



## May Newsletter

### In this Issue

Important May Dates  
Witch SuperCenter May Sale Items  
Herb of the Month - Rose  
Stone of the Month - Lithium Quartz  
Rune of the Month - Eihwaz  
Tarot Card of the Month - The Two of Pentacles  
Correspondence of the Month - Time of Day  
Spell of the Month - Self Protection Ritual

### **Important May Dates**

(All times are CST/CDT)

#### **April 28, 12:20 pm to May 22, 8:20 am - Mercury Retrograde**

Mercury retrograde happens when the planet Mercury passes between the Earth and the Sun. As it passes, it appears as if it is spinning backwards. Because Mercury's orbit is about 84 days, this generally happens three times a year. While the retrogrades typically last about 22 days, there is an "entering" time frame on either side of two to three weeks where the influences are present. In other words, the influences can be felt about a week before and after the actually planetary positioning.

Why do we feel Mercury so intensely? Mercury has a huge core made almost completely of what astronomers have concluded to be iron. It is the only planet in our Solar System to contain this much of this metal. Because Mercury passes so closely between the Earth and Sun, it almost becomes like a huge magnet charging between polarities.

Mercury Retrograde if utilized properly, can be a kind of extra-sensory tool to contact and connect with the steps you need to take next on your path or that hidden piece of the puzzle you have been trying to figure out.

## May 1 - Beltane/May Day (Crossquarter May 5)

### 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 Sabbats eBook at

[http://witchsupercenter.com/zencart/index.php?main\\_page=product\\_info&products\\_id=129](http://witchsupercenter.com/zencart/index.php?main_page=product_info&products_id=129)

## **May 5 - Cinco de Mayo**

How to make simple shake maracas, a fun activity for kids and adults.

You will need:

Clean, dry recycled plastic drink containers (2 per set) - look for plastic that is white in color which allows the paint to adhere better than clear plastic.

Noise-making items (fillings), such as beans, rice, pasta or beads

Tape

Paint (tempera or acrylic)

Paintbrushes

Put the beans or rice inside the container. Shake the maracas to try different combinations until you produce a sound that pleases you.

Wrap 2-3 layers of tape around the bottle's neck to seal it shut.

Paint the maracas and let them dry.

## **May 6, 2:30 pm - New Moon**

What a garden of earthly delights this New Moon at 16 degrees Taurus brings us on Friday, May 6th. As it is in a fixed sign, it's not the most driven New Moon, but it's a good time to plant seeds of growth in areas concerning money or building up of tangible things. Mercury retrograde might be messing with new, incoming information, but you can always reevaluate information from the past and look for clues you may have ignored but that can be relevant to your fiscal wellbeing now.

## **May 8 - Mother's Day**

In celebration of Mother's Day, let's remind ourselves to get connected to the source of life beneath our boots and sneakers and flip-flops. Let's honor our Mother. Let's call in our attention and our breath with the intention of loving her and healing her.

Here is a way to feel how grounded and supported you are by Mama Earth, to honor her magnificence, her love, and ultimately, to heal her.

Walk Barefoot

Leave your shoes behind, and let your feet really feel into the grass, the dirt, the sand. This is a connection our ancestors always had. Now, how often do you truly feel the Great Mother under your feet? Walk with intention, and honor the Earth with every step. Feel her supporting you. Feel her pulse.

## **May 21, 12:24 am - Full Moon**

### The Deer Moon

With May comes the Deer Moon. The deer is graceful and quick, always alert to the environment and ready to respond. People who follow deer energy have a deep awareness of the world around them, so they are great observers. In nature, May is a time of burgeoning life, so it's important to watch for opportunities to grow.

For the ritual, you need several small tea lights in candleholders and at least one image of a deer. Light the candles and place them in safe spaces around the room, so that you are surrounded. Focus on the deer icon and say, "*Spirit of Deer, teach me to look. Spirit of Deer, teach me to listen. I would learn the ways of the wild.*" Meditate on how a deer in the forest may go unnoticed and yet observes everything. Conclude the ritual by blowing out the candles. Then hide your deer image somewhere, such as a book.

Afterwards, remain alert. See how many signs of deer energy you can spot--pictures in a magazine, a documentary about deer on television, a deer beside the road, etc. Your observational skills will grow the more you hone your subtle senses.

~ Elizabeth Barrette in Llewellyn's 2016 Witches' Datebook -

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Join the **Moon Water Challenge** this Full Moon. For more information, please visit <https://www.facebook.com/MoonWaterChallenge>

## **May 30 - Memorial Day**

This Memorial Day, why not establish a place in your home to honor your ancestors? There are many ways to create an ancestor altar. One of the easiest is to place photos or other mementos on a mantle or shelf. A shadow box can be used and hung on a wall if space is an issue. Of course, if you do have the space, you can dedicate a table or cabinet to your altar. Meditate and ask your ancestors to give you strength and wisdom. Be open to receiving their messages.

### **We're now on Twitter**

You can get recipes, updates when we add new products, announcements of local events and more. Follow us at <https://twitter.com/WitchSC>

### **Like us on Facebook**

Visit our page at <https://www.facebook.com/WitchSuperCenter>

## **Witch SuperCenter May Sale Items**

2016 Herbal Almanac - Regular Price \$11.99, Sale Price \$10.99  
Tie Dye Pentacle Curtain - Regular Price - \$29.99, Sale Price - \$27.99  
Dream Interpretation eBook - Regular Price - \$4.99, Sale Price - \$3.99  
Spearmint Herbal Tea - Regular Price - \$5.99, Sale Price - \$4.99  
Deluxe Wicca Starter Kit, w/Love Spell - Regular Price \$79.99, Sale Price \$85.99

To see all of our sale items, visit

[http://witchsupercenter.com/zencart/index.php?main\\_page=specials](http://witchsupercenter.com/zencart/index.php?main_page=specials)

## **Herb of the Month**

**Rose** - Fire/Venus; Gender - Feminine; Also attributed to the element of Water, and also the influence of Mars; Parts Used - Flowers; Magickal Properties - Ultimate Love, Protection; Uses - The ultimate in love wishes, this will aid in bringing a true lasting love and help also to mend any spats between you in an already committed relationship; can be used in a bath while thinking of a new love; the dried flowers are burned in love wishes; sleeping with the flowers will protect your dreams; carry a sachet or amulet for protection against bodily injury or when working; give away with healing wishes

To learn more about this and other herbs, get our Magickal Herbs eBook at

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## **Stone of the Month**

**Lithium Quartz** - Lithium Quartz is a beautiful crystal, and not just to look at. It has a sweet calming energy that is effective to help stress and tension. It is an excellent meditation stone that will heighten the profoundness of your inner journey and support spiritual growth.

Lithium takes you easily to the higher realms and helps you to make heart-felt spiritual connections that have an amazing beauty and depth. The vibration of this stone may help with stress, depression and anxiety. It will move throughout your entire body, healing areas of the aura that need help and activating all of the chakras. It is a wonderful stone for healers to use and to wear, as it helps to create a peaceful and harmonious space for healing.

## Rune of the Month



**Eihwaz** (EI: Yew tree.) – Strength, reliability, dependability, trustworthiness; Enlightenment, endurance; Defense, protection; The driving force to acquire, providing motivation and a sense of purpose; Indicates that you have set your sights on a reasonable target and can achieve your goals; An honest man who can be relied upon. Eihwaz Reversed or Merkstave: Confusion, destruction, dissatisfaction, weakness.

To learn more about this and other runes, get our Rune Dice Book at

[http://witchsupercenter.com/zencart/index.php?main\\_page=product\\_info&cPath=9&products\\_id=124](http://witchsupercenter.com/zencart/index.php?main_page=product_info&cPath=9&products_id=124)

## Tarot Card of the Month

**The Two of Pentacles** - In the Two of Pentacles we meet the young ambitious man who seized the Pentacle in the Ace and is now doing everything he can to make it work for him. He has a long-term goal for his Pentacle and he accepts that he will have to work hard to achieve it.

It is hard work for sure. As we enter the scene, we see him hop from foot to foot while he juggles two Pentacles. One Pentacle is higher than the other and surrounding them is a figure of eight loop, the infinity symbol which is also known as the Lemniscate. This represents the endless flow of energy. All energy is recycled, whether it is good or bad. Energy is simply energy and cannot be destroyed. What goes around comes around and the cycle continues on and on forever. It is how we use energy that is important.

Money is also an energy and as we all know, what comes into one hand has a habit of going out of the other rather quickly. It is the same money going around and around, being passed from one person to another in exchange for goods or services. Unless this cycle is maintained, commerce and trade will collapse. In order to make money, we often have to spend it first. Energy begets Energy and Money begets more Money. It is a well-known fact that those who have a lot of money can easily make more. However, sometimes it is a small investment that gets the ball rolling and creates momentum in the cycle. This man may have started with just One Pentacle but he knows that if he invests or uses it wisely he can make it double if not more.

The man in the Two of Pentacles needs to find balance and moderation in his life too. All work and no play made Jack a dull boy. If he allows no time for relaxation or fun, he is liable to become tired and tense and he may find his mood fluctuates like the waves behind him, up one day and down the next.

To learn more about this and other Tarot Cards, get our Basic Tarot Card Reading eBook at [http://witchsupercenter.com/zencart/index.php?main\\_page=product\\_info&cPath=9&products\\_id=107](http://witchsupercenter.com/zencart/index.php?main_page=product_info&cPath=9&products_id=107)

## Correspondence of the Month

### Time of Day

**Sunrise** – purification, business, success, study, travel, employment, breaking habits, guilt, jealousy, healing disease, conscious mind

**Noon** – magickal energy, physical energy, strength, protection, money, courage

**Sunset** – breaking addictions, weight loss, banishing, misery, pain, anguish, negative habits

**Night** – beauty, dreams, psychic dreams, awareness, sex, spirituality, purification, love, friendship, peace, releasing stress

To learn more about this and other correspondences, get our Magickal Correspondences eBook at

[http://witchsupercenter.com/zencart/index.php?main\\_page=product\\_info&cPath=9&products\\_id=118](http://witchsupercenter.com/zencart/index.php?main_page=product_info&cPath=9&products_id=118)

## Spell of the Month

### Self-Protection Ritual

You will need:

A special piece of jewelry to charge as a protective talisman

Candles - you decide how many and what colors

Incense (this is easier with stick incense) or a smudge stick

Protection Soap or Oil (optional)

Ritual:

Take a ritual bath to cleanse your body and your aura. If you like, use a protection soap or oil in your bath. While bathing, close your eyes and imagine all of the negativity and karmic yuck you've accumulated from the energy of others being removed from your body and spirit as the water flows over you. Meditate on the change you can feel in your body as you become purified. When you feel ready to move on, drain your bath and dry your body. You may put on clothes or remain naked for the next part of the ritual.

Arrange and light your candles around you. Surround yourself in a circle of candlelight if possible. Light your incense or smudge stick and place in a fire-safe container. When you have a good amount of smoke. Wave your wand (incense or smudge stick) around your body and repeat the following:

"Spirit of Smoke, Daughter of Fire

Surround me and protect me from harm"

Place your wand back in its container and wave your talisman in the smoke. As you hold it in your hands, direct some of your energy into it and say:

"Universe around me, grant me your aid,

Imbue this object with protective power so that I may be safe."

If you haven't already, put your jewelry on and move to the center of your light circle. Feel the light on your skin as you see it with your eyes. Gaze at a flame and loosen your focus on it. What shapes do you see? Are there any messages there for you? Remain in your circle and meditate as long as you like.

When you are finished, stand and say: "For the good of all, So Mote It Be."

To receive more spells, get our Wicca 101 and Beyond: A Witch's Grimoire eBook at [http://witchsupercenter.com/zencart/index.php?main\\_page=product\\_info&cPath=9&products\\_id=108](http://witchsupercenter.com/zencart/index.php?main_page=product_info&cPath=9&products_id=108)