



The Mermaid Wave Journal

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Stephanie's Corner

By Stephanie Leon Neal



“Your core releases your unique powers.”

“Authenticity with love and truth fills every void.”

Love & Blessings,

Stephanie Leon Neal ~

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Voices From the Sea

By Rv Silas Mimir AP~

"Rise with the Tides – A Message from the Ocean Mother"

In the hush of early morning, when the sky is still brushing its eyelids open, the sea whispers her wisdom to those who will listen. Her waves, ever shifting, speak a language of strength, renewal, and courage. Each crest and crash reminds us that no storm lasts forever—and even the fiercest tempests make way for calm waters.

The ocean is not afraid to be vast. She does not question her depth, her rhythm, or her power. She embraces the moon's pull, lets the sun kiss her surface, and allows ships to pass or sink, knowing it is all part of her ancient story. She rises, she falls, but she never ceases.

From deep beneath her sapphire veil comes a message from the Ocean Mother:

“Child of the wind and shore, do not fear the rising wave. Let it lift you. Let it teach you. You are not adrift—you are becoming. Trust the tides within you. Even when the path disappears beneath the water, know you are always moving forward. Storms shape you, but they do not define you. You are more than the weather around you. You are tide-born—resilient, flowing, whole.”

Let this be your reminder: when life swells around you, rise with it. Let your heart beat like the surf—strong, unstoppable, and deeply in tune with something greater. The ocean mother believes in your strength. Now it's time you believe in it too.

Whispers From the Sea

By Rv Stacey Blair AP~

This month, as the summer begins, we will practice my favorite meditation, the Sea Meditation.

Get into a comfortable seated position, close your eyes, and take a few deep breaths to relax.

Imagine yourself standing on a sandy beach. Feel the warmth of the sand beneath your feet.

Hear the gentle waves as they rhythmically roll in and out. Listen to the seagulls in the distance.

Picture the vast ocean stretching out before you. Notice the play of sunlight on the water.

Engage your senses fully. Smell the salt in the air, feel the warmth of the sun on your skin, and taste the tang of the sea breeze. Feel the fresh air blowing against your face. The breeze is gently blowing your hair.

Stay in this visualization for a few more moments, absorbing the tranquility of the beach. When you're ready, open your eyes.

Deep Sea Inspirations

By Rev. Bradley Quisenberry Foster/Fosterberry

I Remember The Sun

The fire doesn't just burn.
It sings.

The land is breathing heavy now

swollen with green
ripe with heat
thick with sound
cicadas like a chorus of drums
telling the sun it's time.

I wake with the sun
and I lay my palms on the earth
not to pray
but to listen.
There's a pulse in the soil.
It remembers the seed
it remembers the sweat
it remembers who fed it.

Smoke from the fire
dances like a spirit in the air
carrying my words
my wants
my thanks.
This is not asking.
This is honoring.

Litha isn't a day
it's a door.
Open it
and everything blooms.

I eat fresh fruit with sticky fingers
I drink what's cold
I let the sun touch my skin
like a blessing I've earned
not a burden I bear.

And when the wheel turns



as it always will
I'll hold this heat in my bones
for the long nights ahead
and whisper back to the sun
I remember.

Chant for Litha

Rise, fire, rise
from the belly of the land
with honey on your breath
and light in your hands

Spin, sun, spin
through leaf and flame
we call your name
we call your name

Grow, root, grow
beneath our feet
the seed is singing
the wheel repeats

Burn, heart, burn
with the heat of the day
we shine, we dance
we will not fade

May Your Forge Burn Bright,
Rev Bradley Quisenberry Foster/Fosterberry



Handmade Projects



What says summer better than a Mermaid Stepping Stone in the garden? For this project, your first step is to go to a beach and find some sea glass. If this is hard in your area, Amazon has some readily available.

What you'll need:

- An old pan or plastic tub to use as a mold. Plastic plant pot saucers are perfect.
- Cement and builders' sand, or get a pre-mixed bag of Quikrete.
- Matte white spray paint for outdoor use
- Clear glossy spray paint suitable for outdoor use
- Sea glass and any other stones, shells, pottery, or objects you'd like to embed into your stepping stone. These aquarium glass pebbles look like sea glass.
- Optional: a square of wire mesh that can fit inside the mold. It's only necessary for big stepping stones.

Directions:

1. Using the Matte white spray paint, paint one side of the glass (the side that you'll place in the cement). This will make the glass stand out from the cement.
2. Mix 1.5 cups of cement and 6.5 cups of builders' sand or prepare Quikrete in a bucket. Be sure that the mix is not too wet or your glass will sink.
3. Fill the mold with the mix halfway. Place a wire mesh that will prevent the stone from breaking. Fill the rest of the mold up. Be sure to gently tap the mold to release air bubbles.
4. Press sea glass and shells, or other objects, into the cement. Use your creativity.
5. Clean up your bucket and allow the cement in the mold to dry for a minimum of 2 days. When it is ready, it will be pulled away from the sides. Gently shake to remove the stone.
6. Spray with a clear gloss to give your stone a wet appearance.
7. Place in the desired location and enjoy!

Dabblings of a Green Witch

By Rev. Catherine Dragoni

My first spring in retirement has been a delightful combination of gardening, hiking, and photography. I laid out several garden projects for myself this past winter. Several beds had suffered from neglect during my past few years of working; some had been encroached by invasive plants, so I had a lot of work to do. But I have had the blessing of time to do the work and rehabilitate these garden areas. Gardening is so grounding, and I feel blessed to be in tune with the transition of the seasons this year, in a way I could not be while still working nine to five. June truly is the month when the pulse of life reaches full force. The sun is enabling the luxurious growth of plants I see in my gardens, in the woods, and in the woods and fields. While my main focus right now is on my gardens, I have a short list of plants I want to forage.

Sweet Fern is one, and St. John's Wort is another, because I will need to replenish my supply after I prepare my Litha incense.

My Litha incense is an amalgam of several recipes, most from Scott Cunningham. When I prepare an incense blend, I incorporate resins, a wood source, dried herbs, and an oil. This recipe is intended to be sprinkled on burning charcoal, but it can also be sprinkled into a burning fire pit to enjoy its pleasing aroma.

Litha incense

- 3 parts Frankincense beads
- 1 part Dragon's blood
- 1 part White Copal
- 1 part Sandalwood
- 1 part Mugwort
- 1 part St. John's Wort
- 2 parts Chamomile blossoms
- A few drops of Lavender oil



Grind with a mortar and pestle to blend the resins with the Sandalwood and dried herbs.

Then add the oil.

As you prepare your incense, consider some of the correspondences of the ingredients and how they relate to Litha: Frankincense: associated with the Sun and the elements of Air and Fire. Good for cleansing sacred spaces; burns away negativity and raises the energy.

Dragon's Blood: associated with Mars and the element of Fire. Increases the potency of an herbal mix; good for enhanced power and manifestation.

White Copal: associated with the Sun and the element of Fire. Raises vibrations and happiness; enhances creativity and spiritual growth; promotes manifestation and is traditionally associated with Litha.

Sandalwood: associated with the Moon. Traditionally used for holy incense; combines well with Frankincense. Has a very high vibration.

Mugwort: associated with Venus and/or the Moon and the element of Earth. Used for divination.

St. John's Wort: associated with the Sun and the element of Fire. Infuses the practitioner with energy: both life energy ("chi" or "prana") and magical ("mana"). Chamomile: associated with the Sun; is linked to Cernunnos and other Sun gods. It can be used for purification, protection, warding against negative energies, and for peace, love, and luck.

Lavender: associated with Mercury and the element of Air. Used for purification, healing, and removing negative energy.



Baking With Herbs

Summer brings to mind the grilling season. Some of my favorite spice blends are included below. Simple to make and perfect for some of your favorite dishes.

Ingredients:

Cajun Seasoning Blend

- 2 1/2 tablespoons sea salt
- 1 tablespoon oregano
- 1 tablespoon paprika
- 1 tablespoon cayenne pepper
- 1 tablespoon black pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder

Chili Seasoning Blend

- 2 1/2 tablespoons chili powder
- 1 tablespoon cumin
- 1 tablespoon garlic powder
- 1 tablespoon paprika or smoked paprika
- 1 tablespoon onion powder
- 1/2 tablespoon oregano
- 1 teaspoon sea salt
- 1 teaspoon black pepper

Jerk Seasoning Blend

- 3 tablespoons dried minced onion
- 1 tablespoon thyme
- 1 tablespoon allspice
- 1 tablespoon black pepper
- 1 teaspoon cinnamon
- 1 teaspoon cayenne pepper
- 1/2 teaspoon sea salt
- 1 teaspoon garlic powder

Mediterranean Seasoning Blend

- 2 tablespoons basil
- 2 tablespoons oregano
- 2 tablespoons kosher salt



- 1 tablespoon parsley flakes
- 1 tablespoon dried minced onion
- 1 teaspoon black pepper

Salt Free All Purpose Seasoning Blend

- 2 tablespoons garlic powder
- 2 tablespoons onion powder
- 1 tablespoon chili powder
- 1 tablespoon paprika
- 1 tablespoon parsley
- 1 1/2 teaspoons black pepper

Ranch Seasoning Blend

- 2 1/2 tablespoons parsley
- 2 teaspoons dried dill
- 2 1/2 teaspoons garlic powder
- 2 1/2 teaspoons onion powder
- 2 teaspoons dried minced onion
- 1 teaspoon black pepper
- 1 1/2 teaspoons sea salt

Italian Seasoning Blend

- 4 teaspoons basil
- 4 teaspoons oregano
- 4 teaspoons rosemary
- 4 teaspoons marjoram
- 4 teaspoons thyme
- 4 teaspoons savory
- 2 teaspoons garlic powder

Taco & Fajita Seasoning Blend

- 2 tablespoons chili powder
- 4 teaspoons cumin
- 2 teaspoons coriander
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon oregano
- 1 teaspoon smoked paprika
- 2 teaspoons sea salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon chipotle chili powder, optional (for a spicier mix)



Instructions

For each seasoning blend, combine all ingredients and mix well. Store in an air-tight container and stir before using.

Tea Time With The Wave

For anyone who has spent the summer in the Southern states, you know that a good Sweet Tea is a must! Sitting on a porch, with this wonderful beverage, brings back memories of Granny! Omit the tequila for small children. I think this is why I always took so many naps at her house.

Ingredients:

- 14 cups water, divided
- 6 black tea bags
- 1-1/2 cups sugar
- 3/4 cup thawed orange juice concentrate
- 3/4 cup thawed lemonade concentrate
- 1 cup tequila, optional
- Optional: Fresh mint leaves and lemon, lime, or orange slices



Directions:

1. In a large saucepan, bring 4 cups of water to a boil.
2. Remove from the heat; add tea bags.
3. Cover and steep for 3-5 minutes. Discard tea bags.
4. Stir in the sugar, concentrate, and the remaining 10 cups of water.
5. Add tequila if desired.
6. Refrigerate until chilled.
7. Garnish with mint and lemon, lime, or orange slices if desired.

Demeter's Apothecary

Summer is here! But so are the bugs and poisonous plants. A summer salve is a must-have for the summer apothecary. It's even good to use on those scrapes and cuts you'll get from being active outdoors. This recipe will make a few, but feel free to double up depending on your needs!

Supplies Needed:

- 4 cups oil (olive oil, coconut oil, or almond oil work best)
- 4 tbsp dried plantain leaf
- 4 tbsp dried comfrey leaf
- 4 tbsp dried burdock root
- 1 cup beeswax pellets
- 40 drops of lavender oil

Instructions:

1. Make an herbal infusion with a double boiler. Put your herbs and oil into a small pot or container over a large pot of water that is $\frac{1}{4}$ full.
2. Bring water to a boil, then turn down to a simmer.
3. Allow to simmer for 1 hour, remove from heat, and set aside.
4. Put 3 layers of cheesecloth over a bowl.
5. Pour the infused oil over the cheesecloth to strain out the herbs.
6. Gather the cheesecloth and squeeze out the remaining oils.
7. Place beeswax in a pan over low heat.
8. Add infused oil and melt together, stir to combine well.
9. Remove the pan from the heat.
10. Add essential oil.
11. Pour the salve into jars.
12. Allow to cool, put on the lid, and store.

Magical Animals

By Rev. Catherine Dragoni

My husband and I have been watching a red fox this entire spring. He appears at the same time every morning, while we are having coffee in our room with a large bay window. He appears between the two homes across the street (one yard has chickens, fortunately well fenced in), then crosses the street and traverses our yard.

There's a bit of a vacant lot behind us, and eventually, he disappears into the woods beyond. We are not sure where his den is, but he appears like clockwork, so we are assuming he has a family somewhere nearby.

Foxes are more solitary than other members of the canine family. However, a pair of foxes will stay together while they are raising their young, with the male being quite solicitous. He will bring food to his vixen while she is nursing their kits, but once the family is raised, they tend to hunt independently. Because they are often on their own, foxes are very resourceful, utilizing their natural intelligence to evade hazards and find food.



Fox symbolism carries both the themes of cleverness and independence. You are encouraged to rely on your wit and your instincts to overcome adversaries and obstacles that may seem insurmountable. You are well equipped for whatever challenges may come your way. Call upon your inner resources to help you discern your way through difficult or deceptive situations. Embrace confidence, so that you may act swiftly when it is necessary.

Fox also encourages you to maintain your autonomy. You may have strong relationships with a spouse, your family, friends, or business partners, but do not let these relationships supersede your ability to live and function as an individual. Maintain and nourish a strong sense of self, as the fox does.

If you relate to the fox as a spirit animal, you may be a reserved person who enjoys their privacy. Remember that the fox does form relationships with the few whom it trusts. Be open to opportunities to form new friendships, even while you maintain a level of protective reserve.

Totally Tarot

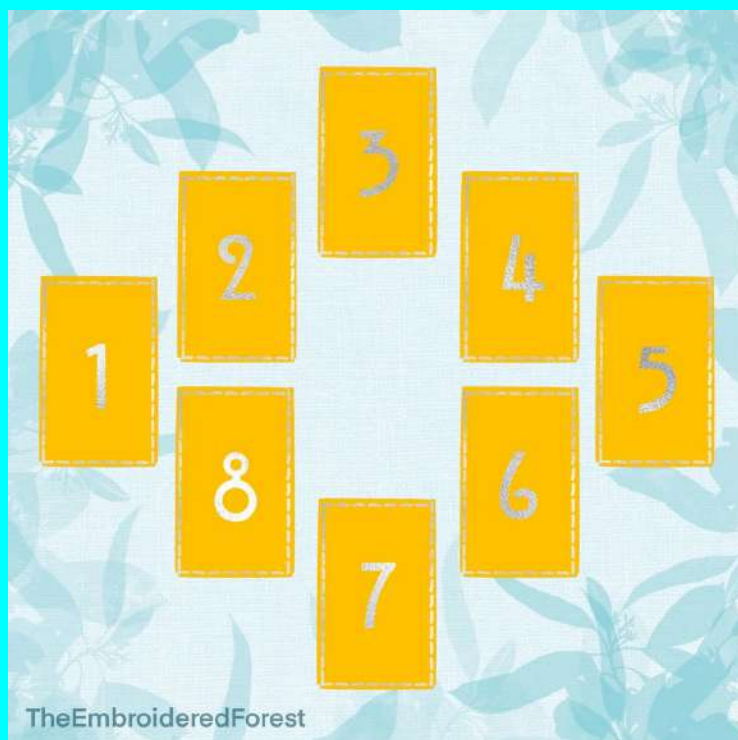
By Rv Silas Mimir AP~

Happy Litha! This month, we are featuring a Litha Spread from “The Embroidered Forest” (<http://theembroideredforest.com>)

“The abundance and strength of the Summer Sun illuminate your tarot cards with this spread. Use it to find balance between your light and shadow sides at this time of the year.

The Light

1. What is shining in me right now?
2. What is on the horizon of my life?
3. Where should my beam of focus land?
4. Where should I show more warmth?



The Shadow

5. Where are shadows being cast on me?
6. How can I shed light on them?
7. What is in the shadow that I should accept?
8. What will be my power mantra this season?”

Monthly Transits

(from cafeastrology.com)

June

20th Sun enters Cancer (self-protective)

25th New Moon

26th Mercury enters Leo (confident thinking)

July

4th Venus enters Gemini (sociable, charming, and interested)

4th Neptune turns retrograde in Aries (time of indecision or personal discovery)



7th Uranus enters Gemini (revolutionized the way we communicate and teach)
10th Full Moon
13th Saturn turns retrograde in Aries (review goals)
18th Mercury turns retrograde in Leo (return to old project, reconsider an initiative)
22nd Sun enters Leo (proud, outgoing, playful)
24th New Moon
30th Chiron turns retrograde in Aries (reassessing mental health and healing journeys)
30th Venus enters Cancer (nurturing, protective, self-protective)

Special Events

All times are Eastern Standard Time

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.

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.

23rd Day of the Lady & Lord of the Sidhe - a tie to honor the Fae and otherworldly aspects of the divine. This day invites us to connect with the magical and mysterious energies of the Sidhe, celebrating their presence in nature and their role as guardians of the unseen realms. It is a moment to reflect on the balance between the earthly and ethereal, and to offer gratitude for the enchantment they bring into our world.



24th Day of Household Deities - an opportunity to cleanse and rededicate altars or household shrines, honoring protective spirits of the home. This day is a time for reflection, gratitude, and renewal, as families come together to honor these deities through offerings, prayers, and rituals, ensuring continued harmony and protection within their living spaces.

25th New Moon in Cancer - a time to reflect on communication and social skills. Engage in active listening and consider journaling to explore personal growth.

July - July offers a time to celebrate nature's beauty and reflect on personal blessings as daylight begins to wane. With its long days and brief nights, we're gifted more time to reflect on our blessings and delve into our thoughts. The gentle summer breeze brings a sense of calm, encouraging us to pause and savor the beauty that surrounds us.

1st Crone Day - honoring the Crone aspect of the Triple Goddess, symbolizing wisdom and the natural cycles of life. The Crone embodies the deep knowledge gained through experience, guiding us to embrace endings as necessary for new beginnings. This day serves as a reminder of the importance of aging, intuition, and the eternal rhythm of life, death, and rebirth.

7th Celtic Tree Month of Oak ends.

8th Celtic Tree Month of Holly begins, representing protection and strength.

10th Full Buck Moon in Capricorn - focus on ambition, discipline, and achieving long-term goals. This is the perfect time to focus on your career, plan for the future, and take practical steps toward your dreams. Capricorn's grounding influence encourages hard work and perseverance, reminding you that success comes from dedication and patience. Use this lunar phase to reflect on your progress and set clear intentions for the path ahead.

21st Witch's Day - a day to celebrate the craft in all its forms, honoring the diverse practices and traditions within witchcraft. It's a time to recognize the wisdom, creativity, and power of those who embrace the craft, whether through spellwork, herbalism, divination, or other mystical arts.

24th New Moon in Leo - an ideal moment for introspection and shadow work, embracing vulnerabilities, and learning from deep desires and past experiences.

August - August is a time to harvest and appreciate the fruits of your labor from the past year. Reflect on your achievements and the progress you've made during this period. This reflection not only brings a sense of fulfillment but also inspires us to set new goals for the future.

1st Lammas or Lughnasadh (First Harvest) - celebrating the year's first grain harvest.

Southern Hemisphere: Imbolc - High Winter.

Partnerships

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



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



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.

CORRESPONDENCE TO THE EDITORS

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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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