show, Nanaimo, BC

Triple Moon, Nanaimo, BC

Volva, Nanaimo, BC

Old City Panache, Nanaimo, BC

Crystal Quest Ladysmith BC

Hill & Circle Events, Cedar & Metchosin, BC

Wishes, Duncan, BC

Madam Calliope's Metaphysical, Cowichan Bay BC

Soulful Sisters, Landford, BC

The Hermit Path, Landford, BC

West Coast Creative Spirit, Landford, BC

Inward Market, Victoria, BC

7 Rays New Age, Victoria, BC

Soul & Sage Fairs Landford & Victoria BC

Theatre Skam Victoria BC

Earth and Sky Connection, Victoria, BC

Truth & Alibi Cannabis Sidney BC

Pick-up The Mystics' TRAIL BC



Check **OUR Google Map** with pinned locations.

Create a spiritual get away to visit them all, with your favorite peeps.

Tell them we sent you, you might get a discount! If your favorite shoppe doesn't have "The Mystics Magazine" ask them too ...so they can also be included in *The Mystics Trail!*

Do you have a Store or an Event where you would distribute our beloved Mystics Mags too? If so we will add you to *The Mystics Trail* too just email @ TheMystics@TamareWhiteWolf.com



Question 1: I was recently corrected when I called my necklace a "pentagram" I was told it was a pentacle. What is the difference, I'm so confused. I've also been told its a symbol of the devil, I mean I know it's not but I have no idea how to deal with such absurd comments. Do you have any advice please?

Answer 1: This is a common issue even I have sometimes had to double check myself. The five-pointed star when circled is called a pentacle. Without a circle around it, so just the star itself, it's called a pentagram. As far as people seeing the pentacle / pentagram as a symbol of the devil it is definitely not, however some Satanist and those honouring the Horned God have used the inverted pentacle. In this way the 2 points are at the top representing horns, two points at the side, representing the jowls, and the point at the bottom the beard. This is not as it seems as it still does not represent anything bad just alternative and advanced understanding of the universe. Unfortunately, TV has created this false understanding. Others in varied witchcraft mysteries such as Wicca have used the inverted pentacle to represent the teachings of the second degree traditions of witchcraft. It is an indicator that the witch has learned the importance of moving beyond basic foundations to actually rooting their work and spirit in the physical world.

This is a very old symbol in fact it has been seen for over 6000 years all through Mesopotamian and Egyptian civilizations. In fact, Christians used it up until about 800 years ago when the witch hunts began, as it represented the five wounds of Jesus (two hands, two feet and his side). At this point anything that was considered magical was cast aside, this is when the pentacle began it's decent representing evil. Before hand it was considered a sacred symbol and those that wore the pentacle thought it helped with fear, and protection from illness or harm. Therefore, we see it on many churches including the famous Notre Dame. Even the planet Venus moves through space making the sign of the pentagram in the sky. It is called the Rose of Venus and has been observed since ancient times. Venus traces these points over an eight-year cycle. It is also a symbol that has been used for eons by police and sheriff's all-over North America and it is a symbol of protection. The symbol upright (one point at the top) being the head, the two side points being the arms, and the two bottom points being the legs and with a circle around it, I see it as representing oneself and being one with the universe. Just google police patches in North America, it wont disappoint I assure you. I hope that helps.

BOOK A PSYCHIC SESSION



Get your *Questions Answered*
email Mama Wolf

TheMystics@TamareWhiteWolf.com

What do they think or feel about me?

Part 2 by Mary K Greer MaryKGreer.com



“What does he or she think and/or feel about me?”

This is the most asked question in Facebook practice tarot groups and at psychic fairs and many other tarot venues. In practice reading groups, readers will post wildly different interpretations even though responding to the same set of cards drawn. So who is right? I decided to try an experiment.

This question crosses ethical lines as it seeks to invade a third person’s most intimate inner life. However, for the querent who seeks some reassurance of the unknown, it may serve as a guide to their next step. I worked extensively with ChatGPT to come up with meanings that reflect both thoughts and feelings, multiple options, and are based on the most classical tarot interpretations from both the Marseille and Rider-Waite-Smith traditions, rather than my own perspectives. They are limited to 30-50 words (leaving out a lot of possibilities). There’s a 60% emphasis on romantic feelings, with a 40% focus on friends, acquaintances, co-workers.

Please try out these meanings to see if and how they work for you. Feel free to modify them or make your own compendium by changing anything and everything to reflect your own personal understanding of this question and what each card might say individually. And, of course, the other cards in the spread will modify, support or contradict each other, or they reveal a range of sensations experienced by the person in question. Play with this idea. Have fun. Let me know if you find these possibilities helpful or not.

THE MINOR ARCANA

The four suits together show the emotional

spectrum of relationship questions:

- Wands: ignition and pursuit — the spark and struggle of desire.
- Cups: feeling and longing — the ebb and flow of connection.
- Swords: thought and tension — honesty tested by fear and distance.
- Pentacles: grounding and care — love as something built and sustained.

THE SUIT OF WANDS — Passion, Initiative, and the Dance of Pursuit

This suit speaks to attraction in motion—how desire seeks expression, recognition, and purpose. It reveals when warmth becomes impatience, when confidence masks insecurity, and when shared fire either fuels creation or burns too hot to hold.

Ace of Wands:

They feel a sudden ignition—a pulse of attraction or creative surge when they think of you. It may be physical, sexual, or simply vital energy seeking expression. Emotion flares with possibility: the thrill of being awakened, not yet knowing where it will lead.

Two of Wands:

Interest has formed but remains strategic. They picture possibilities, testing how you might fit into their future. Attraction is tempered by planning; enthusiasm meets hesitation. You live in their “what if,” not yet their “yes.”

Three of Wands:

They sense potential taking shape but still at a distance. Hope and expectation mix with patience. You may feel their attention without immediate action. Emotion is quietly confident, waiting for a sign that the connection will unfold.

Four of Wands:

Their feelings turn joyful and inclusive. They imagine celebration, belonging, or reunion. You represent warmth, acceptance, perhaps a vision of “home.” The mood is positive, though comfort may dull curiosity if taken for granted.

Five of Wands:

You stir both excitement and competition. They test boundaries, unsure whether play or conflict dominates. Attraction may express through teasing or argument. Beneath the noise lies a wish to stand out and be acknowledged by you.

Six of Wands:

They want to impress you—or be recognized by you. Emotion feels proud, performative, buoyed by attention. Admiration is genuine yet filtered through ego. If you applaud, they soar; if you don't, they question their worth.

Seven of Wands:

They feel challenged or defensive around you. You push them to clarify what they truly want. Attraction survives through effort; fear of losing ground competes with longing. Emotion shows as resistance that secretly values the contest.

Eight of Wands:

Feelings accelerate—sudden messages, impulsive plans, an urge to close distance. You're on their mind constantly. Excitement is real but may lack reflection. Whether this becomes love or burnout depends on timing and follow-through.

Nine of Wands:

They care but tread carefully. Past wounds make them guarded. You evoke both desire and fatigue; they want connection but fear repetition. Emotion endures quietly, testing if trust can outlast weariness.

Ten of Wands:

They feel burdened—by responsibility, secrecy, or the effort to keep feelings

contained. Attraction persists but weighs heavy.

They may love yet feel unable to carry the relationship further without relief or shared support.

Page of Wands:

Their interest is bright, youthful, and exploratory. They flirt through enthusiasm rather than depth. Emotion flickers—sincere in curiosity, untested by time. They wonder what adventure you might bring.

Knight of Wands:

They feel bold, restless, hungry for experience. You excite them, but patience is scarce. Emotion burns fast, often fading once pursuit turns to routine. Connection thrives on movement, not maintenance.

Queen of Wands:

They see you as magnetic and self-possessed. You awaken admiration mixed with awe. Emotion is confident but cautious—they want your light yet fear your discernment. Attraction rooted in respect and fascination.

King of Wands:

They view you as equal in strength and vision. Feelings come with ambition: they want partnership that expands both lives. Emotion is passionate, goal-oriented, occasionally dominating. Warmth remains if power stays balanced.

THE SUIT OF CUPS — Love, Longing, and the Emotional Mirror

Cups reveal how the heart moves—its tides of connection, nostalgia, fantasy, and loss. They show the inner weather of intimacy: when affection flows, when it stagnates, and when imagination replaces truth.

Ace of Cups:

They feel an opening of the heart—tender, hopeful, a swell of emotion that surprises them. This could be first love, renewal, or forgiveness. Feeling is genuine but fragile: it needs reciprocation to take form.

Two of Cups:

They sense harmony and mutuality. You mirror what they long for. Emotion feels balanced, affectionate, potentially romantic. It's the desire to meet halfway, though equilibrium can tip quickly toward dependency or idealization.

Three of Cups:

Their feelings are friendly, playful, or social. They enjoy your company but may not define it as deep commitment. Emotion here is joyful and shared yet easily diffused by other interests or people.

Four of Cups:

They've withdrawn inward; affection lies dormant beneath introspection or fatigue. They may care yet feel uninspired. Emotion is muted—not gone, just numbed by uncertainty or overthinking.

Five of Cups:

Regret colors their heart. They replay what's been lost or unsaid. Emotion turns toward sorrow and self-reproach, but healing waits in the background. They can't see what still remains until they lift their gaze.

Six of Cups:

You evoke nostalgia, comfort, and innocence. They feel warmth rooted in memory rather than current reality. Emotion is sincere but filtered through longing for simpler times or what once felt safe.

Seven of Cups:

They're caught between fantasies—many emotions, little clarity. You may inhabit their dreams more than their plans. Attraction is strong yet unstable, shaped by projection and wishful thinking.

Eight of Cups:

They feel distance growing within themselves. Caring persists, but something essential feels absent. Emotion withdraws not from indifference but from searching for deeper

meaning. Departure here is contemplative, not cruel.

Nine of Cups:

You please them; you satisfy a personal wish. Emotion is contented yet self-referential—they enjoy how they feel around you more than they explore who you are. Pleasure dominates sincerity; fulfillment may plateau.

Ten of Cups:

They imagine emotional completeness with you. You represent shared happiness, family, or enduring love. Feeling here is idealized, sometimes utopian. Reality may not yet have tested the dream.

Page of Cups:

Their affection is tender, uncertain, and easily startled. They may reach out with shy curiosity or creative gestures. Emotion is exploratory, youthful, open to wonder but vulnerable to misunderstanding.

Knight of Cups:

They're drawn to you through romance and imagination. Feeling is genuine yet shaped by ideals of love more than its realities. They pursue beauty and connection but may drift if disillusioned.

Queen of Cups:

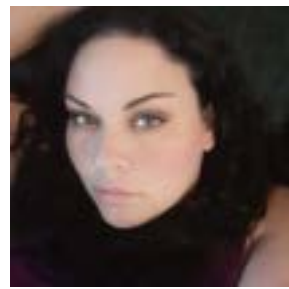
Their emotions toward you are deep, receptive, and intuitive. They feel seen at the level of soul but fear exposure. Sensitivity runs high; they respond to your moods more than to words. Love here listens more than speaks.

King of Cups:

They care with maturity and restraint. Emotion flows beneath calm surface—stable, protective, occasionally distant. They balance affection with control; sincerity is strong, expression subtle.

Part 3 Includes Swords and Pentacles See the next edition!

Summer Herbal Article ~Jen Finlayson



Summer is upon us! There is always room in a window, garden or plant pot along the walkway for one or two more plants that will help us though the dark days of winter, why not make it herbs!! I lovingly suggest and share two of my favorite family plants as a herbalist.

First, I'd like to suggest a potent immunomodulator. It is an anti-viral, anti-microbial, antifungal, anti-parasitic plant of protect me from the grade school germs. "Origanum Vulgare" common name Oregano! The subspecies Origanum Vulgare subsp. (Greek Oregano) is considered the most potent but both work well. This is the first plant of two I'll introduce you too from the mint family (Lamiaceae) Oregano grows fairly quickly. it takes longer from seed but if you didn't start early in the spring its ok. Lots of nurseries wa have organic herbs and some places grow medicinal herbs specifically. Alternatively, you could buy dried herb to make this as well. Sometimes you can get 2 harvests out of the garden. (depending on where you live and your growing season) You want to use the aerial parts of the plant the leaves and flowering tops.

We are going to do this the easy way to start, called the folk method You want to grow your plants in quality soil that uses food safe fertilizers. (you will be consuming this) I use "ProMix" organic vegetable and herb mix. When your Oregano hits the flowering stage, this is the time to harvest. Do so in the morning after the dew has dried off the plant but before the sun becomes too hot to preserve the volatile oils. Hang the plants to dry or spread out on a screen tray. You want to ensure the harvested plant is completely dry before using in tincture or storing it or you will end up with mold and a throw away harvest. 2 weeks or so in my experience should be sufficient.

Herbalist will often use a 1:5 ratio to keep a consistency of potency with their tinctures; this means one part herb to 5 parts alcohol (food grade for consumption) at 40-60% alcohol There is a weight to volume measurements involved and

sometimes dilution of stronger alcohols with distilled water. Today is the easy method and the very

Method I use in my own home for my own family and friends. It is easy and pretty fool proof, I hope it helps you to take back cold and flu season for you and yours. **Step 1** (after the plant has grown, been harvested and dried properly) Take the dried aerial parts of the Origanum Vulgare you've been preparing and fill a mason jar $\frac{3}{4}$ of the way full. Push it down and crush it up the more surface area the vodka touches the more easily the medicine you want in it is extracted.

Step 2 Cover the oregano with the alcohol and make sure it is completely submersed by about .5cm mix it stir it and make sure all the oregano has been saturated to avoid mold. Wipe the top of the jar then place a lid on it. Store it away from sunlight, stir and shake it every day to help it along. Each day make sure the plant matter is submerged. This needs to be done for 6-8 weeks.

An herbalist would use a 1:5 ratio for example 100g of herb: 40-60% vodka **Step 3** Collect all you will need to press or strain the medicine away from the plant matter Strainer, cheese cloth, another clean and dry jar with a lid. Gloves if you so desire. **Step 4** Once 6 weeks has passed you should strain the liquid out of the plant matter with your tools. My go to is cheese cloth and strong hands or a press if you have one. Discard the oregano and you have a powerhouse of a medicine ready to fight for you. Store out of sunlight. **Approx. 30 drops 3x/ day** while you're actively fighting sickness 1/3 of that if using for preventative (if you were exposed to illness but not ill) If you have any questions or concerns consult a qualified practitioner

The second herb Id like to introduce you too is Lemon Balm "Melissa Officinalis" Now we have already laid out instructions for tincture making and this herb can be made into a tincture as well the same way. It has many health benefits in each

way it can be used. We are going to give instructions here on how to use it in a salve.

Lemon Balm has so many wonderful properties it is a strong anti-viral in the fact it inhibits viral replication. External Preparations (what we are making in the recipe) Anti-viral against HSV and HPV- adjacent lesions Reduces redness, swelling, irritation Speeds epithelial repair Soothes inflamed or irritated skin Useful for cold sores, shingles, warts, and viral rashes Reduces itching and burning This herb is grown similar to Oregano they are both in the mint family some differences at harvest are as follows **Lemon balm** • Harvest leaves and tender tops • Harvest before flowering • Avoid thick stems (low medicinal value) • Lay flat to dry, plant can bruise and brown easily.

Oregano • Leaves and flowering tops • Harvest at full bloom • Stems can be included because they contain volatile oils • Tougher plant wont bruise as easy (hang to dry is fine too) We will need to start with a list of ingredients 1.5 of oil to start for the infusion/maceration of the herbs (we will lose some in the final steps) 1 cup of extra-virgin olive oil 1 cup dried lemon balm 2tbsp of dried calendula flower 1tbsp dried plantain leaf 20-28 grams of bee's wax (for use after maceration made) ½ tsp vitamin E (for use after the maceration is made) (antioxidant, extend shelf life) **Step 1** combine all the dried herbs into a clean dry mason jar. "Folk method" we can eyeball the amount of oil. About a cup and a half just covering the herbs. We will lose a little volume when we strain it out to remove the plant material later. **Step 2** Place a mason jar ring for the lid or two at the bottom of a pot to keep your mason jar off the bottom of the pot while heating; this prevents over heating of the oil and herbs and more even heat to create a beautiful maceration. Fill with water halfway up the jar, not so much that It would float or be unsteady though. You want to bring this to a gentle simmer barely bubbles and let it stay here mixing occasionally for 3-5 hours. Make sure the water doesn't evaporate off before adding

more to the pot to keep the heat consistent. **Step 3** Once done you can remove from heat and let it cool to a safe comfortable temperature to handle and strain. I would avoid a lid and use a paper towel and ring to cover while it cools so condensation doesn't risk mold. **Step 4** strain with a cheese cloth into a measuring cup, squish as much of the oil out of the plant maceration as you can **Step 5** in a clean pot add 20 -28 g of bee's wax (less for softer salve more for firmer) melt it on a low heat as to not burn it, **Step 6** add 1 cup (ish) of your strained macerated oil and stir well remove from heat once its all mixed together and all liquid add your ½ tsp of vit E and stir ... **Step 7** right away you will want to pour it off into a tin or shallow jar more then one depending on the size. Once it cools you may use it. Keep in a lidded container. Paper towels are your best friend for clean up with wax, so you don't ruin your pot! This preparation is NOT for mucosal skin use on outer irritation but nothing internal and no glands. Keep in a cool dry place, shelf life of 12-18 months. **Use 2-4x/day** If you have any questions or concerns consult a qualified practitioner I also would encourage you to look into other uses for Lemon Balm it really is a wonderful herb in a tincture or a tea it has effects to work on so many of the systems in your body.! Nervous system effects Digestive system effects Anti-viral effects(systemic) Endocrine and hormonal effects Cardiovascular effects Immune and inflammatory effects (modulation not boosting) Cognitive and mood effects Metabolic and systemic effects Reproductive cycle support If you're going to grow it, you may as well know all the wonderful things it can help with. Always a pleasure sharing a little window into easy and effective herbal remedies



Contact this Beautiful Witch for more information @ WillowSongHerbals@gmail.com

OK let's talk summertime astrology for ~ June to September 2026 By David Zunker YouTube Channel @IsisPriest

Well, we have already begun 2026 with some significant astrological events. In March and April, the Sun, Mercury, and especially Mars were all cruising by to emphasize this year's movement of Saturn and Neptune into Aries. Now it's been in the media about how unique this conjunction Saturn and Neptune Aries is. This is a formation Saturn conjunct Neptune that happens about every 30 years or so as Neptune moves very slowly and Saturn takes about 28 years to go around the Zodiac, so it is the start of a new Saturn Neptune cycle, which has a lot to do with kind of development of cultures and society in which we live. Saturn represents social structures amongst many other things that relate to concepts such as Authority, Hierarchies, and cultural taboos. Neptune in this context can be associated with the dissolving of these social structures and what might be termed the thinning of the veils. Perhaps it may be read as an injection of spirituality into social structures, and a formation of cultural norms around evolving spiritual concepts.

A major planetary aspect such as this, every 30 years may not be that unique, but because this one is in Aries there is an added emphasis to the importance of this aspect. The previous time we had Saturn conjunct Neptune and Aries was 1703, so almost 325 years ago. And what was going on then? Societies were moving quickly into industrialization. The ending of the feudal agrarian societies all over the world into patriarchal societies developed by industry and military force. Around the world the more advanced builders with stone

and iron conquered and spread their imperialist control. Now some 325 years



later we are hoping that Saturn Neptune aspect shows a different kind of manifestation of the dream. Let's add a couple more major changes we have this year in our formulas. And these two are the other two outer planets. Starting in January we had Pluto move into Aquarius and the last week of April we have Uranus moving into Gemini. In a sense, both of these major planetary sign changes indicate an encouragement for humanity to make this new Saturn Neptune cycle a very positive one. Pluto in Aquarius reads as power to the people. Uranus in Gemini reads a breakthrough in conscious awareness. Mark our calendars for July 17th when these planets have a trine aspect as a powerful day of transformation.

We had on April 16 – 20 a stellium of 5 planets in Aries, with the Moon for the first 2 days, it was 6. This has given our whole summer added momentum. Let's look at our Sabbats this summer to get us an idea of where it's going this Summer Solstice on June 21st Pacific Time does show a positive and challenging map. The Mercury conjunct Jupiter pretty close, less than 5° orb, shows an optimism in our thinking and the sense that we are adapting well to new ways. One very close important aspect is Mars trining the Moon on the Solstice and it shows a ready expression of feelings and the willingness to assert ourselves. Not so tight but there is Venus oppose Pluto reads as a

willingness to blow things up if they're not working for us. Mars is loosely conjunct Uranus which shows we're thinking of rebellion as a viable option. The first week of July this Mars conjunct Uranus aspect is exact and that ideas about rebellion are more likely to manifest.

August 1st is the traditional Lammas or Lughnasadh. The chart for Lammas shows the Sun conjunct Jupiter 2 1/2° apart. This is very positive indicator for the season. It's a little blessing. Needed because Mars is square Venus in this chart with only 1° apart and it shows the tension in personal matters. Mars in Gemini shows trying to do too much too soon too quickly, while Venus in Virgo shows fussiness in emotions. Square they say slow down, shorten the list of requirements, and take it easy on people, especially the ones you're close to. Go back to the Sun conjunct Jupiter to see that there's good things coming and to keep the faith, because that's what's going to be required as we enter into August Eclipse season.

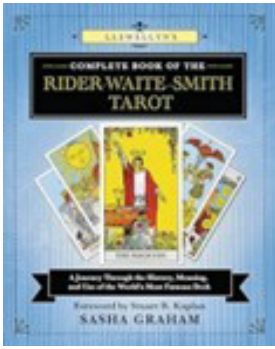
We have a couple eclipses In August. The Solar Eclipse is August 12th, and the Lunar Eclipse is August 27th. In general Eclipses show times when decisions made and decisive actions taken, have a permanence. The Solar Eclipse August 12th holds a really exciting planetary formation. It holds a Grand Trine in air, so close to exact, between four and six degrees of Gemini, Libra, and Aquarius. We have respectively Uranus trining Venus trining Pluto. But it is not just a Grand Trine in Air. Mercury is opposite Pluto to make what is termed a rare Kite formation. And this reads as transformative, original, and new ideas take flight. This indicates transformative change in the microcosm of our individual lives

and in the macrocosm of humanity on earth. Science makes leaps (or is it showing up in our skies?). Yet, it shows the lingering Venus square Mars now moved to Libra and Cancer respectively but still square. So much goings-on seem to put stress on personal relationships and personal preferences, with this lingering square. August 27th is a Lunar Eclipse on the Full Moon in early Virgo.

Here we have the Sun conjunct Mercury or what is known as the Superior Conjunction of Mercury. Which means we can almost figure things out but wait a minute it's not just that. This eclipse lines up to create another planetary formation called the Yod or Finger of Fate. It is formed by the Full Moon that creates the Eclipse dividing in half the sextile between Neptune and Pluto. The aspects are all tight.

Here we have an Eclipse creating a Finger of Fate saying, something will happen. So, I'm going to make some predictions here. It could be a couple different things: extreme weather more extreme than previously, and part of this is from space weather, things going on with our Sun, comets and things coming into our solar system from beyond. Earth changes such as volcanoes, earthquakes, and that type of thing. Things will be happening this summer and add to the events the more subtle impacts of lifting veils. People who aren't willing to accept new awareness go crazy. Like any good psychedelic will demonstrate, you can't hang on to the ego during times of consciousness change. Blessed Be, y'all.

Magi David teaches
Ceremonial Magic Classes
@Earth and Sky Connection please
contact us here to register or drop in
Sundays 3-4:30pm



Does it surprise anyone that a Llewellyn book would be on the list of best books to read?

Because it

shouldn't really their book have basically built this industry for our witchy people for year getting the knowledge of our people out to the masses. Not without controversy but it has none the less. But the reason I love this book so much compared to the others is not only because I'm taking the advanced class offered by Earth and Sky Connection, and this book is one suggested, but it is a really great book for learning the tarot in general. I find that Sarah Graham has put together a plethora of information to truly understand

for the masses. Although the book itself could have more forth coming teaching of the archetypes of the court cards you still get the underlying tone of who they could be. All and all I have found this to be a cortical part of learning the cards to give me a deeper connection with them. After all a true reader is 70% book smarts and 30% deep connection with your spirit guides. Or so I'm told, lol. The point being if you are going to have a deeper look at the way the Rider-Waite-Smith deck was done this is a wonderful book to do so. all the information in this book has given me an understanding I never had before. And a newfound respect for the way this deck was written and painted.

Love ya Katty Kommentator



Summer Solstice / Litha Cancer Season June 22 ~ July 21

June Events

Peninsula Country Market
Season open June 6th 9am - 1pm
1528 Stelly's Cross rd, Sydney BC

Art in Maffeo Park
June 7th 11am - 5pm
100 Comox rd, Nanaimo BC

Crafty Capers 24th Annual Garage Sale
June 7th 10am - 1pm
2137 Bowen Rd, Nanaimo, BC

Community Led Fernfest
June 13th 12pm - 10pm
1240 Gladstone ave, Victoria BC

New Moon Sound Bath
June 13 6pm - 7:30pm
481 Head st, Victoria BC

Community Cultural Kitchen
June 15th 5pm - 8pm
6218 Sooke rd, Sooke BC

Sweet Street 2026
June 20th 11am - 3pm
2945 Jacklin rd, Langford BC

Cedar Summer Witches Market
June 21st, 22nd, 27th & 28th 10am - 4pm
2388 Cedar rd Nanaimo BC

Summer Solstice Celebration & Potluck
June 21st 5pm
2375 Koksilah Road, Duncan BC

Indigenous Nights with Heather Wolf Ear
June 26th 5pm - 8pm
21 Nicol St, Nanaimo, BC

National Indigenous People's Day
June 20th 2pm
4835 Headquarters Rd, Courtenay, BC

Makers Market
Saturdays 10am - 2:30pm
1300 Comox Rd, Comox BC

ATCC Coffee Cauldron
June 16th 7pm - 9pm
590 5th St, Courtenay, BC

Fairytales and Myths, Oh My!
June 27th 7pm - 9:30 pm
410 Cliffe Ave, Courtenay, BC

Esquimalt Farmers Market
Thursdays 4:30pm - 7:30pm
1200 Esquimalt ave, Victoria BC


This section of the Magazine has mystical articles related to both the
Season of Cancer & the Summer Solstice.

May you all find the blessings of land in your forging and reconnecting with the Earth Mother. We hope you find these articles informative, interesting and helpful in your craft.

Written by Tamare White-Wolf & Magical Associates.

Happy Birthday Cancer & Blessed Summer Solstice

June / July

Sun. 21 Litha / Summer Solstice	Mon. 22 Cancer Season	Tues. 23 Stir cinnamon in coffee for abundance	Wed. 24 Create a Sun Sigal	Thurs. 25 Wear gold, yellows, & oranges for summer	Fri. 26 Try charging crystals in the Sun & the Moon	Sat. 27 Make solar water
28 Write to yourself for Winter Solstice	29 FULL MOON in Capricorn 4:55PDT	30 Forage for elder flowers for tea	1 Do a Tarot Spread at noon	2 Scry in a bowl of water	3 Do a cord-cutting to shead old spring ideas	4 Leave an offering for the Fae
5 Collect morning dew for spell work	6 Start Summer section in your BOS	7 Study Sun Mythology	8 Walk a Labyrinth	9 Try to Identify the planets you see or learn	10 Sit barefoot on the ground	11 Host a witches night
12 Try a sun rise meditation	13 Write a release & dissolve it in water	14 New Moon in Cancer 2:46 am PDT	15 Make a protection charm	16 Take a ritual bath with summer herbs	17 make rose petal oil for love & beauty	18 Create a nature mandala
19 Dry herb bundles of lavender to make things	20 Write intentions and burn them	21 Research St.john's wort and its uses		Add your QR code here & be a Calendar Sponsor \$75		

Litha~ Summer Solstice

By Tamare White-Wolf



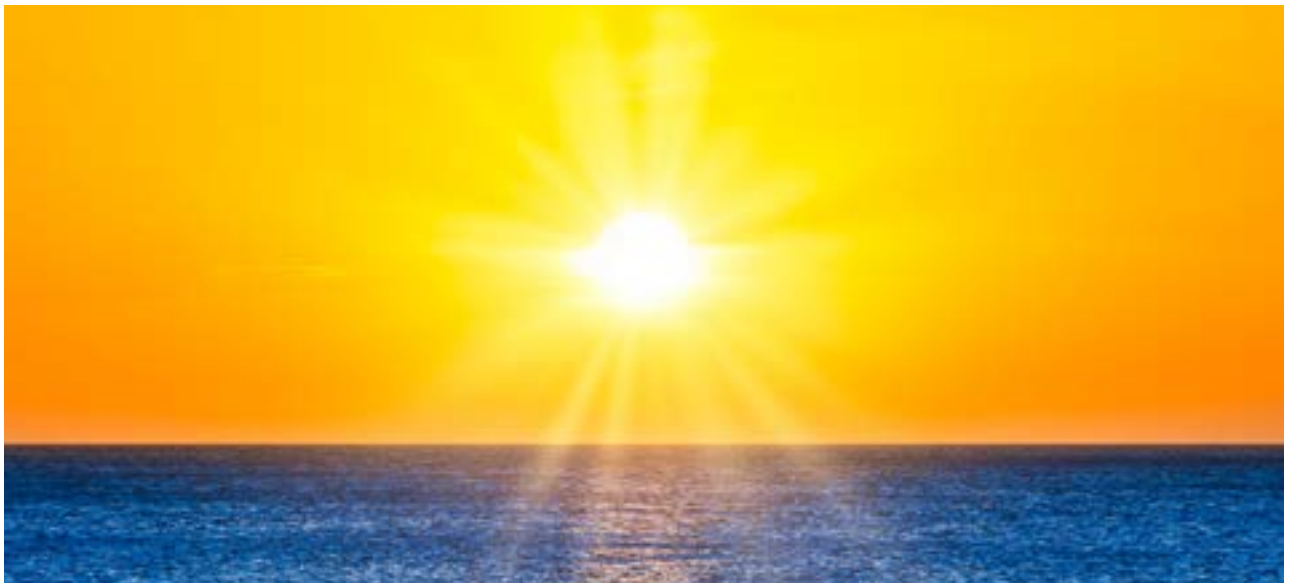
This day is rooted in ancient Pagan traditions, Litha represents a solar climax of the wheel of the year and one of the eight sabbats. This time of year has been celebrated longer than many realize as Midsummer's Eve/Summer Solstice. Has been likely recognised on every continent. If you look back, you will see festival's in honor of the longest day of the year around the world. As it celebrates the peak of summer but yet a turning point, as the days will soon become shorter as winter approaches.

It is a fire festival that is always celebrated with bonfires, laughter, dancing, feasting and the collection of herbs, and wild edibles such as berries. We use these to create yummy teas that are brewed in the heat of the sun, collecting the suns energy. Remember to leave a little tea and treats for the Fae too. It is a time when we make flower crowns and garland to decorate both inside and outside.

Fire Rituals much like Beltaine there will be many who jump the bonfire, or telling the fire your woos asking for the fire spirits to help you put it to rest. In the morning begin your day with some kind of Sun Salutation or maybe a Cherokee Dance of Life ~ Tslagi, (look for it on YouTube) or take a moment in the sun at high noon to meditate, even smudging with the energy of the sun is powerful and infusing.

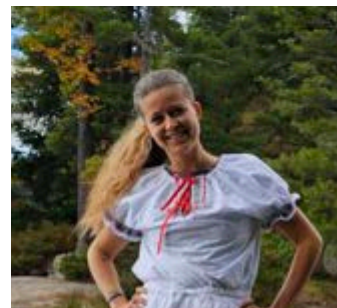
Many may renew their vows in order to recharge the passion for romance. Others may celebrate their love for the first time in a Handfasting Ceremony. Still others may perform magic in hopes of fertility. Whatever, it is clear this day is one of gratitude and jubilation as we gather to capture the suns peak energy to help us in the coming days.

Blessed Litha all may your passions be lite and brought to life!



Beyond Litha: The Slavic Summer Solstice

Kres/Kupala Night By Slavic Spirit



You may have heard of Litha, the summer solstice celebration widely recognized in modern pagan traditions, but have you heard of Kres/Kupala Night?

Kres/Kupala Night, is a Slavic midsummer festival rooted in the old faith, long before the arrival of Christianity. Like many old European traditions, early Slavic spirituality was deeply intertwined with nature, the land, and the cycles of the Earth.

The word “pagan” originally came from the Latin *paganus*, meaning “villager” or “rural dweller.” As Christianity spread, the term became associated with those who continued practicing ancestral traditions, often in villages, where the old ways endured the longest.

For the early Slavs, life followed the rhythms of nature. Time was cyclical and felt through the changing seasons. The year turned around solstices, equinoxes, and the sacred midpoints between them.

Slavic spirituality was animistic at its core: everything held spirit. Trees, rivers, animals, and humans were all part of an interconnected web of life. People did not stand above nature, they lived within it.

Because early Slavic cultures passed knowledge orally rather than through written texts, much of their worldview has been lost or fragmented. Yet echoes remain, in folklore, seasonal rituals, songs, and myths, as well as in later Christian writings which, although often biased, still preserve glimpses of earlier beliefs. In fact, many Christian holidays across Slavic regions carry the bones of older pagan traditions, simply dressed

in new forms.

Kupala Night—Fire, Water, & Magic

The summer solstice - called Kres or Kupala Night - marks the longest day and shortest night of the year. It is one of the most vibrant and magical celebrations in the Slavic ritual calendar.

The name Kres comes from *kresati*, meaning “to kindle” or “strike fire,” while Kupala is linked to bathing or immersion in water. Together, they reflect the central elements of this festival: fire and water, purification and renewal.

On this night, great bonfires were lit, traditionally from living fire, kindled without modern tools. People would jump over the flames for cleansing, protection, and luck. Couples sometimes leapt together, believing that if they stayed connected while jumping, their bond would endure.

At the same time, water took on sacred qualities. Rivers, lakes, and dew were believed to hold heightened healing power. Bathing in natural waters was both a physical and spiritual act of renewal.



One striking ritual involved burning wheels, set aflame and rolled downhill into water. This symbolized the turning of the sun and the gradual shortening of days after the solstice, a reminder that even at the peak of light, the cycle is always shifting.

Herbs, Divination & the Fern Flower

Kupala Night was also a time of gathering herbs, believed to be at the height of their potency. Plants collected on this night were used for healing, protection, and divination.

Young women would weave flower wreaths and set them afloat on water, often with candles. The movement of the wreath was read as a sign of future love, marriage, or destiny.

One of the most powerful myths associated with this night is the legend of the fern flower. Though ferns do not bloom, it was said that at midnight on Kupala Night, the fern produces a single, radiant blossom. Those who find it are granted extraordinary gifts, the ability to understand animals, uncover hidden treasures, and gain deep wisdom.



The journey to find it is not easy. The seeker must venture alone into the forest, facing illusions, spirits, and fear itself. The story speaks of magic, and inner transformation, the courage required to seek truth and knowledge.

A Living Philosophy

Earth-based traditions like the Slavic old faith remind us of something deeply important: we are not separate from nature - we are part of it.

These traditions teach respect for the Earth, for each other, and for the unseen forces that sustain life. They offer a worldview rooted in relationship rather than dominance.

If we look far enough back, we will find that all of our ancestors once lived in close connection with the land. This is not about returning to the past in a literal sense - but about remembering a way of knowing. A way that recognizes the sacred in rivers and forests, in cycles and seasons, and within ourselves.

Kres/Kupala Night, in all its fire and water, light and mystery, invites us to reconnect, to step, even briefly, into a world where nature is alive, and where we belong within it.

Slavic Spirit is a Slavic settler on Turtle Island. She was born and raised in Slovakia before joining her parents in Canada. She practices the Slavic Old Faith and shares teachings, stories, and traditions rooted in ancestral connection and reverence for nature.

You can learn more at: www.slavicspirit.ca

You can contact her at:
slavicspiritualpath@outlook.com

www.slavicspirit.ca

Fortuna Celebrated June 24th

by Tamare White-Wolf



A Roman Poet Ovid Naso wrote this about her.

O Fortune, who dost bestow the throne's high boon with mocking hand, in dangerous and doubtful state thou settest the too exalted. Never have sceptres obtained calm peace or certain tenure; care on care weighs them down, and ever do fresh storms vex their souls. ... great kingdoms sink of their own weight, and Fortune gives way 'neath the burden of herself. Sails swollen with favouring breezes fear blasts too strongly theirs; the tower which rears its head to the very clouds is beaten by rainy Auster. ... Whatever Fortune has raised on high; she lifts but to bring low. Modest estate has longer life; then happy he whoe'er, content with the common lot, with safe breeze hugs the shore, and, fearing to trust his skiff to the wider sea, with unambitious oar keeps close to land.

Fortuna is an Italian goddess depicted as blindfolded the reason for that this is represents how fate could go either way therefore is Unpredictable. for the most part this Roman goddess is of luck and fate and fortune many had festivals to honor her during the summer solstice specifically June 24th. We often see here with a cornucopia which of course represents abundance those who worship her are hoping for her blessings providing food and funds to survive. There's a modern phrase you may have heard of “fortune favors the bold” that tells you something, so yeah, if you want something go for it, you won't find wealth doing nothing.

Some tarot scholars have associated her to the World card and Wheel of Fortune, make sense. She has been revered as far north as Scotland. She has been linked to the Egyptian goddess Isis as Isis- Fortuna and is related to the God Bonus Eventus her counterpart.

Hail Fortuna



Statues @Earth and Sky Connection

18 still honoured on altars everywhere.

Woodpecker~ Flicker

By Tamare White-Wolf

Assigned to the Cancer Person



TikTok

The flicker is a kind of woodpecker perfectly associated to the cancer because of its communication style. The reason Flickr is given this association is because it sounds like Morris code when it taps as it's seeking bugs for dinner. Indigenous perspectives have assigned it to joy, music, community and spiritual growth. Some have nicknamed the family bird. Even the colours of the bird are aligned for instance the red on the head is aligned with the chakra of the root this is where it gets its family connection. It also has light blue aligning it to the throat chakra obviously this is the communication connection. Its tail is yellowish aligning it to the solar plexus is where the willpower confidence and intelligence lay, we could say this about the cancer person.



This has been associated to balance as well as we see the black and white all over its body this gives us the energy of above and below making us aware to stay grounded while we reach for the stars. When we see this bird is a reminder to balance hard work with play. The healing rhythms associated to these little drummers connect us to the natural rhythms of mother earth, we call her heartbeat.

Flickers remind us to stay in the heart, to speak from the heart, and to share what is in our heart communicating, especially with those we love or have close relations. If you see a flicker in the wild it's a good omen, bringing good luck and healing to any relationship you may be in conflict with, especially if it's with a family member. As their magical touch can strengthen most relationships, bringing resilience and protection to anyone using its medicine. This being has tenacity and can adapt to just about any situation as it is both resourceful and intelligent.

Are you a TikTok follower of mine? If so here is a special for you, drop your big 3 and I'll do a personal video for you with your western & native astrology, adding the animal dimension associated to you!

Book Totem Animal Reading or Learn the Spiritual Messages of the Animals with Tamare @ Her Workshop Coming this Fall

Emerald is associated to Cancer

By Tamare White-Wolf

Emerald is associated with the Heart Chakra and love. Meditating with Emerald can help one to connect to Divine Love, open the heart to accept all things in life as gifts, and acquire the ability to discern when others are speaking the truth or not. Use it to bring love, loyalty, unity and wisdom to your life. Emerald is believed to enhance memory and mental clarity.

In a group of people, it can encourage bonding, and strengthen communication and understanding, helping each person to adequately express themselves without offending others.

Emerald can help to open up psychic abilities, and enhance one's ability to notice and manage synchronicities. It is often used to attract prosperity to the owner, strengthening the courage to follow your heart's wisdom to its logical outcome and allowing for the amplification of hope and encouragement.

Emerald can help you clarify and strengthen your intention for a positive outcome. Emerald can help maintain faith in the knowledge of Divine perfection. Emerald reminds one that the Universe will always provide.



Emerald's focus on the Heart Chakra makes this a wonderful healing crystal. Emerald assists in recovery from illness, and provides support during chronic conditions. It has a detoxifying action on the liver, and can send higher healing vibrations to the lungs, heart, and spine.

Primary Chakra: Heart

Astrological Signs: Taurus and cancer

Issues and Ailments (Physical): arthritis, blood pressure, cancer, colds, detox, emphysema, fever, heart ailments, immune system, liver, memory, ulcers.

Issues and Ailments (Emotional): calming, compassion, grief, guilt, honesty, inspiration.

Issues and Ailments (Spiritual): clairvoyance, clarity, karma, serenity, visions.

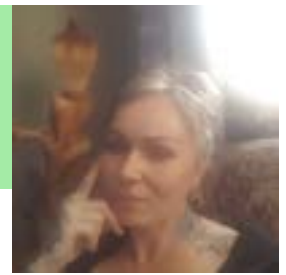


Herb references are:
Skullcap and Motherwort
Check out why it works.
See page 21

Join
The Crystal Witch
Crystal Grid Magic
Course DTA

MAGICAL & MEDICINAL SUMMER HERBS

by Yvonne Triona



The summer is my favourite time of the year when it comes to connecting with my green blood friends and allies.

There is an abundance of herbs that are at their most potent during this time of the year, and if one were to ask me which are my favourite, well that would be a challenge to answer! There are so many that I love and have gotten to know through sitting with, growing, nurturing, harvesting, medicine making, creating gifts and offerings, making friends with and learning from, that it was difficult to pick even three to write about on this occasion. But after reflecting for a little while I decided to go with one that I have not grown yet, one that is abundant where I dwell as a wild plant and one that I connected with early in my exploration of herbal allies and have them well established in the garden.

The wisdom of these plants and their power to heal and aid us as we traverse the roads of life is a relationship that cannot and should not be taken for granted. Something as simple as walking in the forest is all it takes to sooth the mind, soul and spirit. It may seem odd to some but these relationships whether it be sitting among the trees or fortifying the soil where we grow them from seedling or even sit before a basket and carefully prepare their medicine with focus.....they are a connection that is deeply meaningful, purposeful and fruitful for our well being. I hope you enjoy and learn a little something that may help you with my summer selection. I did not go into great

detail with each category as the article would be far too long and convoluted, but I think there is enough to arouse interest and hopefully inspire you to explore further.....

Blue Skullcap (*Scutellaria lateriflora*)

This plant and its tiny airy flowers has a magical appearance. It feels light and has a calmness to its soft blue flowers and delicate structures. I had my first experience with Skullcap during an herbal apprenticeship that I took in 2019. My teacher at the time grew a variety of plants that we studied in our Materia Medica for the year. We were able to work in person with the growing plants throughout the year, from sprout to harvest to collecting seeds. I remember the Skullcap gently blew in the breeze and due to the whimsically tangled stems the entire colony swayed as if one being. Spreading through rhizomes, once the plants are established they can create lovely thick colonies with flowers that look like tiny faery caps.

Harvest time - July - August

Growth Habitat - Moist rich soil with a to spirit communication.

Herbal First Aid Kit

Make One For Yourself

Come Learn with US!

Earth and Sky Connection

preference to wetlands and along streams and partly shaded. If in full sun a cooler climate is preferred.

In the Garden - Does well in rich soil and tolerates a bit of dryness once established.

Planetary - Lunar, Saturnian

Elements - water, air

Effective Formulations - Tincture and infusions that are best made with fresh aerial parts.

MEDICINAL USES

Nervine - has a gentle calming effect and aids with deep sleep. Helps alleviate anxiety and stress.

Trophorestorative - restores function of nervous, endocrine and cardiovascular system.

Antispasmodic - Aids with muscle tension, cramps and migraines.

MAGICAL USES

Skullcap is a wonderful plant to encourage peace and calm for meditation or other ritual practice that requires serenity and attention. It helps focus the mind and lessen scattered thoughts.

One way that I enjoy incorporating it into my spiritual practice is by adding Skullcap infused honey to my tea. Ideally the tea would be that of a complimentary tea to boost the calming and

focused effect such as Lemon Balm. This is a great way to prepare oneself for ritual, with an internal cleanse.

In magical workings it is also protective, cleansing and is handy for reversing hexes and stopping psychic attacks.

It can aid with trance work, and psychic connection. Some say that it aids in quiet, dreamless sleep, and although, I think that

it absolutely can silence our minds chatter, it also clarifies through calm. I believe it can be a great invitation



Arbutus (Pacific Madrone)

When I first arrived to Vancouver Island, I had never seen the Arbutus tree before and was mystified by its strange twisted branches, peeling reddish bark and bright green flesh exposed beneath. I soon found that the area we made our home was surrounded by many large old Madrone trees, and small saplings popping up from between the rocky landscape. One thing that made me love this tree so dearly was that it stood in place symbolically where I would normally have had the White

(Paper) Birch. I was sad to find out that my beloved Birch did not grow here but that was ok once I became familiar with the Arbutus. The symbolism of cleansing, death and rebirth was a shared association with these two trees. With one additional trait that the Arbutus displays. That is, the branches grow towards the open areas where they can reach the sun, the life giver, and light bringer. While the branches in shaded areas, will turn black and ever so poetically 'let go', falling away from the tree. A perfect balance.



MEDICINAL USES

Astringent - It's drying properties speed up healing of wounds, skin infections and burns.

Aids with toning the skin.

Antiseptic/antimicrobial- Helpful with clearing up skin infections, sore throats and UTI's.

Hypnotic - Mildly psychoactive with a gentle uplifting feeling.

MAGICAL USES

Infusing spring water with dried Arbutus bark can be used to cleanse oneself, or hallow magical implements, and offerings. It can also be made into an ointment for the same purpose with the addition of imbuing items with new vitality as in a rebirth for its new purpose of enchantment.

It also holds the power of birth, death and regeneration and can be incorporated into workings involving such things.

The twigs can be made into wands and the bark can be used to write petitions.

Just be mindful and only collect fallen bark and twigs. Offering a nod to the tree for it's sacrifice is always appreciated.

This tree can be seen as a connection between the world of the living and the world of spirit, aiding us in in workings involving communication with the other side.

One of the special relationships that I have formed with an Arbutus tree has to do with making offerings to the spirits. I have created an 'Elf Ring'. A spot at the base of an Arbutus tree with a hole leading down and

a small circle of stones around it defining the area that is made sacred and solely for the purpose of giving offerings. A place where all offerings made, are left there and never touched by my hands again.

There is no limit to the imagination of what connections one can make with the non-human world.

Motherwort (*Leonurus cardiaca*)

Motherwort is a nurturer but also firm in holding boundaries. The calyx's are extremely prickly and border the soft feathery pink flower. This gives it a feeling of a soft and tender heart but also offers a strong and protective quality.

It's one of the first perennial herbs that I planted in my garden and I have found myself pondering whether I felt drawn to it intuitively before I even really knew of its many healing properties because it is a plant that has been a great blessing to me in many ways.

Harvest time - July - August

Growth Habitat - Loves well drained soil and full sun.

In the Garden - I find it spreads by self seeding, sometimes in odd places far from my main clump. Easily grown from seed or cuttings.

Planetary - Moon, Venus

Elements - Water

Effective Formulations - tincture, infusion, vinegars

MEDICINAL USES

Nervine - gently calms anxiety, irritability caused by hormonal changes, helps with mood swings, and it also has anxiolytic properties to lower irritability and nervousness associated with hyperthyroidism.



Antispasmodic - helps with menstrual cycle discomforts, but also menopausal symptoms and postpartum.

Cardiotonic & hypotensive - improves circulation, lowers blood pressure and calms heart palpitations when related to anxiety. A natural beta-blocker.

Emmenagogue - helps stagnant and scant menses.

Digestive Aid - Bitter tonic for indigestion. Stimulates liver and gall bladder to produce bile and aid digestion.

MAGICAL USES

A lovely addition to spells for protection as it serves as a bulwark against negative

energies, or spirits attracted to you or sent your way. It is also known as the 'lionheart' herb and aids in bolstering our courage when petitioned in that regard.

It can also be helpful for hurt sensitive hearts where emotions are involved.

It is a great herb to include in a protective talismanic spell such as a small pouch worn around the neck or a mojo bag. Being that it is an herb that encompasses healing of female reproductive organs and their function, it is a great ally for raising our connection to feminine energy.

Something to note, since it is such a strong bitter, I tend to use it more for strength, protection and balance spells rather than as an offering herb.

For example, when I make offerings of drink to express or gain gentle and nurturing love, I would include a plant such as Hawthorn or Elderberry instead because of their pleasant taste.

Motherwort is an herb that I have in my apothecary at all times as it is truly indispensable.

May you all be blessed and free from worry and want.

**Skullcap and Motherwort
are aligned with Cancer
I can see why! Can You?**

Herbs @EarthAndSkyConnection.com

Market Square, Chinatown. Victoria, BC

II of Cups By Empress Constantine

www.innersolconnection.com



The II of Cups - Venus in Cancer -
Lord of Love ~ June 21st to July 1st

The Two of Cups falls in the 1st Decan of Cancer on the Astrology Wheel of Tarot. With the ruling planet of Venus, no wonder the Golden Dawn named it Lord of Love! Venus is the planet of love, pleasure seeking and giving, and personal magnetism. It's about how we express affection, desire, sex appeal, and enjoy beauty. Venus is an Earth (Mother/Nurturer) energy.

Cancer is the Zodiac sign of the nurturing empath. Cancer also represents the Mother, the home and family, security in a big way. Their most likeable trait is usually their sense of loyalty. A keyword for Cancer would be feel. Ruled by the Moon, Cancer is a watery sign of emotions.

So, what happens when you put Venus (the planet of love) in Cancer (the Zodiac sign of feelings)? Well, you get the Lord of Love, of course!

Imagery:

We see two youths with eyes only for each other. The boy tentatively reaches one hand toward the girl. Between them is a Caduceus (an ancient emblem of Mercury/Hermes symbolizing supernatural power, hidden wisdom, messages from the spirit realms, the cosmos and infinity, and the pairing of opposites) with a lion above it. You can find the Caduceus used today as a

medical symbol in hospital logos, on ambulances, and pharmaceutical

branding as it's also a symbol of health. The lion on the top of the Caduceus is speaking of a union of the base animal nature between our two lovers. They are giving into primal urges of love driven by physical needs. I know this sounds like debauchery, yet I invite you to consider how wonderful it feels to be in the throes of a new passionate love affair. It's also important to mention the "curb" seen in this card. Some call cards with this curb Stage Cards; inviting you to explore what your "role" is in the event. The curb is also there to delineate what has happened from what might happen, so always pay attention to where the action in the card is happening in relation to the curb. For instance in this card, the couple are in front of the line, while behind the line you see what looks like a quaint cottage tucked into a hill (a happy home perhaps or secluded sanctum for two lay in the future).

Upright:

This is a card of balance, health, new friendship and unification. Think Romeo and Juliet; bursting with the beautiful, unbreakable, unity of pure new young love, and all that entails. Young lovers grow and learn so much from each other. They are often opposites who attract and must learn to balance each other out.

If it comes up in a reading it represents pure, true, innocent love. A love still led by base instincts and animal nature. This isn't a bad thing, it's an opportunity to learn and grow through your love for someone else.

In Reverse:

In reverse things are out of balance most likely in an important close relationship in your life. In a reading, this is likely a bad relationship, possibly even violent.

Whatever is happening will not lead to the happy home on the hill. You are more likely to be isolated in a controlling unhealthy environment. The joy, love and beauty that once filled the cups has dissipated and there is disunity, sadness, and disharmony. Possibly even illness.

Tip:

When doing a spread it's important to note where the cards fall and what cards fall around them. Are the cards upright or reverse? Are there any Major Arcana cards or Court cards that can help give more information?

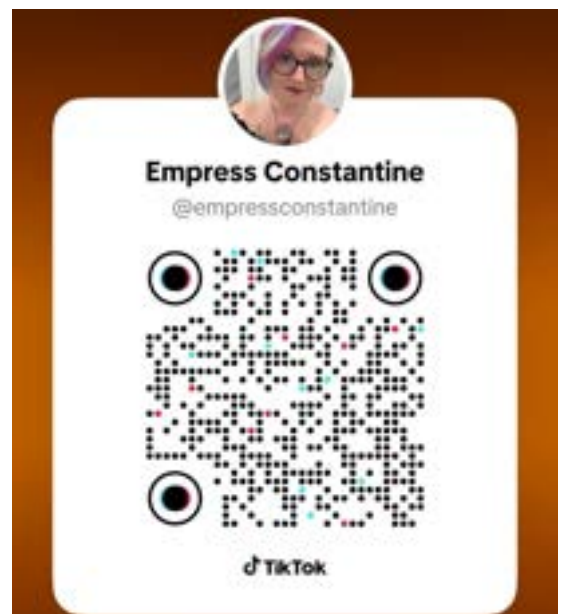
Trust your gut, your instincts. If you study the cards and know their meanings, trust that spirit will deliver through you the messages needed.

Always have fun and use Tarot with positive intentions. And be as specific as you can with your inquiry.

If you are interested in learning Tarot in an in depth and personal way, I recommend my teacher Tamare White Wolf or her son Skylar Pink at Earth and Sky Connection.



**Find Empress Constantine on TikTok
Wednesdays 530pm EST
Readings By Donation**



[Check her website too](#)
[Inner Sol Connection](#)

The Spiritual Warrior

Cancer, and the 18th Path

By Gemma the Mystic TikTok Live Wed/Sat 5:30ish EST



The Chariot is the card associated with the zodiac sign of Cancer. In the Waite-Smith deck this card shows a figure with all his most important magical items, inside a mobile shelter, pulled by a light and a dark sphinx. The symbols of the celestial bodies are everywhere; on the armour and the chariot itself. The mystical is very evident here and likewise spiritual reasoning is very important for anyone with strong Cancer aspects.

When I think of The Chariot, I think of how any multi step process requires ones full attention. Especially if it's something that requires skill, like balancing a chariot or driving a car, or even, writing a story. One of the very important factors, is staying present and alert. Doing each step required in the correct order.

So, the example of driving a car, this is something that requires learning and practice, and anyone who drives, understands; driving is a liberating responsibility. Once you know how to drive, you can take a road trip to some wonderful place, you've always dreamed of, and you are responsible for doing so safely. The reason I'm painting this wonderfully obvious picture is because, The Chariot is about victory, travel, experience, but one of the most important factors is, staying present and doing what is needed in the moment, and at the correct moment.

When we look at the Chariot in the tree of life, we see it is on the 18th path; Geburah (Mars) to Binah (Saturn). Mars is associated with action, conflict or friction, and Saturn is all about physical restriction and time.

This side of the tree of life is also associated with the public life of the querent, so let us investigate what Ted Andrews' has to say about this path in the book *Pathworking A Qabala Guide to Empowerment and Initiation*.

"This card is a reminder that by controlling and understanding the divine power with us all, we can realize all that we need. It is our right to explore, and to realize our purpose in life." (Andrews, 189). The protectors of the family, Cancer energy is not overly interested in material items other than how they can serve the family, so that tradition and life can continue to pass on its knowledge which has protected generations. This is why the charioteer is wearing the armour that is so ornately decorated with the knowledge of the mystical.

The way the charioteer is steering the chariot with the wand is demonstrating how, "This path teaches us to focus individual attention on the present" (Andrews, 190). The charioteer is focused and also has a slight smile, which leads my eye to the lingham which also looks like a spinning top. "... Opportunities to overcome any tendency toward hysterics and irritability it can force a reckoning with selfishness" (Andrews, 190) this lingham is a tangible reminder of how we maintain balance internally by being present to the moment, and balancing our masculine and feminine energies. We also must use our will for balance. The sphinxes bring this into understanding. They question about mortality and what humans choose to do with their time on the earth. Their riddle is well known "what walks on 4 in the morning, 2 by midday, and 3

by sunset?”, the person who could answer understands the importance of contemplating mortality, and that change is inevitable. What will we do with this knowledge? The sphinx will question us, and they hold mortals accountable in the myths. “... this is a path of climbing beyond and opening to new realms through discipline. This brings enlightenment and revelations and even the development of telepathy.” (Andrews, 190)

The chariot stories are all about making something right or balancing something that has gone wrong. Ted Andrew’s references, Hercules, and the Hydra, The Fisherman’s Wife and The Seven Ravens, all of these stories are about correcting a wrong and the one who corrects the wrong is not the person who did the wrong, which I think is a noteworthy similarity. When it comes to The Chariot and the 18th path, this energy is about gathering your resources so they are accessible and using your gifts to bring your world into alignment, spiritually, and physically this is the Saturn to Mars vibration.

In the story The Fisherman and his Wife, they start off living a humble life in a vinegar bottle. When the Fisherman catches a talking fish he sends it back into the water because he has compassion, but his wife orders him to ask the fish to grant a wish, and each time the wish is granted the wife becomes more and more greedy asking for bigger and bigger wishes until eventually she asks to be like God and control the moon, sun and stars and the fish returns them to their vinegar bottle. “This time when he returns to the bay, there is a full blown storm, the water is choppy and dangerous and he has to shout through the wind. When the fish hears this final request his reply “go home then, she’s back in her

vinegar jug again.”

The story illustrates how the feminine energy here is never satisfied with what she has and how the constant requesting destroys everything and she eventually ends up right where she started. What strikes me about this story is that the Fisherman seems to know that his wife is asking for too much and tells her what he thinks, but he continues to relent and make the requests against his own better judgement. I think this story really clearly shows us what a Dark Mother energy can manifest in a person, feeling a constant need for more and more with no regard for anyone else. This is an example of how Yin and Yang energies out of balance can cause destruction. Weaknesses like “instability; avarice; cruelty; depletion of energy; lack of caring; inability to focus; no control; lack of determination.” (Andrews, 191). The tale of The Fisherman and His Wife illustrates what can happen if you choose to focus your gifts on selfish-instant gratification. Or will you use your gifts to help others like in the story of Hercules and the Lernean Hydra or The Seven Ravens. In these two stories, the protagonists are motivated to right the wrong that is presented before them, despite being discouraged from trying. There is also the element of these two protagonists being especially suited to solving this particular problem, either through ability or through emotional investment and proximity. These two stories, illustrate the strengths “balance; enhanced concentration; courage; discipline; self-control; psychic energy”(Andrews, 191). The way The Chariot is the spiritual warrior of the Major Arcana’s, with its movement between Binah and Malkuth. It is no wonder this card can often indicate moving or some sort of change of location for some good reason. This card indicates the importance of

preparation and focus.

Balance and trust and connection to our psychic abilities, bring us safely to a new place. This card is also a reminder that the important things to keep close are the spiritual gifts that we have access to through our relationship with our ancestors and our spirituality. Also good to remember that this card does indicate success when upright and if in reverse I would say we are being reminded to check where we are balancing ourselves from, and likely we are lacking in balance and or healthy spiritual boundaries and practices. When it comes to the 18th path and The Chariot, "...we must learn how to focus climb and trust where our individual efforts take us, even if not, the accepted path of the main stream" (Andrews,190).



Have you always wanted to learn traditional Tarot, the Kabbalah or Astrological associations ?
778-441-1771

Shaman Witch
Tamare White - Wolf

I'll share my years of Occultism with you
[Online @Earth and Sky Connection](#)



TikTok Totem Readings

Just tell me your big 3
Sun, Moon & Asc and I
will do a video just for
you and post it on my
TikTok channel Only
\$22 Include your handle
for tagging Click Here

Tamare White-Wolf
@tamarewhitewolf



TIKTOK

Jupiter in Cancer: The Rise of the Sacred Heart

By Michelle of Astrological Tarot
AstrologicalTarot.com



This summer, one of the most important planetary shifts of the year occurs as Jupiter enters sidereal Cancer on June 1, 2026, a placement considered exalted in Vedic astrology. When Jupiter, the planet of wisdom, enters Cancer, the sign of nourishment and emotional intelligence, something beautiful happens, knowledge becomes compassion, and power becomes protection. Before we dive in, a quick note. In Western astrology, the zodiac is based on the seasons (tropical), while Vedic astrology uses the actual constellations (sidereal). This means your sign may shift backward by about one sign. If you don't know your sidereal rising sign, you can calculate it here:

<https://astrologicaltarot.com/#chart-calculator>

What Is Jupiter?

Jupiter (Guru/Brihaspati in Vedic tradition) represents wisdom, expansion, blessings, teachers & divine grace. Wherever Jupiter travels, it tends to grow & uplift. Jupiter doesn't just give material abundance, he offers meaning. He asks: What is the higher truth here? What is the lesson?

What Is Cancer?

Cancer is a water sign, ruled by the Moon. It governs home, family, emotions, intuition, and protection.

If Jupiter is the wise teacher, Cancer is the sacred home. Together, they create a space where wisdom is not cold or intellectual, it is felt, nurtured, and lived.

This is why Jupiter is exalted in Cancer. It's like a spiritual teacher finally sitting down in a loving home, where wisdom can be shared with care & empathy.

Key Transits: A Story Unfolding

This transit is not static; it evolves over summer:

☐ June 9 – Jupiter conjunct Venus: Love, beauty, and abundance flow more easily. Relationships can feel supportive and meaningful.

☐ June 18 – Jupiter enters Pushya Nakshatra: One of the most auspicious placements in Vedic astrology. Pushya is associated with nourishment, spiritual growth and protection.

☐ July 20 – Jupiter opposes Pluto: Power struggles may surface globally. Truth confronts control.

☐ July 29 – Jupiter conjunct Sun: Leadership, visibility, and confidence rise, but so can ego.

☐ August 14 – Jupiter conjunct Mercury: Insightful conversations, teaching, and learning flourish.

☐ August 19 – Jupiter enters Ashlesha: A more complex, psychological phase begins, healing deep emotional patterns.

By late August, Jupiter begins interacting with Saturn's energy, reminding us that growth must be grounded in reality.

Your Forecast by Rising Sign

Aries Rising

Jupiter activates your home and emotional foundation. You may move, renovate, or reconnect with family.

Remedy: create a peaceful home space (candles, music, or prayer).

Taurus Rising

Your communication improves. Teaching, writing, and meaningful conversations flourish.

Remedy: journal daily or share your wisdom with others.

Gemini Rising

Finances expand, but so can spending. Focus on values, not just money.

Remedy: practice gratitude before spending.

Cancer Rising

This is your year of expansion. Jupiter in your sign brings opportunity, growth & recognition.

Remedy: say yes to aligned opportunities but stay grounded.

Leo Rising

A deeply spiritual period. You may feel drawn inward to heal and reflect.

Remedy: meditation, dream journaling, or time near water.

Virgo Rising

Your social circle expands. New friendships and alliances can be beneficial.

Remedy: connect with like-minded community.

Libra Rising

Career growth is highlighted. Recognition or leadership opportunities may arise.

Remedy: act with integrity as Jupiter rewards honesty.

Scorpio Rising

You may feel called to travel, study, or explore spiritual teachings.

Remedy: read sacred texts or take a course that expands your worldview.

Sagittarius Rising

Deep transformation occurs, financially and emotionally.

Remedy: release control and trust in the process.

Capricorn Rising

Relationships become a major focus. Jupiter can bring supportive partnerships.

Remedy: practice open-hearted communication.

Aquarius Rising

Health and daily routines improve with consistency.

Remedy: build simple habits (hydration, movement, rest).

Pisces Rising

Creativity, romance, and joy are amplified.

Remedy: allow yourself to play and express freely.

Remedies for Jupiter in Cancer

Vedic remedies don't need to be complicated.

The essence of this transit is nurturing wisdom through the heart.

Try:

- Chant: "Om Gurave Namah" (honoring Jupiter)
- Donate food or support families in need
- Spend time near water (Cancer element)
- Cook or share meals with loved ones
- Practice gratitude daily

Think "lead with kindness, invest in emotional intelligence, and build a life that feels like home."

A Look Ahead: The Gandanta Portal

Later in the year, Jupiter approaches a powerful transition known as gandanta, moving from

Cancer into Leo (October–November 2026).

This is a karmic "knot," a place where water (emotion) meets fire (action). Themes of emotional release followed by bold leadership may arise.

With Mars joining Jupiter near this transition, expect intensity, personally and globally. But also, transformationally.

Jupiter will briefly return to Cancer in early 2027, reminding us that growth is not linear, it's cyclical.

Final Thought

Jupiter in Cancer teaches a simple but reflective truth: Real power is not domination, it is protection, wisdom, and care.

This summer invites us to build lives that are not just successful... but meaningful, nurturing, and aligned with the heart.



Lughnasadh & Leo Season

July 22 ~ August 21

July Events

Mixed Abilities Dance Jam

July 3rd & 17th 10:30am - 11:30am

39 Victoria Cres, Nanaimo, BC

VegFest

July 4th 10:00am - 4:00pm

100 Comox rd, Nanaimo BC

For the Love of Lavender (free talk)

July 4 10:30am - 11:30am

6536 W Saanich Rd, Central Saanich, BC

Metchosin Summer Witches Market

July 11th, 12th, 25th & 26th 10am - 4pm

4401 William Head Rd, Metchosin, BC

Spooky After Dark

July 17th 4pm - 9pm

720 Station ave, Langford BC

Silver Cove & Can Gems Expo

July 17th -19th Cowichan BC

7380 Trans-Canada Hwy, Duncan,

Music in the Park

July 19th 2pm - 4pm

731 Station Ave, Langford, BC

Celebrate Sunday/Fellowship Potluck

July 19th 10:30am - 1pm

2815 Cedar Hill Rd, Victoria, BC

ATCC Coffee Cauldron

July 21st 7pm - 9pm

596 5th St, Courtenay BC

Snuneymuxw Days

July 24th - 26th 9am - 5pm

668 Centre St, Nanaimo, BC

Full Moon Ritual

July 25th 7:30pm - 9:30pm

8369 N Island Hwy, Black Creek BC

Bike Social

July 26th 11:30am - 2:30pm

2910 Kilpatrick Ave, Courtenay BC

Spell Bottle Bar

July 26th 2pm - 5pm

688 Granderson Rd, Langford, BC

Filberg Festival

July 31st - August 2nd 10am - 6pm

61 Filberg Rd, Comox, BC




*The following pages are a compilation of magical references associated to the
Season of Leo and the Grand Sabbat Lughnasadh.*

Written by Tamare White-Wolf & Magical Associates.

We welcome in the sun and the first main harvest, may yours be plentiful.

Happy Birthday Leo & Blessed Lughnasadh

July / August

Sun.	Mon.	Tues.	Wed. 22	Thurs. 23	Fri. 24	Sat. 25
Add Your QR Code Here & Be a Calendar Sponsor \$75				Work with peak solar energy	Make a cup of herbal sun tea	Create your summer altar
26 Do a fire scrying meditation	27 Create a dream vision paper and plant it	28 Harvest some calendula for healing	29 Full Moon in Aquarius 7:36 am PDT	30 Press summer flowers into your BOS	31 Try mugwort tea before bed for dreaming	1 <i>Lughnasadh / Lammas</i> 
2 Collect ocean / river water for cleansing spells	3 Learn about hydromancy & how to do it	4 Shadow work	5 Pull a morning tarot card & see where it shows up	6 Write a list of your limits then burn to release	7 Drum, dance or move your body in the moonlight	8 Mid-year review of your intentions
9 Do a sunrise ritual at the water front	10 Meditate with the High Priestess card	11 Spend the evening stargazing	12 New Moon in Leo 10:37am PDT	13 Make a herbal vinegar for cleansing	14 Do a journal entry of what has bloomed the year so far	15 Make protection oil
16 Create loose a incense of summer herbs	17 Write your blessing in a poem	18 Learn a new divinations method	19 Make an abundance jar	20 Call your power back from those who took it	21 Take a ritual swim	

Lughnasadh ~ High Fire Festival

For workshops with Tamare visit EarthAndSkyConnection.com

By Tamare White-Wolf Shaman Witch, Occultist & Psychic



A Lughnasadh Ceremony will help us all with love, sex, fertility, passionate expression and over all abundance! The fire god Lugh may bless you with your wish! Blessed be!

First Harvest, the name of this festival as Lughnasadh and is Irish Gaelic for “Commemoration of Lugh”. Some say the meaning has to do with marriage, or a similar gathering or feast in honour of Lugh. Lugh is the Deity of Lughnasadh, and a feast in honour of him is celebrated now. Although Lugh gives his name to this fire festival, it is also about his foster mother Tailtiu, who may have been responsible for clearing the way to agriculture in Ireland, linking Lughnasadh to the land and the first harvest.

The sun in August is noticeably descending into the darkness of the coming winter. Mother Earth and Father Sun having been honoured in a Beltaine marriage, now emerge with the fruits of their union, the first harvest of the year. Lughnasadh is a time for jubilation as we celebrate the efforts we put out and the first fruits are harvested. It is also a time of tension because the dark days of winter are coming nearer, and most of the harvest is not brought in and stored away yet.

Fire and I got a thing going on!

I was conceived I'm Halloween (Samhain) I'm born August 1st (Lughnasadh) these days are both considered grand sabbats of the wheel in Celtic traditions. I feel honored to carry the energy within my soul. It is also no wonder I ended up a witch. I wrote a poem about Lugh. For me while living in Ont., we are forging by May wildflowers, Trout Lily, Fiddle Heads, Leak while sipping on Maple Syrup we made in April. As the months grow warmer, we

continue to gather roots, mushrooms, berries, and medicine. Because we turn from forging what is wild and perennial to harvesting what we planted in May. August is considered the first harvest, the second harvest is Mabon Sept 22 Fall Equinox and of course the last harvest is Oct 31st Samhain.

I've had 11 significant fires in my life, each one made changes I never would have made otherwise. I think it saved my life. Can you imagine that? I'm a fire sign, Leo It occurred to me that I was experiencing the tower card energy each time fire came unexpectedly. So, I did paint the Tower card with my fingers crossed, honouring lessons I gathered. through the experience, hoping just maybe it would stop visiting me so regularly,

As a young girl our house burned down, having no insurance we lost it all. I learned then to be covered with insurance, thankfully I listened. As a young woman I had a soot fire



at my house, and in my business, there was a fire in the aptments over our shop, leaving us with a lot of water damage. First my home (2005) and than in the summer of 2007 my store. Then again 7 years later, another soot fire in the new shop in 2014. So yeah, fire and I have a relationship.

It did however occur to me though that there where many gifts given too as it purified things in my life, forced a restart and to be honest looking back it was needed. There where bad relationship energy that needed to

be purged from my life, from my energy, and from my space. Magically I realise that all the elements had visited me. Fire itself, Soot being the air, and flooding due to fireman putting the fire out above me (my store) and finally the financial support being EARTH. Yes a blessing and than... One day an oriental man stopped me after hearing me tell a friend about the fires I'd had. This little Chinese man asked to touch my hand so he can take some of my good fortune. I laughed in surprise as he declared it was considered great luck to have lived through such things. That I would be rewarded to now receive a blessing because of my resilience.

It was true I did feel as if I was fortunate, once I knew I could pay my living expenses until all was settled. The stress was relaxed and yes It help me reset my focus and reach higher as I had never had so much money at my fingertips

Here is the poem "A homage to Lugh" as I felt I needed to acknowledge fire because although it created havoc, and it was a very

Homage to the Sun God ~ Lugh.

There's an ancient story about a god name, Lugh. He was strong and fearless. There was nothing he couldn't do. He raised his brow and what was sowed, grew, and grew. Until the middle harvest when the sun dried up the dew.

It's a time for laughter and dance while we cut through the grain. A time to work and play in the warm summer rain A time when the sickle is sharpened and swung down each lane. Now gather the ripen, the ready, no more famine or pain.

Bake, boil and bottle, bells, beans and berries. The spiral dance begins, raising our spirits to joy and merry. Make light and gentle as we play with gnomes, nips and faeries. Remember harm none and they won't be naughty and contrary

Lift higher, your knees, then crunch down to the mother. Honour leaf and stem, walk softly on her ground cover. Seek the gifts of the fiery sun God and his luscious true lover. As the light of day wanes, bringing long summer nights to discover.

Today we honour the Irish God, Lugh, and his step mama Tailtiu. We celebrate them at the balefires, under the moon. Show and share your muse, craft, and psychic healing gifts too. Tie your cords and jump the handfast besom on sun rays of god Lugh

Dance with the father Tuatha De Dannan and the true mom Ethliu. They form a distraction to veil Lugh from Grandfather Balor. The fire bequeaths a King but turns proudly into a Sage! A Kingslayer, strong and beautiful, restoring grace and balance, loved as a Mage. 35

difficult and uncertain times, at least at the beginning. Later insurance provided bulk sums of money, helping me to invest and excel in my life beyond what I may have reached otherwise.

This Celtic God of sun and light is a powerful warrior of wisdom and fright. A god of justice, sometimes a trickster. He is multifaceted as he is a carpenter, a physician, a sorcerer, historian, and a musician. He is strong and intelligent, brings confidence, leadership, and skills to many arts. Many see him as their hero. Lugh is associated to the Sabbath Lughnasadh celebrated on August 1st at the high fire festival.

Lugh and his mother Ethlui they are from the Tuatha De Dannan lineage.



Written By Tamare White-Wolf

Calendula assigned to the Leo

by Tamare White-Wolf

Herbs @EarthAndSkyConnection.com



This cheery flower Grows prolifically once planted in the right spot. It's bright yellow orange colour perfectly suits the energy of the sun thus has been given the honorable Sun ruled Leo to represent. Just drinking a tea made from this beautiful flower shall lighten the load reducing depression.

Medicinally: Antispasmodic, aperient (relieves constipation), cholagogue (gallbladder), diaphoretic (inducing perspiration), vulnerary (wound healing), gastro intestinal. Skin Care & Healing: Create a salve, balm, or oil to treat dry skin, chapped lips, sunburns, or diaper rash. To make your own Infuse (olive/jojoba) Pack jar with dried flowers, cover with oil, let infuse for 6 weeks for perfect skin oil. Brew flowers to use as a tea mouth sores, wash or compress for bug bites. Use fresh petals in salads, eggs dishes or garnish. Make soaps for healing skin issues. Plant to attract pollinators and as a companion plant against pests.

Magically If want help to further your career,

old folk magic says to bathe in a hot bath with a handful of flower buds adding Marigold too. By stringing calendula around your home, you will be sure to keep out evil spirits. It also works on unpleasant or unwanted visitors by repelling them.

Chakra colour: orange so its good to restore sexual balance and creativity. Did you know that these attributes are stimulated in the same area of the brain, it is said that we need a balance of both to be truly healthy Other names: garden marigold, gold bloom, holligold, marygold, pot marigold

It can turn up the heat when needed too. It can increase Joy, confidence and love, add to baths, sachets or into a pillowcase to boost a restful sleep, prophetic dreams, affection, fertility and to bring about a sunny, cheerful disposition. Hang garlands of calendula over doors and windows for protection. Use in rituals, sachets, or baths to attract financial prosperity and to aid court officials to decide in your favour.

Earth And Sky Connection for your herbal and crystal needs. Our staff awaits you



TikTok

White Wolf Coven
Starts Sundays June 7 st
5ish-7pm @our Temple.
Subscription on TikTok and
In Person Donation \$11+
Bring a Cuppa & Reserve your
seat click or call 778-441-1771.
Earth and Sky Connection



Sturgeon Associated to Leo

by Tamare White-Wolf

*Follow her
on TikTok*



TikTok

Have you ever seen a Sturgeon in real life if so it has a message for you too.

Sturgeon is one of the largest fish in the world, also one of the oldest, it's extremely valued in fact that's where we get a lot of our caviar. What's that saying about this big beautiful fish being aligned with the Leo. Well, as we know typical astrology has aligned it with the lion being the king or queen of the jungle. Sturgeon is considered kind of the same but only in the water, it preys upon many as it is the largest freshwater fish in North America and it can weigh up to 1500 lbs so yeah it's definitely big and powerful demanding the respect of all who come into contact with it. The sturgeon does live most of its life in salt water but it migrates upstream like a salmon to spawn. Incidentally Leo is also aligned with the salmon but I digress. They do have a nickname the "dinosaurs of the deep" mainly because that has been proven they've been here for over 200 million years.

Pretty sure the reason this creatures assigned to the Leo is because Leo is ruled by the sun which of course has been here for millions of years. It also is a prehistoric fish that has profound strengths and endurance

making it unstoppable in many ways. However, humans fishing it have made it almost extinct. it's a quiet power with tons of resilience, an ancient wisdom, so it

teaches us to connect to our ancestral roots It is a reminder to adapt to those times, staying

strong regardless. The sturgeon medicine can help you uncover

deep emotions, things that you might have tucked away.

It is considered a being of selflessness; it reminds us to practice that with gratitude and to conserve our resources but not to waste. Ojibwa nation is considered it the "king of the fish". There is a clan call the sturgeon clan and it is one of the revered teaching clans. It has a strong connection to the stars and to the spiritual realm also to the month of August. Native people call this the sturgeon moon which encourages us to trust our intuition, remember our inner strength and to release what no longer serves us.

Whats a Totem Reading
Book it here with
Tamare White-Wolf
especially if you
want to change
your life path .



Sekhmet Goddess

Associated to Leo

This ancient Egyptian goddess is both strangely connected to war and healing. Depicted as a fierce lioness her name translates to, "she who is powerful", therefore She is known for her duality's as she can be both a force to be reckoned with and also a protector.

According to myth she apparently was sent to earth to punish those who were disobedient. She became so difficult, so angry, and so brutal she was tricked into drinking alcohol which literally calmed her down and those in the line of her path could survive the wrath. Some believed that she was responsible for plagues and others called up on her to ward off disease and sickness. Back in the day



physicians may have given homage to her before surgery or healing important people. She was also associated to the desert and the heat of the sun, this is why she was easily fired up. Many priests would perform rituals in order to satisfy her ego and her anger, maintaining the wrath of her judgment. Today many use her as a goddess of power and strength symbolizing the courage and resilience that one may need to overcome disease and evil. Because Shekmet is the most feared Egyptian goddess she was all often placed upon altars if someone was going to battle any opposition.

Ruby Crystal For the Leo' by Tamare White-Wolf

Ruby is a very helpful tool to use when shielding against, and protecting from, unwanted energies such as emotional or psychic intrusions. It is a powerful heart stone, opening and activating the Heart chakra. This stone protects against the loss of heart energy, and dissolves emotional congestion. A powerful healer, it heals and balances emotions, making the holder more emotionally aware, as well as helping them to connect to others emotionally. The intense and vivid energy of this stimulates loving emotions, helps with the expression of love, and can facilitate states of passion and bliss. Ruby helps us to see the true nature of love, and reveals the divinity in everything in the Universe. Using this stone can help you open up to and receive this Divine Love, as well as become a vehicle through which it

Earth And Sky Connection for your herbal and crystal needs. Our staff awaits you



can flow to others. This stone helps to gather and amplify energy, making it an ideal stone for long-distant healing. This is also a stone of abundance and success in business

Primary Chakra: Heart. Astrological Sign: Aries, Leo, Sagittarius

Issues and Ailments (Physical): Blood, Constipation, Fever, Heart, Healing wounds, Menopause, Nightmares, Ulcers, Urinary

Issues and Ailments (Emotional): Courage, Balance, Inspiration, Negativity, Self confidence, Trust

Issues and Ailments (Spiritual): Abundance, Long distance healing, Heart Chakra, Remove negative energy, Strengthen spiritual body

Tarot Majick: Manifesting Using the Solar Energies of Lughnasadh

by J. Andrew Baker ~ High Priest

This Sabbat, celebrating the first harvest, marks the turning of the wheel, when the sun's strength begins to wane. But the energies have reached their peak, and it is time to refine and master them. Lughnasadh calls on sovereignty, craft, and offering, demanding not only a harvest but that which sustains you.

Within the tradition of Western Mysticism, Tarot goes far beyond being a divination tool. Tarot is a dynamic system of Majickal energies, each card representing an archetypal current that may be called upon, embodied, and manipulated to effect change. With Lughnasadh and its solar energies combining with individual will, Tarot becomes a means of manifestation.

Three Card Lughnasadh Tarot Working

Following is an example of a Lughnasadh tarot reading. If you're new, consider how to select cards that resonate with your goals, or adapt the spread to suit your intentions. Feel free to perform this or craft your own spread aligned with your desires and the energies of Lughnasadh.

Layout three cards:

- The Light You Are Stepping Into (The Sun)
- The Illusion to Be Left Behind (The Moon)
- The Labour That Grounds Your Power (Justice)

Lay a fourth card, The High Priestess, facedown under these three.

This Trinity asks for clarity and embodiment of truth. Your Sun card calls for discovering your true light and your rightful place in the world. The Moon card beckons you to relinquish any illusions, projections, or confusion. Finally, the Justice card serves to root your journey in truth and integrity.

The Spell

Establish a Sacred and Majickal space beyond space and time. Typically, this involves creating a



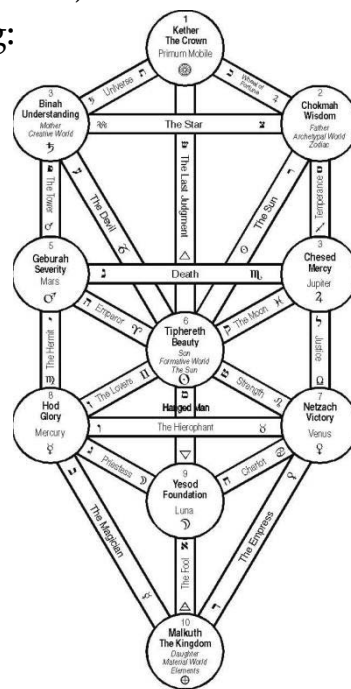
sacred circle. Light and anoint a candle, and then say with intention:

“On the first harvest, I stand in my truth. I claim the light that I must carry. I let go of all illusions that block my view. With clarity and integrity, I create what is to come.”

Rest in silence until you feel prepared. Then, flip over the High Priestess and receive any messages that come through while inside the circle. Initially, refrain from interpreting your messages in an Alpha state. Record them and ponder on them.

Tree of Life Working for Advanced Majick Using the Hermetic Qabalah

in advanced majick, place ten cards in a line on the Tree of Life, beginning from Malkuth (present time) and ending with Kether (future). It is an exercise of becoming:



- Malkuth (The Kingdom)
Truth is already at work (Justice Card)
- Yesod (The Foundation)
Illusions fade away (The Moon Card)
- Hod (Splendour)
Mind works (The Magician Card)
- Netzach (The Victory)
Willpower decides (The Lovers Card)
- Tiphereth (Beauty)
Energy concentrates (The Strength Card)
- Geburah (Strength)
Energy anchors (The Queen of Pentacles Card)
- Chesed (Mercy and Expansion)
Development progresses (Nine of Cups Card)
- Binah (Understanding)
Form stabilises (The World Card)
- Chokmah (Wisdom)
Destiny changes (Wheel of Fortune Card)
- Kether (The Crown)
Light appears (The Sun Card)

Tree of Life Tarot Majick Spell

“From the Truth, I arise and stand tall.
From the shadows and dreams, I can see clearly.
From the mind and from speech, I create my pathway.
From the wisdom in my heart, I make the right choice.
From inner fortitude, I centre my energy.
From the physical and earthbound, I lay my foundations.
From faith and grace, I let my creations grow.
From order and wisdom, I keep those that endure.
From the turning of fate, I flow in becoming.
From the illumination of the Sun, I become myself.”

From Your Spell to Its Manifestation

Following your spell, briefly meditate and visualise your cards coming from the earth up into your body. Now set the majick into place: 40

You may put a single card somewhere that you will see it every day, whether on your bathroom mirror or on your altar. Whenever you walk by, state, “I am becoming this.”

In the week following your spell, take a real-life step based upon what came up during your tarot reading. Such steps might include having an honest discussion, setting a boundary, or keeping a small promise.

Finally, at the end of your Spellworking and again every day during your Manifestation of your Spellworking, contemplate either the working itself or the individual tarot card you chose to represent the working and recite the passage provided below, or another passage you have selected.

“What is seen is now experienced.
What is chosen is now created. What is true will endure.”

Lughnasadh teaches us that the harvest isn't a given. We must create it through dedication and hard work.

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.

Strength Tarot Card is for Leo - The Lion

I Will, Therefore I Am/The Will to Create

By Empress Constantine

www.innersolconnection.com



Masculine/ Fire/Fixed/Gold/Heart and Back/Ruby/Sunflower and Marigold/Bay, Palm, Citrus, and Laurel/Saffron, Peppermint, and Rosemary/Rice, Honey, and Grapes/Cat family.

When I think of the Zodiac sign of Leo, I always remember the Cowardly Lion from The Wizard of Oz, the old one with Judy Garland. I haven't seen it in years, yet have such vivid memories of the Lion cowering behind his companions with his dukes up! Always so dramatic and demonstrative in everything he did, having to be the centre of attention; a true Leo! If you remember, the Cowardly Lion wished to ask the Great Wizard of Oz for courage, a word commonly used in describing the Zodiac sign of Leo.

Beauty and the Beast is also a great example of Leo energy. Beauty sees the inner spirit, the pure, kind heart of the Beast and falls in love. Thus, freeing him from his curse and turning him back into a handsome prince. The energy of true love, loyalty, strength of character and enduring the uncomfortable are all in this tale and also attributes of Leo born individuals.

Let's talk about the stars for a moment. The Leo constellation has represented a lion going back as far as Babylonian times. They named the constellation, Urgula, the lioness. They also used the name Great Light, referring to the Sun, which is the ruler of this Zodiac sign. Interestingly, Leo is the only sign of the Zodiac ruled by a star, all the other signs are ruled by planets. And boy, does the Leo born love to be the star of the show!

It was the Romans who named the brightest star of the Leo constellation Regulus which means heart of the lion, little king, or paw of

the lion; thus changing it to a masculine polarity. In Native tradition Leo is represented by the Salmon (you can read more about this in the 1st Edition, Series 1 of

The Mystics'). The salmon jumps upstream, against the current to their home to lay their eggs every year. They struggle and succeed, like many Leo born (remember Simba, from the Lion King?).

The well aspected Leo is generally one of the most self-aware signs of the Zodiac. They always seem to be in control of themselves and any situation or circumstances they find themselves in. They lead with a confidence that is almost regal, the lion is the king of the jungle. Able to make quick decisions and take decisive action. They are bold, courageous, energetic, and they rarely fail in their endeavors. Making Leos very optimistic individuals. They actually radiate like the Sun itself, as if the rays dance and flicker out of them as enthusiasm, kindness, and generosity.

The Sun holds the energy of the Solar Father or God - Creator. Leo born usually make affectionate and caring paternal figures due to this correlation. Most work hard during their lives to be better than their own Father, whether they idolize or despise him. Along with strength and determination, the Sun brings a fun, playfulness to the Leo born. They generally get along great with and enjoy the company of children and animals, who are drawn to their youthful, warm, and compassionate nature. Leo's are the eternal children of the Zodiac, they live life with a

joie de vivre unrivaled by any other sign. The Sun gives them a radiant, life-giving, energy that seems to rub off on everyone they encounter.

If you want to get on the good side of a Leo give them a compliment! Leo born are very proud people, and take great care in how they present themselves in the public eye especially. Their pride will keep them from asking for the compliments their egos so desperately need. However, when flattery, which is their Achilles heel, is received, they will return the praise in kind.

Leo's are hard workers, who expect others to put in the same effort they do. Their outgoing personalities gravitate them toward positions of more authority, enjoying challenges (remember the salmon) and facing confrontations boldly. What they crave is to be the centre of attention at all times.

Leo born get bored quickly with routines and structure as they enjoy a more fun and spontaneous life, even though they are a fixed sign. Their fiery nature ignites within them a passionate, adventurous, thirst for life that doesn't easily stand still.

Leo born are generally quite handsome or beautiful and usually have an athletic, muscular build. They often have big hair and wide faces with well formed, prominent features. They tend to be medium to large in stature emitting an electric energy from their heart centre that glows and radiates from them. They have a special twinkle in their eyes; a mix of compassion, curiosity, and playfulness. This energy is practically magnetic, especially to the opposite sex. That brings up an important point. Leo born are sexy, sensually, sassy, and flirty. They practically ooze sexuality!

Leo is the fixed fire element of the Zodiac. And with Leo being as self aware as they are, this means that they put their energy into stabilizing and securing their creative sense of

self. They may not be the one with all the new ideas however they are the perfect person to bring ideas to fruition through their creativity, determination and leadership. If you want a challenging job completed, a Leo is the perfect person to assign it to!

Having said that, Leo's make excellent actors or artists of most any kind. They are good athletes (with physically strong hearts) and head coaches. They can be found as executives, foremen's, and government officials. Anywhere they can be in the spotlight and in charge is where the positively aspected Leo shines!

Leo's biggest flaw is usually their pride. As self confident and poised as a Leo appears, underneath they are usually, just like our Cowardly Lion, terrified. The average Leo is so concerned with what others think about them that it can often be their biggest hurdle in life. Building a healthy ego is difficult, especially for our Leo friends. When they are confident, they often come across as arrogant. When quiet, they are labelled timid, anti-social, or lazy.

Now let's discuss the "lazy" aspect of Leo. The Leo sign rules all cats, and I don't know many cats that don't love a good nap in the Sun (ok, lots of cats are nocturnal, but you get my point). Coincidentally, Cat's Eye is one of the gemstones associated with Leo. The typical fixed, fire sign of Leo, burns through their energy not only physically but emotionally and mentally as well. That's to say, they burn fast and can fizzle out if they aren't careful. They put much of their energy into others; friends, family, colleagues. This type of loyalty is draining and requires the Leo to recharge more often than most of the other signs. They aren't being lazy when they nap, they are doing what their mind, body, and soul requires for rejuvenation.

In Tarot, Leo is represented by the Strength card. In this beautiful card we see a serene looking lady with her hands in the jaws of a lion! Above her head is a lemniscate (or infinity sign - the sign of eternal life). What does this 8th Key of the Tarot mean?

This card expresses virility, passion, and a joie de vive. It represents harmonizing your humanity with your animalistic nature. We also see a message of hubris, conceit, and a refusal to follow one's divine path when in reverse.

One of my most favorite decks is the Inner Child Cards by Isha and Mark Lerner. In their deck the Strength card is represented by the Tale of Beauty and The Beast, which I mentioned earlier. Here is what they say about the card appearing in a reading.

“...accept the miraculous gift of love in your life, not for what you can visibly see, but for what you feel and know as truth. True love is available to us when we open our spirits to inner guides and dreams, and dare to follow our hearts. Love is often disguised, as is truth. Look beyond the mask, beyond the personality world, and beyond the surface and stereotypes. Where there is darkness, see light, where there is pain, send healing prayers and thoughts. Where there is disharmony, sow seeds of contentment and joy. Let your warmth and magnanimity be expressed to loved ones, friends, the greater community and humanity as a whole. When you look in the soul mirror, be thankful for the beautiful gift of divine life and eternal love.”

On a personal note, my Moon is in Leo in the 9th House of Sagittarius. I mention the House because this has a HUGE impact on the placement. The Moon represents feelings, the unconscious, dreams, and even sexuality. The 9th House is the House of philosophy, exploration, and healing. Let's put this all

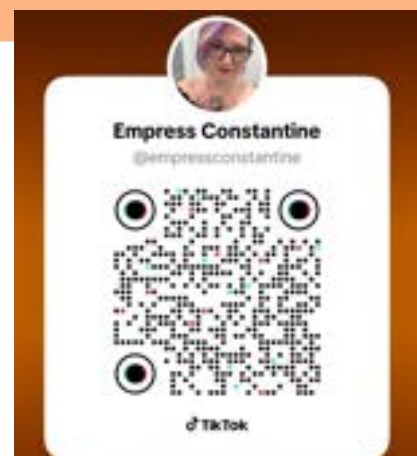


together

A Leo Moon in the 9th house suggests I am emotionally fulfilled by exploring new ideas, cultures, and philosophies. Recognition comes from my ability to inspire others and share broad perspectives. I feel most at home when engaging with the world and encouraging meaningful discovery.

Remember, the Zodiac sign is only one part of the puzzle, the planetary influence and House have a HUGE impact on how one's sign expresses and performs within the world. I encourage you to explore all aspects of your sign to get a more complete picture.

Join @empressconstantine live
Wednesday @ 5pm PST on
TikTok





Signs of Summer



by Empress Constantine

I recently moved to Southgate, ON. where I have ½ an acre property. When I got here, we were buried under several feet of snow. It was very beautiful, at first. Then I started craving sunshine, birdsong, grass, and flowers. I began eagerly watching the three large century old maples and the single 30ish year old birch for signs of buds. I started putting out nuts for the few brave birds and squirrels that had come out early.

As I sit here now at the beginning of April, the Sun shining through my picture window, the snow has melted, the birds are singing, and the crocus' have erupted in a courageously bold flourish of purple and white across my lawn. Spring has finally sprung! Now, I'm patiently waiting for the signs of summer!

As I become familiar with my new property, it's important to really pay attention to the signs from nature that indicate the change of seasons. I feel a sense of duty to become intimate with my land in the way that we become friends. I want to know her feelings, needs, and moods. Does this need resonate with you too?

I have been and will continue to watch the Sun. How it moves through the sky and over my land. Where the light falls and how that changes as the tree canopy fills in. The Sun is life, or death, so it's crucial I become knowledgeable on how, where, and when light falls on my property. As summer approaches the Sun will stay in the sky longer in the evenings and be stronger throughout the day. I will see this effect on the plants in my garden and especially the

lawn. All this information will help us plan our garden. Right now, I enjoy watching the sunrise from my pillow and the sunset while I cook dinner or from my couch!

I am excited to grow my own food. I eagerly await summer for fresh tomatoes, cucumbers, green beans, lettuce, strawberries, cherries, melons. Mmmm, Watermelon! Not to mention all the fresh herbs and edible flowers for teas, cooking, and of course spellwork.

I know as summer nears all the new life that was born in the spring will be reaching an age where they will be venturing from their nest and burrows. I will be watching for young birds, squirrels, chipmunks, rabbits, fox, and deer. I'm not entirely sure what wildlife I will get in my neighborhood, so this will be fun!

I will enjoy walks in the fully canopied forest trails that surround my area. Ontario is a very bio-diverse province with hiking, walking, and bike trails everywhere. You don't have to drive very far before coming across a Provincial Park of some sort. And speaking of driving, we have some of the most amazing scenic roads through places like Algonquin.

You will find me daily in my backyard, barefoot! Whether it's gardening, playing with the dogs, or just relaxing in the Sun, I will be barefoot, feeling the lush green grass between my toes. You'll likely catch me talking not only to the animals but the plants, flowers, and trees as well. I've started naming my new bird friends. However, I'm still waiting on the trees to reveal their

This next thing I can't wait to do, as I find water incredibly healing. I have a small stream at the back corner of my property. Right now it's a bit of a torrent because of the melting snow and spring rainfall, but come summer it will be a Beautiful Babbling Brook once more. I will stand, obviously barefoot, daily (when I can) and on the Full Moons in the stream! Powerful water magik! I can't wait to cleanse with and absorb the healing power of this crystal clear natural flowing water.

Campfires. I know lots of people have fires all year round, however growing up my family was only able to have them when we went camping or hiking in the summer. And with campfires comes marshmallows and s'mores! Can you smell them?

To finish, here's a rapid fire list of mostly childhood things that make me think of summer; soft serve ice cream dipped in chocolate, sparkles and glow sticks, roses and

lilacs, bumblebees, hummingbirds and bats, outdoor festivals, canoeing, swimming, and fishing. And as a proud Newfoundlander, I'd like to add whale watching.

When I think of summer I think of family and friends. Songs sung by the campfire at night wrapped in blankets eating hotdogs and marshmallows. It's swimming, hiking, fishing, canoeing, gardening; just being outdoors. Connecting with nature, your loved ones, and yourself. It's a liberating time of year where we can all nurture our inner child and let our light shine as brightly as the Sun.

When you read this, we will blissfully be enjoying the life giving energy of the Sun. Spending extra time outdoors and with loved ones. We will all be nurturing our inner child and balancing our lives. I wish everyone an adventurous and relaxing summer.





Fall Equinox & Virgo Season

August 22 ~ September 21

August Events

Lammas Celebration & Potluck
August 2nd 5pm - 7pm
8369 N Island Hwy, Black Creek BC

Victoria Rock & Gem Show
August 7th - 9th 10am - 5pm
1089 Langford Pkwy, Langford BC

Dance Temple Gathering
August 7th - 9th 4pm - 5pm
1797 Tzouhalem Rd, N Cowichan

Seagirt Summer Tourney
August 7th - 9th 5pm - 3pm
2244 Moose rd, Duncan BC

See Me in Person
August 8th 11am - 4:30pm
321 Wesley St, Nanaimo, BC

Silver Cove & Can Gem Expo
August 7-9th Victoria BC

Silver Cove & GemPlant Walk, 66 Mile
Trestle

August 9th 1pm - 3pm
Riverbottom rd N Cowichan BC

Duncan Farmers Market
Saturdays 9am - 2pm
200 Craig St, Duncan, BC

Victoria Renfaire
August 15th & 16th 10am - 8pm
521 Craigflower Rd, Victoria, BC

PKOLS Farmers Market
Sundays 10am - 1pm
4139 Torquay Dr, Victoria, BC

Day of the Dog
August 16th 11am - 4pm
1124 Dallas Rd, Victoria, BC

Vancouver Island Feast of Fields
August 30th 1pm - 4pm
7321 Lochside Dr, C Saanich BC

These pages are a compilation of magical references associated to the

Season of Virgo and the Fall Equinox

Written by Tamare White-Wolf & Magical Associates.

We welcome second harvest, may yours be plentiful.

Happy Birthday Virgo & Fall Equinox Blessings

August / September

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat. 22
						 Start of Virgo Season
23 Have a herb bundle day	24 Summer Salutations spell	25 Monthly tarot theme card pull	26 Make some Black Salt	27 Full Moon in Pisces 9:18pm PDT	28 Try Apple Magic (Cut an apple horizontally)	29 Do a water blessing for your home
30 Ancestor altar cleaning	31 Try a summer simmer pot	1 Use color magic for intentions setting	2 Review your Book of Shadows	3 Study Corn or Harvest Magic	4 Do a tea leave reading for yourself	5 Go rose hip Foraging
6 Try some kitchen witchery	7 Try or look up apple divination	8 Study the moon phases	9 Cord cutting release ritual	10 New Moon in Virgo 8:27pm PDT	11 Rune deep dive / pull	12 Herb walk to see local herbs
13 Shadow work Sunday	14 Autumn Equinox altar build	15 Remember your gratitude journal	16 Start planning next springs planting season	17 Do a Mabon card reading	18 Honor your ancestors	19 Divination for the dark half of the year
20 Mabon Eve, preparations day	21 Autumn Equinox / Mabon			Add Your QR Code Here & Be a Claendar Sponsor \$75		

Mabon The Fall Equinox

by Tamare White-Wolf



Mabon a word coined by early 1970 Wiccans in the Golden Dawn. The word has Welsh roots meaning Son of the Mother. The name was chosen to clarify it as one of eight Sabbats. Or also considered the "Wiccan Wheel of the Year". This "Pagan Thanksgiving" has been observed for eons as the Autumn Equinox, marking the balance of light and dark. Druids and Celts gave homage to the abundance resulting from their hard work in the gardens during spring. European pagans recognized the heavens and celebrated both the Sun and Moon from Sept 21st to 23rd .

It is the second harvest (not including forging) of what we sowed/planted during the spring seeding season of May through June. We show our gratefulness for the harvest, honouring all that has shared with us. We recognize Mother Earth and other motherly deities. We sing and dance around the bonfires. Our songs are to the mother, like the way you would sing a birthday song to someone you love. I'll list of few songs below and link them to YouTube, you'll have to go to the digital version of the Mystics Mag to tap into that if you wish to learn it.

A time the light and the dark share the sky and when both are of equal length. Today we recognize the turning of the wheel as we head towards the winter months. Some folks would play games using apples, like bobbing for apples, Divination games such as cutting the skin away while rhyming the alphabet, when the skin breaks whatever letter it stops at would be the first initial of the one they may marry.

For certain there would be pies, sauces, juices, and meads. Some would make a special mead called Cyser it is a specialty made by fermenting honey with apple cider. Its easy to

and is considered a sparkling honey wine. A perfect holiday drink enjoyed by all. But first an Altar would be created adorned with pine cones, acorns, gourds, fruits and nuts. The druid may do a ritual or meditation focusing on the importance of the balance of both our shadows and our lights. They may encourage you to seek deeper and reflect the truth of yourself and find ways to integrate and own your stuff. We may hear enchantments to the earth, Modron the mother Goddess, to Cerridwen, Freyr and or the Holly King Maybe all of them will be mentioned.

As much as this is an honouring of the mother (moon) we acknowledge her son (sun) too. It is about community and being there for one another. Sitting together with mead in hand and a lively discussion and reflection on the past year complete with laughter and teasing, speaking to everyone about both accomplishments, and fails still keeping it light and loving, but still mentioning how we could do better.

We all Come for the Goddess-youtube link

We all come from the goddess and to her we shall return like a drop of rain flowing to the ocean.

We all come from the goddess and to her we shall return like a drop of rain flowing to the ocean. Hoof and horn, hoof and horn all that's cut shall be reborn, vine and grain, vine and grain all that dies shall rise again.

We all come from the goddess and to her we shall return like a drop of rain flowing to the ocean we all come from the goddess and to her we shall return like a drop of rain flowing to the ocean. Hoof and horn, hoof and horn all that's cut shall be reborn, vine and grain, vine and grain all that dies shall rise again.

Mother I feel you under my feet

Mother I feel you under my feet, Mother I hear your heartbeat. X3

The Earth is our mother. We will take care of her x3

Heya heya heya heya hey oh...x2

Mother I hear you in the River song. Eternal waters flowing on and on x3

Heya heya heya heya hey oh x2

Father I see you when the Eagle flies. Light of the Spirit going to take us higher x3

Heya heya heya heya hey oh x2

Dont be surprised by the many varitions Both songs can be sung in rounds

Join the White Wolf Cover Online TikTok, Zoom and In-Person

Sundays 5:30pm

@ Earth and Sky Connection

560 Johnson St Unit 62 Victoriua BC

778-441-1771

WhiteWolf Coven 4 Mystics Only

@tamare_white_wolf



TikTok



@island_psychi

c_skylar

skylar pink



Knight of Pentacles

Aligns with last decan of Leo & the zodiac sign Virgo

By Skylar Pink

Likely the most in shape, muscular and strongest of all the knight in the deck.

This Knight is likely to be the most physically beautiful/handsome of all in an upright position they will show up on time but not early. They will bring exactly what they need to help the situation and do their absolute best job to do so. They will likely not to do so without payment of one variety over another, as an entrepreneur they'll likely take what you have and find the value in it. They will not show up early simply because they have so many other things on the go. Always more work to do elsewhere and you can be sure they have a steady ride ahead to make sure they get there safely and surely. This Knight is not faint of heart and is ready to confront a situation but would definitely prefer not to waste energy on anything negative. Still don't push them as they will put you in your place.

If you meet up with someone who is a great talker, has a plan to make money but doesn't have any, delegates and directs those around them you best hope they are coming from an integral place. If you meet them in reverse, they will likely be some cool cat on Wall Street ready to swindle or steal your wallet, your house, and everything else you value. worst case scenario avoid this Knight of Pentacles at all costs they will rob you blind if they can.

Learn Tarot

Beginner Class Thursday 5-7pm PDT

Master the Tarot Thurs 5-7pm PDT

register/visit/call/email 778-441-1771

west@EarthAndSkyConnection.com

www.EarthAndSkyConnection.com

Virgo is Aligned with Turtle Clan

By Tamare White-Wolf

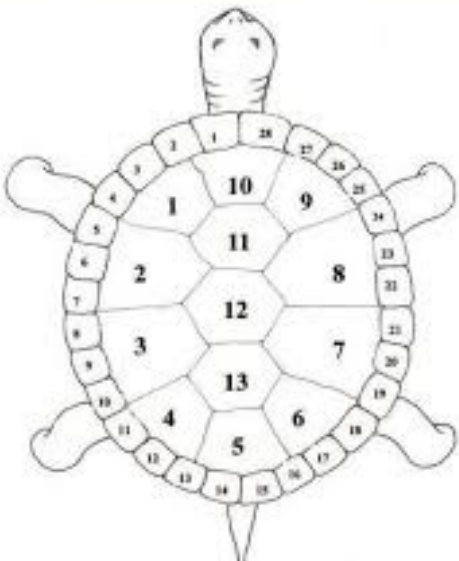


Turtle Medicine By Tamare White-Wolf

Yes, the turtle clan is associated to all the earth signs. So here we'll talk about how it affects the Virgo. The turtle is representative of longevity, having the ability to live right up until over a hundred. Most Virgos take this seriously and are careful with their diet eating what's right for their bodies.

Turtle is a reptile who loves both land and water. Also true of most of you, especially if something has pushed you off kilter. Turtle is protected obviously with its shell. For Virgo they most often seem to have emotional strength, plenty of wisdom and more patience than most certainly, more than the other earth signs, lol. You can see in its eyes if you look deeply the kindness is ozzing.

If you're lucky enough to have this as your spirit animal, it tells me that you are deliberate, take your time (until you don't), very steady and persistent. Which leads to a very secure life. Those around you feel safe and protected by you, even just a conversation with you makes others feel calmer more grounded. Giving them a nurturing energy and loving vibration. ,When an animal lives a long time such as a turtle it is considered a wisdom keeper. They



have seen much, heard even more and watched the world transform, they notice patterns and can see the important shifts which helps them navigate difficult emotional situations. This makes the Virgo very good with those that have mood swings and emotional challenges. We see the turtle carries its home on its back, so many can be minimalist. The opposite is true of a creative one they may be hoarders. With everything eventually being used for something.

In the native traditions the back of the turtle is like a calendar having 13 months. The Turtle has 13 large plates or scutes as they are called, representing the 13 lunar cycles or full moons. The smaller scutes represents the 28 days of a moon cycle. This makes so much sense when it comes to a Virgo as it is the only zodiac sign that is depicted as a human woman. Having this turtle connection aligned with a woman's moon cycle (menstruation) is proof of how powerful and magical Virgos are.

Finally we are left with a clear understanding that the earth signs are very connected to Mother Earth, fertility and of course the nurturing attributes of the mother in general. Even the men who carry the turtle medicine in a good way would be seen as wonderful fathers with a sensitive yet protective nature.

**Join her Classes too,
[Click here to Schedule an
online Totem Reading](#)
[EarthAndSkyConnection.com](#)**

Senna Leaf a Herb for Mercury Ruled ~ Virgo & Gemini

By Tamare White-Wolf



@Earth and Sky Connection Victoria BC
pick up or shipping is available.



Gender: Masculine
Planet: Mercury
Element: Air
Chakra Colour: Orange

Medicinal Uses: Senna leaf's action depends on irritating the intestinal tract, which causes the muscles to contract and thus produces a bowel movement. It also binds liquids in the intestines. In Ayurveda it is also used externally for certain skin problems, jaundice, bronchitis and anaemia. In Chinese medicine it is used to 'cool the fire of the liver'. These leaves can have a very drastic effect. It is best not to boil or simmer them, as this releases substances that produce a cathartic action. The best way to prepare the leaves is either to steep a few leaves in warm water for 6-10 hours, or infuse with simmering water, allow to cool and drink the liquid without the suds. This herb (especially the suds) may cause griping. It can be combined with Ginger and other digestive

relaxants to reduce this cramping effect.

Magical Uses: The leaves sometimes included in sachets used as love charms. Magical uses include all matters of lust and love. Enhances tact and diplomacy. Bathe with your mate in an infusion of the leaves to ensure faithfulness.

Other Names: Cassia Marilandica, Locust Plant, Wild Senna, Senna Pod, Rajavriksha, Fan Xia Ye, American Senna, Locust Plant, Wild Senna, Fan Xie Ye.

Contraindications: Do not take this herb if; you are pregnant without advice of a healthcare provider, have a stomach or bowel disorder, have hemorrhoids, have low electrolytes, are dehydrated or have diarrhea or loose stools. Or if you are taking an anticoagulant, diuretics, or digoxin.

AVOID EXCESSIVE USE



Medicinal & Magical Herbs. @Earth and Sky Connection



AuraLite ~Works great for **Virgo** actually for anyone

~ Gemma Parent



If you find yourself in the possession of Auralite, or invited to spend some time with this crystal, like I was, then you will know the effect of its vibration.

This radiant stone aligns the chakras and brings harmony, into all of the systems. Sometimes that can come with a clear realization that what we thought was working actually wasn't and isn't.

The realization will come with the knowing that something must be done. Auralite will also give the energized clarity of what the next steps to harmony are.

With Auralite, it has all the qualities of the amethyst and it holds the benefits of the 23 other minerals present inside.

Amethyst is known for the way it clears the psyche of the buzzing and dust that can come to the mind if you spend too long immersed in a world, especially this one that seems obsessed with optimizing extraction. Amethyst holds you accountable to a more balanced and loving way of moving through the world. Auralite does this well and there are very exceptional differences in Auralite's energetic signature.

The way it moves the stagnant energy through the whole Chakra system, it clears up any confusion as long as you are willing to face yourself.

What is funny about how Auralite came into my life is, I had no idea what it was, and simply felt a strong desire to wear the pendant. It is beautiful and the way each piece is its own mix of the 23 minerals, would make each resonate uniquely.

When I started wearing the pendant, I felt the way it made me feel balanced and so very loved. It really felt like my heart was

being carefully held and all the wounds washed in love, the way that steady and unwavering love a mountain has for its eco system. I didn't expect it to clear the indecision I had been feeling. I did not realize that by clearing the stagnancy in my chakras, I was confronted very clearly with the knowing that I needed to change what I was doing. I knew that I felt drained and overtired by my routine, before I had the crystal. I found that wearing this crystal made me feel like it was okay that I knew this and I could sense this comforting knowing in my heart Chakra that there would be a way to handle this. It also had the effect of easing my ability to have stronger boundaries with people.

This crystal is indeed powerful and magical and if you are feeling a need for balance or clarity, this gem will definitely do that. It is a strong connector energy.

The 23 minerals that can be found are: Platinum, Gold, Silver, Nickel, Copper, Limonite, Iron, Covellite, Sphalerite, Chakopyrite, Epidote, Galalite, Bornite, Pyrolusite, Pyrite, Magnetite, Lepidocrosite, Ajoite, Hematite, Titanite, Cacoxenite

Amazing absolutely amazing Crystal I do recommend it if you want to feel more spiritually attuned.



Earth and Sky Connection has this one in abundance!

Summer Solstice ~ Litha to

Autumn Equinox ~ Mabon



Summer Solstice Arrives June 21, 2026 at 1:24 am PDT, 4:24 am EDT, 9:24 am GMT as the Sun sits over the Tropic Of Cancer and the Sun enters Cancer.

by Tara Greene ©
www.TaraTarot.com

AUGUST 12 SOLAR ECLIPSE, 12 Virgo 54' at 3:38 am PDT, 6:38 am EDT, 10:38am GMT

AUGUST 27/28 LUNAR ECLIPSE, 4 PISCES 54', 9:18 pm PDT, Aug. 28 12:18 am EDT, 4:18 am GMT

MERCURY turns RETROGRADE June 29 in CANCER to July 23 from 26+ Cancer to 16 degrees

NEPTUNE turns RETROGRADE July 7 from 4 Degrees+ ARIES

SATURN turns RETROGRADE July 26 at 14+ degrees ARIES

CHIRON turns RETROGRADE Aug. 3 at 0 degrees Taurus

MERCURY in CANCER on SOLSTICE

MERCURY enters LEO Aug. 10

MERCURY enters VIRGO Aug 26 its' home sign

MERCURY enters LIBRA Sept. 11

VENUS enters LEO June 14

VENUS enters VIRGO July 10

VENUS enters LIBRA Aug 7 her home sign

VENUS enters SCORPIO Sept. 11 in Mars' sign where she is weak

MARS in TAURUS on SOLSTICE

MARS enters GEMINI June 28

MARS ENTERS CANCER AUG. 11/12

Mars is debilitated in Cancer

JUPITER in CANCER on SOLSTICE

JUPITER ENTERS LEO June 28 for an entire year

SATURN IN ARIES, URANUS IN GEMINI, NEPTUNE IN ARIES, PLUTO IN AQUARIUS

CHIRON ENTERS TAURUS JUNE 19, the beginning of a new 4.5 yr cycle of embodied healing. It TURNS RETROGRADE AUG. 3 at 0+ TAURUS and CHIRON RE-ENTERS ARIES SEPT. 19

NORTH NODE OF FATE MOVES INTO AQUARIUS JULY 26, SOUTH NODE INTO LEO

ARIES RISING and SUN

You are in the spotlight with SATURN and NEPTUNE in ARIES. Your ruling planet MARS is where your energy, passion and drive are. You must follow its transit through the signs quickly. MARS transits TAURUS as Summer arrives and you feel more grounded, want stability, to accumulate money and resources. July to mid-August, MARS is in GEMINI, you are full of new ideas, radical changes, new connections and having fun, meeting new people. Dating is easy, sparks fly effortlessly into your life. A good time for short journeys, making sales and advertising, talking up new entrepreneurial ideas and connect with siblings. From mid-August to Solstice with Mars in CANCER, you may be pressured to

find home, emotional safety, and dealing with emotional family issues. Putting food on the table because of the state of the world is central. Do what you can to be as self-sufficient as possible. Start hydroponic growing or get a community garden if you are city bound. You may also be moving.

TAURUS RISING AND SUN

With VENUS entering LEO June 14 the focus is love, creativity, children, being stronger willed, self-expression. There will be more dramas at home, with family. Good time for redecorating. Venus enters VIRGO July 10 your focus is on being creative with a health routine, diet, nutrition, work, service and saving money which you may worry about more now. VENUS enters LIBRA Aug 7 in her home sign which strongly benefits relationships, dating, texting and all social connections. Seek balance in health and at work. VENUS enters SCORPIO Sept. 11 in Mars' sign where she is weak. With VENUS in SCORPIO to EQUINOX the Planet of Love and Beauty is your sexiest time. You have mega attraction to manifest anything. Mars is in your 7th house of committed relationships. Use your power wisely. Power confrontations may arise with men and bosses. Fights and break ups are also in the mix. Time for deep shadow work.

GEMINI RISING AND SUN

URANUS, planet of rebellion and freedom is in your SIGN for the first time in 84 years! This is a unique unusual glow up for you, a very big revolutionary time. Free yourself up from old mind sets that are limiting you. Power is flowing to you from planet PLUTO in AQUARIUS, (which URANUS rules) to absolutely change everything. Things will be chaotic, very stimulating, and exciting.

Gemini's love it. As ruling planet Mercury is in CANCER it moves through 2nd money house until August 10. MERCURY enters LEO Aug. 10 opens up a love of writing, communicating, talking, inspiring and fun. Start a blog, or sub stack. As MERCURY enters VIRGO Aug. 26 in its' home sign, you need to clean house and attend to family affairs, contracts, and speaking with more clarity. Take care of taxes and all mundane things now. As MERCURY enters LIBRA Sept. 11 the focus is on relationships, making social connections, seeking peace and balance with all relationships. Note when MERCURY IS RETROGRADE above to go back to the drawing board.



CANCER RISING AND SUN

JUPITER left your sign June 29/30 and enters your Solar 2nd house of resources, income, and self-worth. Jupiter in LEO strengthens your heart, so make sure you are doing what you love and follow your bliss. Jupiter in LEO makes you charismatic. Whatever you are selling, and you believe in with your heart, they will buy. This time strengthens courage, daring, will power and family connections. Have fun being center stage and sparkle like the sun. Raises and promotions can be forthcoming. July 14 at 5:44 am EDT the New Moon is in CANCER a great time to set new intentions in this new planetary activation time. With SATURN and NEPTUNE in your 10th HOUSE of career this is time to put all your energies out into the world. The LUNAR ECLIPSE Aug. 27/28 in PISCES can bring a swell of creative and spiritual energies for the next six months. Pay attention to your dreams and intuition and watch for signs everywhere. Your blind spot is about allowing changes.

Your blind spot is about allowing changes.

LEO RISING AND SUN

You are a SOLAR God, the King and Queens of the Zodiac. This is your best year in 12 as JUPITER in LEO brings golden benefits to your whole year ahead to shine more. Do more of what you love, be more generous, open hearted and have more fun. Expect to be in the spotlight-which you love. Expect way more DRAMA. The New Moon SOLAR ECLIPSE August 12 at 20+ LEO highlights your identity, strengthens your will power, and enhances your self-esteem more. Wear Gold all year. A Solar Eclipse brings your heart of gold into the light of day. You will feel stronger more courageous and bring your generosity, leadership, and success. Inner child work that needs attending to can benefit from loving and playing even more now. A good time for having children and being with kids. PLUTO is opposite early born LEO's, should expect deep soulful transformation going down.

VIRGO RISING AND SUN The SOUTH NODE leaves Virgo entering LEO July 26. This takes pressure off what you are letting go of. Finish any decluttering before then. Mercury, your ruling planet spends from June 1st to August 9th, a long time in CANCER, to immerse you in deep inner child and family healing work. As Mercury Retrograde's in Cancer June 29 to July 23, family, home and children's issues that weren't spoken about need to be rehashed. A good time to redecorate office or home, change your diet and do a cleanse in the Northern Hemisphere. March 3 Lunar Eclipse in VIRGO is still in effect

until September 3rd emphasizing the need to clean up emotional issues and release past issues that may have clouded your judgment. URANUS in GEMINI is pressuring you for the next 7 years to shine in your career in your solar 10th House. The challenge is to radically open your mind to new ways of thinking, seeing, understanding, communicating, and working. Focus on being close to nature



LIBRA RISING and SUN

ARIES new energies from SATURN and NEPTUNE are making you more aware of thinking for yourself as much as you thought of everyone else. This is a big balancing act for you. New business partnerships may also arise. Your ruling planet VENUS, is in her beautiful lovers phase as the evening star this season. She transits from LEO June 14 focusing on love, creativity, kids, being stronger willed and dramas. Venus enters VIRGO July 10 to bring balance in relationships, health, diet, and work to bring you more peace. VENUS enters LIBRA Aug 7 your home sign until Sept. 11, good for relationships, dating, texting and all social connections. A great time for a LIBRA to get married or engaged, attract more of all the good stuff you love, beauty stock up time. VENUS enters SCORPIO Sept. 11 your sexiest time of the year in your Solar money house. Invest in anything your gut tells you is good but do your research first too. URANUS in

GEMINI enhances your ability to hone a unique style that makes you stand out. Be more of your own individual, and also attracts different and unusual partners.

SCORPIO RISING AND SUN

MARS, your ruling planet, is in Venus's sign, TAURUS on SOLSTICE marking an emphasis on sensuality, acquiring material goods and paying more attention to finance. MARS enters GEMINI June 28 until Aug. 11/12 is good for advertising, sales, hooking up, feeling lighter, a social butterfly. MARS in CANCER AUG. 11/12 heightens emotions and shadow, power tripod in family. The focus is family, home, ancestral work, investing in your home, renovations, selling and acquiring property. JUPITER in LEO is squaring you in your Solar 10th House of career. A good time to come out into the spotlight, a very successful career period to get ahead. PLUTO in AQUARIUS in your 4th House of home, family, too. Do rituals to honor your ancestors. The Aug. 12 SOLAR ECLIPSE in LEO is accenting new recognition power and influence in career.



SAGITTARIUS RISING and SUN

JUPITER, your ruling planet enters LEO June 29/30 amping up your fire power in your 9th house which is the natural Sage house. Set your sights on traveling, teaching, publishing, learning, integrating the knowledge that you have. The Aug. 12 SOLAR ECLIPSE in LEO opens your heart, strength, will power and desire to enjoy life to the fullest and say to hell with anything that does not bring you JOY. SATURN and NEPTUNE in ARIES in

your Solar 5th house of love affairs, sex, creativity, children, play and drama. The planets are supporting you for more love, creativity and stronger will to manifest. Remember what you loved to do as a kid? Do that, a lot, have way more fun. Be the cheerleader and optimist you innately are in spite of what the world looks like. URANUS in GEMINI is in your 7th house of marriage. Expect some radical shake ups and earthquakes in the dating fields. Radical makeovers in a long term committed relationship, in your love life are a must. Do quirky different, outside the box things to shake out stale old routines and renew yourselves

CAPRICORN RISING and SUN

With SATURN, your ruling planet in ARIES in your Solar 4th House the emphasis is on building a new foundation from the bottom up. This can be by physically moving or in business, career and family relationships. You may feel burdened by home duties and responsibilities, more tired and prone to depression under this transit. Many of you who are Gen Z, born in 1998 and will be having your 1st Saturn Return now. This is an important life changing transit, an initiation into being a real adult. New challenges may arise requiring faster reflexes. Building a home, yourself is a powerful urge that manifests now. Doing Martial arts or Tai Chi are beneficial. Old family skeletons especially from your father's side need to be dealt with. Anyone born in the first 14 days of Capricorn will be feeling Saturn move over their planets now. Neptune in ARIES is a subtle influence to explore creativity and dreams. Spirituality, meditation, expressing

creativity and mysticism, things that you may have never explored before are important to invest in. Long term goals, wishes and dreams are changing. June 29 Capricorn Full Moon at 8 degrees brings emotions and feelings to their fullest

AQUARIUS RISING and SUN

You are in the spotlight, with URANUS, your ruling planet in GEMINI from April 25 in your Solar 5th house of love affairs, creative self-expression and will power, amping up your electrical powers to invent and manifest new lovers, art forms, whatever strikes your fancy. A radical time of accelerated change, to break away from your old identity. Protesting and being more politically active, brings personal power to help others and more importantly, being part of new collectives. Things will be chaotic. You will feel electrified. You'll have to live as a quantum surfer changing with every nuance. Uranus will make you change your mind and find it difficult to make choices. New partnerships, curiosity, and speaking opportunities abound. Start a blog, and network your ass off. You may want to totally start from scratch. AI, Crypto and any new tech is forefront. As the North Node of FATE enters AQUARIUS July 26, you are the key player aligned with collective desires. Give them what they want. South Node in Leo asks you to relinquish your ego and serve higher mind. Be a quantum receptacle of cosmic wisdom for the good of the whole. Dare to be radically unconventional, accept yourself totally and help others to do so. Aug. 12 SOLAR ECLIPSE in LEO opens a window in your Solar 7th house of relationships and business. Open your heart fully. Love may appear in a very weird, unexpected way with someone

radically different than ever before.

PISCES RISING AND SUN

July 26 the Nodes of Fate leave PISCES and you are relieved. NEPTUNE in ARIES is bringing you a whole new dimension of self-reliance, healthy boundaries, independence, energy, and clarity like you haven't experience since 2018. Neptune in ARIES is all about me, what do I want? No more giving yourself away to others first, no more co-dependency, and addictions. You must build up your strength by vigorous exercise, work out and martial arts. The March 3 Lunar Eclipse Blood Moon in VIRGO is still in effect until the August 27/28 LUNAR ECLIPSE in early Pisces. This highlights work to be done on relationships issues around money, work, and your health too. The LUNAR ECLIPSE in your sign opens up hidden emotions and perhaps some last dregs of shadow parts that can be fully healed in the next six months. JUPITER in LEO in your Solar 6th house bring expansion and opportunities in work, improving your health, strengthening your heart through cardio, and making your feel like The Queen or King, bringing big self-expression and creativity into the world.



Tara's Instagram



Tara's YouTube

[Book a Session Here](#)

Contents

How did Wicca really come about?
by Roy H. Blunden p. 58/60

Rethinking Spellwork
by Jennifer Repkins p. 61/62

Mystical guide to moon rituals.
by Kyla Adrienne Edwards p. 63

The Psychic's Child.
by Brianna Kozell p. 64

Do you have people in your life
that reflect the pages in the tarot?
by Crystal Gaudet p. 65

The Gathering Phase.
by Michelle Yates p. 66/67

Beautiful women of the moon. by
p. 68 Samantha Duncan

My method to connect to spirit.
by Paula de Moniqny p. 69

Faith as inner knowing.
by Amanda Copplestone p. 70/71

Done with vaccination overreach.
by Katty Komintator p. 71/72

We didn't rise for ourselves.
by Rev. Dr. Kim Mehmet p. 73/74

The Witch's Word.
by Ayrmid Sage p. 75

Broken Promises.
by Victoria Potter p. 76/78

Colin Crystal Photography p79

Meet the heart of Soul Star. by
Denise Liviniuk p.80/81

Witches Nook



HOW DID WICCA REALLY COME ABOUT?

BY ROY H. BLUNDEN ~ ELDER OF THE CRAFT



The origin of modern Witchcraft is well attested, how in 1939 “Old” Gerald Brousseau Gardner became associated with a group of Witches in Hampshire, England. “Old” signifying in the traditional Craft respect for a deceased elder. However, the ‘official spin’(propaganda) of how Wicca came into being does not altogether relate to the actual experience of the majority of those of us who subsequently chose to become Wiccans.

Upon the eve of the outbreak of the second World War in September 1939 “Old” Gerald was initiated into the Coven of “Old” Dorothy Clutterbuck. However, just before his initiation his book, “A Goddess Arrives” was published which presents his alter ego as a sword smith in ancient Cyprus and nor does it present Witchcraft in a good light. Then soon after his initiation he sought to also have the Coven initiate his friend Arnold (Aleister) Crowther, a Buddhist and Member of Aleister Crowley’s O.T.O., but his fellow Convenors refused.

It was during the war as an Armourer in the Home Guard, during which time he helped establish secret resistance bases in the event of a Nazi invasion, he encountered others involved with Witchcraft. Then after their disbandment, some of Churchill’s Special Army went on to become the famous S.A.S., Special Air Service, and later S.O.E. Special Operations Executive agents operating behind enemy lines. Later still, some would become associated with his new Wicca.

It was then after the war in 1949 that “Old” Gerald Gardner, hoping to entice more young people into joining the Craft, published his “High Magics Aid.” In the book he revealed some of the ‘secret’ rituals of the Craft. 58

However, it failed to attract the necessary attention and severed his relations with his

Hampshire Coven. It was then that “Old” G.B.G. along with Dafo, his Priestess from his former Coven together founded the Bricket Wood Coven in the midst of an ‘upper class’ nudist colony in North London.

“Old” G.B.G. drawing upon his prior experiences of becoming a Freemason in Ceylon (Sri Lanka), and then as a Colonial Customs Officer in Malaya where he also became a Sufi, then began writing “Witchcraft Today,” contributing to his exposition of modern WICA (as it was then spelled until that name was subsequently patented, after which we became the WICCA and Wiccans). Then in June 1951, the 1735 Witchcraft Act of George II was repealed and replaced by the Fraudulent Medium's Act, which inadvertently again legalized the practice of Witchcraft after more than two thousand years. Then the following month, Cecil H Williamson announced the opening of the “Folklore Center of Superstition and Witchcraft,” in Castleton, Isle of Man, with “Old” G.B.G. as the Resident Witch. The following year, “Old” Doreen [Ameth] Valiente was initiated at Dafo's home in Christchurch and soon after she replaced her as the Priestess of the Bricket Wood Coven.

Then in 1954 “Witchcraft Today,” was published. Ameth continued as the Priestess of the Coven until her departure in the

summer of 1957, when a controversy arose amongst the six regular covenors over “Old” G.B.G.’s acrimonious relations with the British press, his giving private initiations and his sanctioning of new Covens without any over-sight. All this is generally well known, except that it represents the experiences of only a tiny few individuals, and nothing like that of the many new-comers that “Old” G.B.G. had attracted to the Craft. For the most of us our only connection with them were their pictures in magazines such as “Health and Efficiency” showing them discreetly hiding behind giant beach balls.

For us in the majority, it was the publication, “Witchcraft Today” in 1954, and later “The Meaning of Witchcraft” in 1959, that had attracted us. In these books he stated that the Craft was dying owing to the lack of new-comers joining it. He also seemed to imply that Witchcraft Covens were out there simply ready and waiting for a flood of new recruits. This however was patently untrue. The truth of the matter was that then in Britain, the Traditional Witchcraft was on the brink of extinction. So at that time if one had assembled all of Britain’s Witches in a local *Palaise-de-Danse*, there still would have been ample space left in which to dance. So there is a discrepancy between the experiences of those who were actually involved during the early days of WICA, and the subsequent ‘official truths.’

The appearance of “Witchcraft Today” a few years later had indeed unleashed a veritable fire-storm of controversy. For many people, and of the younger “lost” generation especially, the recent war in which both sides had hypocritically appealed to a most merciful god and calling upon him to utterly destroy the other side, and who had allowed the most inhumane atrocities to

occur had caused a profound crisis in faith. Consequently church attendances were plummeting and church authorities simply went ballistic over the book’s publication. This book, according to them was advocating Satanism. But it was a time when we all were living under the threat of immanent atomic annihilation.

In the years immediately following the second World War it had indeed been bleak in Britain, so much having been destroyed during the Blitz and with continued food rationing. There had been a political and social upheaval as few wished for a repeat of the social conditions of the pre-war ‘dirty thirties.’ The new government had brought about numerous necessary reforms, but against powerful opposition. The Cold War also led to strong anti-war sentiments, and in 1957 an anti-nuclear movement spear-headed by the philosopher, Bertrand Russell. This was also accompanied by the growing concern for the environment. So amongst the younger generation, many of whom had experienced the Blitz, and, or had been evacuated from their families to live apart with complete strangers for extended periods, these sentiments were strongly endorsed. So into this volatile mix of political angst, “Old” G.B.G.’s “Witchcraft Today” provided a Halleluiah moment. It offered a different approach to societal problems that appealed alike to the various political, social and environmental sentiments of a generation. Then between 1958 and 1969 the Aldermaston Marches led to a veritable flood of new converts to Wicca and throughout Britain new Covens were forming endorsed by “Old” G.B.G. and those initiated by him.



In my own case it was a visit to the Atlantis Book Shop' near London's British Museum that facilitated my initial contact with the Craft. Mr. Michael Houghton, an elderly gentleman somewhat smaller than myself and wearing a rumpled blue pin-striped suit, he had most graciously shown me a selection of very expensive antiquarian books of ritual magic. I rather disappointed him however, by saying that my interest was really Witchcraft, whereupon he took me instead to two piles of remaindered books, one green, "A Goddess Arrives," and one black, "High Magics Aid," both piles reaching to the ceiling. Having purchased and read both books, I then returned to the book shop and was referred to a newly formed Coven. Soon after I received my invitation to meet in a London pub (public-house) and so began a series of meetings over the next few months when I got to meet all the Covenors, and also to buy a disproportionate number of rounds of drinks. I then received the sought-after invitation: "Meet outside (a particular) London Transport Underground Station at 9.00 p.m." I was then led on a most circuitous route to the secret Covenstead, a journey that normally would take about ten minutes. Nor at that time was this at all an unusual invitation into joining the Craft.

All the while "Old" G.B.G. had continued giving private initiations and sanctioning new Covens. In turn the new Covens were also spawning new Covens, all tracing their Craft back to "Old" Gerald. He and "Old" Doreen Valiente had also together been affiliated with other Covens amongst which were the Covens at the Witches' Mill on the Isle of Mann, that of Arnold and Pat Crowther in Sheffield and the London Coven of Cynthia and Dick Swettenham. However a measure of over-sight for the new Covens was then provided when the prominent Sufi, Idris Shar became "Old" G.B.G's

correspondence secretary, and thus enabling him to get into further trouble. That was his privately initiating of Olive Green after the Bricket Wood Coven had refused to initiate her and that gave rise to a scandal which led in 1964 to the unauthorized publishing of his secret "Book of Shadows" by "Rex Nemorensis" (Charles Cardell), and former Bricket Wood Covenor.

So in many ways the beginnings of Wicca involved many contradictions. "Old" Gerald Gardner came to espouse Witchcraft only late in life. He himself was most unlike the majority of those he subsequently brought into the Craft. Self-educated, not having attended school, from a wealthy family of hardwood merchants and politically ultra-conservative, whereas the majority of those he attracted to the Craft were especially of the "lower classes" and much less affluent. He was charming, yet alarmingly indiscreet. He described his Witches as a nude sex-cult and got himself into a fight with the British Press over his outrageous press interviews and in advertising his Witches' Mill Museum of Witchcraft on the Isle of Mann. So much so that for a while he had to flee to the Scilly Isles. Then in a time when moral impropriety was considered justification for being sacked from one's employment, he would arrive at a secret Covenstead accompanied by press reporters and photographers. So if in his personal judgments he may have been well off the mark, nevertheless single handedly he had brought about the rebirth of modern Witchcraft.

A Witches Canon
Buy
His
Book
Here





Rethinking Spellwork: Looking Past the Recipe



Jennifer Rapkins

TheHermitsPath.com

Measure this, add that – and “don’t forget this one specific ingredient” – and if you do, the whole thing somehow feels... wrong. I’ve seen it stop people before they even begin. The hesitation, the second-guessing, the feeling that if it’s not done perfectly, it won’t work at all.

But spellwork isn’t meant to be rigid. There’s a balance to it, between ensuring we’re creating an intentional ritual, and listening to what we need in this ritual. This is a great opportunity, especially those who are newer in practice, to learn the why behind our selection in ingredients in recipes. I know I ask myself this a lot of myself in my own practice. Why am I constantly called to pull out the black salt in almost every ritual? I have a whole selection of salts to pick from, but I consistently go back to the black salts – even for recipes where other salts might be a better option. Perhaps it’s asking me to create more boundaries, protecting my energy (especially since I share a lot of my energy with the public, it’s especially important for me to protect my own) or maybe another reason all together that I have yet to discover of myself.

If you read my article in the previous edition that discussed the concept of being intentional with our selections, not choosing the expensive ingredients if we can’t afford it, or waiting to do the work because we need that “one thing”, we’re continuing the message that the work can still be done, and to not limit ourselves. But we’re also asking the bigger questions. If we are referencing a recipe, do all the ingredients align? Do I understand what they mean, and does it require putting me out or delaying? What are the consequences of not including it?

Understanding our ingredients is important in our rituals. If we’re doing deity work, what elements represent that being, and what are they asking you to honour them with? Will Aphrodite only be satisfied if you’ve created a full mantal display with pearls, pink pillar candles, and statues, or will a mirror from the dollar store, a shell found at the beach, some crystals you already own and a small sample perfume you found at the bottom of your toiletries bag be enough? That’s for you and your guides to decide, of course. But the point is – you’ve still had to do the work in determining what symbols and elements bring that ritual to life, in a way that works for you. I believe a balance of following a recipe and picking intuitively is ideal in ritual creation. Recipes can help us, especially if you’re learning, understand quantities. Some ingredients may shift their energy depending on the quantities. This is a perfect example of the approach I took with the creation of my Ignite ritual oil, which contains ginger, cinnamon, pepper, orange and bergamot. These are all quite strong ingredients, but if you smell the blend, it’s quite mild and soothing! This was intentional, to ensure that these powerful ingredients gave us that motivation energy, but without it being too overwhelming.

If you’re working with spicy ingredients like chili pepper, for example, a little can be a positive “light that fire” motivation, but too much might be a powerful way of saying “I’m mad at you and I hope you hurt.” So, understanding quantities with your

intentions is important. Ingredients like mugwort are wonderful for protection and purifying, but because it's such a potent and powerful herb, only a small quantity is really necessary – otherwise it might overpower the other ingredients which in turn may shift the energy of your ritual.

Intuitive selection is great when you already understand your ingredients and have specific intentions. If you just arbitrarily select ingredients, you might muddy the intentions of your ritual. However, if you're working on a ritual and you feel called to include an ingredient because it feels right, this is perfect! Investigate it and learn how it can help to elevate your ritual. On occasion while working in one direction a feel pulled to ingredients that change the direction, it feels as if I'm guided to work on something else. If you're newer to this practice, it's okay to start with structure, but be willing to listen for change! Recipes can be helpful. There's a lot of great resources online and in the many books published. They give us a place to begin. This also gives you the opportunity to learn your ingredients in a non-intimidating way, especially if it's a little obscure.

I always like to encourage folks to try and source these ingredients if they find they align or draws ones curiosity... how else are we going to learn if we don't get to play. Pick it if it's calling to you! Some folks feel like ingredients not found at the grocery store are too intimidating, and that's okay... start with the herbs that are accessible to you and then allow it to call to you when it wants play. Let them teach you – not limit you!

To me, this is where spellwork begins to shift. Not in perfectly following instructions, but in understanding what we're working with - and why. Because when you begin to understand your ingredients, your practice stops feeling like something you must get "right," and starts becoming something you can engage with. So, the next time you reach for a recipe, pause for a moment. Ask yourself: What is this ingredient doing here? What does it represent? And if I didn't have it... what else in my space carries a similar energy? You don't need to abandon structure, but you do need to understand it. Because spellwork isn't just something you follow. It's something you learn to speak.

[Website The Hermits Path](#)

Langford created
this amazing small
business community
the home of
The Hermits Path!
I just love it here!
Put it in your places
to visit list! Tamare



Mystical Guide to Moon Rituals

By Kyla Adrienne Edwards - Kylaedwards73@gmail.com

Witch, Psychic, Occultist, Author & Mortician Online Ritual Sessions

Facebook~ Tarot Etc Metaphysical Ent. Books @Earth and Sky Connection



The moon has long been a beacon for spiritual practitioners, guiding us through cycles of renewal, release, and transformation. Whether you are a seasoned witch or a curious seeker, moon rituals offer pathways to connect with the lunar energies, manifest dreams, and release burdens in a sacred, mystical way. In this guide, you'll discover step-by-step practices for both the new and full moon, secrets of manifestation, and a welcoming invitation to join our online circle of ritual magic. Let your intuition lead as you enter this enchanted space.

Preparing for Moon Rituals

Before you begin, take a moment to centre yourself. Call in the four directions—North (Earth), East (Air), South (Fire) & West (Water) Invite elemental spirits to surround you with protection and wisdom. You might wish to light a candle, burn sage or sweetgrass, and place stones or crystals in your ritual area. Settle into the mystical atmosphere, allowing your senses to awaken to the gentle guidance of the moon.

New Moon Ritual: Manifesting Intentions
The new moon marks a time of beginnings and boundless possibility. Gather your journal, a pen, and perhaps a favourite oil or crystal. Begin by writing down your intentions, focusing on what you wish to bring into your life—love, abundance, healing, joy. Speak these intentions aloud, visualizing them taking root in the fertile darkness. Express gratitude for the opportunities ahead and seal your wishes by anointing your list with oil or tucking it under a crystal. For extra mystical flair, burn your written intentions safely, releasing them to the universe with trust.

Full Moon Ritual: Releasing and Forgiveness

The full moon illuminates what must be released, offering a powerful time for forgiveness and cleansing. Prepare a bowl of water, a piece of paper, and a candle. Write down what you wish to let go—old habits, resentments, fears. As you read your list aloud, immerse it in water or burn it carefully, envisioning the energy dissolving or transmuting. Practise forgiveness: for others, for yourself, for situations that linger. Cleansing yourself with moon-charged water or fire scrying can deepen this release, leaving you lighter and clearer for the cycle ahead.

Manifestation Secrets

Manifesting is more than wishing; it is believing, feeling, and letting go. Trust that your intentions are heard and will unfold in divine timing. Infuse your ritual with emotion, imagining the outcome as if it is already yours. Detachment from results allows the universe to surprise you, often delivering blessings beyond your initial vision. Use sigils, oils, and ritual tools to amplify your energy and anchor your desires into reality.

Practical Ritual Tools~

Burning Paper: Safely release intentions or burdens by fire.

Sigils: Draw or carve symbols to charge your goals with magic.

Oils: Anoint yourself or ritual objects to embody intention.

Fire Scrying: Gaze into flame for messages and guidance.

Embrace Your Mystical Power

The moon's wisdom is available to all who listen. By practising these rituals, you step into your power, manifesting dreams and releasing what no longer serves you. Let forgiveness and gratitude be your companions as you navigate the cycles. May your path be illuminated, your heart empowered, and your rituals filled with wonder.

The Psychic's Child ~ Brianna Rozell



Society always discusses how to raise children. The 'right' and 'wrong' ways of doing things change with the decade. There are always many factors at play, but has anyone ever stopped to ask the children? "What did you like about your childhood?" "What do you remember most about growing up?"

Naturally, things get foggy as you move through life. It's the key moments that have helped shape us that stay in focus. For me, being raised pagan has become such a memory.

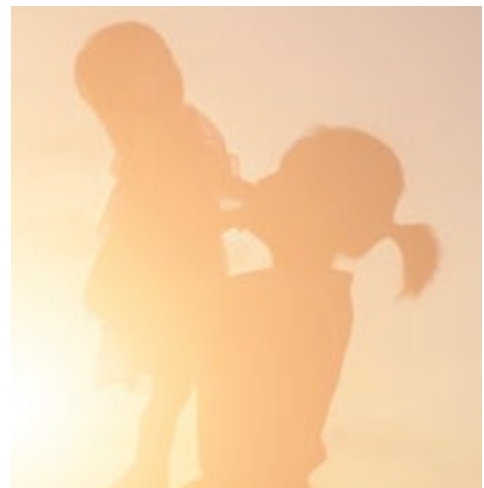
I often receive an array of questions when sharing this fact. There's the typical "Do you curse people?" from those who don't understand the difference between pagan and witch, to the excitement I receive from those who are new to paganism. Nothing is harder to answer than those asking for the details of what it was actually like. How do you go about explaining your entire childhood to someone who is practically a stranger, someone who might understand? Of all the things that go bump in the night, the monsters under the bed or in the closet, the real things are the scariest. Having grown up firmly believing in faeries, ghosts and demons, it was no jump to believe that my mother could read my thoughts. There would be a quick warning right before I was about to do something I probably shouldn't. Or the answer to a question I never asked (but was clearly visible on my face).

At five years old, I remember asking my mother if she always knew what I was thinking. "Of course," she would say, "I'm your mom." That satisfied my curiosity, and

as I grew into my adulthood, it was with the firm belief

that she absolutely could. To this day, I often get a message from her whenever I am having a bad day, with a quick, "just checking in," even though we are on opposite sides of the country. To someone else, it might be alarming that she often knows what's wrong before I do.

Perhaps, at this point, you remain sceptical. This likely isn't anything out of the ordinary. You're right. I'm not here to convince you. My intention is to lend a new perspective. What happens to the child raised in a magical environment? They're told that they can make anything happen if they just believe. And if you live it enough, it becomes your reality. When the one you look up to for guidance and answers, the one raising you, tells you, you really can do anything you put your mind to, you believe it. Not just because she says so. But because she shows you, through her own actions. The lessons she teaches as you grow. The ones that become just as much a part of you as breathing.



Do You Have People in Your Life That Reflect the Pages in the Tarot?

Crystal Gaudet ~ Student of the Tarot
Luxlife Wealth Accelerator



I think about the Pages in tarot, I can see their energy reflected in the people around me & in the different areas of my life. Each Page represents a different kind of learning, curiosity, or inspiration. By looking at the people I interact with every day, I can recognize how these Page energies show up through creativity, emotional connection, communication & practical growth.

The Page of Wands (Aries, Leo, Sag) reminds me of the creative & inspiring people in my life, who spark ideas & encourage me to explore new things. My tarot teacher is a great example of this energy because she inspires me & motivates me, sparks new ideas & encourages exploration in my tarot journey. I also see this energy in friends or online creators who inspire me by showing what is possible. As a nail technician, my clients often request new nail designs, which gives me creative challenges that push my creativity & confidence. My mom also reflects the Page of Wands energy. She encourages me when I feel unsure, helps spark my confidence & supports me in taking action & following my interests.

The Page of Cups (Cancer, Scorpio, Pisces) reminds me of the caring & emotionally supportive people in my life. My children bring me joy, love & emotional connection every day. My pets also reflect this energy because they bring unconditional love & comfort. I see this Page when I am listening to clients or friends & offering emotional support when they need someone to talk to. Mentors & teachers in healing or spirituality also reflect this energy by guiding me emotionally & spiritually. My partner brings emotional support, understanding & care in

into my life as well. I also see the Page of Cups in people in my tarot class who are learning to trust their intuition & talk about their feelings & spiritual experiences.

The Page of Swords (Gemini, Libra, Aquarius) shows up in the curious & communicative people around me who enjoy sharing ideas & learning new things. I see this energy in friends or online teachers who give me new perspectives. It also appears through social media contacts & classmates during zoom sessions where we exchange ideas & learn from one another.

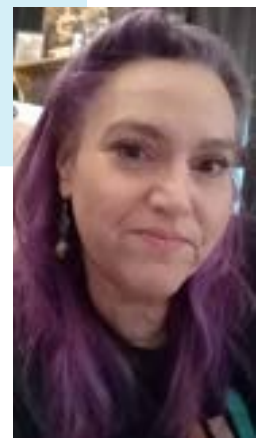
Classmates & my teacher discussing tarot also sparks curiosity & deeper thinking. I see this Page in mentors online who share knowledge, strategies & ideas about marketing & help me understand things & learn how to communicate online by sharing information & different strategies.

Page Of Pentacles (Taurus, Virgo, Capricorn) reflects the practical people in my life who support learning & skill-building. I see this energy in people I worked with in homecare & long-term care who taught me responsibility, patience & consistency in real-world work. My nail clients also reflect this Page because they allow me to practice my skills, improve & build my career step-by-step. Mentors & teachers in crafting, nails, or business guide me in learning practical skills that help me grow confidence & financial stability. I even see this energy through fitness influencers, coaches & routines that support discipline & long-term well-being. Finally, I see the Page of Pentacles in other marketers I talk to, who are learning how to build income online & asking practical questions.

The Gathering Phase

By Michelle Yates

www.PeacefulShifts.com



The Hidden Step of Manifestation and the Art of Receiving What's Already Yours
By Michelle Yates – Peaceful Shifts
Most people think manifestation is a straight line: you set an intention, align your energy, take inspired action, and wait for the universe to deliver. It sounds simple enough, but anyone who has walked a spiritual path for more than a season knows that life rarely moves in such clean, predictable steps. Manifestation is not a transaction. It's a relationship. It's a rhythm. It's a conversation between your inner world and the greater field around you.

And like all processes, it unfolds in phases. There is the planting phase, where you name your desire and place it gently into the soil of your consciousness. There is the tending phase, where you nurture your belief, soften your resistance, and stay aligned with what you're calling in. There is the growth phase, where the unseen begins to take shape beneath the surface. But there is one phase that almost everyone overlooks, and it is the phase that determines whether your manifestations ever become part of your lived reality.

It is the gathering phase.

The gathering phase is the quiet moment when your manifestation has already arrived energetically, but you have not yet recognized it. It is the season of subtle arrival, the space between "it's coming" and "it's here," the threshold where abundance ripens before your awareness catches up. Most people miss this phase entirely because they are still looking for the dramatic version of their desire, not the real one. They expect fireworks, but the universe delivers fruit. They expect a grand

entrance, but abundance prefers to slip in through the side door.

The truth is that

manifestations rarely appear with spectacle. They come as gentle shifts in your inner landscape: a new idea that feels strangely familiar, a sense of readiness that wasn't available to you before, a conversation that opens a door you didn't know existed. They come as people who show up at the right moment, opportunities that seem to fall into your lap, or a sudden clarity that dissolves confusion you've carried for years. They come as ease. They come as alignment. They come as the soft click of something falling into place.

But because these arrivals are subtle, most people assume nothing is happening. They keep pushing, striving, and searching, unaware that the thing they're chasing is already within reach. The gathering phase asks you to slow down, soften your gaze, and widen your awareness. It invites you to notice what has shifted rather than what is missing. It teaches you to recognize abundance in its earliest, quietest form. This phase is not about effort. It is about recognition. It is about becoming the kind of person who can see what is already here. When you learn to recognize the early signs of your manifestations, you stop living in a state of waiting and start living in a state of receiving. You stop chasing and start gathering. You stop doubting and start claiming.

The gathering phase is where your

comes alive. It is where you step into your role as the co creator of your life rather than a passive observer. It is where you acknowledge that the universe has already moved on your behalf and that your only task now is to meet what has arrived. This is not a passive act. It is an empowered one. Gathering requires presence. It requires trust. It requires the willingness to see abundance even when it arrives in unexpected forms.

As summer leans into fall, nature models this truth with effortless grace. The harvest does not appear suddenly. It ripens slowly, quietly, and consistently. The fruit does not announce itself. It simply becomes ready. And when the season shifts, those who are paying attention gather what has grown. They do not force. They do not rush. They do not question whether they are worthy of the harvest. They simply receive what the earth has offered.

Your manifestations work the same way. There is abundance in your life right now that you have not yet recognized. There are answered prayers sitting quietly at the edges of your awareness. There are opportunities that have already formed, waiting for you to notice them. There are shifts within you that signal the arrival of what you once thought was far away. The gathering phase invites you to look again. To soften your expectations. To trust what you feel. To claim what is already yours.

You are not waiting for abundance. You are learning to see it.

The universe delivers early. Humans recognize it late. But once you understand the rhythm of the gathering phase, you begin to meet your manifestations with open eyes and an open heart. You begin to live in partnership with the unseen. You

begin to harvest the life you've been cultivating all along.

Your manifestations are not ahead of you. They are around you, ripening in real time. All that remains is the sacred act of gathering.



Michelle is a quantum transformation guide, content creator, and founder of Peaceful Shifts. A practicing witch for over 30 years, she blends grounded metaphysics, quantum concepts, intuitive wisdom, and practical empowerment to help others navigate change with clarity and sovereignty. She provides amazing ethically created products, healing, and psychic services www.PeacefulShifts.com

Elder & Healer of the Craft



BEAUTIFUL WOMAN OF THE MOON


The woman of the moon looked down on the earth. She watched all that walked on the surface, and swam beneath the water and flew in the sky. She was intrigued by all. One night when the moon was new, she slipped down to the earth to walk among us. Among man, she was a beautiful woman in white, and among the beast, she was a beautiful white bear. She would come down every new moon, taking turns as a woman and as a bear. One night she met a man, a man like no other. She started longing for the new moon to see him. The new moon was the only time it was safe to leave the sky. She and the man would meet, month after month. She fell in love. She told him who and what she was. He did not care, he saw only love when she was near. She showed him her night world, as a human and as a bear. His love grew as did hers. They married, still only sharing one night a month together. She grew with child, and gave birth. The man took the child and raised her, she was as beautiful as her mother. The three lives on till the child grew up and the man grew old, and the woman of the moon never aged. The man told the child of her mother in the days between the dark night of the new moon. The mother longed to be with her child and the man she loved, but knew that if she stayed, she would be trapped, not able to return home to the sky. The man aged and when his health was giving out, the woman could not leave his side. She stayed with her love and was trapped to walk the earth. Her love past in the night, the full moon was high in the sky. The woman cried, the sorrow was more than the woman could handle. She went to her daughter, she hugged her and that she would always love her, but that she could not watch her child die or her grandchildren that would someday come.

You see, the woman never aged, never got sick, always beautiful. The daughter, being half of her mother, would age at a slower rate, but still

Samantha Duncan. Mother of 6 and a Gigi of 5. Im currently residing in the beautiful state of Washington.

I have been writing all of my life, writings that very few have ever read. My history is one of always been in transit, I have moved on from more careers than I can count, forever looking for my path. My current path has brought me here, sending you this story.



someday die. The woman remember the days of being a bear. Running through the forest, before love and before pain. She kissed her daughter, told her that she would always be close, and walked into the forest. She changed back in to a beautiful white bear. What she didn't know was that she was only trapped because of her own heart. The sorrow of her love dying kept her here. The pain of his death kept her walking the earth and missing out on her own child and grandchildren. Love was never the trap, pain and sorrow was. If she open her heart and released all the pain, she would be able to rise back in to the sky and watch over us once again.

Don't let sorrow and pain trap you
Open your heart and be freed
Love is never a mistake
Na ha she tu ka a na tee
Na ha Ke ti a show no te
Ma ha ha Ka ta ha
Low nee ma Kay a e
Kay no ma e



My Method to Connect to Spirit

By Paula de Montigny

SpiritsConnections.ca



I have been a spirit communicator specializing in mediumship and trance speaking for many years. I first experienced seeing spirits as a child; however, out of fear, I chose to shut that connection down. Years later, I began to feel that connection returning, subtle at first, like something quietly blossoming within me. At the time, I was practicing yoga regularly and developed a deep appreciation for savasana. The sensation of floating beyond myself into a peaceful, unknown realm became almost intoxicating. I found myself intentionally seeking that state through guided meditation, allowing relaxation to fully envelop my body and mind.

When psychic visions began to arise, I realized I needed guidance. I sought out a mentor who could help me understand and work with what was coming through, rather than feel overwhelmed by it. In my mediumship practice, I use a specific method that invites the spirit world to come closer and blend with my energy. While my approach shifts slightly when working with trance speaking or healing, the foundational process remains the same. The method taught to me by my first mediumship mentor, Glenda, has remained the most effective for me.

First, I ground myself. I begin with a few deep breaths, then imagine my energy moving down through my feet, forming roots deep within the Earth. As this

connection strengthens, I feel a sense of stability, calm, and security. From there, I draw Earth energy back up through my body, moving from my feet to my ankles, legs, hips, torso, shoulders, neck, and face, until it flows out through the crown of my head. Once this connection feels complete, I shift my awareness and visualize my etheric energy moving in the opposite direction. I draw light, joy, and love down through my body, allowing it to flow back into the Earth. This creates a sense of balance, and lightness, opening a clear channel for communication with the spirit realm.

From there, I invite my guides to come closer. As they approach, I feel their presence within my body. This can present as a quickened heartbeat, tingling sensations, butterflies in my stomach, or an expanded intuitive awareness. If the sensation becomes too intense or emotional, I recognize that they are too close and simply ask them to step back slightly. I remain aware that I am always in control of the connection. One important point to remember is that your intention is essential. Be clear about why you wish to connect and what you hope to experience. The spirit world is here to support our highest good and will not cause harm, but we need to ask, before it can be given.

Faith as Inner Knowing

A Spiritual Perspective on Mental Health

Soul Embodiment Guide for Inner Alchemy & Soul Reclamation

Innerworkconnections.com

By Amanda Copplestone



Faith is often defined as belief, something one chooses to hold onto in the absence of proof. Yet from a deeper spiritual perspective, faith is not simply belief. It is a form of inner knowing. A quiet, often unexplainable trust that life holds meaning, even when that meaning cannot yet be seen. It is the sense that beneath uncertainty, beneath loss, and beneath the surface of human experience, there is an order, an intelligence, or a presence that remains steady.

Within the context of mental health, this kind of faith can serve as a stabilizing force. It does not remove pain, nor does it prevent emotional struggle. Rather, it transforms the relationship a person has with their inner world. Experiences that might otherwise feel chaotic, isolating, or overwhelming can begin to be held within a larger sense of purpose or unfolding. This process closely mirrors the concept of meaning-making explored within positive psychology, where individuals derive resilience through the interpretation of their experiences.

From a spiritual lens, suffering is not always viewed as something to be eliminated, but as something to be understood. Faith allows an individual to sit within discomfort without immediately seeking escape. It creates space between the experience and the reaction. In this space, there is an opportunity for reflection, integration, and, ultimately, transformation. What might initially be experienced as anxiety or grief can, over time, be reframed as part of a deeper process of inner evolution.

Faith also softens the human need for control. Much of psychological distress arises from the attempt to manage outcomes, predict the future, or avoid uncertainty. A spiritual orientation

toward faith invites surrender, not as a form of passivity, but as an active trust in the unfolding of life. This shift reduces internal tension and aligns with therapeutic approaches such as Cognitive Behavioral Therapy, where changing one's relationship to thought patterns can significantly impact emotional well-being. In this way, faith operates as both a spiritual and psychological regulator.

Beyond cognition, faith is also embodied. Spiritual practices associated with faith, such as meditation, prayer, or intentional stillness, have measurable effects on the nervous system.

These practices slow the breath, regulate the heart rate, and bring the body into a state of safety. From a spiritual perspective, this is described as coming back into alignment or coherence. From a scientific perspective, it reflects activation of the parasympathetic nervous system and a reduction in stress-related responses.

Faith further contributes to resilience by offering continuity in times of disruption. During experiences of grief, loss, or identity shifts, individuals often feel fragmented or disconnected from themselves. Faith provides a thread, a sense that even when everything appears to be falling apart, there is something within or beyond the self that remains intact. This perception supports emotional endurance and the gradual reconstruction of identity.

However, it is essential to acknowledge that faith, like any framework, can be misapplied. When used to bypass emotional processing or avoid seeking appropriate support, it can become limiting rather than supportive. Spiritual bypassing, where individuals use spiritual beliefs to avoid confronting difficult emotions, can delay healing & deepen internal disconnection.

Similarly, when faith becomes rigid or tied to self-judgment, it can contribute to feelings of inadequacy or failure. For faith to support mental health, it must remain grounded, flexible, and integrated with self-awareness.

Ultimately, faith is not about certainty. It is

about relationship, the relationship one has with the unknown, with oneself, and with the unfolding of life. It is the willingness to remain present, even when answers are not available. In this sense, faith becomes less about believing in something external, and more about cultivating trust within the experience of being human. Faith does not remove the depth of emotion. It allows a person to meet that depth without losing themselves within it.

Soul Embodiment Guide for Inner Alchemy and Soul Reclamation
www.InnerWorkConnections.com

Lets be done with Vaccination Overreach ~ Katty Komintator



Ok folks this is going to be a good one, as I am disgruntled. Let me ask you a question, at what point in the medieval time were there vaccines for things? Oh right, there weren't. So, please tell me, why a group of people who play dress up think it is ok to turn a fun family fill event into a club exclusively for those who have been vaccinated. Yes, I am aware of it being a choice, they are a club they can do what they want, and you don't have to join if you don't want to follow that. But it has been 6 years now and honestly if you hadn't figured out that washing your hands was more effective than getting pricked by a needle, I'm sorry. Wait that may have been harsh. I am aware of how Covid effected people and how it changed the world for the worse. And this isn't about getting mad at people who have or haven't been vaccinated.

I, myself have been vaccinated due to circumstances beyond my control. If I didn't need money to live, I wouldn't have gotten them but I was working around the elderly which I loved.

It makes me so disappointed that this well-established fantasy activity and community is discriminating. It was heart breaking to find that one of my favorite places on the island has closed their doors to the unvaccinated public, making it so that if you don't conform and get updated covid vaccinations "you can't join us". When covid first happened I can see it, but now and after all the things we learned about the shots I am surprised a group of people re-enacting the middle ages with suits of armor on would demand such from anyone now.

Maybe have some modern soap or hand sanitizer instead. I have wondered how a world so advanced can be so empty when it comes to common sense. Why does the world need to be told to cover their mouths when they sneeze or to wash their hands after they use the bathroom. Isn't that the stuff you teach your kids or get taught as a child. Now I feel that traditionally vaccines are help, I mean things have been fully wiped out of

existence because of our use of vaccines (case and point Polio). My mother's generation where highly vaccinated so future generations didn't need to worry, and she has the scar to show it, so I get it.

Once again, why tell people that you can't join unless you believe as they do? With everything that has happened, is happening in today's world, why stop people from having fun, letting off some steam, watching people sword fight and having fun around other like-minded people? Why not, instead of tearing us apart more, bring us together, remind us the world is ok, we will be ok.

I have not mentioned the name of the group doing this but if they see this we ask you to reconsider. Please don't support the censoring of free choice at a FANTASY event with the community. Before you say oh well, they have a choice too, yes, they fully do, but at what point does that choice stop being a choice and instead becomes prejudice resulting in forcing people to conform to an illusion. Change never happens when you conform. And let's be honest we need change. This one little piece, of what used to be paradise, has now been turned into an exclusive club were only the conformed can join. I guess you don't get much more medieval than that. Lol. Follow the "KING" or die right. This is one thing that needs to change, if you are going to offer an event for the past 20 years, don't cut your nose off to spite your face. We wonder if all your group is aware of this requirement and if they also aligned with the decision to exclude the unvaccinated in 2026. Many of the public have attendend in the past and love these events, making choices that exclude people, is not very community spirited and will ultimately interfere with the

bottom line-money. I mean if you want the event to last. The potential you are giving up from this, is a lot, do you care that you cut half of us out?

Please look at other Pagan events put on in the area, they are not being restrictive like this. Community needs to be reunited since covid has pulled us apart. The attitude of "your not good enough for us so go away" is very hurtful. This is the attitude that has our world in the state it is in right now. Seclusion, separation, and division. That is what the powers that be seem to want us to do. Because as they say, "together we stand, divided we fall". So I ask kindly to allow us all unsurveyed to attend.

Stay safe, wash your hand, and use common sense my lovelies,

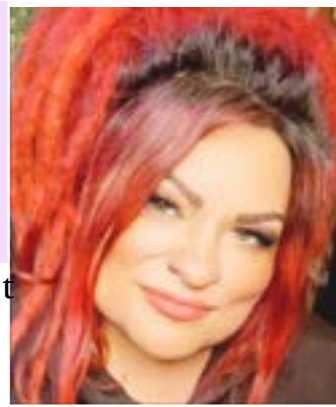


Please reconsider your stand so we can all come back and play!

We Didn't Rise for Ourselves '

The Feminine, the Children, and the End of Tolerance

Rev Dr Kim Mehmet, PhD Spiritual Health Therapist www.revdrkim.com



Something is happening right now, and people keep trying to soften it. They call it the rise of the divine feminine like it's supposed to be gentle, loving, heart-opening. Like it's candles and softness and flowing back into balance. But that's not what this feels like. This feels like anger. This feels like a breaking point. This feels like something in women collectively saying, no more. And if I'm being honest, most of us didn't rise because of what was done to us. We rose because of what's being done to our children. We've always known something was off. We've known the systems didn't serve us. We've known we were being minimized, talked over, expected to carry more while asking for less. And still, we adapted. We learned how to function inside it. We learned how to keep the peace. We learned how to quiet ourselves just enough to survive without completely disappearing. We were conditioned into weakness. And it worked.

Most women don't show up for themselves the way they should. We question ourselves. We downplay what we feel. We tolerate things we know aren't right. But when it comes to our children? There is no hesitation there. Something ancient kicks in. Something that doesn't ask for permission or worry about being liked. We protect. That "mama bear" energy people joke about? It's not a personality trait. It's instinct. It's the same force that has always ensured survival. We are not just nurturers. WE are protectors. WE are providers. WE are the ones who step in

when something is not safe. And when that instinct is activated, it doesn't negotiate. We tolerated what was happening to us. But when it became clear — really clear — that children were being harmed... That was it. That's where something shifted. Because we might struggle to stand up for ourselves, but we will not hesitate to stand up for them. And whether people realize it or not, that's what's driving this moment. This isn't random. It almost feels like it might have been the only way this was ever going to change. It stopped being just about us. There was that question that went around not long ago: would you rather be alone in the forest with a man or a bear? And women, across the board, chose the bear. People tried to argue it, joke about it, dismiss it. But they missed the point. That answer didn't come from logic. It came from instinct. From the same place that knows when something isn't safe. From the same place that steps in front of danger without thinking when a child is involved. We didn't need to analyze it. We already knew. The problem isn't that women are "too emotional" or "too reactive." The problem is that we've been taught not to trust what we feel. To override it. To explain it away. To stay calm, stay quiet, stay agreeable, even when something is clearly not right. Control. Because a

woman who doesn't trust herself is easier to manage. A woman who second-guesses her instincts won't challenge what needs to be challenged. But that only works until something more powerful overrides it. And instinct always wins eventually.

What's coming up right now isn't new. It's what's been suppressed. The anger, the clarity, the unwillingness to keep tolerating things that don't feel right, has been there the whole time. It just wasn't safe to express. Now it is. Or maybe it's just unavoidable. And this isn't about becoming hard or aggressive or "anti" anything. It's about becoming honest. About no longer pretending something feels okay when it doesn't. About no longer overriding your body to stay comfortable for other people. About recognizing that what we've been living inside of isn't natural, but been built, shaped, and maintained in a way that disconnects people from themselves, from each other, from anything real. And once you see that, you can't unsee it.

The systems that have been in place (call it patriarchy, call it control, call it whatever you want) aren't holding the way they used to. You can feel it. People are questioning

Therapist, Metaphysical Teacher
Register for Conscious Mind-Heart
Therapy (CMHT) and The Shift:
Healing Beyond Coping
Spiritual therapy, readings, retreats,
online courses. www.revdrkim.com

more. Tolerating less. Speaking up in ways they didn't before. And women are a huge part of that shift. We're not trying to take power in the same way it's been modelled. We are not looking to become the new oppressors. We're just no longer willing to participate in something that harms what we love most. That's where the real change starts. From instinct. We didn't rise for ourselves. But now that we're here, something else is happening. We're starting to see where we should have drawn the line sooner. What we should have never accepted. What we've been carrying that was never ours to hold. And once that awareness is there, it doesn't go away. Because the same instinct that protects a child starts to turn inward. And that's where things really begin to heal. Ask a woman alone in the forest and she'll choose the bear. Threaten her child, and she becomes one. Natural law versus what was built to control it...



The Witch's Word

by Ayrmid Sage

www.amongstsistersau.com



There comes a point in your practice where you start to notice your words are landing differently. Not louder, not more dramatic, just heavier. What you say carry's weight. Once you feel that, you realize quickly speaking is not something you do lightly anymore.

The Witch's Word is about understanding that when you say something out loud, it matters. Words are not empty, they move & they settle into spaces. They take shape in ways you do not always see straight away. That is why in folk magic, speaking is often done with care, or not at all.

A lot of people these days, talk without thinking. They promise things in the middle of a spell, in the heat of emotion or when they are desperate for something to shift. "I'll do this if you help me." "I swear I won't do that again." "I promise I'll give back." It rolls off the tongue easily. But once it is said, it exists. It does not disappear because you forget about

An oath, even a quiet one, still counts. This is where people get caught out. It is not always the big dramatic statements or vows that matter. It is the small, offhand ones. The quick sentence made under your breath. The thing you said you would do but then never followed through on. Over time, that builds up. Not in a way that explodes, but in a way that shifts how your words are received. Your word starts to lose its strength.

In folk magic, your word is a huge part of your power. If you say you are going to do

something, you do it. If you cannot, then you don't say it in the first place. It sounds simple, but it takes discipline. It means slowing down when you speak. It means being honest about what you are actually willing to commit to.

There is also the way words shape the magic itself. When you speak during a ritual or a spell you are not just filling space, you are directing energy. Even simple language carries intent. The clearer and more steadier, the more powerful the work tends to be. When words are rushed, exaggerated, unfocused or just say something for effect, the work can feel scattered. This does not mean you need perfect wording or old scripts to have your magic work. It means you need to speak plainly and truthfully. You say what you mean. You do not dress it up for an audience that is not there.

There is also value in knowing when not to speak. Not everything needs to be named out loud. Not every working needs words attached to it. Sometimes the strongest thing you can do is hold something silently and let it build on its own without interruption.

The Witch's Word is not about speaking more, it is about speaking with intention. It is about knowing that once something leaves your mouth, it has a life of its own and you no longer get to control it. It is about being someone whose words can be trusted, by spirits, by the land, by others and by yourself. Because in the end, your word is not just a sound. It is a reflection of how you move through your craft and this world and over time, it becomes something others can feel.

Broken Promises



I was in a really bad relationship filled with so much chaos, The experience had me spinning and uncertain as to where to put all of this disappointment I started painting and it was the most cathartic healing therapeutic way to manage my inner conflict about this relationship. You'll see the picture here is very dark and at that time as I was unraveling my emotional chaos, most of my art was like this. I consider myself mixed media artist. At some point I decided to reuse garbage, and, in some way, it felt really good to restore usefulness to these items. Reminding me to learn through difficulties and this kind of felt associated to garbage. How could I use that, how could I learn from that, what good could I find in order to use it to help me with my future choices?

Remembering MIRAGE a creation that had 270 pieces of garbage in it. This attracted The Edge Gallery as they sought me out to bring my art in for showcasing It was what I felt proudest of creating, it sold to a prominent person too with so many secrets and hidden messages within the images. I'll post the story and picture in future Mystics Editions.

Sometimes I get frustrated when I'm doing art, so I put the brush down and I'll come back to it when I'm feeling better. A little more inspired however many times

By Victoria Potter

AKA

(Morning Whispers

Artist Extraordinaire



sometimes I go down to my studio when I'm angry to see if I can work through the anger and change my mood. Often it helps those people that find singing therapeutic. Singing about their passion, telling stories about their life experiences. Very similar to artists as they process traumatic emotions during their creations. I mean you work through everything it's sort of stage to clear it, give it form and then let it go. Like Taylor Swift she's a billionaire she's made many songs and she's worked through a lot of her really hard difficult relationships through song writing and a lot of those songs are about her sadness and sorrow. Then you'll see another side of her when she's in love and happy and she sings more joyful songs. With an artist it's the same thing you know so although trauma might have been the birth of that particular piece or that particular song.

“The expression of the artists is where the beauty is found, the core sentiment and the physical outcome. The intensity of how it hits ones senses and moves the soul is the sought-out reaction the artist can only hope for, that you see them” ...Yeah, maybe that's how it started for me.

I am still a Halloween enthusiast, so still like creating creepy dolls but generally I

would only do that on a yearly basis.

Now I'm creating witchy, gypsies and fairy lovers' stuff. Love working with that gypsy bohemian vibe. That genre makes me feel connected to the vibe of Stevie Nicks and the way she dresses I incorporate into my images and statues. Those greens, blues, and purples with black as a foundation makes me feel a sense of calmness within. Lately I really love doing this. Now I feel a lot more grounded so much of my art is comprised of green, browns, and blues. In fact, the majority of my house is fill with these highlighting colours with a touch of black as a base colour, it does go with everything so I use that a lot. Maybe it is also a reminder of how far I've come in life.

If you know anything about art therapy is has a lot to do with interpreting the colours picked as each have certain energy. Black, red, and white have a lot to do with darkness, depression, pain and heartache so deep there seems no way out. After many paintings with these colours, I started getting into earthier tones. But it took years to work through that negativity, and to be honest I still think it was some of my greatest art pieces, as there was so much passion in every stroke. In fact, I was invited to display my art in government buildings and an awesome art gallery. I finally started to feel like a valued artist as I sold some of my most expensive paintings. I incorporated so much of what I had learned through the years, hidden messages and glyphs releasing the magic into each canvas. It was a very special time for me. That's when I ended up with a cancer diagnosis which I also worked through

therapeutically. My work took a powerful and emotional turn as I channeling anger, resilience, and survival, I began creating haunting, expressive dolls—pieces that embodied raw emotion and personal struggle. After sharing them online, I discovered a strong and unexpected audience.

This led to one of my business, this one is “Creep you the Funk Out”. I mean it was scary going through that so some of my art pieces are really spooky stuff during that time.

One of my first pieces I remember, I did of a beautiful woman, in a tree and she had waterfalls coming down her hair. I was practicing to see if I could get to figure out how to use a paint brush with different mediums and acrylic paint.

Once I realized how to do it they way I wanted is when I painted “Broken Promises”. So once you're comfortable with the medium you are using, you can really explore different things, adding different mediums, stones, crystals and all sorts of different touchy textures. That way even if they're blind, they can feel my art because it's 3 dimensional. It continues in my recent pieces as I re-imagine objects, paint furniture, and bringing new life into the ordinary.

There was a time when I was teaching young artists. and if they told me they are dealing with blockages I would ask them not use paint brushes as they are one of the biggest things people get stuck on is the paintbrush. They're afraid of trying new methods even though they have creative minds. I would tell them to wear crappy clothes, we're going to put the

music on loud and we're not using paint brushes. Only objects, like a fork, bubble wrap, plungers and whatever else could make unusual imprints. It really helped them to get out of their own way. Many people are too afraid and think that they can't do something they have never tried. I called this class No Fear Painting. One piece I created I was so passionate about because I actually seen this 80-year-old man, this hit me hard. That painting was auctioned off, making \$10,000 to help homeless people. It was of this man on the streets of downtown Toronto, laying on the sidewalk with the yellow blanket over him. I covered all the buildings with newspaper obituaries. Hoping the impact would stop people from just walking by and instead help them out in some kind away. Another piece I've done that made me feel pride. I did a series of paintings called The Manhattan Reunion, that was meant to bring back the twin towers, after they came down. I like to do a lot of pieces that have deep meaning and can offer healing to others

This momentum led to a defining achievement when I was awarded Artist of the Year in 2012, placing first in Canada—an honor that deeply affirmed my path as an artist. What I create must mean something to me, something I would buy. I want to be proud and passionate about it. So that one could see my heart through it, that's why I think they call it Art cause it's even in the word heArt. Art has been my closest friend, closest confidant, my most important therapist and my most favorite way of addressing the world with

who I really am.

I finished chemo over almost two years now and I feel more relaxed and able to reach my inner being, my soul and then I started really kind of paying attention to witchcraft and herbs. It was like peeling back the layers as I used to be involved in all the herbs and stuff like that, but I lost that connection because of what was going on in my life. So now I feel I found my true niche it feels like I'm going back to prior having difficult relationships and cancer. Inspired by a lifelong connection to ravens, mysticism, and the natural world, I began exploring a witchy aesthetic defined by sage greens, deep blacks, and gold accents. This evolution gave rise to Spellbound Creations—a body of work that blends symbolism, magic, and transformation into handcrafted pieces that feel both personal and powerful. From painted furniture to altar-inspired cabinets, these creations carry a sense of story and energy, inviting folks to connect on a deeper level.

Today, as an artist I feel I've been shaped by resilience, reinvention, and authenticity.

“I feel like I've finally found my people”



COLIN CRYSTAL PHOTOGRAPHY

ARCHIVAL. ACID-FREE. MUSEUM-GRADE
100% COTTON FINE ART PRINTS



ColinCrystalPhotography.com



Colin Crystal is a Vancouver Island wildlife photographer and filmmaker with over 20 years behind the camera, capturing wildlife and wild places across the Pacific Northwest.

His work focuses on coastal wildlife including whales, bears, wolves, eagles, and other West Coast species. His creative work is always continuing to expand into video, documentary storytelling, and further exploration of British Columbia.

Through fine art prints and greeting cards. Colin hopes to share his art with people from around the world. *You can find Colin's photography in the convenient form of greeting cards and prints across British Columbia in select shoppes and boutiques.*



Find them @
Earth and Sky Connection **79**

Meet the Heart of Soul Star~Denise Liviniuk

The chair that connects with our higher self,
and through this we develop spiritual abilities.



Hello there! You may have or haven't heard of Soul Star Metaphysics in Courtenay, BC in the beautiful Comox Valley! The shop has been open since 1994 for over 30 years and was previously known as Winds of Change up until 2018. I, Denise, am the third shopkeeper to continue holding the space for the divine as of July 2022 and would love to meet you!

I've been on the path for over 20 years with energy work and after having a miscarriage I left the heavy duty trucking industry to heal (the mechanics still remember the lady with the crystals on her desk playing weird music telling them the Fae, Unicorns & Dragons are REAL, ha ha!) and the best way I knew how was to share what always worked for me with others by starting a metaphysical shop in 2011 in my hometown of Stony Plain, Alberta. Funny thing was when I was a teenager I remember walking and heard from spirit "You're going to operate a metaphysical shop someday" which I brushed off and didn't give it any thought and forgot all about it until it happened. I found a partner to co-create and operate the shop with and absolutely loved sharing my love of everything metaphysical and met many wonderful souls.

In 2018 I felt the call like many of you to go deep within and balance inner self with outer self and worked with Alana Fairchild's Saraswati Healing Program and I realized through Alana's work how much my divine feminine was patiently waiting for me to

return to her, to reconnect with mother earth's umbilical cord, to let the heart lead (Let Go and Let God/dess) and heal the prison of the mind (aka The Matrix). It felt like a Return to Innocence and Rebirth (we do this so many times). I realized I had to leave the metaphysical shop I dearly loved in Fall 2021 and sold my share of the business. It was really hard to leave something I loved so much but I knew in my heart it was what I needed to do, and it was time to pass the torch over after 10 years and how cool is it that that store is still operating and prospering, I love that!

I know many can relate to having to leave something you built with love and move on. I had no idea what was next for me and took the time to feel and process, not sure where or what was next and having to surrender, you all know that's a long process but when you get there the next set of instructions come through, finally! Well, that was when Soul Star Metaphysics came up for sale and I got the green light to go ahead and continue on what I started, how lucky am I do get to do that and share the space with all of you now! So, my husband, daughter (yes, I birthed a beautiful daughter in 2012 a couple years after the miscarriage) and I moved almost 4 years ago to Comox Valley and we're still settling in and starting anew.

My husband has done custom picture framing for over 30 years and has a separate space inside the store (you all know how much it costs to live here but it's worth it, lol!) and his form of meditation is sports, and he loves the Edmonton Oilers (I'm sorry Vancouver Canucks fans, please forgive me!). I do miss my family in Alberta but I really love

it here and so does my daughter and husband and we have met some truly lovely souls, like our friend Mikey we met in our new home here says, "So Happy to be Here" and we look forward to seeing you! Have a beautiful day with many blessings! Thanks for reading a small bit about myself and for Tamare White-Wolf and her team giving me the opportunity to do so in this awesome magazine!





Denise Liviniuk
Owner

✦ Metaphysical Supplies & Services ✦
 📍 Readings Available - Please see website for details or to shop online 📍

Soul Star Metaphysics
 357B 5th Street
 Courtenay, BC V9N 1J9
 Phone: (250) 338-5095
 Website
www.soulstarmetaphysics.com
 E-Mail
soulstarmetaphysics@shaw.ca





Sacred Temples
Ordained Ministry

Weddings Handfasting Memorials
 Baby Blessings Spiritual Counselling
 Life Coaching End Of Life Doula
 Shamanic Healing Psychic Services

Text 705-309-7171 Call 250-591-1177
www.TamareWhiteWolf.com

Book an Online Psychic Session with Tamare White-Wolf

Book an in-person session 778-441-1771
 560 Johnson St Unit 62
Earth and Sky Connection
 Victoria BC

Handfasting Ceremonies By Reverend Tamare



Good Caws Crow Rescue Society

is a non-profit organization in Prince George, B.C., dedicated to rescuing, rehabilitating, injured and orphaned corvids.

Mission and Activities

Founded by Dayna Slater, our Northern Crow Witch, focuses on the care and rehabilitation of crows, ravens, and magpies. The organization provides medical care, feeding, and safe enclosures for injured or orphaned birds, aiming to return them to the wild whenever possible. It also engages in public education, offering courses and outreach programs to teach about local bird populations and proper care for injured corvids. Please [donate to this amazing "CAWS"](#) and [follow on your socials](#). goodcaws@outlook.com



MYSTIC EARTH CREATIONS
CRYSTALS AND GIFT GALLERY



100-940 Island Highway,
Campbell River, BC

www.mysticearthcreations.com

 778 346 3366 

@SPOOKY.MARKETS / SPOOKYEVENTS.CA
A SUMMER HALLOWEEN MARKET

Spooky

"AFTER DARK"

JULY 17th, 2026
4 PM - 9 PM

A FRIDAY NIGHT AT THE STATION EVENT
IN COLLABORATION WITH THE CITY OF LANGFORD

LIVE MUSIC & FOOD TRUCKS
BEER & SPECIAL COCKTAILS FROM
COLLECTIVE CATERING
OVER 25+ SUMMER SPOOKY VENDORS

<https://spookyevents.ca>



REVENGE OF THE MARKETS

FAMILY FRIENDLY
HALLOWEEN MARKET EVENT
OCTOBER 17 + 18 2026
11 AM - 4 PM

720 STATION AVE
THE LANGFORD STATION

30 + SPOOKY VENDORS
& FOOD TRUCKS

SPOOKYEVENTS.CA | @SPOOKY.MARKETS



MARK YOUR CALENDAR FOR WITCHY MARKETS

METCHOSIN HALL ~ Jul 11, 12, 25 & 26 / Sept 19 & 20 /
Oct 24 & 25 / Nov 29 / Dec 12 & 13

CEDAR HALL - Nanaimo ~ Jun 20, 21, 27 & 28 / Jul 19 /
Sept 26 & 27 / Oct 10 & 11 / Nov 28 / Dec 5 & 6

PROSPECT LAKE HALL ~ Oct 31 / Dec 19 & 20
Free Admission ~ Info: eventsbyla@hotmail.com

[Email Here](#)

[FaceBook Here](#)



Interesting Fact Victoria BC is the Witch Capital of Canada

WitchFest
 Oct 31st & Nov 1st
 Market Square, Victoria BC

Indoor & Outdoor Fun for Everyone

To Participate as a Vendor, Psychic, Facilitator
 contact Tamare@TamareWhiteWolf.com to register

We are in the Selection Stages Now & Have Spots Suited for Everyone \$66 \$111 \$222 \$333 \$444 [Details Here](#)

Vendors/Volunteers Most Welcome

VENDOR SPACES STILL AVAILABLE



THE WISE GUIDE

Paula de Montigny

Mediumship * Healing * Trance Communication

Listen, Heal, Remember who you are

Spiritual & Energetic Healing

SpiritsConnections@gmail.com 778-268-1611



VANCOUVER ISLAND

PAGAN PRIDE DAY

Amazing vendors Free workshops
LIVE MUSIC!

Sat, August 8: 11 am - 4 pm

Robert V. Oatley Park
Comox Valley, BC

Sharing the harvest & collecting donations for



www.VIPaganPride.org



MysticWolf * Urban Shaman



GUARDIAN ANGEL
GUIDANCE READINGS



ANGEL LIGHT
ACTIVATION SESSIONS



1 TO 1
SPIRITUAL SUPPORT

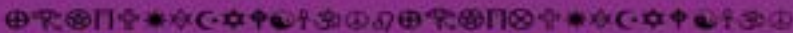
MysticWolfUrbanShaman.com

@mystic_wolf_urban_shaman



You are never alone. Your Angels are always surrounding you with love & protection.
Be heard, be seen, be guided.

Book Skylar Pink

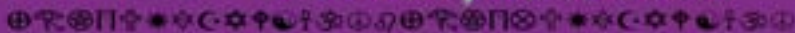


Alternative Services



Psychic Services, Mediumship,
PastLife Readings, Intuitive Life
Counselling, Celtic Reiki Healing,
Certified Classes, Tarot Classes

Skylar Pink text 705-309-5420
EarthAndSkyConnection.com



@island_psychi
c_skylar

Follow owner of
Earth and Sky Connection
Raw & Real

< TikTok >

EarthandSkyConnectionBC
@earthandskyconnectioninc



TikTok

HEALTH LIGHT & LOVE
SPIRITUAL WELLNESS FAIR
 '2026'
HealthLightLove.ca
JULY 4 & 5
 WILLOW POINT LIONS HALL
 2165 SOUTH ISLAND HIGHWAY
 CAMPBELL RIVER, BC
FREE ADMISSION



Saturday & Sunday 10-4 pm

Psychics * Healers * Card Readers * Crystals * Mediums *
Spiritual Gifts * Intuitives * Healthy Living Products
Jewelry * Holistic Therapies * Reiki * and More



EARTHANDSKYCONNECTION

Directory

Metaphysical Shoppes

Victoria/Langford

Beyond the Garden Gate Botanicals
beyondthegardengate.ca 250-589-1482

Catch A Star Studio
5101 Sooke Rd 250-888-4112
catchastarstudio.com/

Divine Gem
divinegem.com

Earth & Sky Connection
#62 - 560 Johnson st.
EarthAndSkyConnection.com
778-441-1771

Errant Empire Herbal
1316 Esquimalt rd. 250-590-5035

Inwards Market
622 View st. 250-388-5033

The Herbal Path Acupuncture &
Traditional Chinese Medicine
2012 Oakbay Ave 250-598-8805
theherbalpath.ca

The Hermit's Path
#104 - 720 Station rd.
TheHermitsPath.com

The Rock Hound Shoppe
777 Cloverdale ave. 250-475-2080

Triangle Healing Products
770 Spruce Ave (250) 370-1818

Shear Magic Boutique
#140 - 2945 Jacklin rd. 250-474-4141

Spiral Scents
#108 - 3 Fan Tan Alley 778-265-4781

Soulful Sister Aromatherapy #117 -
735 Goldstream ave. 250-590-1350

Triple Spiral Metaphysical Gifts
#106 - 3 Fan Tan Ally 250-380-7212

West Coast Creative Spirits #106 - 688
Granderson rd. 778-679-2718

7 Rays New Age Store
002 Fernwood rd. 778-265-7181

Duncan/Cowichan Valley

Sol Centre
5380 Trans Canada Hwy

Madam Calliope's Metaphysical
1765 Cowichan Bay Rd 250-507-1720

Wishes Gifts & Books
125 Station st. 250-748-9411

Ladysmith/Nanaimo/Parksville

Crystal Quest
3881 Yellow Point rd. 250-240-6113

Earth & Sky Curio Shoppe
Text 705-309-5420

Golden Soul Sanctuary
#5 - 321 Wesley St (250) 797-1300

Kachvi Crystals Ltd
#59 - 6631 Island Hwy N 236-335-4555

Directory

Lobelia's Lair Metaphysical Treasures

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

Nanaimo Rock & Gem

520 Franklyn st. 778-268-4563

Pine-Opals

758 Railway Ave (250) 729-1750

Triple Moon Mercantile

76 Bastion st. 250-591-1431

Volva

88 wharf st. 250-802-9718

Wild Woman Medicine Show

#306 - 60 Commercial St
(250) 937-1080

Comox Valley/Campbell River

Isle Rock And Gem

6056 Island Hwy Comox BC 250-337-0099
2nd location in Driftwood Mall

Mystic Earth Creations

#100 - 940 Island Hwy 778-346-3366
mysticearthcreations.com

Sacred Earth Metaphysical

3025 Comox rd. 250-941-8222

Soul Star Metaphysical

357 5th st. 250-388-5095

The Madman's Wife

5069 Johnston rd. Port Alberni

WTF: Wonder, Transformation, Freedom

Source

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

Sacred Spruce Farm & Apothecary

2165 Shetland rd Campbell River BC
250-203-1699

Island Services

Victoria/Langford

Mobile Acupuncture Victoria

250-508-7789

Tamare White-Wolf - Shaman Psychic,

Ordained Minister, Death Doula

TamareWhiteWolf.com 778-441-1771

earthandskyconnection.com

Relaxation Of The Soul-Reiki

250-886-0851

Gemma Health & Wellness:

Michele 250-888-7029

Victoria Mindful Counselling

Graham Bleasdale 250-812-6417

Skylar Pink - Psychic, Occultist, Teacher & Metaphysical Healer

earthandskyconnection.com

705-309-5420 or 778-441-1771

Swan Lake Spiritual

3874 Lancaster Rd Victoria Bc
250-812-3296

Essential Elements Wellness

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

Melissa Millar - Energetic & Emotional Healer

| Transformation Coach

Victoria BC 778-654-5448

www.highestlevelyou.com

Directory

Susan Seale - Soul Coach

Victoria, BC 250-888-2432

Mobile Acupuncture Victoria

Victoria & Surrounding Area

250-508-7789

Mountain Heights Healing

2367 Mountain Heights Drive

250-532-2457

Metamorphosis Healing Arts &

Readings with Siobhan Triple Spiral 3

Fan Tan Alley

250-881-2722

Lisa Wieben Energy Healing and

Somatics

#7-712- West Saanich Road

Brentwood Bay 403-335-5993

Shannon with Anam Cara Holistic

Healing 250-896-0565

2341 Henry Ave Sidney

shannon@anamcaraspa.com

Eve Carty - Levity For Life Yoga &

Sound Bathing

levityforlifeyoga@gmail.com

Sacred Space Wellness Inc.

778-966-3069 oursacredspace.ca

Heart Times

780-907-0261 hearttimes.ca

Mystic Wolf Urban Shaman with

Dianna Maycock

MysticWolfUrbanShaman.com

Heaven the Spa on the Rock

1050 Terrace Ave

250-384-2446

heavenspa.ca

Lori Prophet - Energy Worker

45-1545 Middle Rd

250-294-0461

Voodoo Priest Botanica

250-882-4232

voodoopriestbotanica.com

Infinite Light Ormus and Healing
Services

Luke Taylor

250-777-2169

Deep Field Insight Wyatt Michael

560 Johnson St 778-676-0776

deepfieldinsight.com

Serendipity Celestial College

David Zunker

108-290 Island Hwy 250-686-4195

dbzunker@gmail.com

Jane Sloan Astrology

250-507-5098 janesloan.com

Womb Rise Healing with Lorilee

2220 Sooke Rd Colwood,

778-997-2177

wombrisehealing.com

Elusive Butterfly Connection with

Lori Stephans 780-908-8242

elusivebutterfly.ca

Directory

Duncan/Cowichan Valley

Lotus Flower Psychic Readings

Kathryn Lowther

416 Jubilee St Duncan BC

250-891-5138

Intuitive Shift Hypnotherapy and Mediumship Readings

567 Noowick Rd Mill Bay

250-619-3815

Elusive Butterfly Connection

Lori Stephan, Duncan

780-908-9242 elusivebutterfly.ca

Ladysmith/Nanaimo/Parksville

Chrissandra Unger - Sound Journeys

750 Churchill Ave, Nanaimo

250-619-5352

Ana-La-Rai's Sparkles of Love,

Ladysmith BC 250-240-3898

Energy Counselling with Mike

2627 Starlight Trail Nanaimo BC

250-714-2690

Enchanted Power Light Therapy with

Beth Dame 250-204-9471

4945 Laguna Way Nanaimo BC

Spirits Connections with

Paula de Montigny 778-268-1611

SpiritsConnections.ca

Sea of Sound Vibro & Sound Therapy

2431 Oriole Dr. 250-713-9495

seaofsound.ca

Senses of the Soul with Samantha

Orthlieb 587-899-7685

371 Jensen Ave W, Parksville

sensesofthesoul.ca

Shift in Action and Energy Flow - Events & Presentations

348 Young St, Parksville

evaeg@telus.net

Comox Valley/Campbell River

Astrology & Sound Healing with

Nancy Hilton Campbell River BC

250-514-4688 Text Only

nancyhilton17@gmail.com

Luna Wellness Centre

6001 Mosley Rd N, Courtenay

778-585-6336

lunawellnesscentre.com

Silvia's Heavenly Energy

2371 Coho Road, Campbell River

250-850-7073

silviasheavenlyenergy.com

Health, Light & Love with

Cornelia (Connie) Richie

250-504-0302 healthlightlove.ca

Directory

Ancient Cedars Reiki

3309 Eleventh Street, Cumberland
ancientcedarsreiki.ca

Loving Energy Recharge

Mystical Hideaway. Comox
lovingenergyrecharge.com

Glow Holistics

250-730-1236 glowholistics.ca

Karuna - Magic From Sound
Vibrational Singing Bowl Therapy
bookme.name/experiencekaruna
Comox Valley

Illuminating Deep Peace Lucia Brodie
250-897-4478 deeppeace.ca

Centre for Inspired Living
168 S. Murphy St., Campbell River
250-850-3064 thecentrecr.org

Elderberry Herbs Marianne Beacon
705-740-2054

Alternative Schools

ATCC Aquarian Tabernacle Church of Canada
atccanada.org

Earth and Sky Connection

#62 560 Johnson St Vic. 778-441-1771
earthandskyconnection.com

Pacific Rim

College~pacificrimcollege.com
#229 - 560 Johnson St, Vic
250-483-2119

Magdalene Rose Temple

magdalenerosetemple.com

School of Witchery

schoolofwitchery.thinkific.com

Witch School Canada ~ witchschool.ca

13th House Mystery School

13thhousemysteryschool.weebly.com

The Magickal Path School

themagickalpath.com

Phoenix School Of Alignment

403-826-7199
phoenixschoolofalignment.com

International College of Energy Healing

internationalcollegeofenergyhealing.com

**Would you like to
remain in or be added
to the Directory? If so
please confirm with us
TheMystics@TamareWhiteWolf.com**

Lori Jean
Spiritual Oracle & Medium
Life Path Reading
Reiki Master - Teacher
Chakra Clearing & Balancing

Elusive Butterfly Connection

✉ Elusivebutterflyconnection@gmail.com
☎ 780 908-8242

📍 📱 🌐

Lori Jean Stephan & Elusive Butterfly Connection



SILVER COVE & CANGEMS



— CANADA'S LARGEST ROCK N' GEM COMPANY —

The Heartbeat of
Canada's Mineral Industry

BEAUTY • ENERGY • CONNECTION



**ETHICALLY
SOURCED**

Crystals, Minerals,
Fossils & Jewelry



**FAMILY
FRIENDLY
EVENTS**



**MINERALS
FOSSILS
BEADS**



**JEWELRY
ROUGH ROCK
LAPIDARY SUPPLIES**



— 2026 BC SUMMER SHOWS —

 KAMLOOPS	JULY 3 – 5, 2026
 CHILLIWACK	JULY 10 – 12, 2026
 COWICHAN	JULY 17 – 19, 2026
 SALMON ARM	JULY 24 – 26, 2026
 KELOWNA	JULY 31 – AUGUST 2, 2026
 VICTORIA	AUGUST 7 – 9, 2026



**AMAZING
VENDORS**



**UNIQUE
FINDS**



**COMMUNITY
& CONNECTION**



**FUN FOR THE
WHOLE FAMILY**



—  EVENT DETAILS  —
WWW.CANGEMS.CA



CRYSTALS • MINERALS • FOSSILS • JEWELRY • BEADS • ROUGH ROCK • LAPIDARY SUPPLIES & MORE!

www.cangems.ca



THE TEACHINGS OF ARCHANGEL MICHAEL



An excerpt from Wisdom Teaching 103:
What Happens When We Transition?

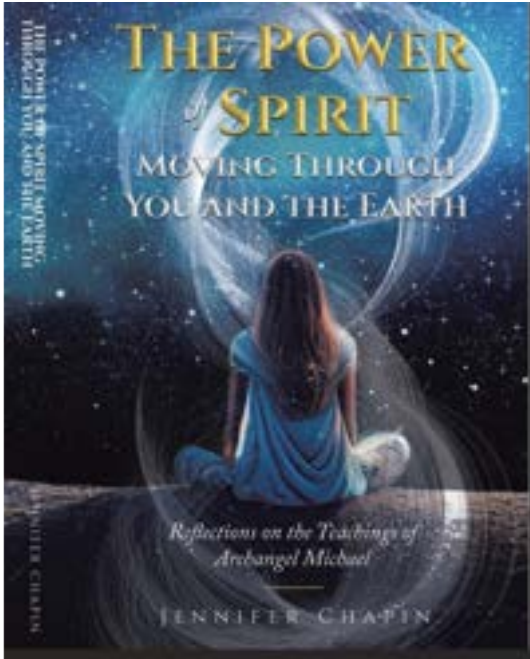
"Those who are 'en-Lighten-ed' and Self-aware are immediately taken before their Guardian Council to review their past life. This is not a judgment; instead, it is a review to see what challenges and opportunities were met positively with love and compassion and which tasks were not completed. Therefore, those will have to be experienced again. You cannot hide anything from anyone in the higher realms, for your aura tells your complete story and everyone can see the radiance and lightness of your Spirit-Self, or the lack thereof. Your form will be beautiful and perfect, and you may appear to be any age or in any form you desire. "It is a very different story for those who have lived a life of hate, fear and aggression toward others or have a significant accumulation of negative karmic debt to overcome."

Meet Jennifer Chapin

July 4, 11-2pm Vic, BC., Can @Earth and Sky Connection

Read the rest of this article here in

www.thepowerofspiritmoving.com




**EARTH
And
SKY
CONNECTION**
"The Metaphysical Shoppe"

Products Psychic Services Alternative Healing Esoteric Workshops
560 Johnson St #62, Victoria, BC, Chinatown,
Market Square, Lower Courtyard, 778-441-1771
Nanaimo, BC / Tamare White-Wolf 250-591-1177
EarthAndSkyConnection.com



Skylar Pink



Tamare White-Wolf

**Book Handfast Weddings, Pagan Baby Blessings,
Pagan Memorials, Pagan End of Life Support.
Invite Mother and Son for Psychic Parties!**

Courses, Workshops, Ritual Teachings
with our Team of Magical People

Check our Website, Facebook, Instagram & TikTok



Map