

Metaphysical Times

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Exploring the Mysteries Beyond Perception

By Christy Mann

In my world, reality extends far beyond what meets the eye. Welcome to the realm where the unseen intertwines with the seen, where the mystical dances with the mundane. Today, we embark on a journey through the corridors of consciousness, shedding light on the enigmatic tapestry of the metaphysical.

As we traverse the landscape of existence, we encounter phenomena that defy conventional explanation. From the whispers of intuition guiding our paths to the synchronicities weaving the fabric of fate, the metaphysical realm beckons us to expand our awareness and embrace the interconnectedness of all things.

At the heart of the metaphysical lies the quest for understanding the nature of reality itself. Ancient wisdom traditions, quantum physics, and spiritual insights converge to illuminate the underlying unity that permeates the cosmos. As seekers of truth, we delve into the depths of consciousness, probing the mysteries

of existence with reverence and curiosity.

In our exploration, we encounter myriad facets of the metaphysical, from the ancient arts of divination to the modern practices of energy healing. Through meditation, we quiet the chatter of the mind and attune ourselves to the subtle vibrations of the universe. Through ritual, we honor the cycles of nature and invoke the forces that shape our destinies.

Yet, the metaphysical journey is not without its challenges. As we navigate the realms of spirit, we confront the shadows lurking in the depths of our psyches. We confront the fears and limitations that obscure our true essence, daring to embrace the transformative power of inner alchemy.

In this age of rapid change and uncertainty, the wisdom of the metaphysical offers solace and guidance. It reminds us that we are not isolated beings adrift in a

chaotic universe but integral threads in the cosmic tapestry of creation. It empowers us to reclaim our sovereignty and co-create a reality rooted in love, compassion, and harmony.

As we gaze upon the horizon of infinite possibility, let us remember that the metaphysical journey is an ongoing odyssey of discovery and self-realization. Let us honor the mysteries that lie beyond our perception and embrace the magic that resides within us all.

Join us as we embark on this sacred quest, for in the depths of the metaphysical, we find the keys to unlock the mysteries of existence and awaken to the boundless potential of our souls. Together, let us unveil the veil and embrace the infinite wonder of the cosmos.

Welcome to the Metaphysical Times, where the journey of the soul unfolds amidst the ever-shifting currents of creation.



FROM THE PUBLISHER



Fair winds and following seas,

♡ Christy ☺

In my world, the journey of publishing intertwines with the currents of the metaphysical, weaving a tapestry of words that transcends the boundaries of time and space. As the publisher of the Metaphysical Times, it is both an honor and a privilege to guide our readers on a voyage through the realms of consciousness and exploration.

At the helm of our metaphysical vessel, we navigate the seas of knowledge, charting courses through the mysteries of existence and the wonders of the unseen. With each edition of the Metaphysical Times, we strive to illuminate the pathways of enlightenment, offering insights and

inspiration to seekers of truth and wisdom.

In a world awash with information, we recognize the importance of discernment and authenticity. Our commitment to journalistic integrity ensures that the articles and features within these pages are grounded in truth and resonate with the essence of the metaphysical. We honor the diversity of perspectives and experiences, inviting readers to embark on their own quests for understanding and enlightenment.

As we embark on this sacred journey together, it is my intention to foster a community of like-minded souls,

united in our exploration of the metaphysical realms. Whether you are a seasoned sage or a curious newcomer, the Metaphysical Times welcomes you with open arms, inviting you to dive deep into the waters of consciousness and discover the treasures that lie within.

As we set sail into uncharted waters, I invite you to join me on this extraordinary voyage. Let us navigate the depths of the metaphysical seas together, guided by the light of truth and the wisdom of the ages. Together, we will unravel the mysteries of existence and awaken to the boundless potential that resides within us all.



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Metaphysical Times LLC is a metaphysical media platform based in Northern Utah with a global reach. We are dedicated to covering all aspects of metaphysics, from psychology and physics to witchcraft and paranormal studies. Our mission is to bring news, education, and information to seekers of all kinds.

Our Offerings:

Metaphysical Times Full Moon Magazine: Delve into the depths of metaphysical knowledge with our monthly magazine, exploring a wide range of topics.

Metaphysical Times Newspaper: Our newspaper aligns with the Pagan Wheel of the Year in theme, offering in-depth insights into metaphysical practices and beliefs.

Seeker's Forum: Visit our website to engage with the Metaphysical Times Team and connect with members of the community in our Seeker's Forum.

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At Metaphysical Times LLC, we believe that everyone is entitled to have their opinions and beliefs publicized at their discretion. We do not discriminate or censor content. Our platform is a space for open dialogue and exploration of diverse metaphysical perspectives.

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- GEORGE ELLISTON



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Ostara Magic, Celebrating the Divine Feminine, and Spring's Arrival

by Henry Dalton

Ostara, a vibrant and ancient celebration, marks the arrival of spring and the renewal of life after the long winter months. Named after the Germanic goddess Eostre, this festival honors the balance of light and darkness, symbolizing the awakening of nature and the fertility of the Earth. In this article, we will explore the roots of Ostara, the significance of celebrating the goddess during this time, and various ways to embrace the spirit of renewal.



The Origins of Ostara

Ostara has deep historical roots, drawing inspiration from various cultures and traditions. The festival finds its name in the Germanic goddess Eostre, associated with dawn and fertility. Eostre’s symbols include the hare and the egg, both representing fertility and rebirth. The festival is closely linked with the vernal equinox, when day and night are in perfect balance before tipping in favor of longer days.

Celebrating the Goddess

Ostara is a time to honor and celebrate the divine feminine energy embodied by the goddess. Whether you connect with Eostre or choose to celebrate other goddess figures, this is a time to embrace the nurturing, creative, and life-giving aspects of the feminine divine. Here are some ways to celebrate the goddess during Ostara.

Altar Decorations

Create a sacred space on your altar dedicated to the goddess. Decorate it with symbols of fertility, such as flowers, eggs, and representations of hares or other animals associated with the goddess. Incorporate pastel colors like pink, green, and yellow to evoke the vibrancy of spring.

Goddess Rituals

Design rituals that focus on connecting with the goddess. This could involve meditation, prayer, or visualization exercises. Use this time to express gratitude for the abundance in your life and seek the goddess’s guidance in areas where you desire growth and renewal.

Fertility Magic

Channel the energy of the goddess to manifest fertility in various aspects of your

life. This could be the fertility of the land for a bountiful harvest, fertility in relationships, or creative fertility for artistic endeavors. Work with herbs, crystals, and other magical tools to amplify your intentions.

Feasting and Offerings

Prepare a feast in honor of the goddess, incorporating seasonal and symbolic foods. Offerings of honey, milk, and fresh fruits can be presented on the altar. Share a meal with loved ones, expressing gratitude for the abundance that the goddess provides.

Spring Cleaning

Embrace the theme of renewal by engaging in a thorough spring cleaning. Declutter your living space, allowing fresh energy to flow. As you clean, visualize releasing old, stagnant energy and welcoming the goddess’s vibrant and renewing presence.

Nature Walks and Meditation

Take a stroll in nature to witness the signs of spring. Feel the warmth of the sun, listen to the birdsong, and observe the blossoming flowers. Meditate on the cycles of life and the interconnectedness of all living things, acknowledging the goddess’s role in the intricate web of existence.

Ostara beckons us to celebrate the goddess and the reawakening of life that comes with spring. By honoring the divine feminine energy, embracing rituals, and connecting with the natural world, we can tap into the essence of renewal and fertility that this ancient festival embodies.

As we revel in the magic of Ostara, let us express gratitude for the goddess’s eternal presence and the ever-turning wheel of life.



Modern Witch's Beginner Guide: Embracing the Elemental Energies

By The Twisted Witch

In my world, the path of the modern witch is one of connection, empowerment, and reverence for the natural world. As we continue our journey through the realms of magic and mystery, we delve deeper into the foundational principles that guide our practice. Today, under the guidance of The Twisted Witch, we explore the elemental energies that shape our reality and empower our spells.

Elemental magic lies at the heart of witchcraft, weaving a tapestry of earth, air, fire, and water that sustains all life. Each element carries its own unique qualities and energies, offering potent avenues for manifestation and transformation. By attuning ourselves to these elemental forces, we align with the rhythms of nature and harness their power to manifest our desires.

Earth Grounding Spell

Ingredients:

- A small crystal (such as hematite or obsidian)
- A pinch of dried sage or lavender
- A small dish of salt

Instructions:

- Find a quiet space where you can sit comfortably.
- Hold the crystal in your hand and close your eyes, taking deep breaths to center yourself.
- Visualize roots extending from your body into the earth, anchoring you to the ground.
- Sprinkle a pinch of dried sage or lavender onto the salt, infusing it with the cleansing energies of the earth.

Place the crystal in the center of the dish of salt and recite the following incantation:

***“By the power of earth, I ground and center,
Rooted in strength, I am steadfast and sure.
With this crystal and salt, I anchor my intentions,
Grounding my energy, now and evermore.”***

Leave the crystal in the salt overnight to absorb the earth's energies, then carry it with you or place it on your altar to maintain your connection to the earth element.

Air Elemental Wind Chime Craft

Materials:

- Small metal or wooden hoop (such as a embroidery hoop)
- Feathers (assorted colors and sizes)
- String or twine
- Small bells or chimes

Instructions:

- Attach the feathers to the hoop using the string or twine, spacing them evenly around the circumference.
- Tie the bells or chimes to the bottom of the hoop, allowing them to dangle freely.
- Hang the wind chime in a sunny spot outdoors, where it can catch the breeze and dance in the air.
- As the wind blows through the feathers and chimes, listen closely to the melodies it creates, feeling the airy energies uplift and inspire you.

As we journey deeper into the mysteries of elemental magic, let us remember that we are but humble stewards of the natural world, entrusted with the sacred task of honoring and preserving its beauty and balance. By embracing the elemental energies that course through our veins, we awaken to the ancient wisdom that lies within us and unlock the infinite potential of the modern witch.

Stay tuned for the next installment of the Modern Witch's Beginner Guide, where we will delve into the art of spellcasting and ritual magic. Until then, may the elemental energies guide and protect you on your magical journey.

Blessed be,

The Twisted Witch

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Alban Eilir the Ancient Druid Spring Equinox

By Hank Davis

In the tapestry of ancient Celtic traditions, the celebration of Alban Eilir, also known as the Spring Equinox, holds a special place. This sacred festival marks the awakening of nature from its winter slumber and the triumphant return of light, warmth, and life. Rooted in the rich cultural and spiritual practices of the Druids, Alban Eilir is a celebration that transcends time, inviting us to delve into the mysteries of the past and connect with the cyclical rhythms of nature.

Origins and Significance

The term “Alban Eilir” originates from the Old Irish language, with “Alban” meaning “light” and “Eilir” translating to “spring.” This festival falls on the vernal equinox, around March 20th or 21st, when day and night are in perfect balance. For the Druids, this equilibrium symbolized the harmony between opposing forces and the delicate dance of light and darkness.

The celebration of Alban Eilir holds profound spiritual significance for the Druids, who

revered nature as a sacred entity. The equinox, symbolizing the midpoint between the harshness of winter and the warmth of summer, was believed to be a time when the veil between the physical and spiritual realms was thin, allowing for increased connection with the divine.

Rituals and Ceremonies

Druidic celebrations were deeply intertwined with the natural world, and Alban Eilir was no exception. The rituals performed during

this festival were designed to honor the changing seasons, express gratitude for the bounties of the earth, and seek the blessings of the gods.

One common practice during Alban Eilir involved the lighting of sacred fires. These fires were kindled using friction or other traditional methods, and their flames symbolized the growing strength of the sun. Participants would gather around these fires, offering prayers, songs, and tokens to the gods in gratitude for the

return of light and life.

Another central element of Alban Eilir celebrations was the veneration of specific deities associated with spring and fertility. The Druids believed that these gods and goddesses played a pivotal role in the renewal of the earth and the sustenance of life. Offerings of food, flowers, and symbolic representations of the season were made to invoke their favor and ensure a prosperous year ahead.

The sacred groves, considered the dwelling



places of spirits and deities, were central to Druidic ceremonies. During Alban Eilir, these groves became spaces of communal worship, where the Druids and the Celtic community gathered to celebrate the interconnectedness of all living things. The rituals held in these groves were shrouded in mystery, passed down through generations and guarded by the Druidic priesthood.

Symbolism of Nature

Nature, for the Druids, was a sacred text, and they sought to understand its profound symbolism during Alban Eilir. The blossoming of flowers, the return of migratory birds, and the sprouting of new leaves were all seen as manifestations of the earth's rejuvenation and the divine order of the cosmos.

The egg, a potent symbol of fertility and new life, held particular significance during Alban Eilir. Druids believed that eggs possessed magical properties, representing the potential for growth and transformation. Eggs were often decorated with intricate patterns and vibrant colors, serving as offerings to the deities and as talismans for fertility and abundance.

The Hare, associated with the Celtic goddess Eostre, was also revered during this time. Considered a symbol of the moon and fertility, the hare embodied the cyclical nature of life, death, and rebirth. Stories and myths featuring the hare were woven into the fabric of Alban Eilir celebrations, reinforcing the interconnectedness of the natural world and the spiritual realm.

Legacy and Modern Celebrations

While the ancient Druids no longer practice their traditions in the same form, the spirit of Alban Eilir lives on in various modern pagan and neo-Druidic movements. Contemporary celebrations often incorporate a blend of historical knowledge, reconstructed rituals, and personal interpretations, aiming to honor the essence of the ancient festival.

Many modern Druids and pagans celebrate Alban Eilir as a time of balance, reflection, and renewal. They engage in outdoor ceremonies, honoring the earth and its cycles, and express gratitude for the gifts of the season. The lighting of fires, the sharing of feasts, and the creation of art inspired by nature are common ways in which individuals and communities reconnect with the ancient spirit of Alban Eilir.

Alban Eilir stands as a testament to the enduring wisdom of the Druids and their profound connection to the natural world. In this celebration of the Spring Equinox, we find a timeless invitation to explore the mysteries of life, death, and rebirth, and to embrace the cyclical rhythms that govern the universe. As we reflect on the ancient traditions of Alban Eilir, we are reminded of the deep reverence our ancestors held for the earth and the importance of fostering a harmonious relationship with the natural world in our contemporary lives.



Merry Meet

Searianna Alaska Victoni

Merry Meet, dear readers of Metaphysical Times Newspaper! Today, we are delighted to introduce you to a guiding light within the mystical realms of Searianna Alaska Victoni, the visionary owner of 3 Ravens Metaphysical. Nestled within the heart of our community, 3 Ravens Metaphysical is not just a shop but a sanctuary, offering solace and enlightenment to seekers of all paths.

At the core of Searianna's enterprise lies a trifold mission, dedicated to the alignment of body, mind, and spirit. It is here, amidst the fragrant swirl of sacred herbs and the whispering pages of ancient tomes, that one discovers the transformative power of self-discovery and healing.

The first facet of 3 Ravens Metaphysical is the beloved Shoppe, a haven brimming with ritual supplies, educational materials, and tools tailored for practitioners spanning the spectrum from novice to adept. Though currently in a state of renewal, this sacred space will soon reopen its doors, both physical and digital, welcoming all who seek to deepen their understanding of Witchcraft, Gnosticism, Shamanism, and other spiritual traditions.

Venture further into the realm of holistic wellness, and you'll encounter the nurturing embrace of 3 Ravens Holistic Synergy. Here, Searianna lends her expertise as a seasoned massage

therapist, Reiki practitioner, and Tarot reader to facilitate profound healing journeys for individuals seeking balance and restoration. From bespoke healing packages to individual sessions, each offering is crafted with care, aiming to harmonize the intricate dance of body, mind, and spirit.

But the journey doesn't end there. Ascend the mystical steps of 3 Ravens Metaphysical Academy, where the boundless expanse of knowledge awaits. Here, Searianna unveils her first course on Tarot Reading, a meticulous tapestry of wisdom woven over nine months. Yet this is just the beginning, with plans for a myriad of courses spanning astrology, rune reading, traditional witchcraft, herbalism, and more. Rooted in practicality and imbued with spiritual depth, these teachings serve as beacons of illumination, guiding students towards profound self-awareness and empowerment.



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Central to Searianna’s vision is the notion of synergy, the harmonious fusion of all aspects of the self. Through her teachings, she invites individuals to embark upon the sacred journey of shadow work, embracing the duality of their existence with reverence and grace. It is a philosophy grounded in both scientific inquiry and spiritual insight, bridging the realms of the mundane and the metaphysical in a celebration of holistic integration.

And let us not forget the ethereal strains of Searianna’s Metaphysical music playlist, a melodic testament to the transcendent power of sound and vibration. With each note, she invites listeners to embark upon a journey of introspection and transcendence, guided by the subtle currents of cosmic resonance.

In closing, dear readers, we extend our deepest gratitude to Searianna Alaska Victoni, a beacon of wisdom and compassion within our community. May her luminous spirit continue to illuminate the path towards self-discovery and transformation for all who seek solace within the sanctuary of 3 Ravens Metaphysical.

For those eager to delve deeper into Searianna’s world, we invite you to explore her digital realm and anticipate the unveiling of her new physical sanctuary in the coming year. Until then, may the guiding wisdom of the Ravens lead you on your own journey of enlightenment and self-discovery.

Blessed be!



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Cultivating Abundance Embracing the Flow of Prosperity

By Christy Mann



In our ever-evolving journey through the realms of consciousness and manifestation, the topic of abundance continues to beckon us, inviting us to explore its depths and uncover the keys to unlocking its boundless potential. Building upon the foundation laid in our previous article, “Nurturing Abundance: A Mindful Approach to Financial Well-Being in 2024,” we delve deeper into the principles and practices that cultivate a mindset of abundance and prosperity.

Abundance is not merely a measure of material wealth but a state of being that encompasses all aspects of our lives – from our relationships and health to our finances and beyond. It is a recognition of the inherent abundance of the universe and our innate ability to tap into its limitless resources. As we embark on this journey of self-discovery, let us explore the pathways that lead

to abundance and embrace the flow of prosperity in our lives.

At the heart of cultivating abundance lies the practice of gratitude. By shifting our focus from scarcity to abundance, we open ourselves to receive the blessings that surround us each day. Whether it’s expressing gratitude for a warm meal, a loving relationship, or a moment of peace, every act of appreciation strengthens our connection to the abundant nature of the universe and invites more blessings into our lives.

In addition to gratitude, the principle of intentionality plays a crucial role in manifesting abundance. By clarifying our desires and setting clear intentions, we align our energy with the vibrational frequency of abundance and draw opportunities and resources into our lives. Whether through visualization, affirmations, or ritual magic, the





power of intention amplifies our ability to manifest our dreams and desires with precision and purpose. Furthermore, the practice of abundance involves cultivating a mindset of abundance in every area of our lives, including our finances. By adopting healthy financial habits, such as budgeting, saving, and investing wisely, we create a solid foundation upon which to build our wealth and abundance. Moreover, by releasing limiting beliefs and fears around money, we free ourselves to receive the abundance that is our birthright and embrace a life of financial freedom and security.

As we continue to explore the intricacies of abundance, let us remember that true abundance is not measured by the size of our

bank accounts or the possessions we accumulate but by the richness of our experiences and the depth of our connections. By nurturing a sense of abundance within ourselves and sharing our blessings with others, we contribute to the collective prosperity of humanity and create a world where abundance flows freely for all.

In the pages of the Metaphysical Times, we embark on a journey of self-discovery and transformation, guided by the wisdom of the ages and the insights of modern mystics. Together, let us cultivate abundance in our lives and embrace the flow of prosperity that awaits us on this sacred journey.




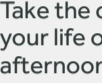




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| | | | | | 1 Create a care package for someone who is going through a tough time. | 2  Eat a healthy snack today | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 Leave a surprise gift or note for a neighbor.  | 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 ex. help fix a flat tire). | 13 Learn the names of your receptionist, security guard, and custodians. | 14 Pick a street and write "Have a great day!" 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 and thank them for all their hard work. | 20 Spend the afternoon reading some poetry or a novel from your favorite author. | 21 Put coins in an expired parking meter. | 22 Listen to an upbeat playlist while you're getting ready or on your commute to work.  | 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 coworkers 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 Write a kind note on a sticky note and leave it in a public place where someone will find it. | <div><div>FEBRUARY</div><table><tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th></tr><tr><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td></tr><tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr><tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr><tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>1</td><td>2</td></tr><tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr></table><div>APRIL</div><table><tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th></tr><tr><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr><tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr><tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr><tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr><tr><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td></tr><tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr></table></div> | | | | | | S | M | T | W | Th | F | S | 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 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | S | M | T | W | Th | F | S | 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 | 7 | 8 | 9 | 10 | 11 |
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APRIL 2024

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| | 1 Pull a playful prank on your coworkers. | 2 Start an outdoor hobby to enjoy such as biking or hiking. | 3 Do something childlike today such as using the swing or riding a roller coaster.  | 4 Buy some lottery tickets and hand them out to passersby with a smile, asking them to try their luck. | 5 Hand out free umbrellas to strangers in the street on a rainy day.  | 6 Leave an inspiring poem or doodle somewhere for someone to randomly discover. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 Make a conscious effort to hydrate, exercise, and eat better more often. | 8 Visit your favorite quiet place and be present. | 9 Download a meditation app and try it out tonight before bed. | 10 Call your siblings and tell them you appreciate them. | 11 Take old blankets and towels to a local animal shelter. | 12 Treat everyone you meet today with respect. | 13 Invite some family or friends over for a fun game of scrabble or chess. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14 Be Present. Lie in the grass and stare up at the sky. | 15 Support your local art community by making a purchase from a local artist. | 16 Send dessert anonymously to another table in a restaurant. | 17 Take today to kick back, relax, and reflect on what's important in life. | 18 Wake up early to exercise before going to work. | 19 Send cheerful cards to lonely seniors. | 20 Show compassion in one way today. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21 Leave dollar bills on the shelves at the local dollar store with a note that says "treat yourself!"  | 22 Reduce your carbon footprint! Walk or bike to work.  | 23 Be kind to people both online and offline. | 24 Check in with a friend or family member to make sure they're doing well. | 25 Bring in treats to add to your office pantry for your team members to enjoy.  | 26 Leave a note on the public mirror that says, "You look great!" or "You've got this!"  | 27 Email a joke or funny video to a group of friends. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 28 Plan a special day out with your child. | 29 Blast some music and dance like you just don't care.  | 30 Attempt to be more honest in your relationships. | <div><div>MARCH</div><table><tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th></tr><tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>1</td><td>2</td></tr><tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr><tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr><tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr><tr><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr></table><div>MAY</div><table><tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th></tr><tr><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td></tr><tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr><tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr><tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr><tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td></tr><tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr></table></div> | | | | S | M | T | W | Th | F | S | 25 | 26 | 27 | 28 | 29 | 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 | 31 | 1 | 2 | 3 | 4 | 5 | 6 | S | M | T | W | Th | F | S | 28 | 29 | 30 | 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 | 31 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
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Full Worm Moon in March

article from www.almanac.com

The full Worm Moon reaches its peak in the morning hours of Monday, March 25.

As it rises above the horizon on Sunday evening. If your weather is poor on Sunday night, try again on Monday!

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," which is 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.

The Surprising Truth Behind the Worm Moon Name

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, Assiniboiné) highlights the blinding rays of sunlight that reflect off the melting snow of late winter.

The Paschal 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 25, 2024) occurs after the spring equinox (March 19, 2024), making it the Paschal Moon. March's full Moon will be the first full Moon of the spring season and, therefore, will determine the date of Easter this year. Read more about how Easter's date is determined.

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