

Metaphysical Times

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FULL MOON

ISSUE 25 MAY 2024

MAGAZINE

Featured Artist:

Tamara Von Forslun
Bringing Magic and Wisdom to
the World

**What If: There
were a universal
language
understood by
all beings?**

**The Ghost of
Midsummer Past**

**The Flower Moon:
Embracing Nature's
Bloom**

**INCA SOLSTICE
CELEBRATION**

**JOIN US AT THE
STARWOOD FESTIVAL**

FULL MOON MAGAZINE

Want to write for Metaphysical Times Full Moon Magazine?

Metaphysical Times is always willing to consider metaphysical and pagan themed content for the magazine. We serve a spiritually based audience and support artists in their endeavors to do what they love and thrive by providing this space so they can be seen, connect with the right people, and succeed the best way we can.

What We Want for the Full Moon

Text based interviews with pagan business owners, musicians, artists, and authors are always considered. Visual works of art created by humans, poetry, photography, song lyrics, short fictional pieces, personal narratives, spiritual experiences, book, game, music, and movie reviews. At least loosely based on or connected to the Full Moon is preferred.

What We Don't Want

Political rants or screes, satire, stories blaming your problems on other people, articles involving cruelty as entertainment, anything comparing your life to the holocaust, articles about how everything was fine until X, articles promoting violence against any group.

Please read and follow the submission guidelines

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The Metaphysical Times **Full Moon Magazine** is a pagan print and online magazine made in Northern, Utah bringing news, interests, and services to the pagan community in the US and abroad.

The magazine is printed monthly. This publication is a conduit for connecting people from all walks with practices, information, and entertainment that is relevant to them.

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FROM THE TEAM:

Dear Readers,

Welcome to the latest issue of Full Moon Magazine, brought to you by the Metaphysical Times Team. We are thrilled to have you join us on this magical journey as we explore the depths of metaphysical wisdom, creativity, and wonder.

Inside these pages, you will find a rich tapestry of content designed to inspire, enlighten, and entertain. Our dedicated contributors have crafted articles that delve into the mysteries of the universe, short stories that transport you to otherworldly realms,

and book recommendations that will keep your spirit and mind engaged.

We are also excited to present a variety of readings and rituals to help you connect more deeply with the cycles of the moon and the energies of the natural world. Whether you are a seasoned practitioner or just beginning your metaphysical journey, there is something here for everyone.

As you explore the content, we encourage you to follow and support the talented creators featured in this issue. By doing so, you not only celebrate their hard work and dedication but also help

to foster creativity and beauty in the world. Every story, article, and piece of art is a testament to the vibrant community of souls who share a passion for the metaphysical.

Thank you for being a part of our community. Your curiosity and open heart are what make Full Moon Magazine a beacon of light and inspiration.

Wishing you many blessings and magical discoveries,

The Metaphysical Times Team

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INCA SOLSTICE CELEBRATION

BY HENRY DALTON

The Inca civilization, which flourished in the Andes region of South America from the early 13th century until the Spanish conquest in the 16th century, had a rich cultural and religious tradition. Among the most important events in their calendar was the celebration of the Inti Raymi, the festival of the sun, which marked the winter solstice in the Southern Hemisphere, not the summer solstice in the northern hemisphere. This event, held in June, in honor of Inti, the sun god, was a cornerstone of Incan religious life and was celebrated with grandeur and elaborate rituals.

Historical Background

The Inca Empire, known as Tawantinsuyu, stretched across present-day Peru, Ecuador, Bolivia, and parts of Colombia, Chile, and Argentina. The Incas were deeply religious, with a pantheon of gods headed by Inti, the sun god, who was considered the most important deity. The Sapa Inca, the emperor, was believed to be the son of Inti, making the sun god the divine ancestor of the ruling class. This divine connection underscored the importance of solar events like the solstices in Inca culture.

Inti Raymi: The Festival of the Sun

Inti Raymi was celebrated during the winter solstice in June, which was the shortest day of the year in the Southern Hemisphere and marked

the beginning of the new year according to the Incan calendar. The festival aimed to ensure the sun's return and, consequently, the fertility of the land. Although the summer solstice also held significance, it was the winter solstice that was the pinnacle of Incan ceremonial life.

Preparations and Ceremonies

Preparations for Inti Raymi began well in advance. The festival took place in the main plaza of Cusco, the capital of the Inca Empire. The Inca nobility, priests, and representatives from various parts of the empire gathered to participate in the ceremonies. The Sapa Inca played a central role, as his presence and actions during the festival were crucial for its success.

The Rituals

The rituals of Inti Raymi were intricate and highly symbolic. Here are the key components of the celebration:

Fasting and Purification: Leading up to the festival, participants engaged in fasting and purification rituals to prepare themselves spiritually. This period of abstinence included refraining from certain foods, sexual activity, and other pleasures.

Sacrifice: Animal sacrifices, especially of llamas, were central to the rituals. Black llamas, symbolizing

the night, were offered to Inti. These sacrifices were believed to ensure the fertility of the land and the well-being of the people. The blood of the llamas was collected and used in various rituals, symbolizing life and renewal.

Fire Ceremony: One of the most dramatic rituals involved the extinguishing and rekindling of the sacred fire. On the night before the solstice, all fires in Cusco were extinguished, symbolizing the end of the old year. At dawn, the Sapa Inca used a concave mirror to focus the sun's rays and ignite a new fire, representing the rebirth of the sun and the beginning of a new cycle.

Processions and Dances: The festival included elaborate processions featuring the Sapa Inca, priests, and nobles dressed in ornate costumes. They carried images of the sun and other sacred objects. Traditional dances, music, and chants were performed, creating a vibrant and communal atmosphere.

Offerings to Inti: The Sapa Inca offered chicha (a fermented corn beverage), coca leaves, and other sacred items to Inti. These offerings were placed on a golden disk representing the sun and were intended to please the deity and ensure his favor for the coming year.

Public Participation: The people of Cusco and representatives from across the empire participated in the



celebrations, watching the rituals and joining in the festivities. This communal aspect reinforced social cohesion and the shared religious beliefs of the Inca people.

Symbolism and Importance

The Inti Raymi festival was not merely a religious event but also a display of the empire's power and unity. The presence of the Sapa Inca and the participation of delegates from different regions symbolized the central authority of Cusco and the interconnectedness of the empire. The rituals underscored the belief that the emperor was the intermediary between the gods and

the people, and his actions were crucial for maintaining cosmic order and agricultural productivity.

After the Conquest

Following the Spanish conquest in the 1530s, the celebration of Inti Raymi was suppressed by the Catholic Church, which sought to eradicate indigenous religious practices. However, the festival never completely disappeared. Elements of Inti Raymi survived in syncretic forms, blending with Catholic traditions. In modern times, Inti Raymi has been revived as a cultural and tourist event, celebrating Inca heritage and attracting visitors from around the world.

The Inti Raymi festival exemplifies the Inca's profound connection to their environment, their gods, and their social structure. By honoring Inti at the winter solstice, the Incas reaffirmed their dependence on the sun and the agricultural cycles it governed. The elaborate rituals, sacrifices, and communal celebrations highlighted the religious and political centrality of the Sapa Inca and reinforced the unity of the diverse peoples within the empire. Today, the revived Inti Raymi serves as a reminder of the rich cultural and spiritual legacy of the Inca civilization.



JOIN US
AT THE
STARWOOD
FESTIVAL
2024!

BY CHRISTY MANN

We are thrilled to announce that this year's Starwood Festival promises to be an unforgettable experience, and we are excited to share a special offer with our readers!

Mark Your Calendars: The Starwood Festival 2024 is set to take place from July 9th through 15th at Wisteria Campground and Event Site 39825 OH-684 Pomeroy, OH 45769. Known for its vibrant community and eclectic mix of workshops, performances, and rituals, Starwood is a celebration of creativity, spirituality, and connection.

Exclusive Discount Code: As a special thank you to our dedicated readers, we are pleased to offer an exclusive discount code for festival tickets. Use the code TwistedSoulsPress at checkout to receive a \$25 discount on your admission. Don't miss this opportunity to be part of an amazing gathering at a reduced price!

Meet and Greet Special Event: One of the highlights of this year's festival is the highly anticipated Meet and Greet Special Event with the Witch and Wizard of Oz. This enchanting event will provide a unique opportunity to interact with these legendary figures, ask questions, and perhaps even glean a bit of their magical wisdom. It's an experience you won't want to miss!

Why Attend Starwood?

Workshops and Panels: Expand your horizons with a wide range of workshops and panels covering topics from drumming and dancing to spirituality and sustainable living.

Performances: Enjoy a diverse lineup of performances, including music, dance, fire shows, and more.

Community: Connect with like-minded individuals and build lasting friendships in a welcoming and inclusive environment.

Vendors and Crafts: Discover unique crafts, clothing, and magical tools from talented vendors.

How to Get Your Tickets: Visit the Starwood Festival website at www.starwoodfestival.com/tickets and use the discount code TwistedSoulsPress when purchasing your tickets. Be sure to book early, as tickets are expected to sell out quickly.

We can't wait to see you there, celebrating under the stars and soaking up the magical atmosphere that only Starwood can provide. Come join us for an incredible week of learning, laughter, and unforgettable memories!

FEATURED ARTIST: TAMARA VON FORSLUN BRINGING MAGIC AND WISDOM TO THE WORLD

We are honored to spotlight the extraordinary Tamara Von Forslun, an international author, Clan Leader of the Clan of Boskednan, teacher, and Wiccan High Priestess. Tamara is now published by Twisted Souls Press LLC, and she's bringing a wealth of magic with her, both literally and figuratively. With several revised editions of her classic works and brand-new releases on the horizon, Tamara's influence in the metaphysical community continues to grow.

Meet the Witch and Wizard of Oz at Starwood Festival

One of the most exciting upcoming events is the Special Event Meet and Greet with the Witch and Wizard of Oz at the Starwood Festival. Tamara Von Forslun will be joining forces with the legendary Oberon Zell for an unforgettable experience. This event is a unique opportunity to meet, hear, and learn from these two iconic figures in the same place at the same time. For more details and to purchase tickets, visit the Starwood Festival website.

Exclusive Discount for Our Readers
To show our appreciation for your



support, the organizers of Starwood Festival have graciously provided us with a special discount code. Use the code TwistedSoulsPress (case sensitive) to get \$25 off your ticket purchase. This exclusive offer is available to our readers, making it easier for you to attend this magical event.

Pre-order Tamara's New Book and Get the Discount

In addition to the discount code for the festival, you can also pre-order a copy of Tamara's upcoming book, *The Complete Teachings of Modern Wicca*, from the Twisted Souls Press Bookstore. Pre-ordering this essential Wiccan guide will also give you access to the exclusive discount code. Secure your copy and your savings today by visiting the Twisted Souls Press Bookstore.



Supporting Noble Causes

Proceeds from the sales of Tamara's book will help cover her travel expenses to various events where she can meet and engage with seekers in person. Additionally, a portion of the proceeds will be donated to The Clan of Boskednan Sanctuary and the Children with Cancer Association. By purchasing her book, you are not only gaining valuable knowledge but also supporting meaningful causes.

Thank You for Your Support

We would like to extend our heartfelt thanks to each and every one of you for your support of Metaphysical Times LLC and Twisted Souls Press LLC. Your dedication and enthusiasm inspire us to continue bringing you the best in metaphysical and spiritual content. This exclusive discount code and our collaborative efforts with Starwood Festival are our way of showing appreciation for your loyalty and support.

Stay tuned for more exciting updates, and remember to get your hands on the next issue of *Metaphysical Times Full Moon Magazine* or subscribe to get continuous access to exclusive offers and content. We look forward to seeing you at Starwood Festival and sharing in the magic of this extraordinary event!

Blessed be,

The Metaphysical Times Team

Tamara's Summer Tour Schedule

Tamara Von Forslun has an exciting summer ahead with several events where you can meet her in person:

The Buckland Museum

Tamara will be giving workshops this July at the renowned Buckland Museum.

Starwood Festival (July 9-15)

Join Tamara for her special event with Oberon Zell.

Eugene Pagan Pride (August 4)

Tamara will be conducting a workshop in Eugene, Oregon, followed by other events TBA in Eugene and Portland during that week.

HexFest in New Orleans

Tamara will be heading to HexFest to offer more workshops and meet and greets, bringing her unique blend of wisdom and magic to the Big Easy.

Stay tuned for updates on these and additional events where you can connect with Tamara and immerse yourself in her teachings.

PRE ORDER AT
www.twistedsoulspress.com/store



**THE
GHOST OF
MIDSUMMER
PAST**

BY HANK DAVIS

The sun hung low in the sky, casting long shadows across the village of Agios Nikolaos as the midsummer festival reached its peak. Brightly colored banners fluttered in the gentle breeze, and the air was filled with the joyous sounds of laughter, music, and dancing. It was a celebration of light, life, and the vibrant spirit of the community. Little did they know, an ancient menace was about to cast a dark shadow over their festivities.

Amid the festivities, a rumbling began to shake the ground. At first, it was barely noticeable over the noise of the celebration, but soon it grew to an ominous roar. The villagers' laughter turned to gasps of fear as a massive figure emerged from the nearby forest. It was a Cyclops, a towering creature with a single eye in the middle of its forehead, muscles rippling under its leathery skin. Its roar was deafening, and it brandished a massive club made from an uprooted tree.

The villagers scattered in panic, screaming as the Cyclops smashed through the market stalls, sending food and trinkets flying. The creature's eye glowed with a menacing light as it sought out more to destroy. Children cried, and the elders whispered prayers to the gods, begging for salvation.

As the chaos ensued, a strange chill descended upon the village. The air grew heavy and cold, and the joyous warmth of midsummer seemed to be sucked away. Then, from the shadows of the ancient oak tree at the heart of the village square, a ghostly figure materialized. He was clad in dark, ethereal armor that seemed to absorb the light around him. In his hand, he held a sword that shimmered with a dark, eerie glow.

This was Kalmanes, the ghost of a long-dead demigod. In life, he had been the son of Hades, the lord of the underworld, and had wielded great power. Even in death, he retained the ability to influence the mortal realm, especially on nights when the veil between worlds was thin.

Kalmanes looked upon the havoc the Cyclops was wreaking with calm, steely eyes. His face, pale and stern, showed no fear as he stepped forward. The villagers, recognizing the spirit from old legends, began to murmur among themselves. They knew the stories of Kalmanes, of his bravery and strength, and hope sparked in their hearts.

The Cyclops turned its single, glaring eye towards Kalmanes and let out a roar of rage. The ghost did not flinch. Instead, he raised his darkshard sword, a weapon forged in the fires of the underworld, and advanced.

With a swift movement, Kalmanes lunged at the Cyclops. The creature swung its club, but Kalmanes was too quick, darting to the side and striking at the Cyclops' leg. The blade bit deep, and the Cyclops howled in pain, staggering back. Dark ichor flowed from the wound, sizzling where it touched the ground.

Kalmanes pressed his advantage, moving with the grace and speed of a warrior who had fought countless battles. He struck again and again, each blow aimed with precision. The Cyclops, though powerful, was slow and clumsy by comparison. It swung its club wildly, smashing through trees and buildings, but it could not land a blow on the ghostly demigod.

The battle raged on, the Cyclops growing more enraged and desperate with each passing moment. It lashed out with its club, but Kalmanes parried the blow with his sword, the impact sending a shockwave through the air. The villagers watched in awe, their fear slowly turning to admiration and

hope. Here was a hero from their past, come to save them in their hour of need.

Kalmanes knew he had to end the fight quickly. The Cyclops was strong, and he could feel his own strength waning as the connection to the mortal realm drained his energy. Summoning the last of his power, Kalmanes channeled the dark energy of the underworld into his sword. The blade glowed with an unholy light as he prepared for the final strike.

With a mighty leap, Kalmanes soared into the air, bringing his sword down in a powerful arc. The blade sliced through the air, striking the Cyclops directly in its single, glaring eye. There was a blinding flash of light as the dark energy exploded, and the Cyclops let out a final, earth-shaking roar before collapsing to the ground, lifeless.

Silence fell over the village as the dust settled. The villagers slowly emerged from their hiding places, their eyes wide with amazement. Kalmanes stood over the fallen Cyclops, his sword still glowing faintly. The ghostly demigod turned to face the villagers, his expression softening.

“The threat is gone,” he said, his voice echoing with a spectral timbre. “But remember, the darkness always lingers. You must remain vigilant and strong.”

With those words, Kalmanes began to fade, the connection to the mortal realm weakening. The villagers stepped forward, wanting to thank their savior, but he was already gone, leaving behind only the memory of his bravery and the promise of protection.

The villagers quickly set to work rebuilding their festival. The market stalls were repaired, and the scattered decorations were put back in place. The mood was somber at first, but as the sun began to set, a new energy filled the air. The defeat of the Cyclops had given the midsummer festival a new significance. It was not just a celebration of life and light, but a reminder of their resilience and the protection offered by their ancestors.

As night fell, the village square was once again filled with laughter and music. The villagers danced and sang, their spirits lifted by the events of the day. In honor of Kalmanes, they added a new tradition to their festival. At the height of the celebration, they would light a great bonfire, symbolizing the light that had driven away the darkness. Around the fire, they would tell stories of Kalmanes and his heroic deeds, ensuring that his memory would live on for generations.

The legend of Kalmanes grew with each passing year. The villagers built a shrine in his honor, a place where they could leave offerings and ask for his protection. They believed that as long as they remembered and honored him, Kalmanes would continue to watch over them from the underworld.

The story of the ghost of midsummer past became a central part of their culture. It was a tale told to children as they drifted off to sleep, a story shared among friends around the fire, and a reminder of the strength and bravery that resided within them all.

And so, every year, as the midsummer festival reached its peak, the village of Agios Nikolaos would remember the night when the ghost of a demigod saved them from a terrible fate. They would light their bonfire and dance in its glow, celebrating not just the midsummer but the enduring spirit of their community.

In the heart of the festival, they would feel the presence of Kalmanes, a silent guardian watching over them, ensuring that the light of their midsummer celebration would never be extinguished. The ghost of midsummer past had become a symbol of hope and protection, a testament to the power of courage and the enduring legacy of a hero.

WHAT IF: THERE WERE A UNIVERSAL LANGUAGE UNDERSTOOD BY ALL BEINGS?

BY CHRISTY MANN

In a world where communication barriers are dismantled by a universal language, the implications would be profound and far-reaching. Imagine a reality where every creature, from humans to animals to plants, could understand and interact with one another seamlessly. But what if this universal language already exists, waiting to be discovered within each of us, rooted in the shared energy of the universe?

Discovering the Universal Language Within

A Journey of Self-Discovery

Many believe that as we embark on our personal journeys of self-discovery and progression, we naturally learn this universal language. It's not composed of words or symbols, but of sensations, energy, and movement. This language manifests through the feeling of belonging and the sense of home.

The Language of Sensations

This universal language is felt rather than spoken. It's the warmth of a loved one's presence, the serenity of a natural landscape, the exhilaration of a shared joy. These sensations transcend verbal communication, connecting us on a deeper, more intuitive level.

The Universe as a Melting Pot of Energy

The Collective Energy

The universe can be seen as a vast melting pot of energy from which all beings emerge and to which they return when their physical forms cease to exist. Our souls are like spoonfuls of this cosmic soup, poured into new physical bodies, carrying with them the essence of the universe.

Memories of Past Lives:

In this melting pot, memories are stored in the energy and mixed around. As our souls reincarnate, they bring fragments of these memories with them. This enriches the universal language, allowing us to connect not only through shared experiences but also through the collective memory of past lives.

Empathy and Understanding

Breaking Down Barriers

As we attune to this language, misunderstandings caused by verbal miscommunication diminish. We begin to perceive the true intentions and emotions of others, fostering global unity and reducing conflicts.

Enhanced Interpersonal Relationships

Relationships transform as we become more empathetic and understanding. The ability to feel and interpret the energies and emotions of those around us leads to more harmonious interactions and stronger connections.

Bridging the Human-Animal Divide

Communicating with Animals

Imagine understanding the needs and emotions of animals through this universal language. This deepened connection would lead to more compassionate treatment and better-informed conservation efforts, recognizing animals as sentient beings with their own experiences.

New Roles for Animals

With this understanding, animals could take on new roles in our lives. Therapy animals, for instance, could offer more nuanced emotional support, and working animals could communicate their needs and insights, leading to more ethical partnerships.

Communication with Nature

Interacting with Plants

Plants and nature also communicate through this language. By tuning into their energy, we can learn to optimize their growth and understand their roles in the ecosystem. This could revolutionize agriculture and environmental conservation, ensuring a more sustainable future.

Environmental Stewardship

Understanding the needs of natural ecosystems would encourage responsible environmental practices. Direct feedback from nature through this universal language could guide us in mitigating climate change and preserving biodiversity.

The Magic of Witches

Creating Magic

Witches have long been attuned to this universal language. Through sensations and energy, they create magic that resonates with the natural world. This connection allows them to channel the universe's energy into spells and rituals that influence the physical and spiritual realms.

Animal Familiars

The bond between witches and their animal familiars exemplifies this universal language. These animals, deeply connected to their witch companions, communicate through a shared energy that enhances magical practices and provides guidance and protection.

Healing with Plants

Witches use plants and natural ingredients to heal, nurture, and support life. Understanding the energies of these natural elements allows them to create remedies and potions that harness the healing powers of the earth. This knowledge, passed down through generations, exemplifies the profound connection between all living beings.

Societal Transformations

Education and Learning

This universal language would revolutionize education. Knowledge shared through sensations and energy would be more accessible and impactful, fostering a more informed and connected global population.

Cultural Exchange

Cultures would blend and evolve as we share traditions, art, and wisdom through this language. This deeper appreciation of global diversity and heritage would lead to enriched cultural understanding and unity.

Global Governance

International diplomacy and governance could become more effective. Clear communication through this universal language would enable efficient negotiation and collaboration, potentially leading to more stable and cooperative international relations.

Ethical and Philosophical Implications

Redefining Consciousness

This language challenges us to reconsider what it means to be conscious. If all beings can share their experiences and thoughts through sensations and energy, our understanding of intelligence and consciousness would expand, blurring the lines between humans, animals, and plants.

Moral Responsibilities

With enhanced communication comes increased responsibility. We must address the ethical considerations of understanding and potentially exploiting the thoughts and feelings of other beings. This requires a new moral framework for interaction and coexistence.

Technological and Scientific Advancements

Innovations in Communication

Technology

The development of tools to help us attune to this universal language could inspire new communication technologies, making interactions more intuitive and accessible.

Scientific Discoveries

Communicating with a broader range of life forms through sensations and energy could lead to groundbreaking discoveries in biology, ecology, and even physics. Insights from non-human perspectives could open new avenues of research and innovation.

The concept of a universal language already existing within us invites us to explore a deeper, more intuitive connection with all beings. It suggests that as we attune to the shared energy of the universe, we not only understand each other better but also tap into the collective memories of our past lives. This profound understanding is the foundation of magical practices, the bond with animal familiars, and the use of plants for healing, encouraging us to strive for a more connected and harmonious existence, recognizing the intricate web of energy that binds us all.

What are your thoughts on this idea? Have you experienced the universal language in your own life? We invite you to share your wisdom and stories with us. Visit our Share Wisdom Here page and become a part of the conversation. Your insights could inspire others on their own journeys of discovery and connection.

Link to Share Wisdom Here Page:

www.metaphysical-times.com/write-for-us

SPIRITUAL READING FOR MAY: MOVE FORWARD

BY CHRISTY MANN/THE TWISTED WITCH

As we embrace the transformative energy of May, I entered a meditative state, seeking universal guidance for our collective journey. This month, the overarching theme is “Move Forward,” encouraging us to leave behind what no longer serves us and step boldly into the future. Here are the visions I received for each week of May, offering insights and guidance to help us navigate the path ahead.

Week 1

May 1 - May 7

Vision: A river flowing swiftly, carrying away debris and nourishing the land it touches. **Message:** This week, focus on clearing out the old and making space for the new. Let go of lingering doubts, unresolved conflicts, and outdated beliefs. Embrace the cleansing energy of the river, allowing it to wash away what no longer serves you. As you do, you'll find renewed clarity and purpose, ready to nourish new ideas and endeavors.

Week 2

May 8 - May 14

Vision: A budding tree, its leaves reaching toward the sun, full of potential and promise. **Message:** Growth and renewal are the themes for this week. Just as the tree reaches toward the light, seek out opportunities for personal and spiritual growth. Nurture your dreams and aspirations, and trust that they will blossom in due time. This is a period of expansion, so be open to new experiences and learning.

Week 3

May 15 - May 21

Vision: A winding path through a dense forest, with sunlight filtering through the canopy. **Message:** The journey may seem challenging, but each step forward brings you closer to your destination. This week, embrace the twists and turns of your path. Trust in the process, even when the way ahead isn't clear. The sunlight filtering through the trees symbolizes hope and guidance. Stay attuned to your inner light, and let it guide you through any obstacles.

Week 4

May 22 - May 28

Vision: A phoenix rising from the ashes, radiating vibrant energy and new life. **Message:** This week, transformation and rebirth take center stage. Like the phoenix, you have the power to rise above challenges and emerge stronger than before. Embrace this period of renewal, shedding old identities and stepping into your true power. Allow yourself to be reborn, filled with vibrant energy and a renewed sense of purpose.

Week 5

May 29 - May 31

Vision: A bridge spanning a deep chasm, connecting two distant lands. **Message:** The final days of May bring an opportunity to bridge gaps and build connections. Whether it's mending relationships, forging new partnerships, or integrating different aspects of yourself, this is a time for unification. Move forward with confidence, knowing that you have the strength and resilience to create harmony and balance in your life.

As we move forward together this May, let these visions and messages guide you. Embrace the flow of change, nurture your growth, trust in your journey, rise from challenges, and build meaningful connections. Remember, the universe supports you in every step you take toward your future.

May your path be illuminated with love and light.

The Starwood Festival

Where the Mundane Transforms into the Extraordinary

July 9th-15th 2024

The magic of Starwood manifests at:
Wisteria Campground and Event Site
39825 OH-684 Pomeroy, OH 45769

StarwoodFestival.com

RosenComet Project



THE FLOWER MOON: EMBRACING NATURE'S BLOOM

MAY 2024 RITUAL

BY HANK DAVIS

ABOUT THE FLOWER MOON

The Flower Moon is the name given to the full moon in May, reflecting the abundance of flowers that bloom during this time. This name has its roots in various Native American tribes, particularly the Algonquin, who named the full moons to mark seasonal changes and natural events. May's full moon, falling in the heart of spring, symbolizes growth, fertility, and renewal. This period is not only visually stunning but also spiritually significant, as it represents the peak of the growing season when the earth is vibrant and alive.

The Flower Moon has been observed and celebrated across different cultures. In addition to its Native American origins, it aligns with similar traditions worldwide, such as the European tradition of May Day, celebrating fertility and the blossoming of nature. The Celts also held Beltane around this time, marking the halfway point between the spring equinox and the summer solstice with bonfires and rituals to encourage growth and protection.

HISTORY OF THE FLOWER MOON

The naming of moons is an ancient practice, with each full moon receiving a name that reflects the characteristics or activities associated with the corresponding month. The Flower Moon's name, in particular, is derived from the observable explosion of floral life during May. Historically, Native American tribes used these names to track the seasons and prepare for the activities that each season required.

In the Western world, the practice of naming moons was adopted and popularized by the Farmer's Almanac in the 19th century. The Almanac incorporated Native American, Colonial American, and European names to create a comprehensive list of moon names that is still in use today. These names serve as a reminder of the interconnectedness of human life with the cycles of nature, guiding agricultural practices and cultural traditions.

PREPARING FOR THE RITUAL

A Flower Moon ritual is designed to harness the potent energy of growth and renewal, offering a time to reflect, set intentions, and connect deeply with nature. Here is a detailed guide to performing a Flower Moon ritual:

WHAT YOU WILL NEED

Flowers: Fresh blooms to represent the essence of the Flower Moon.

Candles: Preferably white or green, symbolizing purity and growth.

Crystals: Such as rose quartz (love), amethyst (spiritual growth), or green aventurine (prosperity).

Journal and Pen: For reflection and setting intentions.

A Small Bowl of Water: Symbolizing cleansing and renewal.

Incense or Essential Oils: Scents like lavender, rose, or jasmine to create a calming atmosphere.

A Comfortable Blanket or Cushion: For sitting comfortably during the ritual.

An Outdoor Space or a Window with a View of the Moon: To connect directly with the lunar energy.

THE RITUAL

Create Your Sacred Space: Begin by selecting a quiet, comfortable space where you will not be disturbed. This can be outdoors under the moonlight, or indoors near a window with a view of the moon. Arrange your materials in a way that feels harmonious and inviting. Light the candles and incense or diffuse the essential oils to create a serene and sacred atmosphere.

Grounding Meditation: Sit comfortably on your blanket or cushion. Close your eyes and take a few deep breaths, inhaling deeply through your nose and exhaling through your mouth. Visualize roots extending from your body into the earth, grounding you and connecting you to the energy of nature. Allow any tension or stress to melt away with each breath.

Invocation: Open the ritual by calling upon the energy of the Flower Moon and any deities, spirits, or guides you wish to invite. You can say something like: "I call upon the energy of the Flower Moon, the spirits of nature, and my guides. May your presence bless this space and this ritual, bringing growth, renewal, and clarity."

Reflect and Release: Take your journal and pen. Reflect on the past lunar cycle, considering what has transpired, what lessons you have learned, and what you need to release. Write down anything that no longer serves you, any negative thoughts, habits, or relationships. As you write, imagine these things being gently released from your life.

Cleansing with Water: Dip your fingers into the bowl of water and sprinkle a few drops around your space, symbolizing cleansing and purification. You can also dab some water on your forehead, wrists, or heart center, feeling the cleansing energy wash over you.

Setting Intentions: Now, focus on what you wish to cultivate during this lunar cycle. What are your goals, dreams, and desires? Write down your intentions clearly and positively. For example, instead of writing "I want to stop procrastinating," write "I am becoming more focused and productive." Place the flowers around your journal as you write, infusing your intentions with the vibrant energy of the blooms.

Crystal Activation: Take your chosen crystals and hold them in your hands. Close your eyes and visualize your intentions flowing into the crystals, charging them with your goals and desires. You can say a simple affirmation such as: "These crystals are now charged with my intentions, ready to support and guide me."

Moon Gazing and Meditation: Spend a few moments gazing at the moon, absorbing its light and energy. Allow yourself to feel a deep connection with the lunar energy, feeling it nourish and invigorate you. If you are indoors, hold the visualization of the moon in your mind's eye. Meditate for at least 10-15 minutes, focusing on the growth and renewal that the Flower Moon brings.

Closing the Ritual: To close the ritual, express gratitude to the Flower Moon, nature, and any spirits or guides you invoked. Extinguish the candles and incense, and gently tidy up your space. You can leave the flowers in your space or place them outside as an offering to nature.

POST-RITUAL REFLECTIONS

After completing the ritual, spend some time pondering the following questions and reflections in your journal:

Growth and Renewal: Reflect on areas of your life where you are experiencing growth. How can you nurture this growth further? What new opportunities are emerging for you?

Intentions and Goals: Consider the intentions you set during the ritual. What steps can you take to manifest these goals? How can you stay committed and focused on these intentions throughout the lunar cycle?

Connection with Nature: Think about your relationship with nature. How can you deepen this connection? What practices or activities can you incorporate into your daily life to stay aligned with the natural world?

Personal Insights: Reflect on any insights or messages you received during the ritual. How do these insights influence your current path? What actions can you take to honor these revelations?

Gratitude: Write about what you are grateful for in your life. How does gratitude enhance your well-being and support your growth?

By regularly performing rituals aligned with the lunar cycles, you can create a deeper sense of harmony with the natural world and your inner self. The Flower Moon ritual, in particular, is a powerful way to celebrate the beauty and abundance of life, setting the stage for personal growth and transformation.



KITCHEN WITCH'S CAULDRON

Ingredients

¾ cups sugar, divided
6 cups quartered strawberries
½ cups finely chopped fresh mint
Unsalted butter, for greasing
¾ cups blanched almonds
2¼ cups cottage cheese, drained overnight
¾ cups heavy cream
¾ cups whole milk
¼ all-purpose flour
3 large eggs
Confectioners' sugar, for garnish
Whipped cream, for serving

ALMOND CHEESECAKE WITH MACERATED STRAWBERRIES AND MINT (OSTKAKA MED FÄRSKA JORDGUBBAR OCH MYNTA)



Instructions

In a large bowl, stir 1/3 cup sugar, the strawberries, and the mint; set aside to macerate at room temperature for 1 hour.

Preheat the oven to 350°F. Grease a 3-quart oval baking dish with butter and set it aside.

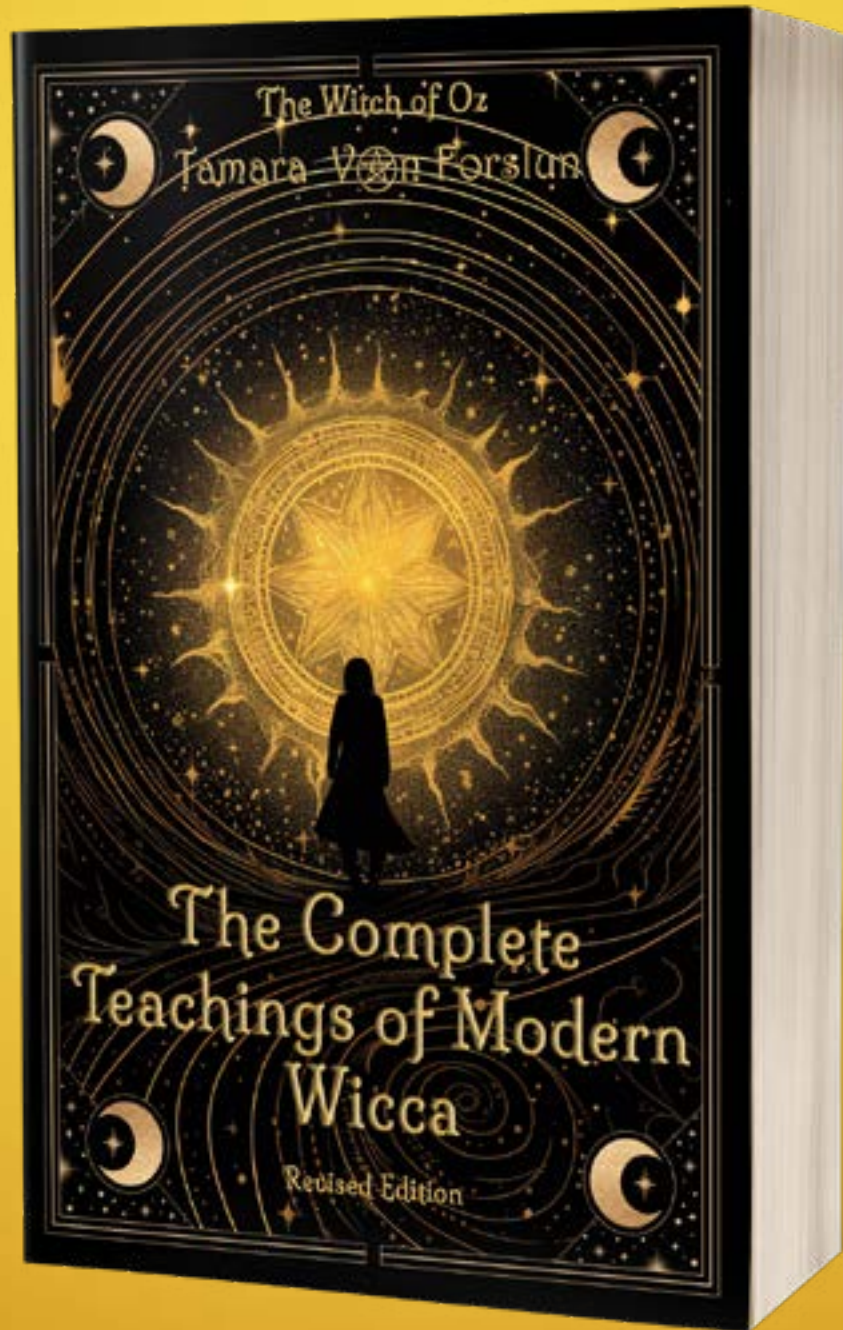
Pulse the remaining sugar and the almonds in a food processor until finely ground. Add the cottage cheese, cream, milk, flour, and eggs and puree until smooth, scraping down the sides of the bowl with a silicone spatula as needed to combine. Pour the batter into the prepared baking dish, then transfer to the oven and bake until browned and slightly puffed, 45–60 minutes.

Cool the cake slightly, then dust with confectioners' sugar and serve with the reserved strawberries and whipped cream.



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