



The Mermaid Wave Journal

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Stephanie's Corner

By Stephanie Leon Neal

How



To better understand manifestation further, let us break the human process down even further. As humans, we create through vibrational frequencies. We are vibration and magnets.

After understanding our vibrational nature, we decide how to thrive.

Identify the resources we have around us.

Identify our innate strengths and how we can refine and implement them to do good for the world.

Become hyper-aware of our natural and innate strengths. Identify a personality trait that needs improvement so you can open more doors of opportunity.

Once strengths are identified, ask, what are we willing to pay? Because there is always a cost to be paid, whether it is our precious time, our energy, our knowledge, or money. The following should never be part of any payment to gain success in any portion: lowering our work standards, lowering our ethical standards, or lowering our honesty. Anything gained from dishonesty is immoral.

We decide how to attract knowledge and everything. Everything includes individuals, events, experiences, training, travel, hobbies, and things. What do you love to do? What brings you joy?

As we explore what we love to do, we become more aware of the many opportunities that present themselves.

For example, volunteering opens up doors to opportunities.

Become a problem solver by evaluating an agreed-upon problem needing solution options within a place, space, or process.

Meet cool people by going to places we enjoy spending time. Remember, networking is helping each other.

Despite the advertisement, do not believe every hype.
Be watchful for when an opportunity is just smoke and mirrors.

Amid all these actions, listen to our feelings.
Our feelings are our inner-core guidance system. If we feel joy, comfort, and hope, we are on the right track for this moment.

Ultimately, the choice of how we manifest is ours.
As part of this journey, return to activities we have loved before and have long forgotten how much joy they brought to us. Inside every positive activity is a treasure trove of new perspectives and solutions.

From here, explore the vast array of “hows” available to receive what already belongs to us.

As we express ourselves through what we love to do, manifestation naturally follows us.

It is a delightful way to live, exploring how we manifest.

Again, how we feel is our guide. Choose to trust your inner wisdom as you continue manifesting a life of fulfillment.

Manifestation is waiting for answers, only given through your unique life.

Loving the world through your missions is the inner core of “how.”



Love and Light,
Steff~

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Voices From the Sea

By Rv Silas Mimir AP~

A Litha Message from Neritha, Ocean Mother of the Endless Tide

Beloved Tidewalker,

The Sun has climbed to its highest throne.

Across the world, fields shimmer with abundance, flowers stretch toward the heavens, and the land rejoices beneath the longest light of the year. Many celebrate the brilliance above them, and rightly so. Yet I have called you here to remember another truth.

Even on the brightest day, the ocean remains deep.

I am Neritha, Ocean Mother of the Endless Tide, and I speak to those who stand between sunlight and mystery.

At Litha, humanity often celebrates achievement, growth, and manifestation. You are encouraged to harvest your victories, count your blessings, and bask in the warmth of what you have created. These things are sacred.

But hear the whisper beneath the waves:

Do not mistake illumination for completion.

The Sun reveals what has blossomed, but it also casts shadows. The greater the light, the more clearly you can see what remains hidden within yourself.

Many fear the darkness because they believe it opposes the light. Yet the sea knows differently. Day and night dance upon my surface, while my depths remain eternal. The light does not conquer the darkness; it simply reveals another facet of the whole.

You are being asked this season to honor both.

Celebrate your successes without becoming attached to them.

Acknowledge your growth without believing the journey is over.

Stand proudly in your power without forgetting your humility.

The waves that reach the shore in triumph must still return to the sea.

This is not a loss.

This is wisdom.

The world around you may seem turbulent. Nations argue. Communities divide. Voices rise in anger, fear, and uncertainty. You may wonder how hope can survive amid such storms.

Look to the tides.

No storm has ever remained upon my waters forever.

No wave has ever forgotten how to return to rhythm.

No darkness has ever prevented the dawn.

Humanity, too, is moving through a great tide. Though the waters seem chaotic, currents unseen are carrying hearts toward greater understanding, compassion, and awakening. Trust that what appears broken may yet become transformed.

At this turning of the Wheel, I ask you to become like the sea itself.

Let your joy shine brightly.

Let your grief move freely.

Let your compassion flow without condition.

Let your wisdom run deeper than your fears.

Most importantly, remember this:

You do not carry the light.

You are the light.

Not because you are perfect, but because you are alive.

The same fire that blazes within the Sun burns within your spirit. The same ancient waters that cradle the Moon flow through your blood. You are a meeting place of heaven and ocean, of starlight and tide.

When doubt arises, place your hand upon your heart and listen.

You will hear the rhythm.

You will hear the tide.

You will hear me.

And I will remind you that no matter how far you wander, you are never separate from the Great Ocean.

You are one of its waves.

Rise boldly.

Shine brilliantly.

Return willingly.

And trust the tide.

— Neritha, Ocean Mother of the Endless Tide

Whispers From the Sea

By Rv Stacey Blair AP~

Find a comfortable place where you can sit or lie down, either outdoors in the warmth of the sun or indoors near a window. Allow your hands to rest gently, and softly close your eyes.

Take a slow, deep breath in through your nose... and exhale gently through your mouth.

Again, inhale deeply, drawing in fresh, vibrant energy... and exhale, releasing anything you've been carrying that no longer serves you.

Continue breathing naturally.

Imagine yourself standing in a beautiful meadow at sunrise on the longest day of the year. Golden light spills across the earth, warming your skin and illuminating everything it touches. Feel the sun's gentle rays surrounding you with comfort, vitality, and peace.

With each breath, imagine this radiant light entering your heart. It expands through your chest... your shoulders... your arms... your hands... flowing through your abdomen... your legs... and finally into your feet, connecting you deeply to the earth beneath you.

Silently repeat:

I welcome the light within me.

I honor my growth and my journey.

I release what no longer belongs to this season of my life.

I step forward with courage, clarity, and joy.

Pause here for several breaths.

Notice what has blossomed in your life since the beginning of the year. Without judgment, acknowledge your victories, your lessons, your resilience, and your dreams that are still unfolding.

Offer yourself gratitude.

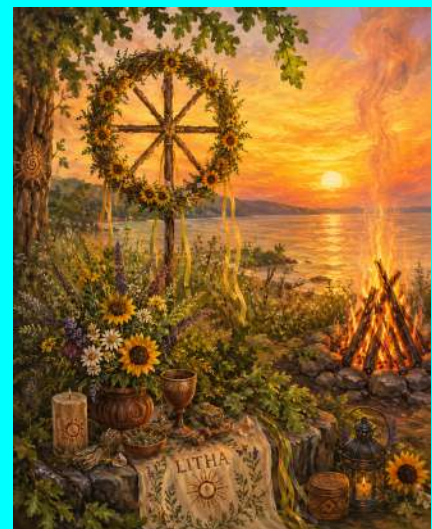
Now imagine holding a small seed in your hands. This seed represents your deepest intention for the months ahead. Ask yourself gently:

What do I want to nurture?

What qualities do I wish to embody?

How can I bring more light into my own life and the lives of others?

There is no need to force an answer. Simply allow whatever arises to be enough.



Visualize planting this seed into rich, fertile earth. The sun warms it. Gentle rain nourishes it. You trust that, in its own perfect time, it will grow.

Feel the quiet certainty that you are growing as well.

Take another slow breath.

As you exhale, imagine sending gratitude to the sun for its warmth, to the earth for its support, to the air for each breath, and to yourself for showing up in this moment.

Silently repeat:

I am grounded.

I am illuminated.

I am open to abundance.

I carry this light with me wherever I go.

Take one final deep breath in... and slowly let it go.

Begin to notice the sounds around you. Feel the surface beneath your body. Wiggle your fingers and toes.

When you're ready, gently open your eyes, carrying the warmth and brilliance of the summer solstice into the rest of your day.

May your season be filled with light, growth, joy, and peace.

Deep Sea Inspirations

By Rev. Bradley Quisenberry Foster/Fosterberry

Litha: Still Lit From Within

On Litha,
the sun stood still
like even heaven needed a minute

to look at what grew.

All that green reaching up,
all that gold pouring down,
all that life acting like it was never afraid
of the dark at all.

But I know better.

I know the longest day
still carries the seed of night.
I know the fire burns brightest
right before it starts giving some of itself
away.

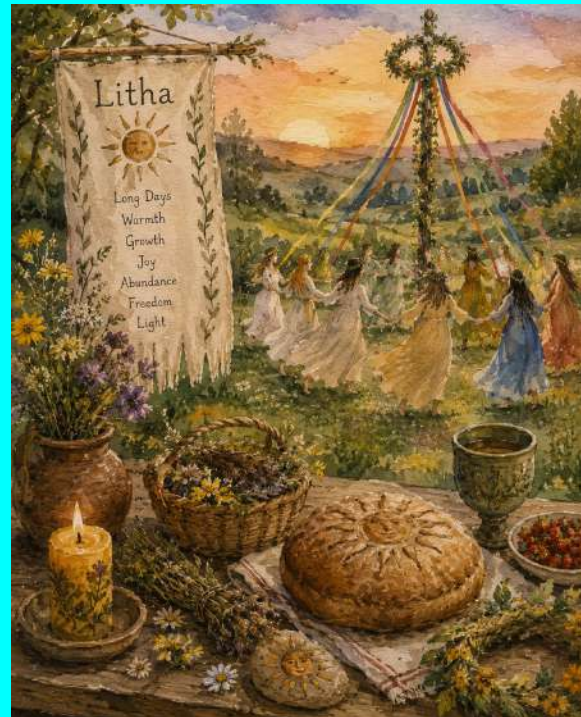
So I stand here
with flowers in my hands
and dirt on my shoes
and the sun on my face
trying to remember
I am allowed to be alive this loudly.

Let the bees keep their holy work.
Let the trees lift their arms.
Let the water shine like it knows a secret.
Let the flame eat what I am done carrying.

Today I celebrate the light
not because darkness is bad
but because I made it through enough of it
to know what this warmth is worth.

Bless the bloom.
Bless the body.
Bless the fire in the blood.
Bless every small brave thing
that kept growing
when nobody was clapping.

The wheel turns.



The sun leans west.
The season opens its golden hand.

And I am here,
still rooted,
still reaching,
still lit from within.

Blessed Be.

May your forge burn bright,
Rev Bradley Quisenberry Foster/
Fosterberry



Hand-Made Projects

Solar Blessing Stones: A Simple Litha Craft Filled with Light and Intention

The Summer Solstice, also known as Litha, is a celebration of the sun at its peak—a time to honor abundance, personal growth, and the vibrant energy of nature. One of the simplest yet most meaningful ways to celebrate this sacred season is by creating Solar Blessing Stones.

These small, hand-painted stones serve as reminders of hope, strength, gratitude, and the light we carry within ourselves. Whether displayed in a garden, placed on an altar, or gifted to loved ones, each stone becomes a tiny vessel of positive intention.

Why Blessing Stones?

For centuries, stones have symbolized stability, endurance, and the wisdom of the Earth. During Litha, when solar energy is believed to be at its strongest, painting and blessing stones becomes a mindful practice that combines creativity with intention.

Each brushstroke is an opportunity to reflect on what you wish to cultivate during the bright months ahead. Rather than simply making decorations, you're creating personal talismans that can inspire and encourage throughout the year.

What You'll Need:

- Smooth river stones
- Acrylic paints or paint markers
- Fine-tip paintbrushes
- Clear outdoor sealer (optional)
- A quiet place to create

Before you begin, take a few moments to center yourself. Sit outside if possible and allow yourself to absorb the warmth of the sun. Think about an intention you would like to carry with you.

Choosing Your Symbols

Litha is rich with symbolism. Consider painting images that represent the energy of the season, such as:

- A radiant sun for vitality and joy
- Spirals to symbolize growth and life's journey
- Bees for community, hard work, and abundance
- Sunflowers for happiness and resilience
- Butterflies for transformation
- Oak leaves for strength and wisdom
- Flames to represent passion and inspiration

You can also paint simple words that resonate with your heart, such as:

- Joy
- Courage
- Light
- Peace
- Abundance
- Hope
- Gratitude



- Growth

There is no right or wrong design. Allow your intuition to guide your creativity.

Blessing Your Stones

Once the paint has dried, hold each stone in your hands and quietly speak your intention.

You might say:

"May this stone carry the warmth of the summer sun. May it remind me to live with gratitude, courage, and joy throughout the turning of the Wheel."

If you practice ritual or meditation, you may wish to leave the stones outside for a few hours to bask in the Summer Solstice sunlight before bringing them indoors.

Ways to Use Your Blessing Stones

Place your finished stones wherever they can bring a little extra brightness to your daily life:

- Arrange them around your garden.
- Display them on your seasonal altar.
- Keep one on your desk as a daily affirmation.
- Carry one in your pocket as a reminder of your intention.
- Leave one along a walking trail for someone else to discover.
- Gift them to friends or family as a token of encouragement.
- A Lasting Reminder of Summer's Light

Litha reminds us that while the days will gradually grow shorter after the solstice, the light we cultivate within ourselves can shine all year long. Solar Blessing Stones are a beautiful way to capture the spirit of the season and carry its warmth beyond midsummer.

Sometimes the smallest creations hold the greatest meaning. A painted stone, infused with gratitude and intention, can become a gentle reminder that even after the longest day has passed, the light remains within us.

Dabblings of a Green Witch

By Rev. Catherine Dragoni



Marjoram

June is the month of the year you can't keep caught up with gardening projects, even if you're retired! You take care of one garden bed, and then another, and before you turn around, something needs weeding, pruning, or clipping where you first started.

This is June, when the pulse of the green world is most palpable. The thyme I clipped just a week and a half ago is now setting to bloom – time to harvest again. My herb garden overall is nearing the point where they will all be ready to clip and dry.

Marjoram will be one of the next herbs I collect. I consider Marjoram to be the gentler cousin, in a culinary sense, to oregano. Similar flavor profile, although somewhat less pronounced in its flavor. A lovely herb, delightful to smell, and some of my recipes call for it. But cooking was not one of my main incentives for cultivating this herb.

Somewhere in my early studies I ran across a reference that indicated that burning marjoram could be a pleasing offering to deity. So, for many years, a little bit of dried marjoram is burnt during any ritual I carry out, to invoke divine presence into my space.

From my herbal grimoire:

Marjoram

(*Origanum maforana*)

Planetary association: Mercury

Elemental association: Air

Gender association: Masculine

Astrological association: Libra, Gemini, Virgo

Uses: helps with love, happiness, health, and money. Protection from negativity. Can ease grief. Burned as an offertory, it promotes spiritual bliss and connection to the Divine.

Medicinal: analgesic, antiseptic, carminative, diuretic. Supports digestion; prevents gas and soothes nerves. Tea can soothe the throat and calm digestion.

Baking With Herbs

Litha, the Summer Solstice, celebrates the height of the sun's power and the abundance of the earth. This fresh herb flatbread brings together seasonal ingredients—fragrant herbs, golden honey, creamy cheese, and vibrant vegetables—to honor the season's bounty. It's perfect for a Litha feast, picnic, or ritual meal.

Garden Herb & Honey Flatbread

Serves: 4–6

Prep Time: 20 minutes

Cook Time: 15–18 minutes

Ingredients

For the Flatbread

- 1 prepared flatbread or pizza crust
- 2 tablespoons olive oil
- 4 ounces goat cheese or ricotta
- 1 cup shredded mozzarella
- 1 small zucchini, sliced paper-thin
- ½ cup cherry tomatoes, halved
- ¼ small red onion, thinly sliced

Fresh Herbs

- 2 tablespoons chopped basil
- 2 tablespoons chopped thyme
- 1 tablespoon chopped rosemary
- 2 tablespoons chopped chives



- A few fresh sage leaves, thinly sliced

To Finish

- 2 tablespoons local honey
- Zest of 1 lemon
- Flaky sea salt
- Freshly cracked black pepper
- Edible flowers (such as nasturtiums, calendula, or violas) for garnish (optional)

Instructions:

1. Preheat your oven to 425°F (220°C).
2. Brush the flatbread with olive oil.
3. Spread the goat cheese evenly across the crust, then sprinkle with mozzarella.
4. Arrange zucchini, tomatoes, and red onion over the cheese.
5. Scatter half of the fresh herbs across the vegetables.
6. Bake for 15–18 minutes, or until the crust is crisp and the cheese is bubbling.
7. Remove from the oven and drizzle with honey.
8. Sprinkle with the remaining fresh herbs, lemon zest, sea salt, and black pepper.
9. Garnish with edible flowers before serving.

A Litha Blessing

As you prepare this meal, you may wish to say:

*Sun above, Earth below,
Bless the seeds that helped this grow.
Herbs of healing, flowers bright,
Fill our hearts with summer's light.
May abundance grace this table,
May gratitude keep us humble,
And may we carry the warmth of Litha
Long after the sun has set.
So may it be.*

Seasonal Herb Notes

Basil symbolizes love, prosperity, and joy.

Rosemary represents remembrance, protection, and clarity.

Thyme is associated with courage and vitality.

Sage encourages wisdom and purification.

Chives symbolize renewal and fresh beginnings.

This recipe captures the essence of Litha: vibrant colors, fresh garden herbs, golden honey, and the simple abundance that comes from celebrating the longest day of the year with gratitude.

Tea Time With The Wave

This bright, aromatic herbal tea celebrates the warmth, abundance, and vitality of Litha (the Summer Solstice). It combines herbs traditionally associated with the sun, healing, joy, and midsummer gardens. The blend can be enjoyed hot during a morning ritual or iced on a warm afternoon.

Ingredients

- 2 tablespoons dried chamomile flowers
- 2 tablespoons dried lemon balm
- 2 tablespoons dried peppermint
- 1 tablespoon dried calendula petals
- 1 tablespoon dried lavender buds
- 1 tablespoon dried rose petals
- 1 tablespoon dried hibiscus petals (optional, for a vibrant ruby color)
- 1 teaspoon dried orange peel
- ½ teaspoon dried rosemary, finely crushed

Optional Additions

- A pinch of cinnamon chips for warmth
- Dried sunflower petals (food-grade)
- A small piece of dried ginger for energy and vitality

Instructions

1. Place all herbs in a clean glass bowl.
2. Stir gently with a wooden spoon while focusing on gratitude, abundance, and the light of the season.
3. Store the blend in an airtight glass jar away from direct sunlight.
4. Allow the flavors to meld for 2–3 days before brewing for the fullest flavor.

Brewing

For one cup:

1. Use 1–2 teaspoons of the tea blend.
2. Pour 8 ounces of water just off the boil (about 205°F/96°C) over the herbs.
3. Cover and steep for 7–10 minutes.
4. Strain and sweeten with local honey if desired.
5. Garnish with a fresh sprig of mint or a slice of lemon.

For iced tea:

1. Brew the tea double strength.
2. Chill and pour over ice.
3. Add fresh berries, lemon slices, or edible flowers for a festive Litha celebration.

Flavor Profile

- Bright and citrusy
- Floral with gentle sweetness
- Refreshing mint finish
- Light herbal warmth from rosemary

Litha Correspondences

- Chamomile – Prosperity, solar energy, joy
- Calendula – Sun magic, protection, success
- Lemon Balm – Happiness, healing, abundance



- Peppermint – Clarity, renewal, vitality
- Lavender – Peace, balance, purification
- Rose – Love, gratitude, beauty
- Orange Peel – Sunshine, creativity, abundance
- Rosemary – Remembrance, strength, purification

Litha Blessing

*As your tea steeps, you might say:
Golden sun, so warm and bright,
Fill this cup with love and light.
Bless the earth, the fields, the trees,
Bring abundance on the breeze.
As I drink, may joy increase,
May my heart be filled with peace.
So it is.*

This blend is naturally caffeine-free, making it suitable for morning rituals, afternoon celebrations, or an evening reflection honoring the longest day of the year.

Demeter's Apothecary

As the Sun reaches its highest point in the sky, the world seems to pause in a moment of radiant abundance. Litha, celebrated at the Summer Solstice, is a festival of warmth, vitality, and life's fullest expression. It is a time to honor the light while recognizing that, from this day forward, the Wheel of the Year gently begins its turn toward the darker half.

For the herbalist and apothecary, Litha is one of the richest times of the year. Medicinal plants are flourishing, flowers are in full bloom, and aromatic herbs are filled with the sun's energy. Many traditions consider herbs gathered on Midsummer's Day to possess exceptional potency, making this an ideal season for harvesting, drying, and crafting herbal remedies.

The Energetics of Litha

The energy of Litha is warm, expansive, solar, and vibrant. Herbal allies associated with this season often support:

- Vitality and energy
- Joy and emotional balance
- Heart health
- Digestion
- Protection
- Creativity
- Spiritual clarity

Choose herbs that reflect the brightness of the season while also helping the body remain cool, hydrated, and balanced during summer's heat.

Sacred Herbs of the Summer Solstice St. John's Wort

Perhaps the most famous herb of Midsummer, St. John's Wort has long been gathered around the Summer Solstice. Traditionally associated with the Sun, it has been used for centuries to encourage emotional resilience, brighten the spirit, and provide symbolic protection.

Apothecary Uses

- Solar-infused oils
- Protective sachets
- Ritual incense
- Herbal tinctures (used with proper knowledge and caution)
- Calendula

Golden calendula blossoms mirror the summer sun. Their cheerful flowers are treasured for skin care and healing preparations.

Best Uses

- Healing salves
- Herbal oils
- Skin washes
- Tea blends

Decorative altar offerings Lavender

Calming despite its association with summer sunshine, lavender balances heat with serenity.

Uses

- Sleep pillows
- Cooling teas
- Ritual cleansing
- Bath salts
- Smoke cleansing bundles
- Lemon Balm

Known for lifting the spirits and easing nervous tension, lemon balm is abundant during early summer.

Perfect For

- Refreshing iced teas
- Oxymels
- Cooling tinctures
- Digestive support
- Rosemary



An herb of remembrance and purification, rosemary embodies the strength and endurance of the Sun.

Use fresh sprigs in:

- Blessing bundles
- Herbal breads
- Protection charms
- Infused vinegars
- Yarrow

This resilient herb symbolizes courage and healthy boundaries while also being one of the traditional herbs of the solstice.

Harvest the flowering tops for:

- Herbal teas
- Wound washes
- Dream sachets
- Protective amulets
- Summer Solstice Flower Allies

The blooming flowers of Litha bring beauty and medicine together.

Chamomile – peace, digestion, restful sleep

Rose – love, compassion, heart-centered rituals

Elderflower – cleansing, immune support, blessings

Sunflower petals – joy, abundance, confidence

Red clover – renewal, fertility, nourishment

These flowers may be dried for teas, infused into oils, or incorporated into seasonal incense blends.

A Simple Litha Solar Infused Oil

One of the oldest herbal preparations is the solar infusion.

Ingredients

- Fresh calendula flowers
- Lavender blossoms
- Rosemary sprigs
- Carrier oil (olive, jojoba, or sweet almond)

Method

Fill a clean glass jar about halfway with herbs. Cover completely with oil, ensuring every plant part remains submerged. Seal the jar and place it in a sunny window for two to four weeks, shaking each day gently.

Strain through cheesecloth and store in amber bottles.

Use the finished oil in:

- Healing salves
- Massage oils
- Ritual anointing
- Bath oils
- A Litha Herbal Incense Blend

Blend:

- 2 parts rosemary
- 2 parts lavender
- 1 part dried rose petals
- 1 part calendula
- Pinch of cinnamon
- Small amount of dried orange peel

Burn safely on charcoal during solstice celebrations to invite warmth, gratitude, prosperity, and blessing.

Harvesting with Respect

Litha reminds us that abundance carries responsibility.

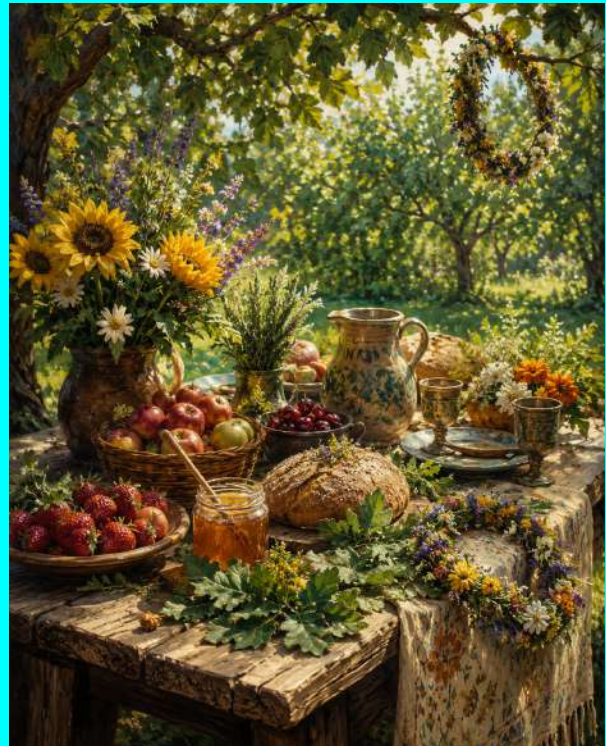
When harvesting herbs:

Gather only what you truly need.
Never take more than one-third of a healthy plant.
Harvest after the morning dew has dried.
Offer gratitude before cutting.
Leave plenty for pollinators and wildlife.

Mindful harvesting ensures the medicine of the Earth continues for future seasons.

Creating Your Litha Apothecary

This is an excellent time to replenish your herbal cabinet.



Consider preparing:

- Herbal vinegars
- Oxymels
- Infused honeys
- Herbal teas
- Flower essences
- Healing salves
- Tinctures
- Dried culinary herbs
- Ritual oils
- Herbal bath blends

Each preparation captures a little of summer's golden light to support wellness throughout the year.

Closing Reflection

Litha teaches that true abundance is not measured by what we gather but by what we cultivate and share. Every blossom harvested, every jar filled, and every cup of herbal tea prepared becomes a reminder of the Sun's generosity and the Earth's enduring gifts.

As you tend your garden or apothecary this season, may your hands be guided by gratitude, your heart warmed by sunlight, and your shelves filled with remedies that carry the bright spirit of the Summer Solstice long after the days begin to shorten.

Magical Animals

By Rev. Catherine Dragoni

Opossum

My work at the wildlife rehab center has involved caring for several opossums over the past several months. We had several intakes during the late winter/early spring months, suffering from frostbite on their toes or their tails. Fortunately, these injuries were minor, although amputation of a toe or the tip of the tail was sometimes necessary.



Once these physical injuries were healed, the possums were no worse for wear and were transitioned to outdoor enclosures to be readied for release to a natural and safe habitat.

One of my roles for the wildlife center is to identify areas for safe releases, and coordinate the transport and release of these animals with other volunteers and several local land trusts and conservation commissions.

An amazing story occurred during the attempted release of a female from one of the outdoor enclosures. When our director went to pull this animal out of its den box, she discovered it was a momma! There were several babies in there with her, born sometime after she was moved from the inside cage to the outdoor enclosure. The director made the decision to leave her be that day. A month later, when the babies had grown to a sufficient size, I had the privilege of releasing mom and her six babies together onto a land trust site.

The behavior of opossums when you open the door of their transport crate in their new home varies. Some bolt right away. Some hesitate, taking a bit to approach the opened door and leave the crate, before ambling away into the underbrush. I had one that left the crate and went into the catatonic state we commonly refer to as “playing possum”. They didn’t move. We had to carefully move them into the shelter of a nearby fallen log. We left the area, but I came back a half hour later to check, and they had moved on. Whew!

“Playing possum” is one of this creature’s main defense mechanisms. It is actually an involuntary state triggered by fear, or when escape seems impossible. In this comatose state, the animal is rigid, breathes more slowly, and sometimes makes a discharge from its anal glands. It looks and smells like a dead animal, deterring predators that prefer live prey. The state lasts minutes to hours; the possum regains consciousness once the sense of danger passes.



Possums also hiss and growl, raising their fur to appear larger. They have an impressive array of teeth, and open their mouths widely to make a fearsome display.



The young ones learn this behavior quite early! Although bites from an opossum are rare during our work at the wildlife center, we work with these animals with all due respect and caution.

Opossums carry several lessons for us. The first is adaptability and resilience – these animals thrive in diverse environments. It is one of the only animals I feel comfortable releasing in proximity to suburban homes.

They teach us how to thrive in the face of change in our environment and circumstances.

When a possum “plays dead”, they are teaching us that it is sometimes necessary to step back, conserve energy, and avoid unnecessary conflict, until you are sufficiently grounded to constructively address the problems you are facing. Remember, this state is intended as only a temporary retreat, not a permanent avoidance of whatever situation needs resolution.

As nocturnal animals, in some traditions, the opossum symbolizes the unseen, the mysterious, and the potential for inner growth.

Lessons to learn from the opossum: survival through adaptability and protection through strategy; pay attention to your intuition and inner world.

Totally Tarot

By Rv Silas Mimir AP~

At Litha, the sun stands at its highest throne. Light is not gentle now—it is absolute. It spills across land and water alike, revealing what thrives, what withers, and what has been hiding in plain sight.

This is the season of fullness. Not becoming, not preparing—*being*.
And tarot, in this blazing clarity, becomes a mirror polished by fire and saltwater both.

Litha asks a simple but piercing question:
“What in me is strong enough to hold the light?”

The Litha Solar Tide Tarot Spread

This 7-card spread follows the arc of solar power moving across water—radiance, reflection, and return.

1. The Zenith (Your Peak Energy)

What is currently at its most powerful expression in you?

2. The Flame Within (Core Drive)

What internal force is fueling your actions and desires?

3. The Sunlit Gift (What Others See in You)

How your energy is being received or reflected outward.

4. The Burning Edge (Overexertion or Imbalance)

Where the light becomes too intense—what is being overextended or strained?

5. The Mirror of Water (Hidden Truth)

What emotional truth is being revealed under this illumination?

6. The Sacred Offering (What You Are Ready to Share)

What is ready to be expressed, given, or embodied fully?

7. The Horizon Tide (What Comes After the Peak)

What begins to shift as the sun eventually begins its descent?

Litha Ritual: “The Sun on the Water”

This ritual honors the union of fire and sea—radiance softened by depth.

You Will Need:

- Tarot deck
- A bowl of water (or ocean water if accessible)
- A gold or yellow candle
- Something reflective (mirror, spoon, or glass)
- Optional: citrus, sunflower, or summer herbs

Step 1: Summoning the Solar Current

Light your candle and say:

*“Great Sun at your highest tide,
shine through me without disguise.
Let nothing in me remain unseen.”*

Step 2: The Water Mirror

Place the bowl of water beside the candle so light reflects upon it.

Look into the water and breathe slowly. Imagine the sun dissolving into the depths, becoming part of your emotional ocean.

Say:

*“What burns above, flows below.
What shines within, I now know.”*

Step 3: The Solar Tide Draw

Shuffle your tarot deck while focusing on fullness, visibility, and truth.

Lay out the 7-card spread.

After each card is drawn, briefly hold it near the candlelight, then hover it over the water—symbolizing integration of fire and emotion.

Step 4: The Offering of Light

Place your hands over the cards and speak:

*“I do not fear being seen.
I do not shrink from my own radiance.
I am the tide that holds the sun.”*

If using herbs or citrus, place them into the water as an offering of abundance.

Step 5: Integration & Descent

Journal your spread with focus on:

- Where your energy feels expansive and alive
- Where burnout or imbalance may be forming
- What truth becomes unavoidable in this light
- What you are finally ready to let others witness

When finished, allow the candle to burn safely for a while as a symbol of the sun at its peak.

Message from the High Tide Sun

At Litha, nothing is hidden—but not everything is meant to be judged.

The sun does not question its brilliance.
The ocean does not apologize for its depth.

And you—standing between them—are allowed to be both.

Bright without shame.
Deep without fear.
Seen without shrinking.

For even the longest day knows...
it is part of a turning tide.

Monthly Transits

(from cafeastrology.com)

June

21st - Sun enters Cancer (self-protective)

28th - Mars enters Gemini (flexible but unfocused)

29th - Mercury retrograde in Cancer

29th - Full Moon in Capricorn

30th - Jupiter enters Leo (motivates us for confident expression)

July

7th - Neptune retrograde in Aries (increased receptiveness)

9th - Venus enters Virgo (express love through practical means)

14th - New Moon in Cancer

22nd - Sun enters Leo (proud, outgoing, playful)

23rd - Mercury turns direct in Cancer

26th - Saturn retrograde in Aries (review long term goals)

29th - Full Moon in Aquarius

Special Events

All times are Eastern Standard Time

June - Crowns the sun at its zenith, inviting us to stand fully in our own radiance and channel this peak luminosity into spiritual transformation. Celebrated as Pride Month, honoring the LGBTQ+ community and their contributions. June offers a unique opportunity to connect with solar deities and channel their vibrant energy to inspire lasting 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.

21st Litha (Summer Solstice): The Longest day of the year and a celebration of peak solar power. The start of the Sun's gradual decline. (Northern Hemisphere)

Yule (Winter Solstice): The rebirth of the Sun and celebration of hope and returning light. (Southern Hemisphere)

Father's Day (US): A day to honor and appreciate fathers and father figures.

23rd Day of the Lady & Lord of the Sidhe: A modern observance honoring the Fae and the otherworldly aspects of the divine. This day invites connection with the magical, mysterious energies of the Sidhe, reflecting the balance between earthly and ethereal realms.

24th Day of Household Deities: A modern devotional practice for cleansing and rededicating altars or household shrines, honoring the protective spirits of the home. A time of reflection, gratitude, and ritual offerings to protective spirits that guard and bless the home.

29th Full Strawberry Moon in Capricorn: A moon of adventure, truth-seeking, and seasonal abundance. Encourages channeling energy into ambition, discipline, and the pursuit of long-term goals - a time of growth, maturity, and transformation.

July - July holds the golden pause before the turn, where we gather gifts from the land while honoring the light that now begins its slow descent. A perfect opportunity for introspection. 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 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.

8th Celtic Tree Month of Holly begins: Holly symbolizes protection, strength, willpower, and spiritual endurance.

14th New Moon in Cancer: Cradle your deepest feelings and tend to ancestral roots as the moon returns to her nocturnal throne. Ushers in intentions and offers a moment for introspection and shadow work. It's an opportunity to embrace vulnerabilities, reflect on deepest desires, and draw wisdom from past experiences - perfect for inner exploration before the brightness of the full moon.

21st Witch's Day - A special day to celebrate the craft in all its forms, honoring the rich history, diverse practices, and unique 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.

29th Full Buck Moon in Aquarius: A visionary moon of community, revolution, and humanitarian ideals breaking free. Encourages energy focused on ambition, discipline, and long-term goal achievement. This is a powerful lunar phase for focusing on career, planning for the future, and taking practical steps toward dreams - grounded and steady.

August - August brings the sacred harvest home, revealing how our intentions have ripened into tangible blessings worthy of gratitude and celebration. The perfect time to reap the rewards of our hard work over the past year. It's an opportunity to pause, reflect on our achievements, and appreciate the progress we've made. This reflection not only brings a sense of fulfillment but also inspires us to set new goals for the future.

1st Lughnasadh/Lammas (First Harvest): Festival honoring Lugh, craftsmanship, and abundance, and celebrating the year's first grain harvest.

Southern Hemisphere: Imbolc (High Winter): Festival of Brigid, celebrating returning light, creativity, and hearth blessings. Marks the midpoint between Winter Solstice and Spring Equinox. Honors Brigid, Goddess of the hearth, poetry, and healing, symbolizing purification and rekindling of the inner flame as the light slowly returns.

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 located at 1794 Oak, Wyandotte, Michigan 48192. 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.

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