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The Magic of the Egg

by Nixie Vale

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We are nearing Ostara and a symbol that is everywhere at this time of year is the humble EGG. The egg is a powerful magical symbol that is associated with new life, fertility and the cycle of birth, life, death and rebirth. We often associate the egg with the Springtime of year because this is when new life is starting to birth through whether they are animal or plant-life. In the very early decades and centuries of Christianity the Egg is a symbol that marked Lent is coming to an end, but there is also a tradition that relates to Mary Magdalene telling the Roman Emperor that Jesus would be resurrected, and he said it was more likely a nearby bowl of eggs would turn red, so some Christians use red eggs at this

time of year as a symbol of this resurrection.

The use of eggs around Spring time can be found in many different cultures from all over the world from Persia, to China to the Native Americans and many places in between, here are a few examples:

In the Ukraine eggs are covered in Wax and decorated to honor the Sun god.

In the Native American traditions a giant egg was cracked to form the Universe.

In China the god Pan GU was formed inside an egg and during his attempts to escape the egg cracked in two, the upper side became the cosmos, the lower half became the earth

In Persia eggs are painted

to celebrate No Ruz which coincides with the Zoroastrian New Year

You can use eggs as a symbol for fertility in many different kinds of spells, be it a fertility of the mind, or fertility of trying to have a child. You can use the egg symbol all year round, it is not exclusively associated with Ostara. You can use Eggs in fertility rites around Beltane too.

If you are creating an altar for Ostara you don't have to use any specific kind of eggs, you don't have to use real eggs. You can use crystal eggs, I have a set of brightly coloured foam eggs, you can get polystyrene eggs and decorate them. I have also seen wooden eggs around as well, which can open a vast array of designs.



FROM THE PUBLISHER

What a difference a year makes, huh? This issue officially ends our first year as the new owners of Metaphysical Times LLC and it's been such an amazing ride. We are looking forward to so many more!

Inspiration is a huge part of the service we offer and if you have been with us over the past year, you've seen a lot of problems

and issues as we adjusted and sorted things out as best we could, worked through things with us, and as much as we might be an inspiration to you, you are certainly an inspiration to us.

Our commitment to being a space for people to share and connect with each other really keeps us going. There were

plenty of times we almost had to quit or cancel an issue because there wasn't enough content, but someone reached out because they had something they needed to share, so there always ended up being enough. We couldn't do this without you!



♡ Christy 😊

Metaphysical Times

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

The paper is printed 8 times a year, coinciding with and themed based on the 8 Sabats of the Wheel of the Year. This publication is a conduit for connecting people from all walks with the new, information, and entertainment that matters to them.

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- DESMOND TUTU



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What Is Ostara?

by Nixie Vale

The Spring Equinox is a time of celebration. Some people begin to enjoy the lengthening days and the warming of the air. Work begins in the garden with the planting of flower beds and vegetable gardens. At Ostara we begin to connect to nature as she begins to wake. Ostara is also known as the Vernal Equinox, a point when nature is in balance. Ostara falls on 21st or 22nd March or when the Sun enters Aries (Northern Hemisphere) 21st to 23rd September or when the Sun enters Libra (Southern Hemisphere).

Ostara: Oh-star-ah, Lesser Sabbat, Spring/Vernal Equinox AKA: Ostre, Eostre, Rites of Spring, Eostre's Day, Lady Day, First Day of Spring, Easter, Alban Eiler, Bacchanalia.



What are the Correspondences for Ostara ?

Essence/Meaning: Strength, Birthing, Completion, Power, Love, Sexuality, Embodiment of Spirit Fertility, Opening, Beginnings, the God Comes of Age, Balance of Light and Dark, Plant & Animal Fertility, Sowing Seeds, Invention, New Growth, New Projects, Seed & Planting Blessings and Planting.

Animals/Mythical Beings: Unicorn, Merfolk, Pegasus, Rabbits, Hares, Chicks, Swallows, Snakes, and baby animals in general

Crystals: Rose Quartz, Moonstone, Amethyst, Aquamarine, Bloodstone, Red Jasper.

Incense: Violet, Lotus, Jasmine, Rose, Marigold, Sage, Lavender, Narcissus, Ginger, Broom.

Colors: Pastel Colors in general, Gold, Pale Green, Grass Green, Blue, Lemon Yellow, Pale Yellow and Pale Pink.

Tools/Symbols/Decorations: Coloured Eggs, Baskets, Nests, Equilateral Cross, Butterfly, Cocoons, Sprouting Plants, Violets, Wildflowers, Lambs, Hares and Rabbits.

Goddesses: Eostre, Ostara, Kore, Isis, Astrate, Ishtar, Minerva, Maiden Goddesses, Lady of the Lake, Young Goddesses.

Gods: Hare, the Green Man, Taliesin, Dagda, Cernunnos, Pan, Adonis, Young & Warrior Gods.

Foods: Fish, Sweets, Hot Cross Buns, Sweet Breads, Cakes, Eggs, Honey or Maple Syrup Cakes, Seasonal Fruits, Milk and Punch.

Herbs: Celandine, Tansy, Cinquefoil, crocus, Dogwood, Daffodil, Honeysuckle, Iris, Jasmine, Rose, Hyssop, Liden, Violet.

Element: Air

Gender: Masculine

Time of Day: Dawn

The Magic of the Hare

By Nixie Vale

For millennia, the Hare has had deep spiritual meaning from the association with Spring, to its association with Gods and Goddesses, the Moon and fertility. The Hare was first introduced to Britain by the Romans and they soon became part of British folklore and mythology and in some areas, it became part of the cultural history. From the Mad Hatter's tea Party in Alice in Wonderland to the mystical White Hare, and of course, who can forget the Easter Bunny... or at least the Easter Bunny's origins. The Brown Hare is the fastest land mammal in the UK, its powerful hind legs define the iconic shape, allowing it to reach up to (and exceed) 40mph. The Hare is an elusive creature whose shy nature and amazing speed has made seeing a Hare in the wild a rare and magical sight. The Hare has many spiritual,

mystical, magical, and pagan associations, and this may sound unrealistic, but I can find more stories about the Hare than I have about Gnomes.

The Hare and Boudica

It is believed that the great Iceni Queen Boudica consulted the entrails of a Hare to "divine" if her uprising against the Romans would lead to victory. It's believed that the Romans introduced the Hare around 2,000 years ago, and that means within 100 years the Hare already had magical, or mystical meaning.

The March Hare

The March Hare is a character in Lewis Carroll's "Alice's Adventures in Wonderland". In the book the Hare (names Haigha) is

the host of the infamous Mad Hatter's Tea Party. He is a jittery fellow, unable to sit still. Later in the story he appears at the trials of the Knave of Hearts. Throughout the books he appears to be confused and at times, delusional.

The Hare in March

The Hare is famous for its very lively courtship, and the term "mad as a March Hare" is very likely a reflection of the Hare's behavior during their mating season. The female Hare will entice a male into chasing her, if he is able to catch her, she will mate with him. If he can't catch her, she will abandon the courtship and look for another, more suitable mate. However, if a male Hare tries to force a courtship, the female will stand her ground and throw a few nice lefts and right hooks.

The Hare and the Goddess

The Goddess that is most associated with the Hare is the Germanic Goddess of the Dawn, Spring, and new beginnings; Eostre. The myths about Eostre say that she is responsible for bringing Spring each year, one year she was late partly due to finding a dying (or dead) bird in the snow; this saddened the Goddess so she brought the bird back to life as a White Hare. To honor the Hare's origins the Goddess gave the Hare the ability to lay eggs on one day each year. The Hare could give the eggs away to people who attended the Spring festivals. Does this sound familiar? Over time the Hare would become the Easter Bunny that so many adore today.





The Hare and Renewal

In the stories about Eostre, she revived a dying bird as a WhiteHare. The Hare is associated with the Spring, a time of rebirth and renewal. The Hare is also associated with the Moon and it's believed in some cultures that the Moon and the Hare would die each night in order to be reborn the next moonrise.

The Hare in Folklore

The Hare is associated with the Moon in many cultures all over the world.

In China, the Man in the Moon is replaced by theHare in the Moon and plays the role of the Messenger of the Moon Goddesses. Chinese folklore says that a Hare becomes pregnant by crossing water under moonlight, or when touched by the light of the Full Moon

In Egyptian folklore the Hare could gender shift between both genders making it an androgynous figure.

In African folklore the Hare is a trickster, and these stories became the basis for the Br'er Rabbit – a trickster character that survives by the power of his wits rather than strength or brawn. These stories were brought to America by

those who were enslaved.

The Hare is sacred to Aphrodite and Eros because of their high libido.

The Hare also features in Aesop's most famous fable – the Tortoise and the Hare, where the Hare believes he can win a race with his swiftness alone... then loses to the patient tortoise.

In Irish folklore the Hare is associated with the Sidh (the fae) and people who harm a Hare will suffer terrible consequences.

In the Algonquin tribe the Hare is honored as the Great Hare, as a demiurge and having a role in the creation of the world

The Hare as an Animal

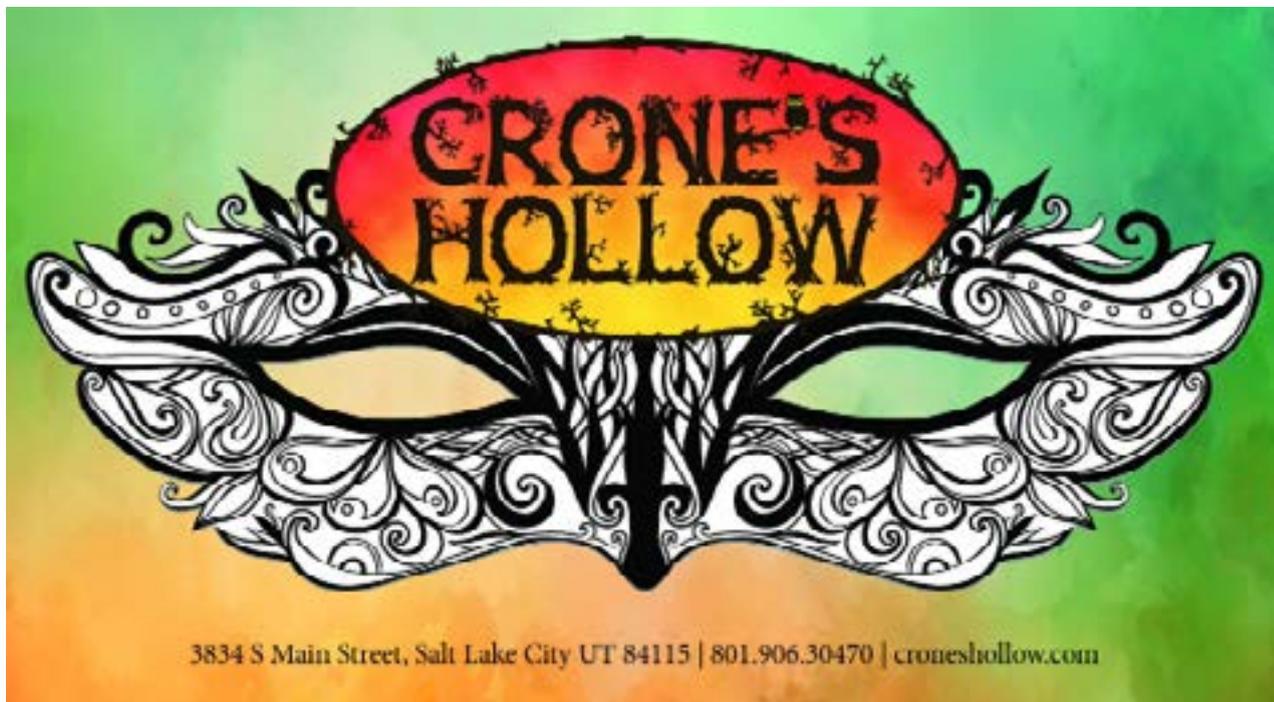
Totem

Hare Associations

- Fertility
- Abundance
- Wealth
- Cleverness
- Creativity
- Spontaneity
- The Moon
- Negotiating Times of Change
- Personal Growth
- Magic
- Inspiration
- Mystery
- Protection

Nocturnal Activity

When the Hare appears in your life it's a herald of new beginnings. Change and fertility. TheHare is here to help you move forward with strength and courage. The Hare calls for balance, intuition, and openness to change. The Hare is a reminder not to take yourself too seriously because when you do, it's easy to be tricked or led astray. The Hare helps us to awaken ourselves to the promise and beauty of new starts. Don't get stuck in the little things because you can lose your way, theHare can help you move forward.



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BOOK REVIEW: The Akashic Records by Ernesto Ortiz

Review by Catt Foy

This ambitious little volume claims to allow us to “access the sum of all knowledge, past and present.” For readers acquainted with the concept of the akashic records, we understand that they represent the collective and individual history of all mankind and reside in the spiritual realm.

Motivated by a desire to help others find a higher consciousness and specifically addressed to “light workers,” Ortiz discusses the health of the planet, both environmentally and spiritually. And while his efforts and motives are to be applauded, there are some issues with the content of the work, and the presentation.

Ortiz makes use of many metaphors to get his points across, but a few too many are mixed, or miss the mark. He shares some interesting history and his diagrams are informative. He attempts to explain a “whole cloth” view of shamanism, spirituality, New Age thinking, and the collective consciousness.

The good news is, if you are new to this kind of thinking, you will probably learn a lot.

The bad news is, if you’re new to this kind of thinking, you probably won’t be inclined to read this book. Much basic information is presented that would benefit the novice, but much of the language and topic is too advanced for the beginner in the spiritual quest.

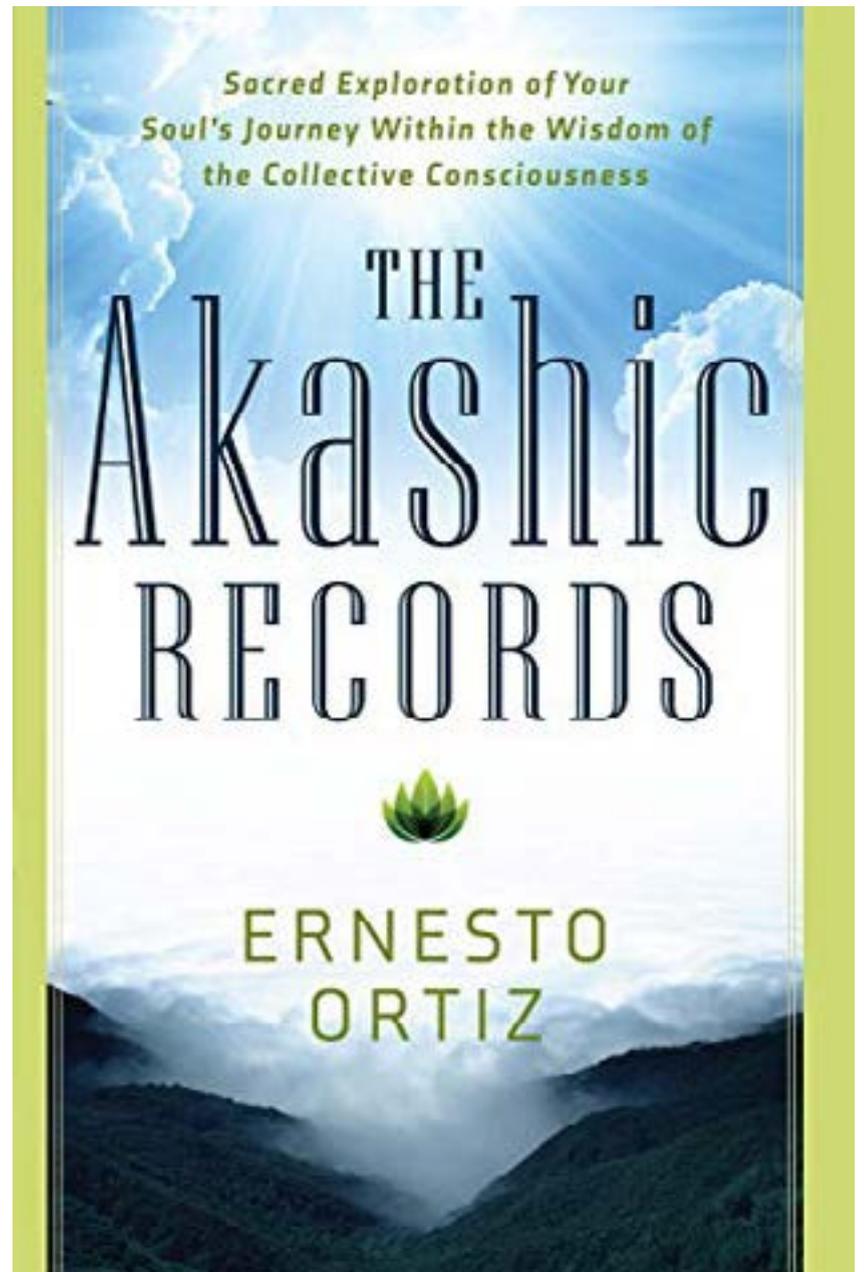
This is clearly not a beginner’s book. Ortiz tries to make it so, by only succeeds in delaying his point, and possibly alienating the truly interested, but spiritually experienced reader. He spends too much time on

thing better learned elsewhere and written by more engaging authors.

I learned little new regarding the akashic records and how to access them and if I were a beginner, I would still feel lost as to how to actually use the techniques of reading them. He often gives instructions out of order, telling us how to describe the information obtained from the records, for instance, long before telling us how to access them.

Like many spiritual teachers, he often implies that we must completely release any compulsion, addiction, fear or doubt for the techniques to work. I am of the opinion that one must pursue spiritual goals in the face of compulsion, addiction, fear or doubt. If you wait until you are “free” of them, you will never begin the journey. Ortiz implies that if we acknowledge our woundedness that we are being self-pitying, and will not be able to learn how to access such holy information. This is an error which afflicts many a powerful spiritual teacher—insisting the student be “worthy” before receiving healing. It is a subconscious habit that priesthoods have practiced for millennia, allowing their own egos and need for power to make judgments on others.

Ortiz and I part way on other issues. I am skeptical of his claim, made on page 67, that “spiritual research indicates that 96 percent of addictions are due to ghosts, entities, demons, devils, negative energies or departed ancestors.” While spiritual influences may explain some negative behaviors, many



more are caused by being the recipient of actual abuse or neglect, by biochemical imbalances in the brain, or by faulty teachings. Such a statement, unsupported by research sources, undermines the author’s credibility and the readers’ credulity.

He states on page 71 that “The ego is the source of all self-grasping, self-cherishing, and self-absorption.” But self-cherishing and self-care and self-loving is often our path to true healing. If we have no love for ourselves, how can we have enough love for others? Self-cherishing is the reason we put on the oxygen mask in the

airplane before we place one on others who need our care. If we can’t breathe, we can’t help others to breathe.

For women, especially, this notion that self-loving is wrong is another problem with our patriarchal culture in general, and its long-term influence on spiritual thinking. Women are socialized to be self-effacing, not to brag, not to be proud (except of our appearance), and to do, do, do, for others before ourselves. We cannot empower others if we are not empowered ourselves.

He also insists that the prayers he shares in the book must



be spoken word for word. No room for interpretation or for a heartfelt prayer. This is a kind of legalism that creates rigidity within spiritual traditions, and certainly does not allow for differences in the many languages of mankind.

The chapter on “Protection” and “Grounding” are clear, helpful and informative; Ortiz shines in this department.

Chapter 17, “Akashic Records Consultation” contains some very specific guidelines that seem arbitrary to me. His insistence that the “sacred prayer” be handled as gingerly as the American flag or a loaded gun seems a bit much. He warns the reader to never memorize the prayer, but to only read it aloud (apparently, this teaching then is only for the literate and the sighted). He also implies that the method for using it and the prayer itself must be kept separate lest it fall into unguided hands. Ortiz writes, “the Akashic records are not for everyone” and “you’ll want to protect it at all times” as if anything as powerful and divine needed protecting, and only the elite (i.e. those who read this book) were entitled to understand it.

The insistence that this prayer be read aloud word-for-word

neglects the fact that our spiritual power is based on intention. It is always the true intention that creates pure connection to the Divine. To simply recite something aloud, as directed by someone else (there is that controlling priesthood idea again), but with the intention to do harm or to acquire power over others is completely neglected. To frame a prayer within your own personal understanding but with clear intentions will get you there just as quickly, if not more so, as I have learned in my own spiritual journey. If your intention is good and powerful,

it matters not what syntax you use or which language you speak in, or if you recite something verbatim.

Another reason this is a quite discomfiting notion is that he claims to have translated it directly from the Mayan hieroglyphs! If what he says is true, then it should only be recited in ancient Mayan, for in translating it to English, there must be some loss of meaning or changing of wording.

He admonishes strongly that no recreational drugs or excessive drinking be indulged in before accessing this spiritual storehouse of knowledge. (Prescription drugs are allowed, apparently because Spirit obeys doctors, too). He completely ignores the long-standing spiritual traditions of connecting with Spirit through the use of consciousness-altering drugs or alcohol—

which has a respected place in many traditions.

Chapter 19, like too many New Age books, offers an unnecessarily lengthy explanation of the chakras, although there is a helpful three-dimensional diagram of the chakras and their energy flow on page 150.

Overall, many may find this volume useful, but I suggest one read it with a slightly skeptical eye. Take in the information and process it for yourself—as you must do with all spiritual guidance. Any author is simply sharing what they have learned and what has worked for them. The reader seeking enlightenment ultimately has to find their own path to get there and while we can learn from others, we each have a unique way to achieve our greatest spiritual awareness.

The Akashic Records: Sacred Exploration of Your Soul’s Journey Within the Wisdom of the Collective Consciousness

By Ernesto Ortiz

Published by New Page Books, 2015

available at all good bookstores

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Merry Meet Catt Foy

Catt Foy is an author, artist, psychic medium, astrologer, certified hypnotherapist and ordained minister in the Universal Life Church. She also holds two master's degrees—an MA in English and an MFA in Creative Writing. Catt has studied the metaphysical and the paranormal for over a half century and is currently the Queen of the Psycards—co-owner (with artist Maggie Kneen of the UK) of Psycards International and the owner of Spirit Garden Publishing.

Hi, Catt. Thanks so much for doing this chat with us. Can you tell us a little about you and how you relate to the Pagan Community?

I'm not sure how to answer that because I don't have any one label for my paganism. I don't consider myself Wiccan or Druid or a shaman. Maybe I'm more of an Atlantean priestess!

I'm a sort of neo-shamanic, eclectic, believer in the sacredness of all things, the unity of all things, and the divine unique expression of individual beings. I believe everything has a spirit but that all spirits are just snowflakes in the mind of God, if you will. Collectively the Universe is a sacred expression of the Divine Creative Mind—which is actually beyond our ability to truly grasp while incarnate.

Great answer. What do you know and love most about Paganism?

That Paganism embraces a wild diversity of beliefs but shares a sense of the sacred and personal empowerment. Generally, we care about people, and we care about the planet.

I love being able to help people create a better relationship with themselves and their lives through spiritual guidance. I'm not a fortune-teller, I tell my clients, I'm here to help you better understand your own lives.

Right! What do you dislike most about it?



Couple of things: I don't like that some neophytes think it is just a way to obtain power over others and over circumstances. Yes, it does provide a certain amount of that, but too many younger Pagans use it as a kind of ego expression. Being truly Pagan, I believe, requires a certain amount of humility and of trusting that the Universe, in its Divine Wisdom, knows better than we do. I also don't like the idea that some Pagans extract revenge via magical practices—I'm a big believer in Karma and that the Universe requires us to sometimes be terribly patient to see things balance out. I don't think we should use our power to bend

others to our will. I see that as a personal violation of freedom. Another thing is that many beginning Pagans don't read enough about all religious practices. They narrow into one small practice, allowing that practice to become dogmatic or legalistic. I suggest all Pagans read *Stranger in a Strange Land* by Robert Heinlein and become more like Michael Valentine Smith—"Thou art God." And read all sorts of metaphysical literature with an open mind and a grain of salt. We need to employ both sides of our brains—the logical side and the intuitive side. Otherwise, it's like working one-handed. Open-mindedness and healthy

skepticism in balance.

If you could do anything to fix the world's problems, what would it be?

Teach multiple philosophies and religions and spiritual practices from childhood. Teach compassion and humility. Teach self-love, but not self-aggrandizement. Teach children to avoid greed, which I believe is the root cause of most evil in the world.

On a more individual level, I like to help people gain a greater understanding of the spiritual world. Spirits are all around us, and we can learn a lot about them. I was involved for a while with a psychic investigation

team and really love to read homes and properties. I like being able to help people with phenomena in their homes—most of the time, it is just a residual memory, or someone who is actually clairvoyant and doesn't know it. I've helped spirits move on—some only need to have their stories told. I love walking a house or a piece of land and letting it tell me its history.

We hear you are participating in or hosting events. Can you tell us a little about them?

Are there any events coming up that you will be involved in and want to tell us about?

I appear at spirit fairs near my home in Eugene, OR. Fairs in Albany, Eugene, and Yachats. I also love to do bookstore appearances where I teach a class one day, do readings the next, followed by a book-signing. Those are fun and everyone benefits—me, the store and the wider community. Two of the best fairs are the Pathways to Transformation in Yachats in August, and the Rasani Fair in Albany in April and October. I also host my own fair, the Meraki! Spirit & Arts Fair, or I did, until COVID. This has been put on hiatus for now. My husband died of cancer in 2021 and now my adult daughter is also fighting cancer. She and my grandson live with me, so I'm just too busy to organize a large event at this time. Maybe in 2024.

I'm also available for individual readings, property readings, and past life regression sessions by appointment. I don't do phone readings or video, but I can do readings remotely and I write them up and send them as a document. This way, the client can refer back to the reading easily. If I read a property, of course, the client is free to video the experience.

How do we find out more about it?

You can visit my websites: www.psyncardsusa.com, www.cattfoy.com, and www.merakifair.com. Or you can write to me via email: cattfoy@gmail.com.

You've got a book/business/platform. Want to tell us

about it? What's it called and is there a story behind the name? What is it?

I had always wanted to do two things—publish books and own a bookstore. These days, I can do both. I self-publish my books via Amazon, sell them at fairs and via the websites, and I buy and sell books via the Meraki bookstore on Biblio. I only sell books I endorse. My publishing company is Spirit Garden Publishing. I think of Spirit Garden as a place to grow—if I had a brick-and-mortar store, that would include plants, herbs, gifts, and books.

I am also one of the current owners of Psyncards International. Psyncards are a 40-card oracle deck based on Jungian archetypes. My partner is the artist who designed the cards, Maggie Kneen, a brilliant artist from the UK. Together, we have been involved with Psyncards since their inception in the 1980s. Maggie is the Mother of Psyncards and I am self-designated as the Queen of the Psyncards. Together, we will be coming out with a second deck in the future—a second set of archetype cards that can be used separately, or integrated with the first deck for deeper, more complex readings.

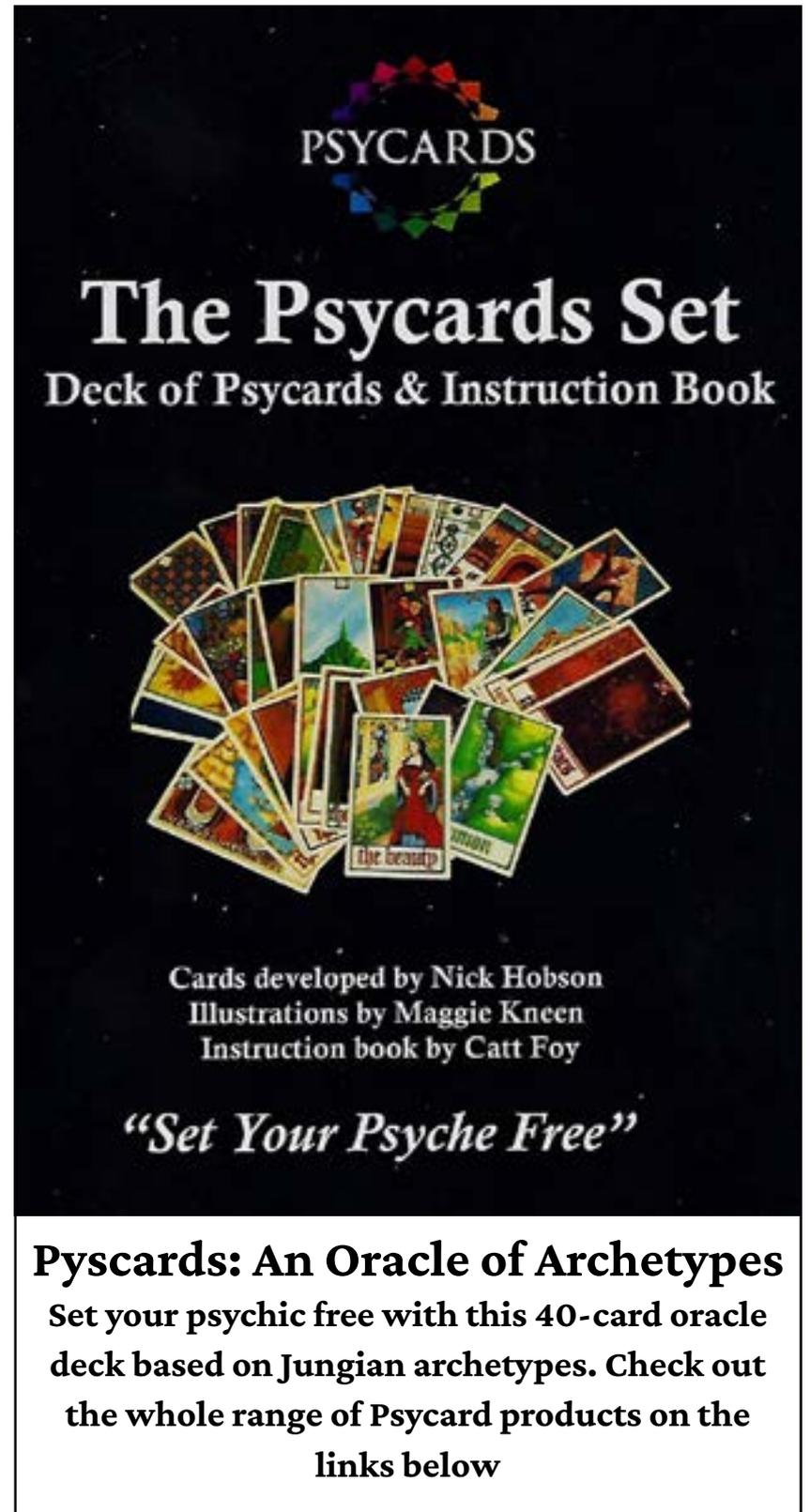
I am the author of Psyncards—An Oracle of Archetypes, two Psyncards coloring books, Rune Stones and Their Interpretations, and an historical novel, Bartleby: A Scrivener's Tale. I'm also in the process of finishing up my newest book, Fire, Stone, Bone & Stick: The Origins of Oracles. I'm hoping to do a presentation on it at the Yachats fair in August. Future projects include an astrology book on Lilith, a book on discovering your past lives (Rememberings), and my second novel which is about Kokopelli, the southwest's iconic symbol of fertility, trade and music. A sort of biography of who he might have actually been.

I'm also an artist. I make jewelry, upcycle jewelry, do 3-D collages, dried flower collages, acrylic paintings, wearable fiber art, and other things. Many

of my things are made from recycled or upcycled materials. Those can be found on my Etsy page, along with custom woodworking by my partner, Tree Talker Sean. He makes jewelry boxes, walking sticks, incense burners, piggy banks,

and other custom wood gifts. We can also design custom scrying and "witchy" cabinets.

Thanks for taking the time out of your schedule to speak with us Catt. It is much appreciated. We wish you all the best. Have a great day!



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Ostara Readings

by Nixie Vale

At Yule I was gifted a new tarot deck, and it is so beautiful I was instantly drawn to use it for this reading. The Oriens Animal Tarot by Ambi Sun features animals for each of the cards, and the animals' wisdom will flow into the reading.

Aries – Six of Cups (Reversed)

The Six of Cups being reversed means that you need to step away from the past. While reminiscing on fond memories can be nice, but it is important to remember that is all it is, the past. Getting lost within these memories can prevent you from seeing all the good things that are around you. Clinging to the past can hold you back from moving on to greater things.

Taurus – Ace of Wands

You have stepped into a world of possibilities, and while this can be daunting, leaving you unsure of which path to take. To remedy this take the time to listen to your inner self and instincts, to where your passions and drive direct you, and allow yourself to take the big step. If you have been ruminating and dragging your heels because of the uncertainty of the path you are on, you are at a place of potential and possibilities, not guarantees and certainties.

Gemini – Five of Cups

You are a little overwhelmed right now because situations have gotten beyond your control, and feelings of frustration and disappointment are natural. You are focusing on the wrong things right now – by looking at the changes and unwanted events, rather than how you can work your way through it, healing eventually. Look at the bigger picture and forgive yourself for any mistakes.

Cancer – Eight of Pentacles

You have been working so hard to develop your knowledge and skills, you are driven to succeed at whatever you put your mind to. There is nothing wrong with wanting to better yourself, develop your skills or expand your knowledge on a subject, but you need to remember sometimes you can take unconventional paths to do this. Your learning journey is just beginning.

Leo – Ten of Swords

You are experiencing an inevitable ending right now and it has shaken you to your core. Having the “victim” mentality right now will only get you so far, and now is the time to break the habit of relying on others for pity or support. This negative mindset is only preventing you from healing and moving forward.

Virgo – Seven of Cups

You have many new opportunities opening up for you right now, and while this is fantastic, caution is always necessary when taking on new ventures. Always assess your options and take stock of what you want. You need to distance yourself daydreaming and wishful thinking right now because you need to pay attention to the finer points, and fine print. You need to make well informed decisions before grabbing any of these opportunities.

Libra – Judgment (Reversed)

Doubting yourself, your abilities and your intuition has taken root right now, and this has meant you are going round in circles, not making any progress or forward movement. You have a choice right now – do you pull yourself out of the quagmire of stillness, or do you remain in the ongoing circles? Moving forward, you need to put doubt and that inner critic aside.

Scorpio – Justice

Justice is all about cause and effect, and how your actions will have longer reaching effects that you may not be aware of all the time. Right now you are being advised to take a pause to assess the situation, to see if there are any hiccups that can cause issues. Doing this now will pave the way for success and the fruits of your labor will flourish.

Sagittarius – Eight of Swords

There are feelings of being trapped or restricted in some way right now, and this has been draining you for some time. You have been feeling like you have limited options, but that isn't the case. Look at things from a different perspective, and walk away from unproductive and self-limiting thoughts. There is never a guarantee that the path you choose will lead to success or a smooth ride, sometimes you just have to move forward.

Capricorn – Four of Swords

It is time for you to take a break right now. You have made amazing progress recently, but you don't want to burn out, and become resentful of what you're doing. You are driven to reach your goals, but resting is as essential as forward momentum. You cannot pour from an empty cup, so refill, rest and recuperate. You will find that once you come back, things will not seem as stressful or unmanageable.

Aquarius – Death

You are entering a season of great changes, and an upcoming transformation is on the cards. When one thing comes to a close, new opportunities are available for you, so the fear you hold in your heart is unnecessary but understandable. Change can be drastic and difficult, but when you release unwanted and unhealthy attachments, change can be cleansing. Walk with your head held high and welcome the changes to come with an open mind and heart.

Pisces – Seven of Swords

You are stuck in a sticky web of uncertainty, deception and betrayal right now, and while you may not be one causing this web, nevertheless you are stuck there. Not everyone has the best of intentions right now, and you need to prioritize yourself and it is not selfish to take care of yourself, and anyone who makes you feel otherwise is likely the creator of the web. Keep in mind that dark secrets, dark thoughts and unspoken guilt can weigh you down, preventing you from moving away.



Full Worm Moon in March

The full Worm Moon makes its appearance on the night of Tuesday, March 7, 2023.

Look for the spectacularly bright Moon as it rises above the horizon on Monday evening. If your weather is poor on Monday night, try again on Tuesday!

If you have just a bit of rain on either of these nights, you may even get to spot a rare phenomenon called a moonbow. A moonbow is just like a solar rainbow, but is created by moonlight (rather than sunlight) when it is refracted through water droplets in the air. Moonbows only happen when the full Moon is fairly low in the sky, so look for one in the hours after sunset when the sky is dark.

This March Moon will look especially large to us when it's near the horizon because of the "Moon illusion," when it looks bigger when near comparative objects than it does when it's high in the sky without any references.

Why Is It Called the Worm Moon?

The full Moon names used by The Old Farmer's Almanac come from a number of places, including

Native American, Colonial American, and European sources. Traditionally, each full Moon name was applied to the entire lunar month in which it occurred, not only to the full Moon.

March's full Moon goes by the name Worm Moon. For many years, we thought this name referred to the earthworms that appear as the soil warms in spring. This invites robins and other birds to feed—a true sign of spring!

However, more research revealed another explanation. In the 1760s, Captain Jonathan Carver visited the Naudowessie (Dakota) and other Native American tribes and wrote that the name Worm Moon refers to a different sort of "worm"—beetle larvae—which begin to emerge from the thawing bark of trees and other winter hideouts at this time.

Alternative March Moon Names

There are quite a few names for the March Moon that speak to the transition from winter to spring. Some refer to the appearance (or reappearance) of certain animals, such as the Eagle Moon, Goose Moon (Algonquin, Cree), or Crow Comes Back Moon (Northern

Ojibwe), while others refer to signs of the season:

The Sugar Moon (Ojibwe) marks the time of year when the sap of sugar maples starts to flow.

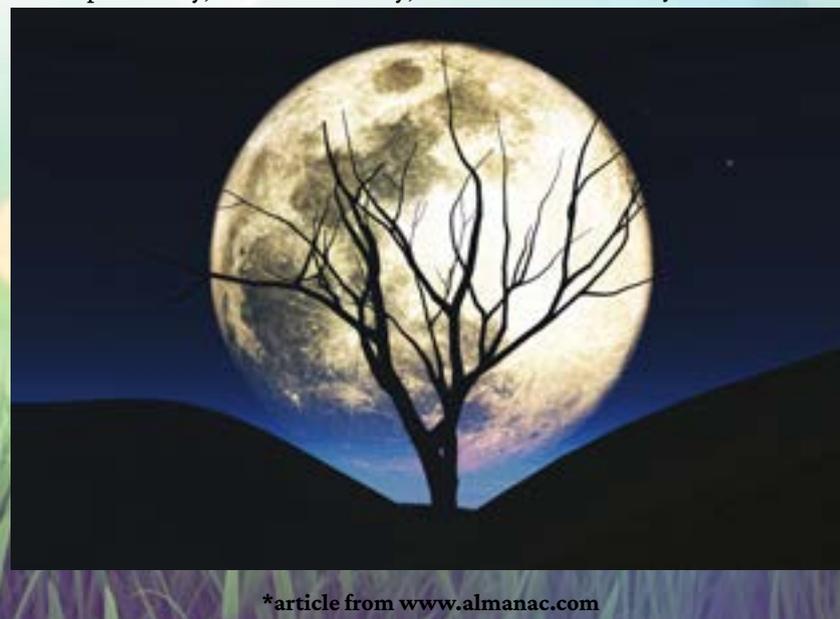
The Wind Strong Moon (Pueblo) refers to the strong windy days that come at this time of year.

The Sore Eyes Moon (Dakota, Lakota, Assiniboine) highlights the blinding rays of sunlight that reflect off the melting snow of late winter.

The Lenten Moon. March's full Moon often plays a role in religion, too. Specifically, in Christianity,

this Moon is known as the Lenten Moon if it is the last full Moon of the winter season (i.e., if it occurs before the spring equinox) or as the Paschal Full Moon if it is the first full Moon of spring (i.e., if it occurs after the spring equinox).

This year, March's full Moon (March 7, 2023) occurs before the spring equinox (March 20, 2023), making it the Lenten Moon. April's full Moon (April 6, 2023) will be the first full Moon to occur after the spring equinox and will therefore determine the date of Easter this year.



*article from www.almanac.com

MARCH 2023

make kindness the norm.

SUN	MON	TUE	WED	THU	FRI	SAT	
FEBRUARY S M T W Th F S 29 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 1 2 3 4 5 6 7 8 9 10 11		APRIL S M T W Th F S 26 27 28 29 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3 4 5 6		1 Become a volunteer teen-crisis counselor.	2 Google "You Matter Marathon" and sign up to pass your "You Matter" cards along to strangers, or leave in public places.	3 Send your employees a sincere note of thanks for their hard work along with a gift card.	4 Discover your family tree and share your findings with your relatives.
5 Plan a weekend getaway in nature and unplug from all electronic devices.	6 Use less plastic and be more conscious about recycling.	7 Show your love! Send your mother or maternal figure a large bouquet of flowers or thoughtful gift.	8 Forgive an old grudge.	9 Pack extra lunches and hand them out to those in need.	10 Take the children in your life out for a fun afternoon in an amusement park.	11 Relax by planting new flowers in your garden.	
12 Help a stranger in need (for example, help fix a flat tire).	13 Everyone is important. Learn the names of your receptionist, security guard, and custodians.	14 Pick a street and write "Have a great day!" messages on every driveway in colorful chalk.	15 Contribute a small sum of money to grant a wish of a foster youth.	16 Host a potluck dinner and suggest guests bring a dish from their original or adoptive culture.	17 Encourage a young person to pursue their dreams and offer help to achieve their goals.	18 Take a hot bath. Soak in a hot tub, preferably with epsom salt and aromatherapy oils.	
19 Surprise your local market's cashier with a flower bouquet and thank them for all their hard work.	20 Spend the afternoon reading some poetry or a novel from your favorite author.	21 Listen to an upbeat playlist while you're getting ready or on your commute to work.	22 Put coins in an expired parking meter.	23 Do an act of kindness for someone and encourage them to pay it forward.	24 Invite a small group of friends out for a fun night of bowling.	25 Create your own fun tradition with family or friends.	
26 Make an effort to be more authentic.	27 Create a kindness idea basket for co-workers to add to and grab ideas from.	28 Babysit, dog sit, or cat sit for free.	29 Go to a park and spend a relaxing afternoon taking nature photos.	30 Organize a volunteer activity with friends.	31 FREE DAY! Live your passion.		

Visit www.randomactsofkindness.org for more kindness ideas.

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Becoming a Spiritual Vortex Hunter: The Why and the How

by Crystal Couch

This year I have been internally drawn to travel more than in previous years. I often find myself in certain localities where “information” seems to be downloaded into my knowing. And while that last sentence might raise some eyebrows, there really is something metaphysically occurring at certain geographical locations.

These spots are known as a

vortex and they are plentiful, all over the world. These are often found at sacred sites like Stonehenge, Macho Picchu, the Great Pyramid in Egypt but they are not secluded to only these types of places.

In broad terms, a vortex is believed to be a place within the grid of the planet that has spiral moving energy either being drawn to, or from, the location considered to be the

“vortex”. If you live in the United States one of the most popular of this type of sites is within multiple areas of Sedona, Arizona. The energy produced or released within these vortices can be utilized for healing, spiritual growth, meditation, and energy work.

Like many of those on a spiritual quest, I have been learning to follow my intuition in all aspects of life but for

clarity within this topic this is mainly in reference to geographical “callings”. And anyone who has developed a relationship with the universe knows at times when you try to stray or hold a selfish ego-based agenda you will be guided gently, or often comically, back onto the path you need to follow.

In the recent months, finding myself frequently within these well documented or on the “down-low” vortices, I can attest to their benefit. I believe if you are open to receiving the energy within these locations, they can absolutely amplify your spiritual awareness, balance your chakras, assist you in accessing your highest vibration, and help you better connect to spiritual and soul realms. So, if you need a booster, or clearer vision - follow where your inner voice leads or draw inspiration by locating a known vortex close to you.

Vortex Hunters has compiled a map to help you locate ones near you, and this list is forever being updated.

I promise taking time to be



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barefoot in nature, meditating, or practicing yoga within one of these spiritual 'hot beds' is like a re-start to your heart when it begins to drain from the daily attempts of getting through life instead of thriving to center yourself within the core mission of why you're here in the first place.

Life is beyond messy, and so many different strings intertwined that have to be cut, or weaved together

intentionally to reach the point you're supposed to be. Sometimes you lack inspiration and need a little divine intervention to breathe you back to life. I fully believe these energy centers do that; it is like a deep energy soul cleanse, and who couldn't benefit from an occasional one of those?

Personally, I have not yet intentionally visited a place with foresight of what I can

obtain by doing so, but have been following the places that align with my 3-D world and the amount of confirmation I get when doing so is very overwhelming.

Anyone familiar on how the universe communicates through synchronicities can relate that when you are being divinely guided and following through with where it is leading you the immense amount of universal corroboration can give you the

feels as if you either dropped acid, are having a mental emergency, or what I know to be the actual truth; you've leveled up your consciousness and can see through all the wish wash of this surface level world into how interconnected we all are with each other, and those forces beyond the veil of physical incarnations.

The world is full of magic if you open yourself up to it.



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Alexander in Final Fantasy

by Nixie Vale

One of the lesser known summons in the Final Fantasy series is Alexander, and Alexander is a gigantic robot-castle-thing, and often appears as a badass fortress. In Final Fantasy IX Alexander is summoned as part of the main storyline, and appears as an extension of Alexandria, and with his enormous white wings he protects the city from Bahamut's onslaught. In the twelfth incarnation of the series Alexander is a large battleship, and is the largest in the fleet, only the Sky Fortress Bahamut is bigger.

Alexander is a popular name whose name means "protector of mankind". In most of the games Alexander does in fact act as a protector of the playable characters. It could also be in relation to Alexander the Great, a Macedonian king of the ancient world.



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 S F Z I Z S B K L R
 T O H E M W U P A M
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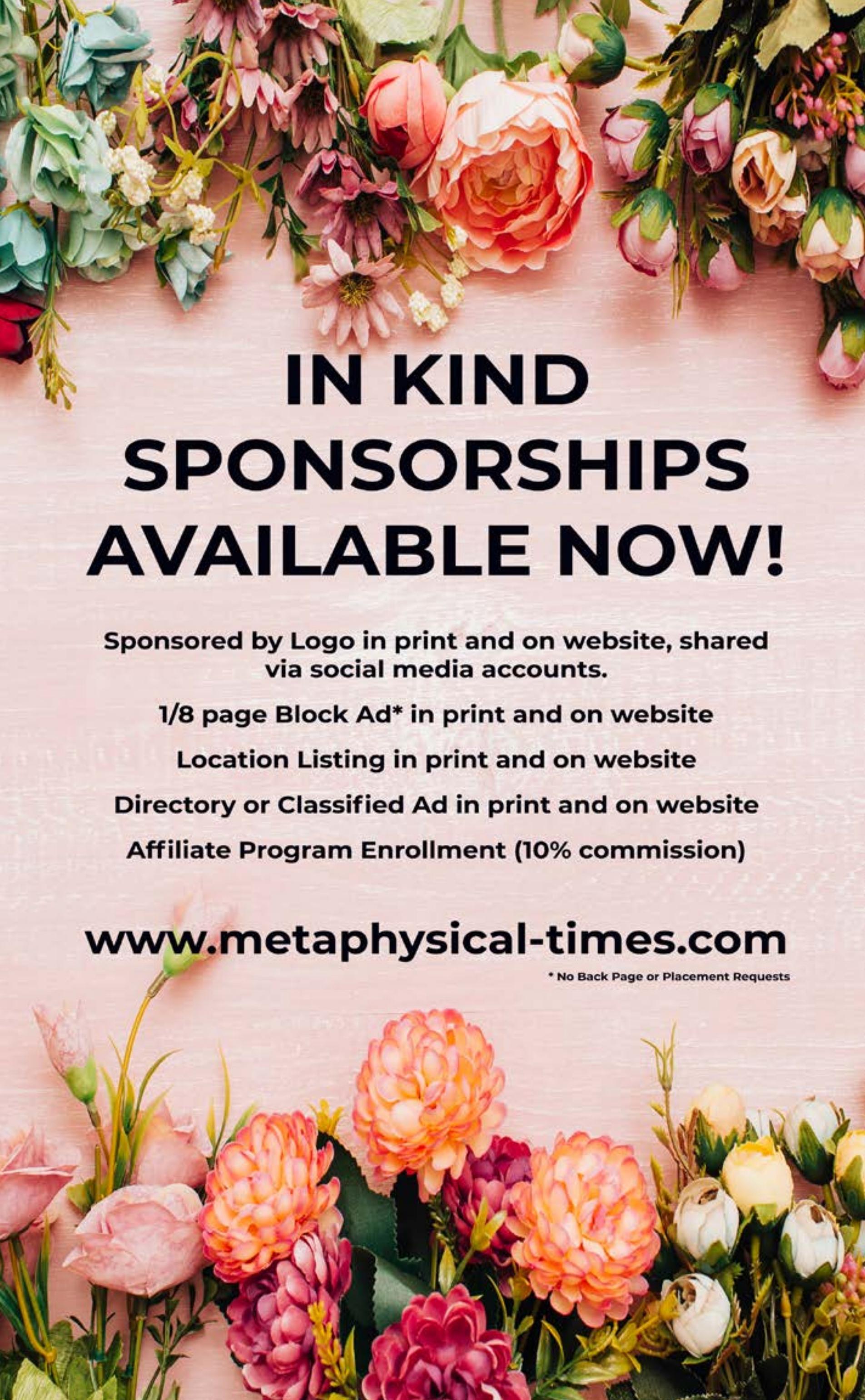
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