

The Mermaid Wave Journal

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Stephanie's Corner

By Stephanie Leon Neal

A Note to Our Readers



We would like to extend our apologies to our readers for the absence of Lady Stephanie's contributions in this issue of The Mermaid Wave Journal.

Unfortunately, we have not received her writings in time for publication. We understand that many of our readers look forward to her contributions, and we sincerely regret their absence.

We appreciate your understanding and continued support as we strive to bring you meaningful articles, spiritual insights, and inspiration from throughout our Pagan community.

Thank you for being part of The Mermaid Wave Journal family.

With blessings and gratitude,
The Editorial Team
The Mermaid Wave Journal

Voices From the Sea

By Rv Silas Mimir AP~

Where the Living and the Ancestors Meet

A Samhain Message from the Great Ocean Mother, Yamaya

Beloved Children of the Tide,

Come to the water's edge.

Come when the last light slips beneath the horizon and the world grows quiet. Come when the wind carries the scent of fallen leaves and the veil between the worlds grows thin. Come with your questions, your grief, your gratitude, and the names of those whose voices you still long to hear.

For I am the Ancient Sea, and I have known every ending since the first breath of creation.

I knew the first waters that cradled life. I knew the first creature that ventured beyond the shallows. I have carried the tears of mothers, the prayers of sailors, and the ashes of kings. I have witnessed civilizations rise like islands from the mist and disappear beneath the relentless turning of time.

And still, I remain.

At Samhain, you turn your thoughts toward those who have crossed beyond the reach of your hands. You speak their names into the darkness, light candles against the night, and set places in your hearts for those who are no longer seated at your tables.



You wonder where they have gone.

You wonder whether they can hear you.

You wonder whether love can survive the boundary that separates the living from the dead.

Listen, beloved.

Love is not a thing that dies. It is a current that changes its course.

When a wave disappears into my vastness, it does not cease to have been water. Its shape is gone, its familiar outline dissolved, yet the substance of it remains within the greater whole.

So it is with the lives that have touched yours.

The hand you can no longer hold may have taught you tenderness. The voice you can no longer hear may still guide the words you choose. The person who once walked beside you may have changed the very direction of your life.

Their bodies have returned to the great mysteries of existence, but their influence continues to move through the world.

You carry them in the kindness you offer because they were kind to you. You carry them in the courage you summon because they once believed in you. You carry them in the stories you tell, the traditions you preserve, and the wounds you are determined not to pass on.

Do not mistake the absence of a familiar form for the absence of meaning.

Some legacies are written in books.

Others are written in the living hearts of those who remain.

And yet, I know that remembrance is not always gentle.

Some of you approach this season carrying sorrow so old that you have forgotten what it feels like to set it down. Some mourn people whose lives were complicated, whose love was imperfect, or whose leaving left questions that time has never answered.

Some of you grieve what you never received.

The parent who could not offer tenderness. The friendship that ended without reconciliation. The apology that never came. The childhood you cannot return to reclaim.

Beloved, you need not turn every memory into a blessing to find peace.

You do not have to call every wound a gift.

You may honor the dead without denying the truth of how they lived. You may love someone and still acknowledge the harm they caused. You may forgive, if forgiveness is right for you, without inviting old pain back into your life.

The ancestors are not honored by your silence about suffering.

They are honored when you carry forward what was wise, lay down what was harmful, and choose to become a gentler link in the long chain of generations.

You are not required to repeat the past in order to remember it.

This, too, is sacred work.

For Samhain is not only a time to look backward. It is a threshold from which you may look forward with clearer eyes.

The year is dying into itself. The fields are quieting. The trees are surrendering their leaves. The earth is drawing its strength inward, preparing for a season in which growth becomes invisible.

Do not mistake this stillness for emptiness.



Beneath the fallen leaves, life is preparing in ways you cannot yet see.

Beneath my winter waters, currents continue their ancient movements. The surface may grow dark and cold, but the depths are not without life.

So it is with you.

There will be seasons when your own becoming is hidden. Seasons when you cannot measure your progress, when the answers refuse to arrive, when all you can do is breathe and take the next small step.

Let those seasons be sacred.

You are not failing because you are resting.

You are not lost because you are uncertain.

You are not finished because something within you has come to an end.

The darkness is not always a door to be hurried through. Sometimes it is a room in which you must sit long enough to hear your own soul speak.

And what of the veil, beloved?

What of the mystery that draws you toward the unseen at this turning of the Wheel?

Approach it with reverence.

Remember your dead. Speak their names. Leave offerings of gratitude. Listen to the stories preserved by those who came before you. If you feel the presence of

spirit, meet it with a discerning heart. If you hear only the wind, let the wind be enough.

You do not need a supernatural sign to prove that your love was real.

You do not need a whispered answer to justify your remembrance.

The sacred does not become less sacred because some mysteries remain beyond your understanding.

There is wisdom in the not-knowing.

There is humility in allowing the veil to remain a veil.

And there is profound beauty in choosing to love across a boundary you cannot fully comprehend.

So, as you stand at the threshold of Samhain, I ask you to do three things.

Remember what deserves to be remembered.

Let the stories of your beloved dead remain alive, not only in sorrow but in laughter, in celebration, and in the ordinary moments when you recognize their influence within yourself.

Release what was never yours to carry forever.

Lay down the inherited shame, the old resentments, the fear that you must live a certain way to prove your worth. You may honor those who came before you without surrendering your future to their unfinished struggles.

Protect what has been entrusted to your care.

You are an ancestor in the making. The choices you make today will become part of someone else's inheritance tomorrow. Your compassion may become another person's courage. Your healing may interrupt a pattern that has traveled through generations. Your willingness to speak the truth may give someone else permission to live honestly.

You may never know how far the ripples of your life will travel.

The ocean does not know every shore its waters will touch, yet it continues to move.

And so must you.

Beloved, the dead belong to the great mystery. The living belongs to the work of becoming. Between them flows the river of memory, carrying love, wisdom, sorrow, and possibility through the generations.

Stand at that river.

Give thanks for those who made your life possible. Grieve those whose absence still aches. Release the stories that no longer serve the living. And remember that your own life, brief and extraordinary, is part of something far greater than the span of a single season.

When the final candle burns low, when the last prayer has been spoken, when you turn away from the altar and return to the ordinary world, carry this truth with you:

You are both a remembrance and a beginning.

You are the answer to prayers spoken by people whose faces you may never know. You are the continuation of courage that began long before you arrived. You are the possibility of healing that those before you may have dreamed of but never lived to see.

Live in such a way that the generations yet to come inherit more than your name.

Give them a world with more tenderness.

Give them traditions that make room for truth.

Give them the courage to question what must change and the wisdom to preserve what is beautiful.

Give them permission to become something new.

And when your own time comes to cross the final threshold, may the life you have lived flow onward in the love you have given, the wisdom you have shared, and the lives you have helped make more whole.

For I am Yamaya, Mother of the Living Waters, keeper of the tides that carry all things through their seasons.

I have witnessed the falling of stars and the birth of worlds. I have held the ashes of the forgotten and the hopes of those not yet born.

I know the sorrow of endings.

I know the mystery of what lies beyond them.

And I know this:

Nothing can return to yesterday, but much can be carried forward into tomorrow.

So grieve, beloved, when grief comes.

Remember, when memory calls.

Rest, when the darkness asks you to be still.

And when dawn returns, as dawn has always returned, rise once more to meet the living world.

The ancestors are behind you in memory.

The future waits before you in possibility.

And beneath you, around you, and within the great turning of all things, the ancient waters continue their song.

You are not the end of the story.

You are the tide that carries it onward.

With the eternal love of the deep,

Yamaya, Great Mother of the Living Waters 🌊

Whispers From the Sea

By Rv Stacey Blair AP~

Beyond the Veil

A Samhain Meditation of Remembrance, Release & Renewal

Part One: Entering the Stillness

5 minutes

Welcome, dear souls, to this sacred moment.

Tonight, we gather at the turning of the Wheel of the Year.

The final harvest has been gathered. The earth prepares for her winter slumber, and the days grow shorter.

Samhain is upon us.

In the old traditions, this is a time when the veil between the worlds is believed to grow thin. A time to remember our ancestors, honor those who have passed, and listen to the quiet wisdom within ourselves.

Find a comfortable position.

Allow your hands to rest gently in your lap.

Close your eyes, if that feels comfortable.

Take a deep breath in.

And slowly release.

Again, breathe in the coolness of autumn.

And breathe out the weight of the day.

With each breath, allow your shoulders to soften.

Allow your thoughts to settle.

There is nowhere else you need to be.

Nothing else you need to accomplish.

For this moment, you are simply here.

Pause for 30 seconds.

Part Two: The Autumn Garden

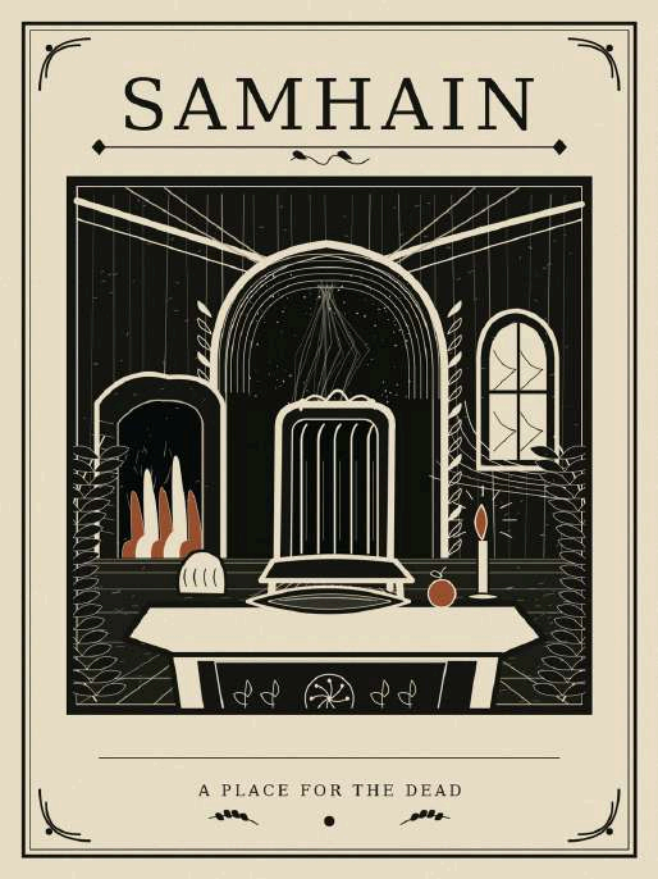
5 minutes

Imagine yourself standing before an old Victorian garden.

An iron gate stands slightly open, inviting you inside.

Beyond it, a winding stone pathway disappears beneath fallen leaves.

The air is cool, carrying the scent of damp earth, dried roses, and woodsmoke.



Above you, a silver moon illuminates the garden.

You step through the gate.

With every step, the leaves whisper beneath your feet.

The garden is preparing for winter.

The roses have faded.

The trees have released their leaves.

And yet, there is beauty here.

A quiet beauty.

A reminder that endings are not failures.

They are simply part of the cycle of life.

As you walk, you notice a small stone bench beneath an ancient tree.

Beside it sits a lantern, its flame glowing warmly.

You approach the bench and sit.

Here, beneath the moonlight, you feel completely at peace.

Pause for 45 seconds.

Part Three: Honoring Those Who Came Before

5 minutes

As you sit in the garden, allow your thoughts to turn gently toward those who came before you.

Perhaps a grandmother.

A grandfather.

A parent.

A dear friend.

Or someone whose presence touched your life.

You may remember their laughter.

Their voices.

The warmth of their embrace.

Perhaps the smell of something baking in their kitchen.

Or the familiar comfort of sharing a cup of tea.

Allow a memory to come forward naturally.

Do not force it.

And if no particular memory appears, simply rest in gratitude for the generations whose lives made yours possible.

Imagine placing a small candle upon the stone bench.

Its flame represents remembrance.

Love does not disappear simply because a life has ended.

It continues in our stories.

Our traditions.

Our gestures.

And in the small pieces of wisdom passed from one generation to another.

Silently, offer these words:

To those who walked before me,
I honor your journey.
I carry forward your wisdom.
I remember your love.
And I thank you for the paths you helped create.

Rest here for a moment.

If emotions arise, allow them to be present without judgment.

You need not hold on to them.

You need not push them away.

Simply breathe.

Pause for 60 seconds.

Part Four: Releasing the Old Year

5 minutes

Now imagine that a single golden leaf rests in the palm of your hand.

This leaf represents something you are ready to release.

Perhaps a worry.

A regret.

A disappointment.

An old fear.

Or a burden you have carried for far too long.

You do not need to name it aloud.

Simply acknowledge its presence.

Look at the leaf.

Notice its delicate veins.

It's changing colors.

Its beauty, even as it reaches the end of its season.

Like the trees in autumn, you are allowed to let go.

You do not need to carry every burden into the next chapter of your life.

Take a deep breath.

And imagine gently opening your hand.

A soft autumn breeze lifts the leaf into the night air.

Watch as it dances beneath the moonlight.

Higher.

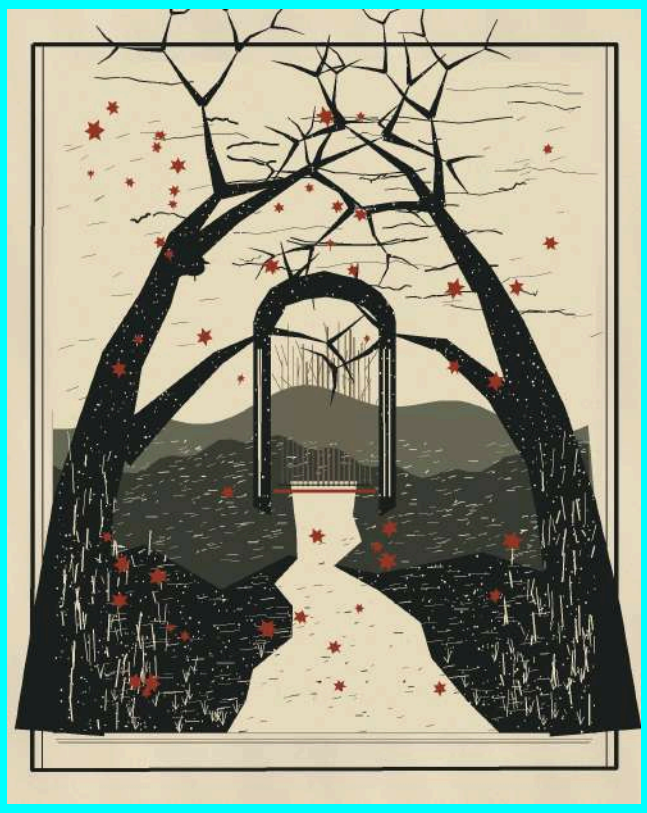
Farther.

Until it disappears into the darkness.

Silently repeat:

I release what no longer serves me.
I forgive what I am ready to forgive.
I honor the lessons of the past.
I welcome the peace of letting go.

Feel the space that has opened within you.



A space for healing.

For possibility.

For new beginnings.

Pause for 60 seconds.

Part Five: The Wisdom of Darkness

3 minutes

The garden grows quiet.

Above you, the moon shines through the bare branches.

You begin to understand that darkness is not always something to fear.

Seeds rest beneath the winter soil.

Roots grow unseen.

The earth restores herself in silence.

And so may you.

You do not need to bloom in every season.

You are allowed to rest.

You are allowed to change.

You are allowed to begin again.

Imagine a warm golden light glowing gently within your heart.

With every breath, that light grows brighter.

It carries the love of those who came before you.

The strength of everything you have survived.

And the quiet promise of everything still to come.

Silently repeat:

I honor the past.
I embrace the present.
I trust the seasons of my life.
I welcome the wisdom of the coming year.

Pause for 30 seconds.

Part Six: Returning Through the Garden

2 minutes

It is time to leave the garden.

Rise slowly from the stone bench.

The lantern continues to glow beside the ancient tree.

You know that this peaceful place will remain here whenever you need it.

Begin walking along the stone pathway.

The fallen leaves rustle softly beneath your feet.

Ahead, the iron gate waits beneath the silver moon.

As you step through, take one final look at the garden.

Offer a silent word of gratitude.

And gently return your awareness to the room around you.

Feel the chair beneath you.

Notice the air against your skin.

Become aware of your breathing.

Wiggle your fingers.

Move your toes.

Take one final, deep breath.

And when you are ready, gently open your eyes.

Closing Blessing

May the ancestors be remembered.

May the burdens of the past be released.

May the darkness bring wisdom rather than fear.

And may the turning of the Wheel remind us that every ending carries the promise of a new beginning.

Blessed Samhain.
Blessed be.

Deep Sea Inspirations

By Rev. Bradley Quisenberry Foster/Fosterberry

The Keeping Night

The year is getting old again. I can feel it in the bones of the trees. The grass has grown tired of reaching and the sun has less to say these days. Even the wind seems to know there are things we must surrender.

And here we are. Another turning of the wheel. Another Samhain at the door. Another year of gathering names we never thought we'd have to carry.

I've learned that grief is a strange old thing. It doesn't always come crying. Sometimes it comes as a familiar sound. A memory passing through the kitchen. A sudden urge to tell someone something before remembering they are gone.

Tonight I will tend the fire. I'll leave a little bread upon the table. A cup of water for the wandering. A place for those who knew me before I knew myself.

And I won't pretend they were all good. Some of my dead were difficult people. Some loved me the best they could. Some left more hurt than wisdom. But death doesn't make a saint of anyone and memory ought to tell the truth.

Still there are others. Gods how I miss the others.

I'd give a thousand autumn mornings to sit beside them one more time. To hear some ordinary nonsense. To laugh about a thing that never mattered. To have one more moment before we knew it was the last.

But Samhain isn't here to give them back.

It is here to remind us that nothing living stands outside the turning. Not the oak. Not the field. Not the hands that planted either. Not even these hearts of ours that keep breaking and beating anyway.

So come old year. Lay your weary body down. Give your leaves back to the soil. Give your rain back to the rivers. Give your bones back to the earth and let the roots do what roots have always done.

I'll sit here a little longer. With the fire and the memories. With all the love that has nowhere left to go except deeper into me.

And when morning comes I'll rise and carry it forward.

For the dead have had their living. And the living have their dead. And somewhere beneath the fallen leaves the next green thing is waiting.

Blessed Samhain. Until we meet around the wheel again.

May your forge burn bright,
Rev Bradley Quisenberry Foster

Hand Made Projects

Crafting an Ancestor’s Remembrance Bottle

Honoring the Ancestors Through Memory and Magic

As the Wheel turns toward Samhain, we enter a season of reflection, ancestral connection, and transformation. The final harvest has passed, the earth begins her rest, and we turn our attention toward the wisdom of those who walked before us.

Samhain offers an opportunity to honor our ancestors, both of blood and spirit, while acknowledging the cycles of death, rebirth, and renewal.

This season, create an Ancestor's Remembrance Bottle, a small ritual vessel filled with herbs, memories, and intentions. More than a decorative keepsake, this bottle serves as a physical representation of the connections that transcend generations.

Gathering Your Materials

Small glass bottle or vial with a cork

Dried rosemary for remembrance and protection

Dried rose petals for enduring love and ancestral bonds

Dried lavender for peace and spiritual harmony

Small piece of parchment

Black, burgundy, or deep purple ribbon

Antique-style key or symbolic charm

Candle for your ritual space

Feel free to substitute herbs that hold personal or ancestral significance. Your own traditions and magical correspondences should always guide your practice.

Creating Your Remembrance Bottle

1. Prepare Your Sacred Space

Begin by cleansing your workspace using your preferred method, whether smoke, sound, moon water, or focused intention.

Light a candle and invite the presence of your honored ancestors, guardians, or deities according to your personal practice.

Take a moment to ground and center yourself.

2. Awaken the Memories

On your parchment, write the name of an ancestor, a cherished memory, or words of gratitude.

Your ancestors need not be limited to a biological family. Spiritual teachers, chosen family, and those whose wisdom shaped your path may also be honored.

Hold the parchment between your hands and reflect upon the gifts they left behind.

3. Layer Your Intentions

Place the rosemary into your bottle, focusing on the preservation of memory and ancestral wisdom.

Add rose petals, honoring the love that continues beyond physical death.

Finally, add lavender, inviting peace and harmony into your ancestral connections.

As you add each ingredient, visualize your intentions becoming part of the vessel.

4. Seal the Connection



Roll your parchment and place it carefully inside the bottle.

Secure the cork and wrap the neck with your chosen ribbon.

Attach a small key or charm to symbolize the mysteries of the veil and the wisdom carried between generations.

Hold the completed bottle in your hands and speak:

Through root and branch, through blood and bone,
I honor the paths that led to my own.
Through memory's flame and wisdom's light,
I hold you close this Samhain night.

With rosemary, rose, and lavender fair,
I offer remembrance, gratitude, and care.
As the Wheel turns and the seasons flow,
May ancestral wisdom within me grow.

So mote it be.

Incorporating Your Bottle Into Samhain Ritual

Place your completed bottle upon your ancestral altar, beside photographs, heirlooms, or other meaningful objects.

You may choose to include it in your Samhain observances, meditation, or a quiet evening of remembrance.

In future years, the bottle can become part of your seasonal altar, a reminder of the wisdom and love carried forward through generations.

For those who work with ancestral spirits, the bottle may also serve as a focal point for meditation and respectful connection.

As with any spiritual practice, approach ancestral work with discernment, clear boundaries, and reverence.

As the Veil Thins

Samhain reminds us that death and transformation are inseparable from life. The falling leaves nourish the soil, the seeds rest beneath the earth, and the darkness prepares the way for renewal.

Our ancestors live on through the stories we tell, the traditions we preserve, and the wisdom we choose to carry forward.

May this Samhain bring meaningful remembrance, peaceful reflection, and a deeper connection to the roots of your own spiritual journey.

Blessed Samhain, and may the wisdom of the ancestors guide your path.

Dabblings of a Green Witch

The harvest gathered, the setting sun.
Through winter's sleep and darkness deep,
May all your hidden wonders keep.

By stone and leaf, by root and rain,
May life renew and rise again.
With grateful heart, I honor thee,

And trust the turning mystery.

So mote it be.

Remain still for a few moments.

Listen to the wind.

Feel the temperature of the air.

Notice the quiet activity of the natural world.

When you are ready, return the leaves and rosemary to an appropriate compost area, provided they are free of contaminants.

Keep the stone as a reminder of your connection to the earth, or leave it in the garden as a seasonal marker.

Preparing the Garden for Winter

The practical work of preparing a garden for winter can be just as meaningful as ritual.

Protect the Roots

Apply a suitable layer of mulch around vulnerable perennial plants, taking care not to pile it directly against stems or crowns.

Mulch helps moderate soil temperatures and protect roots from repeated freezing and thawing.

Care for the Soil

Avoid unnecessary digging or disturbing established garden beds.

Healthy soil contains a complex community of organisms that continue their work throughout the colder months.

Preserve Your Seeds

Store thoroughly dried seeds in labeled paper envelopes in a cool, dry location.

Include the plant name and collection date.

Leave a Little Wildness

Resist the temptation to clear every stem and leaf.

Standing stems, seed heads, and sheltered areas can provide valuable habitat for overwintering insects and other wildlife.

Clean and Bless Your Tools

Remove soil from your gardening tools, dry them thoroughly, and protect metal surfaces from rust.

As you clean, reflect upon the work accomplished throughout the growing season.

Every tool carries the memory of the hands that used it.

The Green Witch's Winter Garden

Winter does not mean that our relationship with plants must end.

A sunny windowsill may become home to culinary herbs.

A collection of dried flowers can inspire seasonal crafts.

Seed catalogs offer dreams of future gardens, while jars of preserved herbs remind us of summer's abundance.

This is also an excellent time to begin a garden journal.

Record what flourished, what struggled, and what you hope to change.

Sketch plans for new beds.

Research plants native to your region.

Study the folklore and historical uses of the herbs you grow.



And perhaps most importantly, allow yourself time to rest.

The garden does not apologize for its winter dormancy.

Neither should we.

The Wisdom Beneath the Soil

As Samhain gives way to the darker months, the Green Witch learns to recognize beauty in places others might overlook.

There is beauty in the bare branches of an old tree.

In frost gathering upon dried seed heads.

In the scent of wet leaves beneath our feet.

And in the knowledge that beneath the seemingly lifeless soil, countless unseen processes continue.

The earth is not empty.

She is resting, transforming, and preparing.

Our own lives follow similar rhythms.

There are seasons of growth and abundance, seasons of loss and change, and seasons when our greatest work happens quietly, beyond the sight of others.

Samhain reminds us to honor each of them.

So, as you close your garden gate for the season, take one final look at the earth you have tended.

Thank her for the harvest.

Thank her for the lessons.

And trust that when the Wheel turns once more, life will awaken in its own time.

Until then, may your roots remain strong, your spirit remain wild, and your garden dreams flourish beneath the winter moon.

Blessed Samhain, and blessed be.

Baking With Herbs

A Little Magic in Every Bite

As the Wheel turns toward Samhain, the kitchen becomes a place of warmth, remembrance, and magic. The scent of apples, freshly baked bread, and fragrant herbs fills the air as we celebrate the final harvest and prepare for the darker months ahead.

For centuries, herbs have played an important role in both cooking and folk traditions. Within the practice of kitchen witchery, they become more than simple ingredients. Each herb carries symbolism, intention, and a connection to the natural world.

Samhain is a wonderful time to bring these traditions together through baking.

Whether preparing offerings for an ancestral altar, sharing food with loved ones, or simply enjoying a quiet evening beside the hearth, baking with herbs can become a meaningful seasonal ritual.

The Magic of Samhain Herbs

Choosing herbs for Samhain baking allows us to weave intention into everyday ingredients.

Rosemary — Remembrance & Protection

Long associated with memory, rosemary is particularly fitting for ancestral observances. Its earthy, pine-like flavor complements apples, pears, breads, and savory pastries.

Sage — Wisdom & Cleansing

Associated in various magical traditions with wisdom, protection, and purification, culinary sage adds a warm, savory flavor to breads, biscuits, and autumn dishes.

Thyme — Courage & Strength

Thyme has long appeared in European folklore and herbal traditions. In contemporary magical practice, it is often associated with courage, strength, and protection. Its delicate flavor works beautifully in savory baking.

Lavender — Peace & Spiritual Harmony

Lavender is often incorporated into magical workings for peace, tranquility, and restful sleep. Culinary lavender can add a delicate floral note to shortbread, honey cakes, and biscuits.

Bay Laurel — Protection & Divination

Bay leaves have historical associations with prophecy, victory, and protection. They are particularly suited to savory baking, where their flavor can infuse fillings or cooking liquids. Always remove whole bay leaves before serving.

When choosing herbs, remember that magical correspondences vary among traditions. Work with the plants that resonate with your own practice and ancestry.

Samhain Rosemary, Apple & Honey Cake

A Harvest Offering of Remembrance and Gratitude

This rustic cake combines the sweetness of autumn apples, the warmth of honey, and the earthy fragrance of rosemary.

Apples have long held associations with the Otherworld, love, and divination in Celtic folklore. Rosemary brings the symbolism of remembrance, while honey represents sweetness, abundance, and gratitude.

Together, they create a beautiful addition to the Samhain table.

Preparation Time: 20 minutes
Baking Time: 40–50 minutes
Servings: 8–10

Ingredients

2 cups all-purpose flour

2 teaspoons baking powder

½ teaspoon baking soda

½ teaspoon salt

1 teaspoon ground cinnamon

½ teaspoon ground nutmeg

1 teaspoon finely chopped fresh rosemary

2 large apples, peeled and diced

2 large eggs

½ cup honey

½ cup packed brown sugar

½ cup unsalted butter, melted and cooled

½ cup whole milk

1 teaspoon vanilla extract



Optional Honey Glaze

2 tablespoons honey

1 tablespoon melted butter

½ teaspoon finely chopped fresh rosemary

Instructions

1. Prepare Your Kitchen

Preheat your oven to 350°F (175°C). Grease a 9-inch round cake pan and line the bottom with parchment paper.

Before beginning, take a moment to ground yourself and focus on your intention.

Perhaps you are baking in remembrance of an ancestor, in gratitude for the harvest, or to welcome peace into your home.

2. Combine the Dry Ingredients

In a large bowl, whisk together the flour, baking powder, baking soda, salt, cinnamon, nutmeg, and rosemary.

As you mix, consider the qualities you wish to welcome into the coming season.

3. Blend the Wet Ingredients

In a separate bowl, whisk together the eggs, honey, brown sugar, melted butter, milk, and vanilla until smooth.

4. Bring Everything Together

Gently fold the wet ingredients into the dry ingredients until just combined.

Fold in the diced apples, distributing them evenly throughout the batter.

Avoid overmixing, which can make the cake dense.

5. Bake with Intention

Pour the batter into your prepared pan and smooth the surface.

Bake for approximately 40–50 minutes, or until a toothpick inserted into the center comes out clean or with a few moist crumbs.

If the top begins browning too quickly, loosely cover it with aluminum foil.

6. Add the Finishing Touch

Allow the cake to cool in the pan for 15 minutes before transferring it to a cooling rack.

If desired, gently warm the honey, butter, and rosemary together, then brush the glaze over the warm cake.

The finished cake should be moist, fragrant, and filled with the comforting flavors of autumn.

A Kitchen Witch's Samhain Blessing

As you prepare your ingredients, consider incorporating a simple spoken blessing.

By apple sweet and rosemary green,
I honor the harvest and all unseen.
By honey gold and warming flame,
I give my thanks in the ancestors' name.

May love be shared and memories stay,
As autumn's light begins to fade.
With grateful heart and blessings bright,
I welcome the wisdom of Samhain night.

So mote it be.



Baking for the Ancestors

Food has long been an important part of remembrance traditions across cultures.

During Samhain, some practitioners prepare a Dumb Supper, setting a place at the table for departed loved ones and sharing a meal in silence.

Others prepare favorite family recipes, leave symbolic offerings, or dedicate a portion of their seasonal feast to those who came before.

A slice of rosemary, apple, and honey cake can become part of your own observance.

Place a portion on your ancestral altar, if that is part of your practice, or share the cake with family and friends while telling stories of those who are remembered.

You might even prepare the recipe using an old family mixing bowl, a treasured wooden spoon, or a handwritten recipe book passed down through generations.

Sometimes the most meaningful magic is found in the familiar gestures of everyday life.

A Note on Working with Culinary Herbs

Not every herb used in magical practice is suitable for consumption.

When baking, always choose food-grade herbs that are correctly identified and intended for culinary use.

Essential oils should not be substituted for fresh or dried herbs unless specifically formulated and labeled for food use.

Use lavender sparingly, as too much can create an unpleasant, soapy flavor. Rosemary and sage can also overpower sweet recipes when used excessively.

The goal is to create a harmonious balance between flavor, symbolism, and intention.

The Magic We Carry Forward

Samhain baking is about more than preparing seasonal food.

It is an opportunity to reconnect with the earth, honor the harvest, and preserve the traditions that link us to previous generations.

The simple act of measuring flour, chopping herbs, or stirring a bowl of batter can become a moment of mindfulness and intention.

As the days grow shorter and the hearth becomes the heart of the home, may our kitchens remain places of nourishment, remembrance, and magic.

May every loaf carry gratitude, every herb hold intention, and every shared meal remind us that the bonds of love and memory endure beyond the turning of the seasons.

Blessed Samhain, and blessed be your hearth and home.

Tea Time With The Wave

Samhain's Veil

A Loose-Leaf Tea of Remembrance, Reflection & Ancestral Connection

As the Wheel of the Year turns toward Samhain, the earth begins her descent into winter's embrace. The gardens grow quiet, the last leaves fall, and the veil between worlds is believed to grow thin.

For the practicing witch, tea is more than a comforting beverage. It is an opportunity to weave intention into an everyday ritual, combining the energies of herbs, the elements, and the sacred act of preparation.

This Samhain, we invite you to create a loose-leaf tea blend designed to honor the ancestors, encourage reflection, and welcome the wisdom of the darker half of the year.

Whether enjoyed beside a flickering candle, during meditation, or as part of your ancestral observances, this blend offers a moment of stillness amid the turning seasons.

Creating Your Samhain Tea Blend

Samhain's Veil — An Herbal Tea of Remembrance

This caffeine-free blend combines the warmth of autumn spices with herbs traditionally associated with memory, protection, peace, and spiritual connection.

Ingredients — Makes Approximately 6–8 Cups

3 tablespoons (approximately 4.5 g) dried apple pieces

2 tablespoons (approximately 3 g) dried chamomile flowers

1 tablespoon (approximately 2 g) dried rose petals

1 tablespoon (approximately 1.5 g) dried lemon balm

1 teaspoon (approximately 1 g) finely cut dried rosemary

1 teaspoon (approximately 2 g) cinnamon chips

½ teaspoon (approximately 1 g) dried ginger pieces

Weights are approximate and will vary depending on how finely the ingredients are cut.

The Magical Correspondences

Apple — The Otherworld & Immortality

Apples have long been associated with the Otherworld, divination, and the mysteries of life and death. Their natural sweetness brings warmth and balance to this blend.

Chamomile — Peace & Spiritual Comfort

Associated with tranquility, purification, and restful energy, chamomile encourages a peaceful atmosphere for contemplation.

Rose — Love & Ancestral Bonds

Rose petals symbolize enduring love, remembrance, and the connections that remain even after physical separation.

Lemon Balm — Healing & Emotional Balance

Often associated with comfort, harmony, and emotional healing, lemon balm offers a gentle citrus note.

Rosemary — Remembrance & Protection

Rosemary has a longstanding association with memory and remembrance. Its earthy fragrance makes it particularly appropriate for ancestral work.

Cinnamon — Protection & Sacred Warmth

Cinnamon is frequently used in contemporary magical practice for protection, prosperity, and raising energy.

Ginger — Strength & Renewal

Ginger brings warmth and vitality, symbolizing the inner strength needed to embrace transformation.

Preparing Your Loose-Leaf Blend

Begin by ensuring all herbs, flowers, and fruit pieces are completely dried and intended for culinary consumption.

Place your ingredients into a clean, dry mixing bowl.

Using a wooden spoon, gently combine the herbs. As you stir, focus on your intentions for the coming season.

You may wish to stir clockwise while inviting remembrance, wisdom, and peace into your life.

As the ingredients mingle, speak:

By leaf and flower, root and tree,

I blend these gifts in harmony.

Through memory, wisdom, love, and light,

I honor the turning of Samhain night.

Transfer the finished blend into an airtight glass jar and store it in a cool, dry place away from direct sunlight.

Label your creation with its name and the date it was prepared.

For the freshest flavor, enjoy it within three months.

Brewing Samhain's Veil

For One Cup:

2 teaspoons of your prepared loose-leaf blend

8 ounces (240 ml) freshly heated water

Honey or another sweetener, if desired

Heat your water to approximately 200–212°F (93–100°C).

Place the tea blend into an infuser or teapot.

Pour the hot water over the herbs and allow them to steep for 7–10 minutes.

Strain completely before drinking.

For a stronger infusion, use a little more tea rather than extending the steeping time excessively, as rosemary can become overpowering.

The finished tea offers gentle apple sweetness, delicate florals, and a warming touch of spice.

The Samhain Tea Ritual

A Cup Between the Worlds

Purpose: Ancestral remembrance, gratitude, reflection, and welcoming the wisdom of the coming year.

You Will Need:

One prepared cup of Samhain's Veil tea

A candle, preferably black, white, or deep purple

A photograph, heirloom, or meaningful ancestral symbol

A small dish for a symbolic offering

A quiet place where you will not be disturbed

1. Preparing the Sacred Space

Arrange your candle and ancestral symbol before you.

Take a moment to cleanse and prepare your space according to your personal tradition.

Light the candle.

Allow its flame to represent the light of remembrance.

Ground yourself and become aware of the earth beneath you.

Take three slow breaths.

With each exhalation, release the distractions of the day.

2. Awakening the Tea

Hold your prepared cup between your hands.

Feel its warmth.

Notice the fragrance of apples, rosemary, and cinnamon rising with the steam.

Visualize the herbs carrying your intention into the infusion.

Speak:

From earth and rain, from sun and seed,

These sacred herbs provide what I need.

Through warmth and water, memory flows,

As the Wheel turns and the autumn wind blows.

3. Honoring the Ancestors

Before taking your first sip, pour a small portion of tea into your offering dish.

This symbolic gesture honors those who came before you.

If you wish, speak the names of beloved ancestors, departed friends, or spiritual guides whose wisdom has shaped your path.

You may also honor the forgotten, the unnamed, and those whose stories have been lost to time.

Say:

To those who walked the paths before,

Whose footsteps echo evermore,

I offer remembrance, love, and grace,

And honor your journey through time and space.



By candle flame and autumn air,

May gratitude rise with this offering of care.

4. Drinking in Remembrance

Lift your cup and take your first sip.

Allow the warmth to settle within you.

Reflect upon the lessons of the past year.

Consider the traditions you have inherited, the memories you cherish, and the wisdom you hope to carry forward.

With each sip, silently contemplate:

What wisdom have my ancestors left me?

What patterns am I ready to release?

What traditions do I wish to preserve?

What seeds of intention will I nurture through the coming winter?

There is no need to seek immediate answers.

Allow the quiet to speak.

5. Releasing the Old Year

As you approach the final sips of your tea, consider something you are ready to release.

It may be an old fear, a limiting belief, or a burden carried for too long.

Visualize this weight gently dissolving, like autumn mist beneath the morning sun.

Speak:

As autumn leaves return to earth,

I honor endings and welcome rebirth.

What no longer serves, I now release,

And enter the darker season in peace.

6. Closing the Ritual

When your tea is finished, place your cup upon the table.

Offer gratitude to the ancestors, the earth, and any deities or spirits you have invited into your practice.

Speak:

The Wheel turns onward, the seasons flow,

Through winter's rest, new wisdom grows.

With grateful heart and spirit free,

I honor the past and what is yet to be.

Blessed Samhain. So mote it be.

Extinguish your candle safely.

Dispose of your tea offering respectfully, following your own traditions and local environmental considerations.

A Witch's Note on Herbal Tea Safety

Magical intention should always be accompanied by practical knowledge.

Use only correctly identified, food-grade herbs intended for consumption. Avoid plants gathered from areas exposed to pesticides or other contaminants.

Chamomile may cause reactions in individuals allergic to plants in the daisy family. Rosemary, cinnamon, ginger, and lemon balm may also be unsuitable for some individuals or interact with certain medications.

Those who are pregnant, breastfeeding, taking prescription medications, or managing medical conditions should check the suitability of herbal blends with a qualified healthcare professional.

Herbal teas are not a substitute for medical treatment.

The Magic Within the Cup

As Samhain approaches, we are reminded that not all magic requires elaborate tools or complicated ceremonies.

Sometimes it is found in the simple act of preparing a cup of tea.

In the fragrance of rosemary, we remember.

In the sweetness of apples, we celebrate the harvest.

In the warmth of cinnamon, we welcome the comfort of the hearth.

And in the quiet moments between sips, we create space for reflection, gratitude, and ancestral connection.

May your cup be warm, your memories cherished, and your path illuminated by the wisdom of those who came before you.

Blessed Samhain, and may your tea always be steeped in magic.

Demeter's Apothecary

Samhain Preparations: Stocking the Winter Apothecary

A Winter Hearth Herbal Balm for the Darker Months

As Samhain approaches and the final harvest is gathered, the apothecary begins its own seasonal transformation. Bundles of drying herbs hang from rafters, glass jars are filled with the last gifts of the garden, and the comforting fragrance of rosemary, lavender, and calendula fills the air.

The time has come to prepare for winter.

In the mythology of Demeter and Persephone, the changing seasons reflect the cycles of separation, return, and renewal. As Persephone descends to the Underworld, Demeter's sorrow is associated with the earth's loss of fertility. Her eventual return brings the promise of growth once more.

Although this Greek myth belongs to a different cultural tradition than Samhain, both offer meaningful reflections on seasonal change, the relationship between life and death, and the importance of rest.

For the herbal practitioner, this is a time to gather what remains, preserve what has been harvested, and prepare the apothecary for the colder months ahead.

Preparing the Winter Apothecary

Before beginning any new herbal preparations, take time to organize your existing supplies.

Examine Your Dried Herbs

Check stored herbs for moisture, mold, fading, or unusual odors. Properly dried herbs should be free of dampness and stored in airtight containers away from heat and direct sunlight.

Discard anything showing signs of spoilage.

Refresh Your Herbal Inventory



Consider the herbs you use most frequently during winter.

Calendula, chamomile, lavender, rosemary, thyme, and peppermint are useful additions to many home apothecaries.

Each offers its own culinary, aromatic, cosmetic, or traditional herbal applications.

Prepare Your Oils and Salves

The colder months often bring dry skin and increased exposure to indoor heating.

Preparing a simple herbal balm before winter arrives ensures that a comforting skin-care preparation is ready when needed.

Cleanse and Organize Your Workspace

Wash and thoroughly dry jars, inspect lids, label preparations, and arrange supplies so they are easy to locate.

If your practice includes spiritual cleansing, this is also an appropriate time to bless your tools and renew your intentions.

A well-kept apothecary is both practical and sacred.

Winter Hearth Herbal Balm

A Calendula & Lavender Preparation for Winter Skin

This simple balm combines calendula-infused oil with lavender and beeswax to create a protective, moisturizing preparation for dry hands, elbows, and other areas exposed to winter's chill.

Calendula has a long history of use in traditional skin preparations, while lavender contributes a gentle botanical fragrance.

In magical practice, calendula is often associated with warmth, protection, and the sun, while lavender represents peace, purification, and tranquility.

Together, they offer a lovely symbolic balance for the darker half of the year.

Ingredients

For the Infused Oil:

½ cup (approximately 120 ml) olive or sweet almond oil

2 tablespoons completely dried calendula petals

1 tablespoon completely dried culinary lavender buds

For the Balm:

¼ cup (60 ml) prepared, strained herbal oil

1 tablespoon (approximately 14 g) beeswax pellets

Equipment:

Clean, completely dry glass jar

Fine-mesh strainer or cheesecloth

Heatproof measuring cup

Double boiler

Small, clean balm tins or jars

Labels

Step One: Infusing the Herbs

Place the dried calendula and lavender into a clean, completely dry glass jar.

Pour the carrier oil over the herbs, ensuring they are fully submerged.

Seal the jar and store it in a cool, dark location for approximately two to four weeks.

Gently turn the jar occasionally.



Use only thoroughly dried herbs. Fresh herbs introduce moisture that can encourage microbial growth in oil preparations.

When the infusion is complete, strain carefully through cheesecloth or a fine-mesh strainer.

Allow the strained oil to settle and check for any signs of moisture or spoilage before use.

Discard any preparation that develops mold, unusual odors, or visible water contamination.

Step Two: Preparing the Balm

Measure ¼ cup of your strained herbal oil into a heatproof container.

Add the beeswax pellets.

Place the container over a double boiler and warm gently until the beeswax has completely melted.

Stir until the mixture is smooth.

Remove from the heat and carefully pour into clean, dry tins or jars.

Allow the balm to cool completely before securing the lids.

The finished preparation should have a soft, spreadable consistency.

For a firmer balm, slightly increase the beeswax. For a softer balm, add a little more infused oil.

Step Three: Labeling Your Creation

Label each container with the preparation's name, ingredients, and date.

Store in a cool, dry location away from direct sunlight.

Because this is a homemade preparation without preservative testing, make small batches, use clean hands or a spatula, and discard it if its appearance, texture, or scent changes.

Patch-test before wider use. Avoid applying it to broken or infected skin, and do not use it if you have allergies to any ingredients, particularly plants in the daisy family or bee products.

A Samhain Blessing for the Winter Apothecary

Once your balm has cooled, arrange your containers upon your workspace.

Place a candle nearby, safely away from loose herbs and other flammable materials.

Take a moment to reflect upon the growing season.

Remember the seeds planted in spring, the blossoms of summer, and the harvest gathered in autumn.

Each plant has completed its own journey through the Wheel.

Hold one of your finished containers between your hands.

Visualize the warmth of the summer sun, the nourishment of the earth, and the quiet strength of winter.

Speak:

Demeter, keeper of the golden grain,
Through autumn's loss and winter's reign,
We gather the gifts the earth has grown,
And honor the seeds that rest below.

By calendula's golden light,
And lavender's peace through winter's night,
May hearth and home be blessed with care,
And warmth remains when branches are bare.

As the Wheel turns and the fields lie still,
May wisdom guide our hands and will.
Through darkness deep, life's embers glow,
Until the spring returns once more.

Blessed be.

If Demeter is not part of your personal practice, this blessing may be adapted to honor the earth, your chosen deities, or the spirits of the plants themselves.

Five Preparations for the Winter Apothecary

Beyond herbal balms, Samhain is an excellent opportunity to prepare other useful supplies.

1. Herbal Bath Sachets

Combine dried lavender, chamomile, and rose petals in small muslin bags for a fragrant winter bath. Keep botanicals contained for easy cleanup and avoid ingredients that irritate your skin.

2. Culinary Herb Blends

Preserve the final harvest of rosemary, thyme, and sage by creating dried seasoning blends for soups, breads, and roasted vegetables.

3. Winter Tea Blends

Prepare small batches of food-grade dried herbs for seasonal infusions. Label each blend with its ingredients and brewing instructions.

4. Herbal Infused Oils

Create small batches of properly prepared infused oils using completely dried herbs for future cosmetic preparations.

5. Winter Simmer Pot Mixtures

Combine dried orange slices, cinnamon sticks, cloves, and rosemary in labeled jars.

When ready to use, add the mixture to water and gently simmer for seasonal fragrance. Never leave a simmering pot unattended, and keep it away from pets and children.

The Sacred Work of Preparation

There is a particular kind of magic in preparing for winter.

It is found in the careful labeling of jars, the preservation of the final harvest, and the quiet satisfaction of knowing that the gifts of the growing season have not been wasted.

Demeter reminds us that the earth cannot remain in perpetual bloom.

There must be a season of rest.

A season of darkness.

A season when life retreats beneath the surface, gathering strength for its eventual return.

Our apothecaries reflect this same rhythm.

We gather in abundance, preserve with gratitude, and use our stores with care.

As Samhain marks another turning of the Wheel, may our cupboards be filled with the gifts of the earth, our hands remain skilled in the old crafts, and our hearts find peace in the wisdom of the changing seasons.

May your winter apothecary be well stocked, your hearth warm, and your home blessed throughout the darker months.

Blessed Samhain.

Magical Animals

The Raven: Messenger Between the Worlds

Guardian of Mysteries, Transformation & Ancestral Wisdom

As the Wheel of the Year turns toward Samhain and the veil between worlds grows thin, one creature seems particularly at home among the shadows of autumn: the raven.

With its midnight feathers, haunting calls, and remarkable intelligence, the raven has captured the human imagination for thousands of years. Across cultures, it has appeared in mythology and folklore as a messenger, a trickster, a guardian, and a companion to powerful deities.

For many modern Pagans, the raven represents the mysteries of death and rebirth, the wisdom of the unseen, and the courage required to embrace transformation.

Yet the raven is far more than a symbol of darkness.

It is a creature of extraordinary intelligence, adaptability, and complexity.

And perhaps that is where its greatest magic truly lies.

The Raven in Celtic Mythology

Few deities are as closely associated with ravens and crows as the Morrígan, the powerful figure of Irish mythology connected with sovereignty, battle, prophecy, and fate.

In the surviving medieval Irish literature, the Morrígan is frequently associated with corvid imagery, particularly crows.

Her presence on the battlefield represents more than death. She embodies the forces of transformation, the consequences of conflict, and the mysterious relationship between fate and human action.

In contemporary Pagan practice, ravens and crows are sometimes regarded as sacred to the Morrígan, serving as reminders of her power and the importance of confronting difficult truths.

The distinction between ravens and crows is worth remembering, however. Although closely related, they are different birds, and historical sources do not always identify the species with certainty.

For those who honor the Morrígan, encountering a raven may become an opportunity for reflection, though not every appearance of a bird need be interpreted as a supernatural message.

Sometimes the magic lies in simply paying attention.

Odin's Ravens: Thought and Memory

In Norse mythology, the god Odin is accompanied by two ravens, Huginn and Muninn.

Their names are commonly interpreted as Thought and Memory, or Mind.

According to the mythological tradition, these ravens travel throughout the world gathering information before returning to Odin.

Their role reflects the importance of knowledge, observation, and wisdom.

Odin's concern for their safe return also reminds us that knowledge and memory are precious, and perhaps more fragile than we realize.

For modern practitioners, Huginn and Muninn may inspire meditation upon the balance between thought and experience.

What have we learned?

What must we remember?

And what wisdom can we carry forward?

These questions are particularly meaningful during Samhain, when many of us turn our attention toward ancestral remembrance and the lessons of the past.

Ravens as Messengers of the Otherworld

Throughout European folklore, ravens have frequently been associated with death, prophecy, and supernatural events.

Their dark feathers, powerful voices, and presence near battlefields contributed to their mysterious reputation.

Yet these associations are not universal.

In some traditions, ravens represent creation, intelligence, or transformation rather than misfortune.

Among certain Indigenous peoples of the Pacific Northwest, Raven appears in important traditional narratives as a creator, transformer, or trickster. These stories belong to distinct living cultures and should be approached with respect for their specific origins.

The raven's symbolism reminds us that no creature carries only one meaning.

Darkness does not always represent evil.

Death does not always represent an ending.

And the unknown does not always deserve our fear.

The Remarkable Intelligence of Ravens

Beyond mythology, ravens possess abilities that continue to fascinate scientists.

Members of the corvid family, ravens demonstrate sophisticated problem-solving skills, complex social behavior, and impressive memories.

They can learn from experience, recognize patterns, and respond flexibly to changing circumstances.

Ravens also engage in playful behavior.

They have been observed manipulating objects, playing in the snow, and participating in social interactions that suggest curiosity and enjoyment.

Their intelligence offers a wonderful reminder that the natural world contains forms of awareness and complexity we are still learning to understand.

For the Green Witch, Druid, or nature-centered practitioner, observing ravens in their natural environment can become an exercise in patience, humility, and connection.

Raven Correspondences in Modern Magical Practice

Although magical correspondences vary among traditions, ravens are frequently associated with:

Element: Air

Colors: Black, silver, and deep purple

Deities: The Morrígan and Odin

Magical Associations: Prophecy, transformation, protection, ancestral wisdom, intelligence, and the mysteries of the Otherworld

Seasonal Connection: Samhain and the darker half of the year

Sacred Themes: Thought, memory, endings, beginnings, and spiritual awareness

Raven imagery may be incorporated into meditation, altar decorations, divination practices, or rituals of remembrance.

A raven feather obtained legally and ethically, a carved figure, or a simple drawing can serve as a symbolic representation.

Be mindful that possession of feathers from native wild birds is restricted in some countries, including the United States.

A Samhain Raven Meditation

Listening to the Wisdom of the Shadows

This simple meditation invites reflection upon the raven's symbolic connection to memory, transformation, and the unknown.

Find a quiet place where you will not be disturbed.

If desired, place a raven image or figurine nearby.

Light a candle safely and settle into a comfortable position.

Close your eyes.

Imagine yourself standing at the edge of an ancient forest.

The trees are nearly bare, their branches reaching toward a silver autumn moon.

A cool breeze moves through the fallen leaves.

In the distance, you hear the unmistakable call of a raven.

You look upward.

There, perched upon an old oak branch, sits a magnificent black bird.

Its feathers shimmer with hints of blue and violet beneath the moonlight.

The raven watches you quietly.

You feel neither fear nor urgency.

Only curiosity.

As you observe the bird, consider the lessons of the passing year.

What have you learned?

What memories deserve to be preserved?

What burdens are you ready to release?

The raven spreads its wings.

With a powerful movement, it rises into the night sky.

You watch as it disappears beyond the treetops.

Its departure reminds you that wisdom cannot always be held.

Sometimes it must be experienced, understood, and allowed to transform us.

Take a deep breath.

Feel the earth beneath your feet.

And silently repeat:

By raven's wing and moonlit sky,
May wisdom guide the paths I try.
Through shadow deep and changing light,
I welcome truth this Samhain night.

With thought and memory as my guide,
I honor the mysteries that reside.
Through endings old and beginnings new,
May I walk my path with vision true.

So mote it be.

When you are ready, gently return your awareness to your surroundings.

Extinguish your candle and record any thoughts or impressions in your journal.

Honoring Ravens in the Natural World

One of the most meaningful ways to honor an animal spiritually is to protect it physically.

Ravens play important ecological roles as scavengers, helping recycle nutrients and remove carrion from the environment.

They are also part of complex food webs and contribute to the balance of their habitats.

If you encounter ravens in the wild, observe them respectfully from a distance.

Avoid disturbing nests, approaching young birds, or attempting to tame wild individuals.

Rather than leaving food offerings for ravens, consider supporting wildlife conservation, protecting natural habitats, and reducing litter.

Our spiritual relationships with animals should never come at the expense of their well-being.

The Raven's Lesson

As Samhain approaches, the raven reminds us that wisdom is not always found in the light.

Sometimes it waits in the shadows.

In the questions we hesitate to ask.

In the memories we have almost forgotten.

And in the quiet moments when we finally allow ourselves to listen.

The raven does not fear the changing seasons.

It adapts, observes, and continues its journey.

Perhaps we can learn to do the same.

As the Wheel turns and the nights grow longer, may we embrace the unknown with curiosity rather than fear.

May we honor the wisdom of the past without becoming trapped within it.

And may we remember that transformation, like the raven's flight, often begins with the courage to spread our wings.

Blessed Samhain, and may the wisdom of the raven accompany you through the darker months.

Blessed be.

Totally Tarot

By Rv Silas Mimir AP~

The Veil Beneath the Waves: A Sea Witch's Samhain

There is a particular kind of silence that comes to the ocean as autumn deepens.

The waves still move. The currents still turn. But something feels different beneath the surface, as though the sea itself has lowered its voice so we might hear what has been waiting in the quiet.

This is Samhain.

The season when the veil between the worlds is said to grow thin. When we honor those who came before us, remember the lives that shaped our own, and acknowledge the mysteries that exist beyond what our eyes can see.

As a sea witch, I find something deeply familiar in this time of year. The ocean holds its own mysteries. Beneath every wave lies another world, another current, another story waiting to be discovered. We see the surface, but we know there is so much more beneath it.

And so it is with our lives.

We carry the voices of our ancestors in the lessons they left behind. We carry the memories of those we have loved in the smallest things—a familiar scent, a favorite song, a phrase we suddenly hear ourselves repeating. We carry old

versions of ourselves, too, some of whom we have outgrown and others we still need to embrace.

Samhain invites us to listen.

Not with fear, but with reverence.

Not to cling to the past, but to understand what it has given us.

And what better companion for this journey than the tarot?

When the Cards Meet the Veil

Tarot has always been more than a tool for predicting what might happen next. It is a mirror, a conversation with the deeper self, and a way of exploring the currents that move through our lives.

At Samhain, the cards become especially powerful companions for reflection, remembrance, and transformation.

Certain archetypes seem to rise from the depths during this season.

Death — The Sacred Transformation

Do not fear this card. Death rarely speaks of literal death in an ordinary tarot reading. Its deeper lesson is transformation: the ending of a cycle, the release of what has completed its purpose, and the space that opens when we finally stop trying to keep something alive that has already changed.

The ocean does not ask the tide to remain forever upon the shore.

Neither must we.

What are you ready to let end so that something new may begin?

The High Priestess — The Keeper of Hidden Waters

She stands at the threshold between what is known and what remains unseen. She reminds us that intuition is often quiet, and that not every mystery needs an immediate explanation.

At Samhain, she invites us to sit with our questions, listen to our dreams, and trust the wisdom that emerges when we stop demanding answers.

You do not need to know everything to honor what you feel.

The Hermit — The Lantern in the Darkness

The Hermit teaches us to turn inward. This is the season for quiet reflection, for honoring our own experiences, and for discovering the light that remains even when the world grows darker.

Sometimes solitude is not loneliness. Sometimes it is the space we need to hear ourselves again.

Six of Cups — The Echoes of Memory

This card carries the sweetness and complexity of remembrance. It can bring us to childhood, old friendships, family traditions, and the people whose influence continues to shape us.

At Samhain, it reminds us that the past is not simply behind us. It lives in the stories we tell, the kindness we pass along, and the traditions we choose to carry forward.

We can treasure a memory without needing to return to the moment it came from.

The World — The Turning of the Wheel

Every cycle reaches a point of completion. The World reminds us to honor what we have learned and recognize how far we have traveled.

As the Wheel of the Year turns toward winter, we are not standing at an empty ending. We are standing at the threshold of another beginning.

The tide turns, my love. It always does.

The Samhain Veilwalker Tarot Spread

A Seven-Card Journey Through Memory, Release, and Renewal

This original spread is designed to help you reflect on your ancestral connections, the lessons of the past, and the wisdom you wish to carry into the coming year.

You do not need to contact spirits or receive supernatural messages to work with this spread. You may approach it through personal memories, family history,

intuition, and symbolic reflection. If ancestral work is part of your spiritual practice, allow it to be guided by your own beliefs and boundaries.

Arrange seven cards like a crescent moon resting above the sea.

Card One — The Shore: Where I Stand

What is the central energy of my life as I enter this Samhain season?

Card Two — The Ancestral Current: What Came Before

What lesson, tradition, or inherited wisdom from those who came before me deserves recognition?

Card Three — The Echo: What Still Speaks Within Me

What memory, belief, or old experience continues to influence my choices today?

Card Four — The Drowned Anchor: What I Am Ready to Release

What outdated pattern, burden, or expectation am I ready to stop carrying?

Card Five — The Lantern: What Guides Me Through the Dark

What inner strength, spiritual practice, or source of support can help me navigate uncertainty?

Card Six — The Offering: What I Choose to Carry Forward

What value, gift, or lesson do I want to preserve and pass along?

Card Seven — The Returning Tide: What Begins Within the Ending

What possibility or new direction may emerge as I make room for change?

Take your time with this reading. Samhain is not a season that needs to be rushed. You may wish to journal about each card or return to the spread over several evenings.

And remember: the cards offer possibilities for reflection, not unchangeable verdicts. You remain the keeper of your own choices.

A Sea Witch's Samhain Tarot Spell

The Lantern of the Ancestors

This gentle ritual combines tarot, remembrance, and the symbolism of the sea to honor those who have shaped your life while releasing what you no longer wish to carry.

You will need:

- Your favorite tarot deck
- A small bowl of water
- A candle or an LED candle
- A shell or smooth stone
- Paper and pen
- A photograph, written name, or meaningful keepsake, if desired

Choose a quiet place where you can reflect without interruption. If you are honoring a particular ancestor or loved one, include only what feels comfortable and appropriate. You may also dedicate this ritual to the wisdom of those who came before you without naming anyone.

Step One: Open the Waters

Place the bowl of water before you and set the shell beside it. Light your candle, or switch on your LED candle.

Take three slow breaths.

Imagine the water as a symbol of memory: always moving, always changing, yet capable of holding reflections of what stands before it.

Say:

“I welcome the wisdom of remembrance.

I honor the lives that helped shape my own.

May I meet the past with compassion,

the present with courage,

and the future with an open heart.”

Step Two: Draw Three Cards

Shuffle your tarot deck while reflecting on the people, lessons, and experiences that have helped make you who you are.

Draw three cards.

The First Light — What Deserves to Be Remembered?

Let this card guide you toward a meaningful memory, lesson, or quality you wish to honor.

The Releasing Tide — What Am I Ready to Lay Down?

Let this card help you identify something you no longer wish to carry into the coming season.

The Lantern Ahead — What Wisdom Will Guide Me Forward?

Let this card offer a symbol or intention you can carry into the darker months.

Write a few words about each card. You do not need to force a message from the cards. Sometimes the most valuable insight comes from the first honest feeling or thought that arises.

Step Three: Speak Your Intention

Hold the shell or stone in your hands.

Dip your fingertips into the water and allow yourself a moment of quiet.

Then speak:

"By moonlit tide and autumn night,

I honor the past and welcome the light.

For those who came before, my heart gives thanks,

For lessons received and love that remains.

What serves my spirit, I carry with care.

What weighs me down, I release to the air.

Through shadow and silence, through endings and change,

I welcome the wisdom that helps me grow.

The tide moves onward, the wheel turns anew,

I honor what was as I choose what I do."



Step Four: Close the Working

Look at your three cards one final time.

Choose one word from the reading to serve as your Samhain intention. Perhaps it is *courage*, *forgiveness*, *remembrance*, *peace*, or *renewal*.

Write it down and place the paper beneath your shell or stone.

Allow the water to sit beside your cards for a few moments. When you are ready, thank yourself for the time you have taken to reflect. Extinguish your candle safely, and return the water to the earth or pour it down the drain with gratitude.

Keep the shell or stone somewhere meaningful as a reminder of your intention.

The magic of this working lies not in commanding the past or controlling the future, but in deciding how you will carry the wisdom of one into the other.

A Place at the Table for Those We Remember

One of the most beautiful traditions associated with Samhain is the remembrance of the dead. Across different spiritual paths and family traditions, people honor loved ones through photographs, stories, favorite foods, candles, prayers, and quiet moments of reflection.

You might choose a tarot card to represent someone you remember. Perhaps the Queen of Cups reflects their compassion, the Strength card their resilience, or the Sun their ability to bring joy into a room.

Place the card beside a photograph or keepsake, if you wish, and write down one thing that person taught you.

It need not have been a grand lesson.

Perhaps they taught you how to laugh at yourself. How to make something from very little. How to stand up for someone who needed help. How to keep going when life becomes difficult.

These are the treasures that survive the changing tides.

If your relationship with your family or ancestors is complicated, you are not required to honor every person who came before you. You may honor the ancestors of your choosing, the people who became family through love, or the generations who worked toward a better future. You can acknowledge your roots while choosing which patterns end with you.

Honoring the past does not mean repeating it.

Sometimes the greatest offering we can make to those who come after us is to do something differently.

What the Ocean Knows About Letting Go

There is a misconception that letting go means forgetting.

It does not.

The ocean does not forget the shore simply because the tide withdraws. The shore is changed by every wave that touches it, just as the water is changed by the landscape through which it travels.

We are shaped by what we have loved.

We are shaped by what we have lost.

We are shaped by the choices we made, the lessons we learned, and the moments that changed the direction of our lives.

But we are not required to remain the person we were when those moments happened.

Samhain gives us permission to acknowledge the endings.

To mourn what deserves mourning.

To celebrate what deserves celebrating.

To release the guilt we have carried long enough.

And to recognize that transformation is not a betrayal of the past.

It is part of being alive.

A Final Message from the Sea

As the nights grow longer, I invite you to imagine standing at the edge of the ocean beneath a sky scattered with stars.

Behind you lies the shoreline of everything you have experienced. Before you stretch the vast, mysterious water of everything still to come.

You cannot return to every moment behind you.

You cannot see every current ahead.

But you can stand here, in this moment, with the wisdom you have gathered.

Remember those who helped you find your way.

Give thanks for the lessons that strengthened you.

Make peace with the parts of your story that cannot be rewritten.

And trust yourself enough to step forward.

The darkness is not empty. It is a place of rest, dreaming, and quiet preparation. Beneath the surface, life continues. In the depths, currents move. And somewhere beyond the horizon, the next dawn is already waiting.

May your Samhain be filled with meaningful remembrance, gentle release, and the courage to embrace the mysteries that lie ahead.

May the ancestors you choose to honor be remembered with love, and may the wisdom you carry forward become a blessing to those who follow.

The veil may grow thin, but your own inner light still matters.

Keep your lantern burning, my love.

The tide will turn again.

Until the next tide,

Special Events

All times are Eastern Standard Time

Sacred Days, Festivals & Spiritual Observances

October – December

As the Wheel of the Year turns toward its darkest season, we enter a time of remembrance, reflection, transformation, and renewal. Across cultures and spiritual traditions, these months are marked by festivals honoring ancestors, deities, the mysteries of life and death, and the promise of returning light.

The following calendar brings together Pagan celebrations, ancient festivals, modern spiritual observances, and sacred days from traditions around the world.

Dates and interpretations may vary according to regional customs, historical calendars, and individual spiritual paths. Some entries reflect contemporary Pagan observances rather than historically fixed festivals.

OCTOBER

October 31 — Samhain, Hallowmas & Halloween

The Celtic New Year | The Final Harvest

Samhain marks the conclusion of the harvest season and the beginning of the darker half of the year. For many modern Pagans, it is celebrated as the Celtic New Year and a time when the veil between the living and spirit worlds is believed to be at its thinnest.

Associated in some contemporary traditions with Cerridwen, transformation, and the mysteries of death and rebirth, Samhain honors the eternal cycle of existence.

The Holly King, representing the waning solar year in certain modern Pagan traditions, symbolizes the descent into winter's darkness.

The Third Harvest, sometimes called the Root Harvest, represents the final gathering of the earth's bounty before winter.

This sacred night invites ancestral remembrance, divination, reflection, and communion with the mysteries of the Otherworld.

October 31 – November 2 — The Descent of Inanna

A period of reflection inspired by the ancient Sumerian myth of Inanna's descent into the Underworld.

Inanna, Queen of Heaven, journeys into the realm ruled by her sister Ereshkigal. Her descent, death, and eventual return symbolize transformation, sacrifice, and renewal.

In the myth, Dumuzi becomes part of the arrangement governing the alternating presence of figures in the Underworld.

Some contemporary practitioners observe this period through fasting, meditation, or ritual contemplation.

October 31 – November 2 — Fast of Höðr

A modern devotional observance reflecting upon the Norse myth of Höðr, the blind god whose actions lead to the death of Baldr.

The story also involves Nanna, Baldr's wife, whose death follows his in the mythological accounts.

The observance encourages reflection on grief, unintended consequences, loss, and the mysteries of fate.

NOVEMBER

October 31 – November 6 — Hallowmas & Ancestral Remembrance

A period of remembrance and reflection associated with the transition from autumn into winter.

As the agricultural year concludes and the natural world enters dormancy, practitioners honor departed loved ones and contemplate the cycles of life, death, and renewal.

Traditions such as Samhain, All Hallows, and Día de Muertos have distinct cultural and religious origins, though each includes practices connected with remembrance.

November 1 — The Reign of the Cailleach

In Scottish and Irish folklore, the Cailleach is a powerful figure associated with winter, wild landscapes, storms, and the shaping of the earth.

Some modern Pagan traditions mark the beginning of her winter reign at Samhain.

This day may also inspire reflection upon the Banshee, the Wild Hunt, and the mysteries of the Otherworld, although these belong to distinct strands of folklore.

November 2 — White Tara Day

A day of meditation and devotion honoring White Tara, a revered figure in Tibetan Buddhism associated with compassion, longevity, and healing.

Practitioners may reflect upon her qualities of wisdom, protection, and compassionate awareness.

Specific Tara observances follow different Buddhist calendars and lineages.

November 2 — Honoring Hathor

A devotional day dedicated to Hathor, the ancient Egyptian goddess associated with love, music, joy, motherhood, and the heavens.

Modern devotees may honor her through music, offerings, dance, and expressions of gratitude.

November 7–9 — Feast of Divine Justice

A contemporary interfaith observance honoring divine justice, sacred law, and cosmic balance.

Figures associated with these principles include:

Ma'at and Thoth: Egyptian deities associated with truth, cosmic order, wisdom, and judgment.

Themis: Greek goddess of divine law and justice.

Forseti: Norse god associated with justice and reconciliation.

This period encourages contemplation of fairness, responsibility, and ethical action.

November 11 — Feast of Dionysus

A modern devotional observance honoring Dionysus, the Greek god associated with wine, ecstasy, theater, transformation, and liberation.

Devotees may celebrate through music, artistic expression, offerings, and contemplation of divine inspiration.

November 11 — Lunantishees & the Fairy Sidhe

Associated in some modern Pagan calendars with the Aos Sí, the Otherworldly beings of Irish folklore.

This observance encourages respect for the unseen world, the sacredness of nature, and traditional customs surrounding fairy places.

November 11 is also associated in some folk traditions with Old Samhain, reflecting historical calendar differences.

November 13 — Festival of Jupiter

A modern devotional observance honoring Jupiter, the Roman god of the sky, thunder, sovereignty, and divine authority.

Jupiter was regarded as a principal protector of the Roman state and a guardian of sacred oaths.

November 13 — Fontinalia

A celebration honoring Fons, the Roman deity of springs and flowing water.

The historically attested Roman Fontinalia occurred in October, but some contemporary calendars place related water blessings in November.

Practitioners may honor sacred springs, rivers, and the life-sustaining power of water.

November 14 — Feast of Musicians and Bards

A modern celebration inspired by the bardic traditions of Celtic cultures.

This day honors poetry, storytelling, music, oral history, and the preservation of ancestral wisdom through artistic expression.

November 16 — Night of Hecate

A devotional observance honoring Hecate, the Greek goddess associated with crossroads, thresholds, magic, spirits, and the night.

Her worship has historical connections with ancient Greek religious traditions, including household and crossroads offerings.

Modern practitioners may honor Hecate through meditation, offerings, divination, and rituals of protection or transformation.

Although Hecate has been linked with several wisdom figures in modern esoteric writings, proposed linguistic connections between her name and Egyptian or Hebrew divine names are not established historical etymologies.

November 22 — Night of Shiva

A contemporary devotional observance honoring Shiva, one of the principal deities of Hinduism.

Shiva embodies aspects of transformation, dissolution, meditation, and renewal.

Some practitioners may honor him through prayer, meditation, offerings, and the lighting of lamps.

Traditional Hindu festivals dedicated to Shiva, including Maha Shivaratri, follow their own religious calendars.

November 22 — Honoring Diana

A devotional observance dedicated to Diana, the Roman goddess of the hunt, wilderness, and childbirth.

Associated with the moon in later Roman religious traditions, Diana represents independence, protection, and the untamed natural world.

November 27 — Uma and Parvati

A day of devotion honoring Parvati, also known as Uma, the Hindu goddess associated with divine feminine power, motherhood, devotion, and strength.

As the consort of Shiva, she represents important aspects of Shakti, the divine feminine energy.

November 29 — Honoring Hathor, Sekhmet & Bastet

A modern devotional celebration recognizing three significant Egyptian goddesses.

Hathor embodies love, music, joy, and motherhood.

Sekhmet, the lioness goddess, represents fierce protection, divine power, and healing.

Bastet, often depicted as a cat-headed goddess, is associated with protection, domestic well-being, and joy.

Though distinct deities with their own histories and cults, they are sometimes honored together in contemporary spiritual practice.

DECEMBER

December 1 — Pallas Athena & Minerva

A devotional observance honoring Athena, the Greek goddess of wisdom, strategy, and skilled crafts, alongside her Roman counterpart, Minerva.

Their symbolism encourages clear thinking, creativity, and the pursuit of knowledge.

December 1 — Red Tara Meditation

A day of meditation inspired by Red Tara, whose symbolism varies among Tibetan Buddhist traditions.

Red Tara practices may emphasize compassion, transformative energy, and the removal of obstacles.

Specific observances and practices depend upon the Buddhist lineage.

December 3 — Cybele & Rhea

A devotional day honoring two ancient mother goddesses.

Cybele, the Great Mother of Anatolian and Roman religious traditions, is associated with mountains, wild nature, and divine motherhood.

Rhea, a Greek Titaness, is remembered as the mother of several Olympian deities.

December 4 — Feast of Shango

A devotional observance honoring Shango, the powerful Orisha associated with thunder, lightning, justice, and royal authority in Yoruba religious traditions.

Celebrations and dates vary among Yoruba, Lukumí, and related traditions.

December 6 — Mindfulness & Compassion

A day dedicated to mindfulness, compassion, and conscious action.

Inspired by Buddhist teachings, this observance encourages reflection upon suffering, kindness, and responsibility toward those experiencing hardship.

December 7 — Haloia of Demeter

The Haloa was an ancient Greek festival associated with Demeter and Dionysus, particularly in the region of Eleusis.

Connected with agricultural fertility and seasonal rites, it included celebrations associated with women's religious practices.

Its ancient timing does not correspond precisely to a fixed December 7 date.

December 7–9 — The Immanent Divine Feminine

A contemporary interfaith observance honoring divine feminine presence, wisdom, and creative power.

Practitioners may contemplate figures and concepts such as Maha Devi and Shakti in Hindu traditions, as well as feminine personifications of divine wisdom in Christian mystical writings.

These traditions maintain distinct theological meanings.

December 8 — Rohatsu

A Zen Buddhist observance commemorating the enlightenment of Siddhartha Gautama, the historical Buddha.

Rohatsu is traditionally associated with meditation, contemplation, and the awakening of wisdom and compassion.

December 11 — Arianrhod

A modern devotional observance honoring Arianrhod, a figure from Welsh mythology associated in contemporary Pagan practice with the stars, destiny, and the mysteries of transformation.

Her stories appear in the Mabinogion, particularly in the Fourth Branch.

December 12 — Our Lady of Guadalupe

A major Catholic feast honoring Our Lady of Guadalupe, a Marian title especially significant in Mexico and throughout the Americas.

She is revered as a symbol of maternal compassion, hope, and spiritual protection.

December 13 — Juno Lucina

A devotional observance honoring Juno Lucina, a Roman goddess associated with childbirth and bringing children into the light.

Modern practitioners may reflect upon protection, motherhood, and the symbolism of illumination.

December 14–28 — The Halcyon Days

A period inspired by the Greek myth of Alcyone and Ceyx.

The Halcyon Days symbolize a time of calm seas, tranquility, and peace amid winter's storms.

They offer an opportunity for rest, reflection, and the restoration of inner balance.

December 17 — Babalu-Aye

A feast day associated in some Afro-Caribbean religious traditions with Babalú-Ayé, an Orisha connected with illness, healing, and protection.

Specific customs and dates vary among religious communities.

December 17 — Saturnalia

The beginning of Saturnalia, the ancient Roman festival honoring Saturn, a deity associated with agriculture, abundance, and the mythic Golden Age.

Traditionally marked by feasting, gift-giving, and temporary reversals of social customs, Saturnalia celebrated community and the pleasures of shared abundance.

The festival historically extended over several days.

December 18 — Epona

A devotional observance honoring Epona, the Celtic goddess associated with horses, fertility, and protection.

Her worship spread widely throughout the Roman Empire, particularly among those who worked with horses.

December 19 — Mōdraniht: Mothers' Night

Mōdraniht, or Mothers' Night, is recorded by the early medieval writer Bede as an observance among pre-Christian Anglo-Saxons.

Its precise rituals remain uncertain.

Modern Heathen practitioners may observe Mothers' Night in honor of ancestral mothers, female ancestors, and protective feminine spirits.

The date varies among contemporary traditions.

December 21–25 — Isis & the Divine Child

A modern devotional period honoring Isis, the Egyptian goddess of magic, motherhood, protection, and royal power.

The myth of Isis and Horus celebrates maternal devotion, divine protection, and the continuity of life.

Although some contemporary calendars associate their story with the winter solstice, a fixed ancient Egyptian festival celebrating Horus's birth on these exact dates is not securely established.

December 21 — Yule: The Winter Solstice

The Return of the Light

Yule celebrates the longest night and the gradual return of the sun in the Northern Hemisphere.

For many contemporary Pagans, it marks the rebirth of the solar year and the renewal of hope.

Evergreen branches, candles, Yule logs, and seasonal feasts symbolize endurance, protection, and the promise of returning warmth.

As the sun begins its northward journey, we honor the balance between darkness and light.

The earth rests, yet beneath the frozen soil, the seeds of spring await their awakening.

Blessed Yule, and may the returning light illuminate the path ahead.

A Note on Sacred Calendars

The observances presented here reflect a combination of historical festivals, contemporary Pagan practices, devotional celebrations, and traditions from different cultures.

Not all dates are historically fixed or universally observed. Readers are encouraged to honor the customs, calendars, and teachings appropriate to their own spiritual paths.

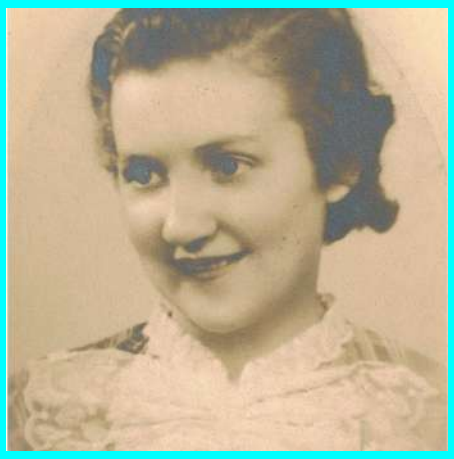
May the turning of the seasons bring wisdom, remembrance, and renewal to all who walk the sacred paths.

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