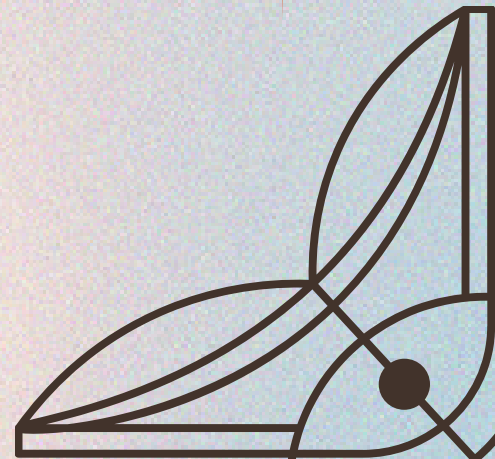
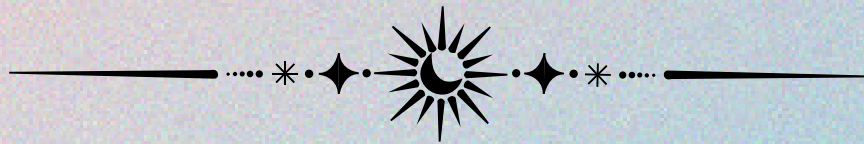


Witchy Women Newsletter



A P R I L E D I T I O N





When we use the word “WITCH” in this newsletter, we are not referring to the green-faced Halloween caricature, pointy hats, or fictional villains.

Historically, witches were earthy, intelligent women, healers, midwives, herbalists, astrologers, and keepers of ancient wisdom.

WHO WITCHES REALLY WERE:

Across many cultures and time periods, women labeled as “witches” were often:

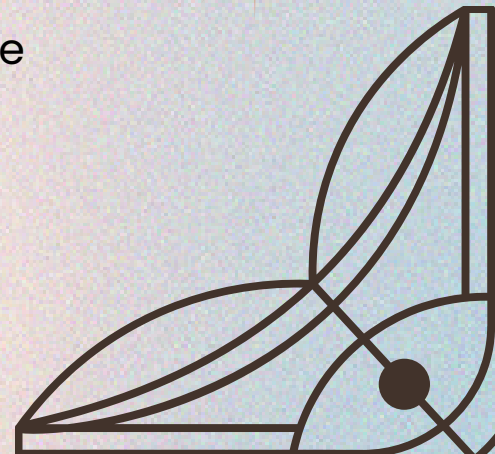
- Skilled in herbal medicine and plant lore
- Knowledgeable in women’s health, childbirth, and fertility
- Observant of moon cycles, seasons, and stars
- Keepers of oral traditions, folk medicine, and rituals
- Community healers and protectors

In medieval Europe and beyond, this knowledge was passed down through generations, long before modern medicine existed.

As patriarchal systems and institutional power structures grew, independent, knowledgeable women became threatening, especially those who:

- Did not rely on male authority
- Practiced healing outside of the church or state
- Held influence within their communities

d i s c l a i m e r





Fear led to the persecution of women during witch trials, not because they were “evil,” but because they were educated, intuitive, and powerful.

Historically, the majority of those accused of witchcraft were women, many of them older, widowed, healers, or socially independent.

The Star Symbol & Earth Elements:

The five-pointed star (pentagram) has ancient roots and was used long before it was misunderstood or misrepresented.

Traditionally, the star represents:

Earth, Air, Fire, Water, Spirit

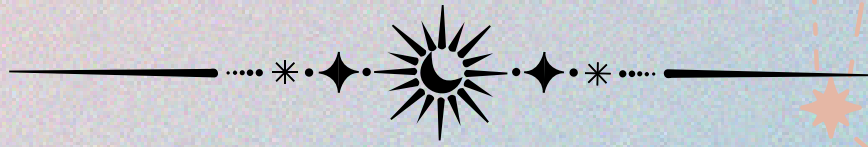
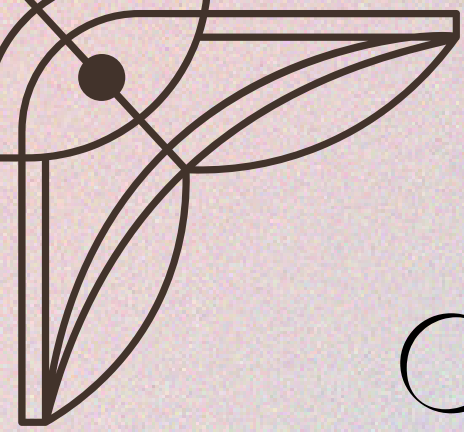
This symbol appears in:

- Ancient Greek philosophy, Early Christian iconography,
- Pagan and folk traditions. Alchemy, & Natural Science
- Originally, the pentagram symbolized balance, protection, and harmony with nature, not darkness or harm.
- When used in earth-based practices, it reflects the belief that humans are part of nature, not separate from it. This newsletter is not religious doctrine and does not ask you to abandon your beliefs.

Instead, it's about:

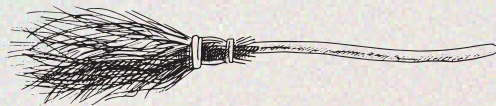
- Reconnecting with the earth, honoring natural cycles,
- Using mindfulness, ritual, breath, and seasonal awareness to deepen your sense of meaning
- Many people find that reconnecting with nature strengthens their faith, intuition, and inner grounding, regardless of spiritual background.
- At its heart, this newsletter is about love & remembrance, **not rebellion, evil or religion.**

d i s c l a i m e r



Opening Incantation

Light a candle.
Place one hand on your heart and
one hand on your lower belly. ○



I rise in my own rhythm

Not rushed
Not withheld

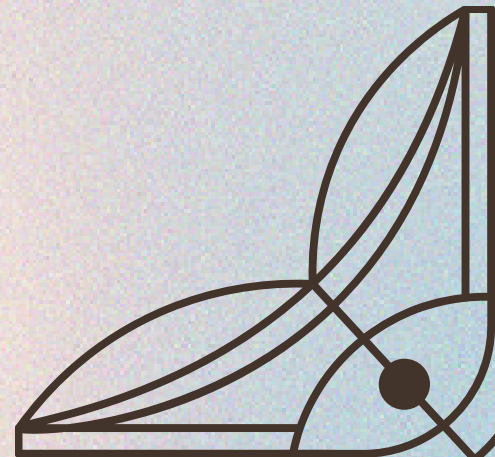
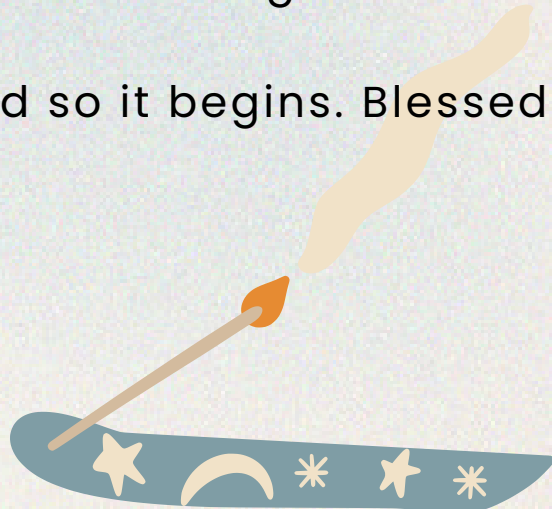
What has rested within me
begins to breathe again

I do not force the petals
I trust the sun

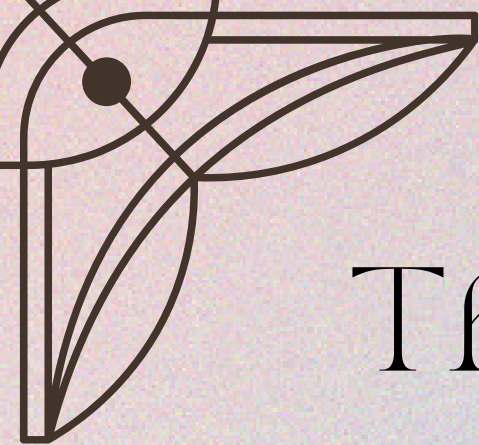
I do not demand the bloom
I trust the season

May what is ready open
May what is tender feel safe
May what is mine grow roots and rise

And so it begins. Blessed be



Welcome Witchy Woman



The Energy of April

April is not quiet growth

It is visible emergence

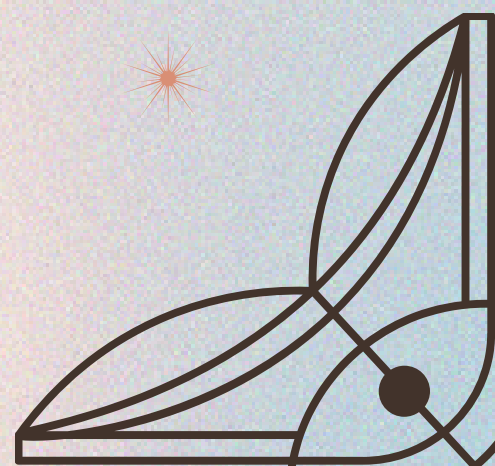
It is the moment the green breaks through soil
and cannot be pushed back down

This month carries:

- Creative ignition
- Heart expansion
- Desire returning to the body
- Courage rising from the solar plexus

Blooming is not performance.
It's alignment made visible.

Ask yourself:
Where am I ready to be seen?



s a c r e d b l o o m

April Animal Guides

APRIL IS ALIVE WITH MOVEMENT

The earth stirs.
Migration begins.
Shedding happens.
Birth emerges.

These animals mirror the feminine healing journey this season.

HONEYBEE

The honeybee does not waste her energy. She gathers what nourishes. She contributes to something larger than herself. She creates sweetness from effort. Bee energy reminds us, your work matters. Your offerings matter. Your presence in community matters. To embody bee energy: Focus on one meaningful action each day and create something small and intentional.

BUTTERFLY

The butterfly is proof that profound change is possible. She dissolves completely before transforming. There is a moment of total surrender before wings appear. To embody butterfly energy: Wear something that feels bold. Take on small risk. Allow yourself to be seen.

MARE

The mare represents instinct, momentum, sovereignty, and untamed power. She runs because she wants to. She chooses her direction. She trusts her body. To embody mare energy: Take decisive action. Say the thing. Begin the project. Trust your legs.

Guided Meditation

I hope you enjoy this 4 minute
Guided Meditation.

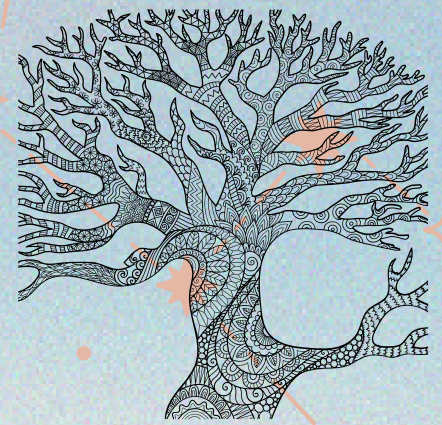
Find a quiet space and notice any and
all emotions and sensations that arise
as a witness, with no judgement, only
acceptance, presence, and self-love.

Click **'be here now'** below to listen.



b e h e r e n o w

April Yoga Pose



This is my favorite pose.

We can learn so much from trees. Just like us, they are born from a seed. They grow, balance, rise, fall, snap, sway, and each one has it's own unique beauty and strengths.

April reminds us to pause, and take a look at what nature can teach us. Now is our time to bloom.



TREE POSE: Vrksasana

- Stand tall, breath deep and find your gaze.
- Root down under your standing foot and be mindful of all four corners and toes
- Place the sole of your foot on your standing leg. Options: Ball of foot on mat, foot below the knee, or upper thigh.
- Engage your core, stand tall, use hands in prayer for balance and stability.
- Inhale arms reach up making tree branches, exhale come out of pose.
- Have fun...especially when one foot is on the mat!

t r e e p o s e



April Craft & Spell

BLOOM WATER: AN ANOINTING RITUAL

YOU'LL NEED:

- Small glass jar or vial
- Fresh flower petals
- Pinch of salt
- Rose or filtered water
- Small piece of paper

STEP ONE: THE WORD

- On paper (or bay leaf) write one quality you're ready to embody
- Fold the paper toward you and place it in the jar

STEP TWO: LAYER THE BLOOM

Add petals and say:

"I know longer hide my becoming"

Add salt:

"I am protected as I expand"

ADD WATER

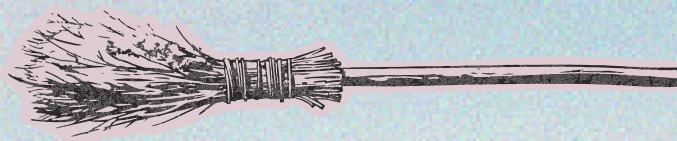
"As flowers turn toward the sun,
I turn toward life"

SEAL THE JAR



b l o o m w a t e r

April Craft & Spell



STEP THREE: THE SEVEN DAY RITUAL

EACH MORNING FOR SEVEN DAYS

- Dip fingertips into your bloom water
- Touch heart, throat, and solar plexus
- Whisper your chosen word

After seven days, return the water to the earth, at the base of a tree or into soil.

THIS IS A SPELL OF EMBODIMENT



b l o o m w a t e r



Herbal Spotlight



The dandelion does not ask permission to bloom.

It grows through cracks in sidewalks.
It thrives in unlikely places.

ENERGETICALLY IT REPRESENTS:

- Resilience
- Solar plexus strength
- Clearing stagnation
- Taking up space

SIMPLE RITUAL:

Blow on a dandelion puff and whisper:
"I release what weighs me down"

Or sip roasted dandelion tea and journal:
Where does the wind want to take me?



d a n d e l i o n

April's full moon is traditionally called the PINK MOON,
named for early spring phlox blooms.

April Full Moon



The PINK MOON represents emotional illumination, relationship clarity, fertility, creative energy, and heart awakening.

THIS MOON ASKS:

What relationships (including the one with Self) are ready to bloom, or to be released?

FULL MOON RITUAL:

Write what you are done tolerating or what no longer serves you.
Burn safely in a fireplace, pit, or cauldron.
Scatter ashes in the soil.

p i n k m o o n

April Altar

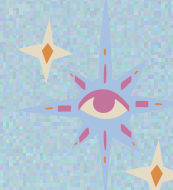
Seeds for
growth.
Moss or plant for
rebirth.
Tulips or dafodils
for beauty.
Honey for
sweetness of life.
A small mirror for
self-recognition.
Red or coral candle for
creative fire.
Clear quartz for
clarity.



e m e r g e n c e



Closing Prayer



May you not apologize for blooming.

May your desires feel safe in your body.

May your voice grow stronger
where it once felt unheard.

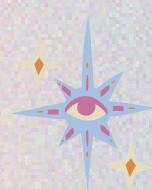
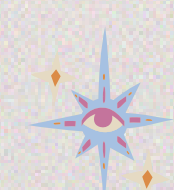
May you recognize yourself in
the mirror of your becoming.

May you trust the timing of
your unfolding.

You are not behind.
You are not late.
You are in season.

See you in the light
Witchy Woman.

xo Kelly



b l e s s e d b l o o m i n g