



May Newsletter

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Important May Dates

(All times are CDT)

May 1 – Beltane

Beltane

Animals/Mythical Creatures – the white cow, goats, giants, rabbits, honey bees, faeries, satyrs, pegasus

Gemstones – emerald, orange carnelian, sapphire, rose quartz, lazuli, sapphire, yellow agate, bloodstone

Incense/Oil – passion flower, frankincense, tuberose, vanilla, lilac, rose

Colors/Candles – red & white (symbolizing God and Goddess), dark green, dark yellow, rainbow spectrum, blue, pastels, all colors

Tools/Symbols/Decorations – maypole & ribbons, flower crowns, fires, bowers, fields, May baskets, white flowers and ribbons, daisy chain, flower chaplet, white wine in clear crystal glass, chalice, butter churn, blackthorn & hawthorn branches, seasonal fruit

Goddesses – May Queen, Flora, Maia, Flower Goddesses, Lady of the Greenwood, Divine Couples, and Goddesses of the Hunt, Aphrodite(Greek) Blodewedd (Welsh), Erzulie (Voodun), Baubo (Greek)Rhea (Cretean), Prithvi (Hindu)

Gods – May King, Jack in the Green, Horned God (European), Herne (Greek), Green Man, Bel (Celtic), Baal (Phoenician), Gods of the Hunt,

Essence – compassion, youthful play, exuberance, sensuality, pleasure, action

Dynamics/Meaning – sacred marriage of the Lord and the Lady, arrival of the Tuatha de Dannan in Ireland

Purpose – fertility festival, celebrate 1st day of Celtic summer, 1st day of the light half of the year

Rituals/Magick – The Great Rite, love, romance & fertility magick, elf & faery power, offerings to elementals, crop blessings, relighting sacred fires, divination, building shrines, fire-calling, honoring house guardians, snake dancing, bathing faces in the morning dew of May to retain their youthful beauty

Customs – maypole erection, dancing around the maypole, bonfires, jumping fire, mating, picking flowers, making flower baskets, frolicking throughout the countryside, archery tournaments, sword dances, feasting, drinking and music, moving the herds to high pasture

Foods – dairy, honey, oats, red fruits, herbal salads, red/pink wine punch, large round oatmeal/barley cakes, sweets

Herbs – almond, angelica, damiana, hawthorn, hibiscus, saffron, ash tree, bluebells, cinquefoil, daisy, frankincense, hawthorn, ivy, lilac, marsh marigold, meadowsweet, primrose, roses, woodruff, yellow cowslip, yarrow

Element/Gender – air/male

Threshold – dawn

To learn more about this and other Sabbats, get our The Sabbats eBook at www.the-witches-apothecary.com/the-sabbats-ebook.html

May 5, 7:18 am – New Moon

A Time of Rebirth:

The time each month in which the moon is dark and cannot be seen is known as the new moon. It's a period in direct contrast to the full moon. Although some Wiccans and Pagans consider this a good time to do magical workings, others believe it is a time in which the magical self should be rested and rejuvenated.

Getting Your Mojo Back In Order:

Depending on how actively magical a life you lead, you may find yourself needing to take a breather every now and then, a time when you do no workings, and simply get in touch with your spiritual and emotional inner self. Use the three days that occur before, during and immediately after the new moon as a time when you give your "witchiness" a rest, and instead focus on rejuvenation.

How can you do this? After all, you're busy, right? You have a job, kids, commitments to keep... but you owe it to yourself to take a break once in a while. It's not selfish to think of yourself on occasion – in fact, if you DO take the time to focus on you, you'll be a happier and healthier person. Here are some ways you can get yourself feeling revitalized during the new moon:

- Take a cleansing bath. Use herbal sachets, light candles, and scented oils if you like them. Shut off the phone, lock the bathroom door, and enjoy.
- Go for a walk in the woods. Humans aren't the only ones whose bodies move in tune with the moon's cycles. See if the trees and sky feel different to you during this phase of the moon. Notice changes in energy in the natural world.
- Take a catnap. If you're feeling run-down and beat, nothing beats a quick 30-minute nap. Don't sleep too long, though, or you'll just feel off-kilter the rest of the day.
- Meditate. Make the time to get comfortable in your favorite chair or a spot on the floor, and meditate. If you have trouble meditating on your own, get a recorded guided meditation to follow along with.
- Do something with your hands. If you're a crafty type, now is a good time to do work that is physical, rather than mental or spiritual. Build something, paint a picture, chop some wood.
- Get together with friends. Often, we forget how important it is to connect to people other than our spouse and kids. Get a group together and go out, even if it's just for lunch.
- Try something new. If you've always wanted to take a yoga class, learn Irish step dancing, or try out French lessons, now's a great time. Think of the new moon as a time of rebirth, and a new you will emerge as the moon begins to move into its waxing cycle.
- Plant something. Many gardeners swear by moon phase planting – the phase between the new moon and the full moon, when the moon is waxing, is when you should start your seedlings for plants that grow above ground. It's also a good time to re-pot and trim up any houseplants that may have gotten scraggly.

May 11 – Mother's Day

The Mother Aspect of the Triple Goddess

She is the fertile womb that bears forth all things. The Mother is the nurturer, the one who nourishes life within her and gives birth to it. She labors to give presence to all things and then renders nourishment of the flesh and of the soul. Her image is that of a woman with a babe at her breast and children at her feet. She is mentally, physically, emotionally, and spiritually powerful.

May 19, 9:11 pm – Full Moon

Scorpio Moon Redux

We get an extra Full Moon in Scorpio this year. This month is excellent for magick working – especially love magic. If you have a partner, a two-person ritual to strengthen the relationship could be helpful and fun. The Full Moon, Sun opposite Moon, is the final aspect. Opposites are about balance and harmony, so a ritual involving balancing polarities would work well: masculine and feminine, earth and sky, mind and body. If you don't have a partner, you can work on balancing forces within yourself.

Find a large mirror you can bring into the circle, or do the ritual near a large mirror. Cast a circle with the mirror in the center. If the mirror is on the wall, visualize the circle extending to the other side of the mirror.

Look at yourself in the mirror. Reach out and place your palms on the mirror like you are holding hands with yourself. Feel energy flow in yourself, through the mirror and back to you. Notice all the contradictions within yourself, the opposites that we all contain. After a few minutes, let the energy slow to a halt, and break contact with the image in the mirror. Close the circle. You might want to record any dreams you have after this ritual.

~ Magenta Griffith

May 26, 10:48 am until Jun 19, 9:31 am – Mercury in Retrograde

Mercury, the cosmic trickster turns retrograde in Gemini, the sign of the Twins, sending communications, travel, appointments, mail and the www into a general snarlup! This awkward period begins a few days before the actual turning point (as Mercury slows) and lasts for three weeks or so, until June 19, when the Winged Messenger reaches his direct station. At this time he halts and begins his return to direct motion through the zodiac.

Everything finally straightens out on July 4, as he passes the point where he first turned retrograde. Mercury turns retrograde three times a year, as a rule, but the effects of each period differ, according to the sign in which it happens.

A planet is described as retrograde when it appears to be moving backwards through the zodiac. According to modern science, this traditional concept arises in the illusory planetary motion created by the orbital rotation of the earth with relation to other planets in our solar system. Planets are never *actually* retrograde or stationary, they just seem that way due to this cosmic shadow-play.

What does Mercury affect?

In general, Mercury rules thinking and perception, processing and disseminating information and all means of communication, commerce, education and transportation. By extension, Mercury rules people who work in these areas, especially people who work with their minds or their wits: writers and orators, commentators and critics, gossips and spin doctors, teachers, travelers, tricksters and thieves.

Mercury retrograde gives rise to personal misunderstandings; flawed, disrupted, or delayed communications, negotiations and trade; glitches and breakdowns with phones, computers, cars, buses, and trains. And all of these problems usually arise because some crucial piece of information, or component, has gone astray or awry.

It is therefore not wise to make important decisions while Mercury is retrograde, since it is very likely that these decisions will be clouded by misinformation, poor communication and careless thinking. Mercury is all about mental clarity and the power of the mind, so when Mercury is retrograde these intellectual characteristics tend to be less acute than usual, as the critical faculties are dimmed. Make sure you pay attention to the small print!

The Key Issue

The key issue here is one of focus. Mercury's retro phase tends to bring unforeseen changes and blockages, but the aggravation and frustration that many of us experience during these periods is often due to our own inability to roll with the punches. Is this due to our ego-fixation? Mercury sets out to restructure our thinking processes and for many of us this is painful and frustrating. Moreover, these experiences reveal flaws in our internal organization as well as our external planning, which can make us feel foolish and inadequate.

Mercury retrograde, like any cosmic aspect, affects people differently, depending on where it hits their personal charts. Some people actually prosper under a retro Mercury, especially if Mercury is retrograde but otherwise well-aspected in their birth charts. It is also a time when matters begun under a previous retro period will come to fruition, or completion as the case may be. Firm decisions that have been previously made when Mercury is traveling normally through the zodiac may be implemented or finalized while Mercury is retrograde without too much worry, for experience shows that this can be done without undue problems arising.

May 26 – Memorial Day

Keepers of The Fire

In dawn of each new day, we will turn to the East,
and see your shining faces in the radiant light of the rising Sun.
And we shall know that you have joined as One,
with the Creative Power of the Universe.

In the bright day of noon, we will turn to the South,
and feel the warmth of your courageous, honorable spirits in our hearts.
And we shall know the full living expression,
of your souls on Earth and your spirits hereafter.

In the glorious canvas of Sunset, we will turn to the West,
and witness your signatures on the day as you walk with honored ancestors.
And we shall know both the wisdom of your lives,
and the admonishment of your deaths - to create a world of peace.

In the deep of the night, we will turn to the North,
and witness in the stars that you are given a place of remembrance.
And we shall ever know you in our dreams,
as alive and fulfilling your own dreams beyond your allotted years.

In the deepest center of our souls, we will feel your constant presence,
and find ourselves humbled by the true essence of your spirits.
And we shall pray that like you, we will be Keepers of The Fire,
Each in our own way, will live and love with honor and with courage.

And as the family anchors of this earthly home front,

We know there isn't any distance between loving hearts.
And we make this solemn promise in the memory of your lives,
To keep the hearth fires burning for our troops still serving,
Until they all come home!

With Love, Gratitude, and Respect for Our Fallen Heroes,
Our Honored Deceased Veterans, and Their Loved Ones.

~ Rev. Kay J. Ahl

New Items at The Witch's Apothecary

Powdered Incense & Burner Kits – <http://www.the-witches-apothecary.com/poinbu.html>
Menagerie Tarot Cards - <http://www.the-witches-apothecary.com/menagerie-tarot-deck.html>
Cards of Love Tarot Deck – <http://www.the-witches-apothecary.com/cards-of-love-tarot-deck.html>
Tree of Life Incense Burner – <http://www.the-witches-apothecary.com/tree-of-life-incense-burner.html>

To see all of our new items, visit www.The-Witches-Apothecary.com

The Witch's Apothecary May Sale Items

Wood Mortar & Pestle Set – Regular Price \$7.99, Sale Price \$6.99
The Sabbats eBook – Regular Price \$4.99, Sale Price \$3.99
Doublemint Herbal Tea – Regular Price \$5.99, Sale Price \$4.99
Magickal Herb Kit, 30 Herbs – Regular Price \$16.99, Sale Price \$14.99
Love Spell Kit – Regular Price - \$9.99, Sale Price \$7.99

To see all of our sale items, visit www.The-Witches-Apothecary.com/saleitems.html

Herb of the Month

Basil ~ Element – Fire, Planet – Jupiter, Gender – Masculine, Parts Used - Flowery tops and leaves, Magickal Properties - Money and Riches, Protection, Love, Uses - Burn crushed powdered Basil while you announce your desire. You can also sprinkle a little on your person. Can be mixed with other herbs for protection and love.

To learn more about this and other herbs, get our Magickal Herbs eBook at www.The-Witches-Apothecary.com/magickal-herbs-spells--recipes-ebook.html

Stone of the Month

Carnelian – This stone is excellent for increasing courage, especially in the shy. It helps to promote self-confidence while inducing peace. It offsets doubt and negativity. Carnelian is excellent for increasing sexual desires between couples and is very useful in spells relating to lust. It is very helpful in all forms of healing. It can also be used to guard against people who try to read your thoughts. Carnelian is associated with the 2nd Chakra, heightened sensuality, the abdomen, and the sign of Leo. It enhances physical energy, creativity, individuality, courage, and memory.

Not only dispelling negative energy in other stones, Carnelian is said to aid in removing negativity from the body, as well. It aids in past life recall, or finding a good mate. Carnelian is also known as the actor's stone, aiding in the creativity necessary for the dramatic arts. Some very ancient metaphysical properties associated with Carnelian: In ancient roman tradition, pale red (or orange) carnelian is related to the feminine and darker red carnelian is considered masculine. It is considered extremely sensitive to oils, acid and sunlight, the color becoming brighter with exposure to the sun.

It is also said that a Carnelian stone may be used for scrying by placing the stone in the sun for a few minutes, before gazing into it. Carnelian was used as a blood purifier and to stop bleeding. Wear Carnelian to protect against fear, envy, and to help to banish sorrow. Carnelian may be also worn to calm the temper, promoting a cool head in an argument. It is said to lend dignity, contentment, and blessings.

These are just a few of the metaphysical properties associated with this orange/red stone. Carry Carnelian with you, to assist in any of these areas.

Rune of the Month

M Ehwaz (E: Horse, two horses.) – Transportation. May represent a horse, car, plane, boat or other vehicle. Movement and change for the better. Gradual development and steady progress are indicated. Harmony, teamwork, trust, loyalty. An ideal marriage or partnership. Confirmation beyond doubt the meanings of the runes around it. Ehwaz Reversed or Merkstave: This is not really a negative rune. A change is perhaps craved. Feeling restless or confined in a situation. Reckless haste, disharmony, mistrust, betrayal.

To learn more about this and other runes, get our Rune Dice Book at www.The-Witches-Apothecary.com/rune-dice-divination.html

Tarot Card of the Month

The Lovers – The Lovers represent a new breath of life. They symbolize love, devotion and spiritual friendship. Positively associated with desire, new lover, relationships, physical attraction, love, sex, and commitment. Negatively associated with lust, moral lapse, temptation, indecision, separation, failed love affair, and emotional loss of control.

To learn more about this and other Tarot Cards, get our Basic Tarot Card Reading eBook at www.The-Witches-Apothecary.com/basic-tarot-card-readin.html

Correspondence of the Month

Mythical Creatures

Centaur – the arts, creative inspiration, divination

Dragon – protection, transformation, spiritual guide, long life, strength against fear

Gargoyle – silence, shadows, freedom

Griffin – spiritual clarity, faith, understanding

Leviathan – influence, foresight, time for meditation

Manticore – embodiment of evil, dark force, powers working against you

Minotaur – defense against harm, protection, power, fertility

Pegasus – inspiration, astral travel, divination, romance

Phoenix – rebirth, reincarnation, new beginnings, courage, adaptation

Unicorn – prosperity, adventure, purity, of gentle nature, mental strength

To learn more about this and other correspondences, get our Magickal Correspondences eBook at www.The-Witches-Apothecary.com/magickal-correspondences-ebook.html

Spell of the Month

Lust Enhancing Spell

one large fresh red rose petal
cinnamon
red sewing thread

Place the cinnamon in the center of the rose petal, and tie the petal shut with the red thread.
Chant:

Red of life,
red of spice,
bring to me,
the spice of life.

Place the rose petal pouch in the path of the one you wish to lust for you. This spell is best cast on the new to waxing Moon for the purpose of obtaining the lust of another.

To receive more spells, get our Wicca 101 and Beyond: A Witch's Grimoire eBook at www.The-Witches-Apothecary.com/book-of-shadows-ebook.html