



The Mermaid Wave Journal

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Stephanie's Corner

By Stephanie Leon Neal



Repeat and Be

First, know thyself!

You are the spade that roots out harmful things so that your garden may blossom and produce fruit.

You are the flame that gives energy to all things spiritual and material.

You are the living altar.

No one or thing forces one to learn because your authentic self is teaching your baser self to rise and commune with your inner self.

You are a teacher and a student. The physical world is your school; you are the world's school.

You are your opportunity.

You are your path; your morals solely govern its rules and opportunities based on Universal principles.



From the day of your birth, you have been creating your path through your experiences, which have made you the threefold gates of justice, goodness, and love.

All this, plus more, is your birthright.

Continue feeding the flame through your purity of mind and nourishing altruism.

Love & Blessings,

Stephanie Neal

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Voices From the Sea

By Rv Silas Mimir AP~

Sometimes you just need to stop and enjoy the people and things you surround yourself with. It's become too common of an occurrence for people to become burnt out in their jobs and life in general. Many strive for balance, but what does it mean to have a balanced life? Do you have time for yourself? Do you have time to take care of yourself? What does it mean to take care of yourself? Do you have a self-care routine? If not, how can you make one and implement it?

I had the pleasure of going to the Spring Mysteries Festival put on by the ATC. It was a great time. My original intention and expectation was for it to be a business trip (as a member of Spiritual Professionals Association) with a secondary spiritual/vacation. Boy was I wrong. It ended up being what I *needed* it to be, not what I expected/wanted it to be. It ended up being more relaxing, and a deeper transformational journey for me. (I was able to attend all the rituals!!!)

As I reflect on my experience in the rituals, and my interactions with all who attended. All I can say is that if you have the opportunity to attend, do it. Also, be flexible with your expectations. The good news is that as a Sea Witch, it does come a little easier for me to just go with the flow. I did not hold onto the disappointment of what I expected, but rather I embraced and enjoyed what it became. I will cherish the time that I spent with the many dear people, many of whom I have only interacted with virtually, for many years.

Whispers From the Sea

By Rv Stacey Blair AP~

This month, we are going to go on a nature walk. Start by setting an intention for the walk and channeling your awareness and energies towards that goal. As you walk, use your senses to bring your thoughts to awareness of things around you. Notice the nature and allow yourself to soak it in. If negative thoughts come forward, replace them with the positive inspiration of the life surrounding you. Allow yourself to find a calmer, peaceful thought pattern.

Find a place that calls out to you and sit upon the ground in silence, close your eyes, and take in the nature around you. Open your eyes and observe how it is all connected. Nature is a relationship; everything is dependent upon each other for life. Listen to what that relationship is teaching you.

Find a rock or tree and imagine all of its experiences and things that it has seen. Feel the gratitude of nature and absorb it like a sponge. Observe all of life, the plants, insects, and animals. What lessons are they passing to you? Put yourself in their lives, see the world from their point of view. What are you learning?.



Our ancestors turned to nature for meditation and insights with a goal of deeper awareness. Learn how to switch off unwanted thoughts, learn peace and confidence, release stress, and sleep more peacefully. What have you come to nature to do? Strengthen that peace and happiness in this present moment.

Each experience is unique with nature meditations. Accept the change nature has provided you and the awareness that has brought. Nature binds us, embraces us.

Before you leave, send love into the world by focusing on your breath, Exhale and send out love and warmth to the nature surrounding you. Inhale, imagine nature returning that love back to you. Continue each breath with a focus of peace, calm and compassion. Expand your emotional boundaries and build a deeper bond with nature. Be sure to thank your surroundings for the lessons before leaving.

Deep Sea Inspirations

By Rev. Bradley Quisenberry Foster/Fosterberry

Light the Fire, Turn the Wheel (Beltane Chant)

Light the fire
Turn the wheel

Let the land remember what we feel

Call the green
Lift the flame
Speak the truth, and speak your name

Sing the bloom
Shake the ground
Let the May come rising round

Tie the ribbon
Raise the sun
What was hidden now has begun

Light the fire
Turn the wheel
Let the land remember what we feel

Plant the wish
Bless the rain
Touch the root and name your pain

Drink the joy
Breathe the sky
We are here and we are why

Drum it slow
Drum it loud
Build the fire, gather the crowd

Light the fire
Turn the wheel
Let the land remember what we feel

We Build the Fire

We don't always know what we're doing
We just show up with what we've got



Some bring drums
Some bring flowers
Some just bring silence and a spot

But we show up
And that's enough
The fire doesn't ask for perfection
It just needs hands
And breath
And someone to say "I'm here"

We build the fire
Not because it's easy
But because it matters
Because it reminds us
That life is still burning
And we are too

We build the fire
For the seeds we've planted
For the ones that didn't bloom
For the stories we're still holding
And the ones we're finally ready to speak

We build the fire
For every year we said
"Next time I'll dance."
And this time
We do

Beltane, don't ask us to be loud
Or sure
Or full of joy
It just asks us to be real
To come barefoot if we can
To bring water if we need to
To witness
To remember
To return



We build the fire
And we don't do it alone
Even when we feel alone
The land is watching
The land is listening
The land is singing with us

So we light the flame.
We tie the ribbons
We laugh when it feels right
We cry if it comes
We walk the circle
We touch the earth
And we say
"I'm still here. I'm still
becoming."

We build the fire
Because we were meant to
Because the wheel keeps turning
And the spring still says
"Come home"

May Your Forge Burn Bright,

Rev. Bradley Quisenberry
Foster/Fosterberry



Handmade Projects

This month, we bring a bit of nature indoors by creating a Green Man mask from leaves. Throughout history, these were often found in homes as a link to natural deities as a symbol of rebirth, nature, and the cycle of growth that spring brings. May Day is associated with the Green Man.

What you'll need:

- Polymer Clay
- Paper Mache Mask



- Toothpick
- Cutter Knife
- Acrylic Paint
- School Glue

Directions:

1. Knead the clay and roll it flat until it's about an inch thick.
2. Cut it into the shape of an oak leaf, and use the toothpick to draw the veins into the leaves. Cut out a few different leaf sizes. Use the longer ones for the areas above and under the eyes. Bend the edges to give the leaves interesting shapes..
3. Press the leaves gently onto the mask and bake the mask in the oven according to the clay's packaging instructions.
4. Use a little glue to fill in the gaps between leaves.
5. Once the glue has dried, paint the mask. Be sure to highlight and shadow with shades of green, brown and yellow. Use a sponge to smudge the paint. And, if desired, apply a varnish over the paint to preserve it.

Dabblings of a Green Witch

By Rv Catherine Dragoni

Hawthorn

Real spring comes slowly where I live. Crocuses and daffodils begin blooming in April, but other flowers wait until May to appear. I spend as much time as I can outdoors, walking trails and working in my garden beds. I have collected some of my daffodil blooms, which I am drying to use in my Beltane incense blend. Here is the recipe I will be using:

2 parts Mugwort

1 part dried Daffodil petals

1 part Basil

1 part Hawthorn berries

1 part Patchouli



1 part Cinnamon

½ part Dragon's Blood resin

Hawthorn has a traditional association with Beltane, even though in many areas, the tree won't bloom until later in May. In the regions where this celebration probably originated, the blooming of the Hawthorn tree signified the time for this celebration. Hawthorn is recognized as a sacred tree by many traditions, including the Druids, who included this tree in their magical alphabet. Hawthorn is also associated with Samhain. The tree flowers in May, and its berries ripen in mid to late October.

In Celtic traditions, it is known as the "faerie tree", and represents the gateway to the realm of the Sidhe (faeries). Cutting a Hawthorn tree was believed to anger the faeries, bringing misfortune to those involved. In 1999, highway construction in Ireland was rerouted to avoid disturbing a lone Hawthorn tree.

Along with oak and ash, this tree holds protective magic. Hawthorn is also associated with love and fertility. An old tradition was to decorate this tree with ribbons, to ask for wishes and blessings, especially in May.

Hawthorn is useful for heart healing, both emotionally and physically. A syrup can be made by chopping the berries roughly, covering with a quart of water, then boiling down to 1 cup. Strain the liquid and add a bit of honey as a sweetener. This can be used as a heart-healthy tonic or enjoyed on pancakes. Carry a small bag of dried berries with you to address emotional issues and calm your spirit.

From my herbal grimoire:

Hawthorne

(*Crataegus* spp.)

Planetary association: Mars and Venus

Elemental association: Fire.

Gender association: Masculine

Astrological association: Aries



Uses: cleanses negativity, protection, love, fertility, and purification

Medicinal: reduce blood pressure; healing of the heart; sore throats and inflammation; Flowers used as sedatives and to treat acne

Baking With Herbs

Irish Mashed Potatoes (Colcannon)

Colcannon is ideal for Beltane as it consists of ingredients that are earthy and symbolize fertility and the season's abundance. The combination of flavors and greens celebrates the vibrant energy of the season.

Ingredients:

- 3 ½ pounds peeled and cubed potatoes
- ½ cup butter
- ½ cup half and half
- ½ small, finely shredded cabbage
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon garlic powder
- 5 strips of bacon cut into 1-inch pieces



Directions:

- Place potatoes in a large pot over high heat. Pour cold, salted water into the pot until potatoes are covered. Bring to a boil.
- Reduce heat to medium-low and simmer for 25 minutes until potatoes are fork-tender.
- Drain and place potatoes in a large bowl.
- Fry cabbage in a skillet over medium heat with a few tablespoons of the butter. Add bacon and stir for 5 minutes until cabbage is soft and bacon is fully cooked.
- Mash potatoes until almost smooth.
- In a small saucepan, use the rest of the butter and half and half until combined, about 5 minutes over medium heat.

- Pour the butter mixture into the potatoes. Add salt, pepper, and garlic and stir until fluffy. Add more half and half, one tablespoon at a time, if too thick.
- Add the cabbage and bacon mix to the potatoes and stir.
- Enjoy!

Tea Time With The Wave

This is the time of year that I receive the most requests for teas that are fruity, flowery, and can be served over ice. This tea is my most requested and is perfect for Beltane when the temperatures can be hot. It is completely caffeine-free.

Ingredients:

- 1 cup Nettle Leaves
- ¼ cup Rose Petals
- ¼ cup Lavender Flowers
- ½ cup dried Orange Peels
- 1 cup Water



Directions:

1. Mix the ingredients in a jar and shake to combine.
2. Boil water and add ¼ cup of the mix.
3. Let steep for 15 to 20 minutes and strain.
4. Add 2 tablespoons of honey and stir.
5. Add ice.

Demeter's Apothecary

It usually never fails, with the up and down temperatures here in Michigan, this herbalist catches a Spring cold. With little time to rest and recover, I run to my supply of shower steamers. They are easy to make and relieve nasal congestion.

Supplies Needed:

- Soap mold
- Spray bottle
- Pure witch hazel
- 1 cup citric acid
- 2 cups baking soda
- 40 drops of eucalyptus essential oil
- 40 drops peppermint essential oil



Instructions:

1. In a bowl, mix citric acid and baking soda.
2. Add essential oils and mix with your hands.
3. Pour the witch hazel into the spray bottle and spritz the mix.
4. Use your hands to quickly mix and repeat spritzing until the mix packs together easily.
5. Scoop the mix into the molds and pack it down tightly.
6. Allow them to dry for at least 24 hours.
7. Place one shower steamer onto the floor of your shower and bathe as usual. Inhale as the steamer melts and releases the oil into the air.

Magical Animals

By Rev. Catherine Dragoni

Catbird

I follow the migration of birds closely, cherishing the return of waterfowl beginning in February, and the egrets and herons in late March and early April. As we approach the beginning of May, I keep my eye out for orioles, hummingbirds, and catbirds.

I follow the progress of the orioles and hummingbirds on the website Journey North (<https://journeynorth.org/>). This site has maps that show sightings for each of these species. I generally start



putting out my hummingbird feeders, oranges, and grape jelly right after Beltane, to be ready for those early arrivals.

I would come home from work and inspect these feeding stations. Had the oranges been pecked at? Was anyone eating the grape jelly? When I first started putting out these offerings, I was very excited when I saw evidence that my offerings were being utilized. But it took a few days for me to see who was visiting those feeding stations.

Was it an oriole, with its brilliant orange plumage sharply accented by black wings? No, it was this dull grey bird. A catbird.

I was disappointed. And I think the universe responded to that sentiment. I didn't see an oriole at my feeding stations for several years.

In the meantime, I began to appreciate this bird. I began to see the grey plumage as a rather distinguished suit, very handsome. And then there was his song – so very melodious, with so many different tones, occasionally punctuated by the very cat-like call that gives him his name. Listen to him here:

https://www.allaboutbirds.org/guide/Gray_Catbird/sounds

Catbird is an excellent communicator. When you work with the Catbird, people listen to you very closely. Catbird calls you to show honesty and integrity in all your interactions. He often arrives when people need to enhance their communication skills, or learn a new form of communication, such as a new language. Catbird reminds you to listen first, and then repeat what you have heard. This is how you will integrate new information.

Catbirds are insightful, reminding you to listen to your inner wisdom. They remind you to trust your intuition, that you have all you need to make the right decisions. Catbirds can also be a symbol of warning. They have the unique ability to produce two voices simultaneously, so their presence can mean that there is dishonesty around you.

Listen with discernment.

In my life, the catbirds that gulp up the grape jelly and peck at the oranges I put out are a source of joy. They faithfully return to my yard year after year and sing to me

as I work in my gardens. I am grateful for this grey cloaked bird, who arrives each May to celebrate Beltane with me.

Totally Tarot

By Rv Silas Mimir AP~

Spring is in full swing. It's time to get out and achieve those goals. No goals yet? Make some realistic goals! Also keep in mind that not all goals have to be about money or career. They could easily be about Health, Mental, Love, Spiritual or Self-Development. With this being said, our featured spread this month is for Goal Manifestation from Bidy Tarot (<http://biddytarot.com>).

GOAL MANIFESTATION SPREAD

1 2

3 4 5

6 7

@biddytarot

GOAL MANIFESTATION SPREAD

- 1 Where am I now in relation to my goal?
- 2 How am I in relationship with my goal?
- 3 What do I need to release?
- 4 What do I need to grow?
- 5 What steps can I take?
- 6 What lesson will I need to master?
- 7 What might I experience over the next year?

@biddytarot

Monthly Transits

(From cafeastrology.com)

May

2nd - Venus conj Neptune in Aries (easily influenced, seducible and seductive)

4th - Pluto turns retrograde in Aquarius (initial confusion and heaviness)

10th - Mercury enters Taurus (common sense, grounded thinking)

12th - Full Moon

20th - Sun enters Gemini (sociable, intellectual and insatiably curious)

24th - Saturn enters Aries (initially feeling frustrated pursuing goals)

25th - Mercury enters Gemini (communicative, curious and sociable)

26th - New Moon

June

6th - Venus enters Taurus (sensual, content, possessive)

8th - Mercury enters Cancer (quantity to quality)

9th - Jupiter enters Cancer (honor intuition, emotions, families and inner needs)

11th - Full Moon

17th - Mars enters Virgo (workhorse, passion for details)

20th - Sun enters Cancer (self-protective)

Special Events

All times are Eastern Standard Time



May - A time to celebrate Beltane and Mother's Day, embracing the warmth of life shared with family and friends, and looking forward to the pleasant days ahead. May usher in a sense of joy and anticipation, as winter's chill gives way to longer, sunlit days. It's a time to embrace the warmth and vibrancy life has to offer. Surrounded by the blossoming beauty of nature, we gather with a renewed spirit, reminded that life continues to thrive in all its splendor.

1st Beltane (High Spring) - An ancient pagan festival of fire celebrating the divine union of the God and Goddess.

Samhain (Southern Hemisphere) - The Witches' New Year.

11th Mother's Day (U.S.) - A day to honor and appreciate mothers and mother figures.

12th Full Flower Moon in Scorpio - A time to focus and embrace growth, seek adventure, and broaden/expand horizons. This transformative lunar phase encourages us to let go of what no longer serves us, dive deep into our emotions, and welcome new opportunities with open arms. It's a time to reflect, recharge, and step boldly into the next chapter of our journey.

Celtic Tree Month of Willow ends.

13th Celtic Tree Month of Hawthorn begins, symbolizing love and protection.

27th New Moon in Gemini - A time to reflect on personal belongings, surroundings, and what makes a home special. Assess how your environment can better fulfill your personal needs and take steps to make your house into a home. Pause and reflect on how your environment supports your needs and well-being, and take intentional steps to transform your living space into a sanctuary that reflects who you are.

28th Feast of Bendidia - A celebratory feast honoring Bendis, a Thracian goddess of the moon and the underworld. A vibrant and lively celebration of nature. This ancient festival was marked by joyous rituals, processions, and offerings, honoring the goddess's connection to both celestial and earthly realms.

June - June marks the height of summer, offering an ideal time to connect with solar deities and harness the sun's energy for personal growth and transformation. At the height of the summer season, this is the perfect time to embrace the sun's power, seize the moment, and embark on a journey of personal growth and fulfillment. June is celebrated as Pride Month, honoring the LGBTQ+ community and their contributions.

9th Celtic Tree Month of Hawthorn ends.

10th Celtic Tree Month of Oak Begins, symbolizing strength and endurance.

11th Full Strawberry Moon in Sagittarius - Focus on ambition, discipline, and achieving long-term goals. Channel your energy.

15th Father's Day (U.S.) - A day to honor and appreciate fathers and father figures.

20th Litha (Summer Solstice) - Celebration of the longest day of the year, marking the peak of solar energy (midsummer) and the beginning of the sun's gradual decline.

Yule (Southern Hemisphere) - The Winter Solstice.

Partnerships

Be sure to visit these partners and show some love!!

Customized Sigils: Round \$5, Square \$7. Contact Salena Murdock at murdocksam1@yahoo.com.



Silas the Sea Witch LLC

Psychic Readings and Online Sea Witch themed Store

<http://silastheseawitch.com>

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Winifred's Garden - Tea, Candles & Apothecary

Born in 1918, Winifred was taught to love and use natural plants. This tradition continues with Winifred's Garden.

We are a female-run, small-batch, handcrafted herbal company. We formulate all products with the highest quality ingredients and promise to always deliver products that are as natural as possible. We also guarantee to source our raw materials from trusted suppliers. Come through the gate and enjoy a relaxing afternoon of tea and shopping. We can be found on Facebook and Instagram, 1794 Oak, Wyandotte, Michigan 48192 & at www.winifredsgardenllc.com.

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Our readers are always welcome to write to the Publishers. To do so, please email your correspondence to themermaidwavejournal@gmail.com

Are you interested in writing for The Mermaid Wave Journal? Are you interested in a specific topic and wish we would include it? Let us know! Recently wrote a research paper and want to share it. Send it to the email above!!

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