



# The Mermaid Wave Journal

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## Stephanie's Corner

By Stephanie Leon Neal

### One Simple Thing



Blessings come in many forms and reasons.  
Small Suggestions to Help Our Fellow Earth Creatures.

#### Blessing Suggestions:

Find out which animals live on or pass by your land, or at a place you visit often, through careful observation.

If only one task can be accomplished regularly, it would be greatly appreciated by your fellow earth creatures living here with you.

Here are just a few suggestions to consider; I am sure you have many more important blessings to give animals.

- Daily providing clean, fresh water for birds.
- Feeding birds: First, identify the species to ensure no birds are harmed. Black oil sunflower seeds, millet, and mealworms are good for insect-eating birds / Fruit for fruit-eating birds such as hummingbirds / Crushed unsalted nuts /
- Because all animals need water, fill a large, unbreakable bowl or shallow pot with clean, fresh water for daily libation.
- Some animals need a little makeshift shelter to get out of the rain or the bitterly cold nights.
- Feed your local wild ducks from this list: Oats, Bird seed, chopped lettuce are just a few ideas.
- Essentially, decide what animal or animals you want to help, then do a little research on them because different animals need different feed.



We are stewards of Mother Earth and her creatures, just as every earth creature is also a steward of other earth creatures, the land, and water, working together. All are playing a vital part in Mother Earth's Blessing.

Yule is the time to welcome every new light of awareness, for Earth to receive her blessings through her creations.

The Wave Tradition

<https://www.facebook.com/groups/2988075211324436>

Love & Blessings,

Stephanie Neal

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## *Voices From the Sea*

*Soon, the light will return my children. We are living in an eternal cycle of death and rebirth. Remember that old ideals must die in order to replace them with new, fresh ones that are relevant to those of us that are alive today. What worked yesterday, may not be relevant tomorrow. Continue to learn, grow and change, otherwise is live actually worth living? We mustn't live the same boring existence day after day after day. Stop to smell the roses and be thankful for all that you do have. Be open for the arrival of the new. Accept the decay of the old, but never forget the knowledge and wisdom that comes along with it.*

## *Whispers From the Sea*

By Rv Stacey Blair AP~

Prepare your space.

Light a candle or small fire to honor the rebirth of the Sun.

You may wish to place evergreen, pinecones, or holly nearby—symbols of life enduring through winter.

Sit comfortably.  
Straighten your spine, grounding your body.  
Close your eyes.

Take a deep breath in...  
and release it slowly.  
Again—breathe in the stillness of winter...  
and breathe out all that no longer serves you.

Feel the earth beneath you—  
cold, dark, and fertile.  
The Great Mother rests, holding the seeds of all that will come.

You stand at the heart of the longest night.  
The Wheel has turned to Yule.  
Darkness is complete, yet not empty.  
It is a womb of transformation.

In your inner sight, envision an ancient  
forest.  
Snow lies heavy on the ground.  
Evergreens stand tall—keepers of  
endurance and promise.  
The moon shines pale above, watching over  
the silent land.

At the center of the forest burns a sacred  
fire.  
This is the Yule flame—the reborn Sun.  
Small, yet unstoppable.

Step closer to the fire.  
Feel its warmth upon your face and hands.  
This is the Child of Light, born of the  
Goddess,  
The Oak King rises as the Holly King's  
reign fades.

Honor the turning:



Thank the darkness for its lessons.

Release grief, weariness, and old patterns into the earth.

See the fire grow brighter as you let go.  
With every breath, the Sun gains strength.

Now place your hands over your heart.  
Feel the spark within you—  
the same sacred fire, reborn.

Silently speak your vow:  
What will you nurture as the light returns?  
What truth will you carry forward on the growing days?

Let your intention take root like a seed beneath the snow—  
hidden, protected, waiting.

Call softly to the spirits of the land,  
to the ancestors who walked this path before you,  
and to the Old Gods who turn the Wheel.

Know that you are not alone.

As the meditation draws to a close,  
see the fire settle into a steady glow.  
The night remains, but it no longer rules.

The Wheel has turned.  
The Sun is reborn.  
The light returns—within you and within the world.

Take one final breath, grounding yourself.  
When ready, open your eyes.

So mote it be.

## *Deep Sea Inspirations*

By Rev. Bradley Quisenberry Foster/Fosterberry

### The Long Night Keeps the Sun

The longest night arrives, and I do not meet it with fear  
I meet it with my altar made honest  
A cleared counter, a clean cloth, a living circle of green  
Pine and cedar, the scent that says, life endures

Holly goes down like a ward.  
Leaf like a blade, berry like a drop of oath  
It reminds me that love without boundaries is not devotion  
It is surrender

I hang a Sun wheel where my eyes will catch it  
Round like the year, round like the promise  
What turns will return  
What sleeps will rise

I set salt in a small bowl, bright and steady  
I set water, because nothing holy lives without feeling  
I set bread or fruit, because the spirits are not fed by pretty words  
I set a cup for my dead, poured with respect  
Ancestors, take your place at my table  
Not as memory only, but as presence

Then I light the flame  
A single candle can split a mountain of dark  
Fire answers fire, every time  
It teaches my hands what my mind forgets  
That warmth is built  
That power is tended

The Yule log waits, old wood holding old Sun  
Summer stored in grain and ring  
I speak into it, low and true  
Take what I have done carrying  
Take the grief that keeps looping

Take the bitterness that sharpens my tongue against my own heart  
Turn it into ash, turn it into compost  
Let it feed what comes next

Outside, winter keeps its throne  
Inside, I name the shift  
Holly King, thank you for the hard protection  
For the sharpened edge that kept me alive  
Oak King, come forward with your slow strength  
Bring the kind of growth that does not beg for  
permission  
Bring the return that does not need applause

I lay orange peel, cinnamon, clove  
Not for sweetness alone, but for heat that moves  
For roads opening  
For joy that is earned, not performed

I draw my circle, and I mean it  
This is my boundary, this is my blessing  
This is where my life stops being background  
noise  
And becomes ritual again

When the night is at its deepest, I speak the old  
truth  
The Sun is not gone  
It is turning  
A seed in dark soil, preparing to split  
A spark under ash, refusing to die

So return, bright one  
Return through my home  
Return through my chest  
Return through my work and my love and my will  
And let what is born in this darkness be strong enough to last

Blessed Be



## Hand-Made Projects

### Evergreen Sun Talisman (Yule Blessing Charm)

This project creates a sacred charm to honor the rebirth of the Sun and carry your Yule intentions through the dark half of the year.

#### Symbolism

Evergreen – eternal life, endurance, protection

Sun wheel/circle – the turning of the Wheel of the Year

Red & gold – life force, solar power, vitality

Handmade – energy and intention woven into form

What you'll need:

Use what is natural or available to you.

- Small evergreen sprigs (pine, fir, cedar, juniper)
- Twine, red thread, or ribbon
- A dried orange slice or a small wooden disk (sun symbol)
- Cinnamon stick (solar fire, protection)
- Acorn (Oak King, potential)
- Bells (to call light and ward darkness)
- Beeswax candle
- Needle or small awl



Directions:

1. Create sacred space. Cleanse your hands and materials (breath, smoke, or intention). Light your candle and say: “On this night of longest dark, I craft with purpose and reverence.”
2. Form the base - Arrange evergreen sprigs into a small wheel or bundle. Bind them tightly with twine, winding clockwise to call in growth.
3. Add the Sun. Tie or stitch the orange slice or wooden disk to the center. As you do, say: “From darkness born, the Sun returns.”
4. Attach charms. Add any optional items, one at a time. With each addition, speak its purpose aloud.
5. Seal the charm. Hold the talisman over the candle flame (safely, not burning). Visualize it glowing with golden light.

Consecration Meditation

Hold the talisman to your heart.

“Oak King rising, light reborn,  
Bless this charm on Yule’s dark morn.  
By root and flame, by wheel and stone,  
Let hope and strength within be grown.”

Breathe into it three times.

Use & Placement

- Hang on your Yule altar
- Place above a door or hearth
- Keep near your bed or sacred space
- Burn or return to earth at Imbolc as thanks

*Dabblings of a Green Witch*

By Rev. Catherine Dragoni

December is a busy, busy month. I thought being retired would make it less so – not true! Of course, being a grandma is a major contributing factor to all this. Shopping for a grandchild is way too much fun. Plus, there are three family

birthdays, all within the last two weeks of December. So there will be much cooking, feasting, and fun.



Since my arrival on my current path occurred rather late in my life, I still celebrate Christmas with my family. We just finished the Yule/Christmas tree today. The tree is set up with loving attention to detail; the ornaments have been collected over my lifetime. Some are from my childhood, some are cherished decorations from my mother and father-in-law, and my husband's childhood. Many were

acquired during the years we were raising our family.

Once the tree is set up, we enjoy sitting by it every day and evening. Although I do have some more Christmas shopping to do, it is not an overwhelming amount to finish. Which means over the next few days I will get to slow down a bit, and turn to another well-loved task – preparing my Yule log.

Some years, I share a Yule celebration with a small circle of like-minded friends; this year, life circumstances will not make that possible. But I will still prepare my log, and burn the candles, and then the log in a quiet observance on my own.

Preparations for my Yule observance begin in October or early November, when we receive our wood for the year. We purchase one or two cords of seasoned wood, and then stack it in the alcove at the side of the garage. As we stack, I look for pieces that are perfectly shaped to serve as a Yule log. I set aside 2 or 3 logs in a separate area of the garage.

This week, I will take one of those logs and decorate it with moss, acorns, small pine cones, or winterberries. Then I will add three candles – one red, one green, one white.



The white candle is placed in the center, representing Spirit. The red candle, placed to the left, is for the Goddess, the mother from whose womb all life proceeds. The green candle, on the right, is for the God, once the sacrificial King, who will be reborn with the sun.

Moss represents protection, steady growth, and prosperity. Acorns represent immortality through rebirth. Pinecones represent enlightenment and transformation.

Winterberry is a relative of Holly that is native to North America. As such, it brings the properties of protection and good luck for the coming year.

I hope you enjoy some crafting this season – weave your intentions into whatever you intend for the coming year.

## *Baking With Herbs*

### **Yule Herbal Hearth Cake**

This gently spiced herbal cake is well-suited for Yule feasts, offerings, or quiet moments by the fire. It balances sweetness and warmth, carrying herbs associated with protection, renewal, and the returning Sun.

#### Symbolism

- Flour – Sustenance and the gifts of the Earth
- Honey or Molasses – Solar sweetness and abundance
- Eggs – New life stirring in the dark
- Herbs & Spices – Memory, protection, and inner fire

#### What You'll Need:

- 2 cups flour (all-purpose or whole wheat)
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon ginger
- ¼ teaspoon nutmeg
- 1 teaspoon finely crushed dried rosemary *or* ½ teaspoon culinary lavender

- ½ cup butter or oil, softened
- ¾ cup honey, maple syrup, or brown sugar
- 2 eggs
- ¾ cup milk or plant milk
- Zest of 1 orange (optional but traditional for Yule)

Directions:

1. Preheat oven to 350°F (175°C). Grease a round or loaf pan.
2. In a bowl, whisk together flour, leavening agents, salt, and herbs/spices.
3. In a separate bowl, cream butter and sweetener until smooth.
4. Beat in eggs one at a time, then add milk and orange zest.
5. Gently combine wet and dry ingredients, stirring clockwise with intention.
6. Pour batter into the pan and smooth the top.
7. Bake for 40–45 minutes, until a toothpick comes out clean.
8. Cool slightly before serving or offering.

Optional Herbal Glaze

- ½ cup powdered sugar
- 1–2 tablespoons warm milk or orange juice
- A pinch of cinnamon or crushed rosemary

Drizzle while warm and speak a blessing for light's return.

Offering and Ritual Use

- Offer a slice to ancestors or hearth spirits
- Serve with spiced cider or herbal tea
- Wrap leftovers in cloth for gifting

This cake keeps well and often tastes better the next day, as the herbs settle and deepen.

### *Tea Time With The Wave*

This warming loose-leaf tea is crafted to honor the Winter Solstice, bringing comfort, clarity, and gentle solar energy during the darkest days. It is well-suited for ritual use, quiet reflection, or sharing by the hearth after a Yule meal.

Magical and Herbal Correspondences:

- Cinnamon – Warmth, protection, prosperity, and sacred fire
- Orange Peel – Joy, hope, and the returning Sun
- Ginger Root – Vitality, courage, and inner strength
- Rosemary – Memory, clarity, and ancestral connection
- Clove – Protection and spiritual cleansing

#### Ingredients (Loose Leaf Blend):

- 2 tablespoons dried orange peel
- 1 tablespoon dried ginger root (cut or chipped)
- 1 tablespoon crushed cinnamon chips or 1 cinnamon stick, broken
- 1 teaspoon dried rosemary
- 3–5 whole cloves

Optional additions: dried apple pieces (comfort), cardamom pods (sacred warmth), or a pinch of vanilla bean (peace).

#### Directions:

1. Combine all herbs and spices in a clean bowl.
2. Gently mix with a wooden spoon, stirring clockwise while focusing on intentions of warmth, protection, and light's return.
3. Store in a labeled glass jar away from direct light.

#### Brewing Instructions

1. Use 1–2 teaspoons of the blend per cup of hot water.
2. Pour just-boiled water over herbs.
3. Cover and steep for 10–15 minutes.
4. Strain and sweeten with honey if desired.



### Ritual Use:

- Sip during candle lighting or solstice meditation
- Offer a cup to ancestors or hearth spirits
- Share with loved ones while speaking blessings for the coming year

This tea is naturally caffeine-free and deeply grounding, making it ideal for evening use and reflective moments.

## *Demeter's Apothecary*

The Yule apothecary is a place of quiet magic and practical wisdom. Rooted in ancestral knowledge, it bridges folk medicine and spiritual practice, tending both body and spirit during the coldest, darkest days of the year. At Midwinter, the apothecary focuses on warmth, protection, immunity, rest, and the gentle stirring of returning light.

Unlike the abundance of summer, the Yule apothecary relies on dried herbs, resins, spices, roots, and preserved fruits—plants that hold sunlight within them, waiting to be awakened.

### Preparing the Yule Apothecary

Before working, cleanse your space with smoke (rosemary, juniper, or incense) or by wiping surfaces with warm water infused with orange peel. Set intention for healing, protection, and renewal.

Traditional apothecary tools may include:

- Glass jars and bottles
- Mortar and pestle
- Wooden spoons
- Beeswax candles
- Labels with dates and intentions
- Working slowly and mindfully is part of the medicine.
- Core Yule Herbs and Materia

These herbs and substances are commonly associated with Yule across many European folk traditions.

- Rosemary – Memory, protection, lung support, ancestral work
- Cinnamon – Circulation, warmth, prosperity
- Ginger Root – Digestion, vitality, cold relief
- Clove – Antimicrobial, purification, warding
- Orange Peel – Mood lifting, solar magic, immunity
- Pine or Fir Needles – Cleansing, respiratory support, evergreen endurance
- Honey – Preservation, healing, solar sweetness

### Simple Yule Apothecary Preparations - Sun-in-the-Dark Honey (Herbal Honey)

Fill a jar halfway with dried rosemary, ginger slices, and orange peel. Cover completely with raw honey. Seal and store in a dark cupboard for 2–4 weeks, turning the jar occasionally. Use by the spoonful in tea or on bread for throat soothing and winter strength.

### Warming Chest Rub (External Use)

Infuse olive oil with ginger and rosemary using gentle heat. Strain and combine with melted beeswax to form a salve. Use sparingly on the chest and feet during cold nights.

### Yule Simmer Pot Blend (Non-ingestible)

Combine orange peel, cinnamon sticks, cloves, and pine needles. Simmer gently to cleanse the home and invite warmth and protection.

### Apothecary as Ritual Practice

Every preparation can be a spell woven through care:

- Grind herbs while naming what you wish to release
- Stir clockwise to invite health and peace
- Label jars with both ingredients and intentions
- Store remedies respectfully, as you would sacred tools

The apothecary is not hurried. Its power lies in patience, observation, and reverence for cycles.

### Ancestral and Hearth Connections

At Yule, many honor those who kept families well through harsh winters before modern medicine. Setting aside a small shelf or tray for ancestral remedies—herbs, bread, tea, honey—acknowledges this lineage of care.

A candle lit beside your apothecary reminds you that healing, like the Sun, always returns.

## *Magical Animals*

By Rev. Catherine Dragoni

The Chickadee is my state's bird. It has been featured on license plates, with an image showing a chickadee perched on a white pine branch. It is a common bird, showing up at any feeders that people set out. It is also a very friendly bird, and if you sit quietly with an outstretched hand full of seed, you may be blessed by a chickadee feeding directly from your hand.



So what are the lessons and blessings that chickadees bring to us?

Chickadees are very extroverted creatures who have little fear of interacting with gentle humans who wish them only goodwill. Chickadees thus symbolize joy, cooperation, expression, courage, and creativity. Chickadees often flock with other species of small birds, and so represent friendship and communication.

The cheerful chickadee can also portend good luck and good things to come. But, you have to do your part too – be on the lookout for, and make good use of the opportunities that will come in the near future.

Want to help your chickadee friends this winter? Try making these for all your feathered friends:

Homemade Birdseed Cakes

Ingredients:

- 2 cups birdseed mix
- 1 cup black oil sunflower seeds
- ½ cup cornmeal
- ½ cup raisins
- ¼ cup peanut butter
- 1 cup lard

Instructions:

1. Line an 8" x 8" square baking pan with parchment paper and set aside.
2. Place the birdseed, sunflower seed, cornmeal, raisins, and peanut butter in a mixing bowl.
3. Melt the lard, either in the microwave or a small pan.
4. Pour the melted lard over the seed mixture in the bowl, and stir until well blended.
5. Spread the mixture evenly in the 8x8 pan.
6. Place the pan in the freezer for several hours.
7. Once hardened, grab the edge of the parchment paper to lift everything out of the pan.
8. Cut the square into 4 equal-sized cakes. Place a cake into your suet feeder.

Notes:

- You can substitute flour for the cornmeal if need be.
- You can use other types of seeds – your combination should total 3 cups.

## *Totally Tarot*

By Rv Silas Mimir AP~

This is a great time to see what the new year has in store for you, so take your favorite Tarot Deck, and hop to it. Pull 1 card for each of the 12 months (representing the energy that month presents). Then pull 1 more for the overall energy for the entire year. Each card may reveal different trials and tribulations that may come up in your life. You can take this as a warning, or take the opportunity to make different choices to change the outcome. Good Luck! If you need help with this, feel free to reach out to me at [silas.mimir@spiritualprofessionals.com](mailto:silas.mimir@spiritualprofessionals.com)

## Monthly Transits

By Rv Silas Mimir AP~

The Monthly Transits section will now feature the Astrological changes, but will highlight the energies associated with the planet in that Sign. This will give you a better idea of how/when to focus on your spellwork.

### December

21st - Sun enters Capricorn *masculinity, cares, economy, protection*

24th - Venus enters Capricorn *strength, sacrifice, simplicity*

29th - Juno enters Capricorn *organization, needs, rules*

### January

1st - Mercury enters Capricorn *organization, evaluation, patience, objectives*

2nd - Chiron goes direct in Aries *magnetism, motivation, insecurity*

3rd - Full Moon in Cancer *home and family problems, emotions, maternal instinct, memory*

11th - Vesta enters Aquarius *individuality, change, freedom*

17th - Venus enters Aquarius *poliamory, independence, friendship*

18th - New Moon in Capricorn *clarify intentions, beginnings, potential to materialize intentions, direct our lives, defeat fears*

19th - Sun enters Aquarius *individuality, spiritual awakening, thoroughness/needs*

20th - Mercury enters Aquarius *projection, goal achievement, fluidity, let go*

23rd - Mars enters Aquarius *mental strength, independence, spontaneity*

24th - Pallas enters Aquarius *originality, innovation, humanism*

26th - Neptune enters Aries *religiousness, changes, alternative searches, bravery, heroism, strategy*

### February

1st - Full Moon in Leo *courage, bravery, confidence, fertility, maternity, security, optimism, creativity, reach big goals*

## Special Events

All times are Eastern Standard Time

**December** - December is a time to revel in the season of togetherness. Spend your time indoors, enjoying the comfort of friends and family. Celebrate holidays and

create precious memories as you bid farewell to another long year. December marks the end of another year, a time to reflect on our journey. It's a season to celebrate the highs, learn from the challenges, and embrace gratitude for what has shaped us. This month is about togetherness, whether savoring quiet moments or enjoying time with loved ones. Celebrate the holidays, create memories, and bid farewell to the year with gratitude and hope.

**21st** Yule (Winter Solstice) - a Winter festival celebrating the return of light after a long period of darkness.

Southern Hemisphere: 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.

**24th** Celtic Tree Month of Birch begins.

Holly Eve - the Holly King departs, leaving gifts for children. A magical night when the Holly King, the ancient symbol of winter and renewal, departs after his reign. In his farewell, he leaves behind gifts for children, spreading joy and marking the transition toward the lighter days to come.

**25th** Christmas Day.

Oak Day - the birth of the Oak King. A celebration marking the birth of the Oak King, a powerful figure symbolizing strength, growth, and renewal. This day represents the return of light and the promise of new life as the days begin to grow longer after the darkest part of the year. Traditionally, it is a time to honor nature's cycles and welcome the rebirth of energy and hope for the seasons ahead.

**31st** Hogmanay - New Year's Eve; the Crone prepares to depart. A time steeped in Scottish tradition, where the Crone, symbolizing the old year, prepares to depart and make way for the new. This marks the moment of reflection on the past and anticipation for the future, as people gather to celebrate endings, fresh beginnings, and the hope that the coming year brings. Festivities often include fireworks, singing "Auld Lang Syne", and the tradition of first-footing, where the first visitor of the new year is believed to bring good fortune.

**January** - January is a time of new beginnings - a month full of endless possibilities. It invites us to refresh, renew, and realign with our true selves. Whether it's nurturing our bodies, minds, or spirits, January offers the space to shed what no longer serves us and step into a new chapter with strength and clarity. This is your time to embrace transformation, let go of limiting beliefs, and unlock your full potential. Let this month be the spark that ignites positive change in your life, as you move forward with an open heart and a fearless spirit. January calls us inward to shed skins and emerge transformed, as the earth itself lies dormant, dreaming of what will be born anew.

**1st** New Year's Day: A time for renewal, purification, intention-setting, and welcoming new beginnings.

**3rd** Full Wolf Moon in Cancer. A moon of survival, intuition, and family protection. The Wolf Moon is the first full moon of the year; in Cancer, it emphasizes emotional depth, nurturing, and home energy - perfect for self-care and reconnecting with loved ones.

**6th** Triple Goddess Day - A devotional day honoring the Maiden, Mother, and Crone. A modern spiritual observance rather than an ancient festival, this day symbolically honors the Maiden, Mother, and Crone aspects of the Goddess. Energetically, it aligns beautifully with Epiphany, which in some goddess and pagan traditions is reinterpreted as a celebration of divine wisdom and illumination.

**14th** Thorraþlot - Norse celebration honoring Thor and winter endurance. Traditional Icelandic midwinter festival honoring Thor and the old Norse gods. Begins on the first Friday after January 19 in the old Icelandic calendar, but many modern Heathens celebrate it around mid-January, aligning it with the Wolf Moon, which is fitting.

**18th** Day of Danu - A Celtic celebration for the Mother Goddess of creation and flowing wisdom. A modern Celtic spiritual observance to honor Danu (Anu), the Great Mother and source of all rivers and life. This date doesn't correspond to an ancient fixed feast but is used by contemporary Celtic pagans as a symbolic time for renewal and reconnection with the Divine Feminine.

New Moon in Capricorn. Plant intentions for long-term goals and material manifestation under this earth-anchored lunar darkness. This lunation carries forward-looking energy - ideal for setting intentions around innovation, community, and collective healing.

**21st** Rowan Tree Month Begins - Rowan symbolizes protection, foresight, and spiritual strength. According to the Celtic Tree Calendar, the month of Luis (Rowan) typically runs from January 21 to February 17. Rowan is the tree of protection, vision, and inner strength - associated with Brigid and the returning light of Imbolc.

**31st** Disablót. A Norse celebration honoring the Disir - female ancestors, guardian spirits, and deities. Traditionally held around late January or early February, often before the start of spring plowing season. A time to thank and seek blessings from the feminine divine for fertility, prosperity, and renewal.

**February** - As the cold winter winds begin to soften and the days grow longer, February invites us into a season of transformation. It's a time of transition, where we say goodbye to the stillness of winter and begin to welcome the fresh energy of

spring. Just as the earth shifts beneath our feet, this month encourages us to reflect on our own personal growth. Now is the perfect time to shed old layers and prepare for renewal. Whether it's a shift in mindset, embracing new habits, or reawakening our passions, February offers us the space to bloom from within. February stirs the first whispers of awakening beneath frozen ground, where hope takes root in the liminal space between death and rebirth.

**1st Imbolc** - High Winter, festival of Brigid, celebrating returning light, creativity, and hearth blessings. Marks the midpoint between the Winter Solstice and the Spring Equinox in the Northern Hemisphere. Honors Brigid, Goddess of the hearth, poetry, and healing, symbolizing purification and the rekindling of the inner flame as the light slowly returns.

Southern Hemisphere: Lamma/Lughnasadh, the festival of first harvests and gratitude for abundance.

Full Snow Moon in Leo - A time for cleansing, renewal, and restoring inner fire. Known as the Snow Moon, it symbolizes endurance and clarity during the heart of winter. With the moon in Leo, it invites expression, courage, and creative leadership - encouraging us to bring warmth and vitality to the coldest season.

## Partnerships

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

Customized Sigils: Round \$5, Square \$7. Contact Salena Murdock at [murdocksam1@yahoo.com](mailto: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. [www.winifredsgardenllc.com](http://www.winifredsgardenllc.com).

## *Silas the Sea Witch LLC*



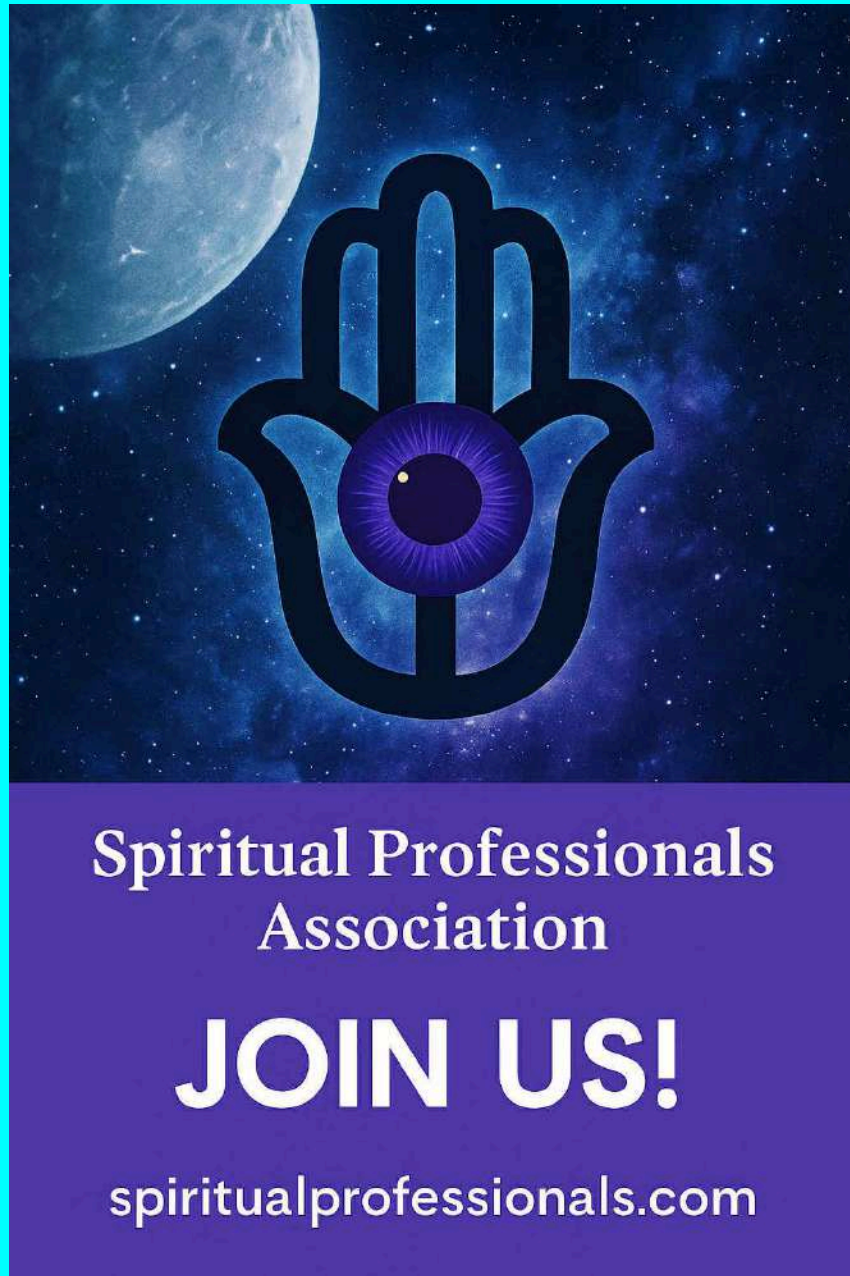
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