

FEBRUARY

WITCHY WOMEN
NEWSLETTER



SELF-LOVE EDITION

IMPORTANT DISCLAIMER

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 (FACTUALLY)

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

IMPORTANT DISCLAIMER

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 AND 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.

OPENING INCANTATION



BELoved SOUL,

AS WE STEP INTO FEBRUARY, THE VEIL
BETWEEN YOUR INNER WORLD & THE
OUTER ONE THINS JUST ENOUGH FOR
DEEP REMEMBERING.

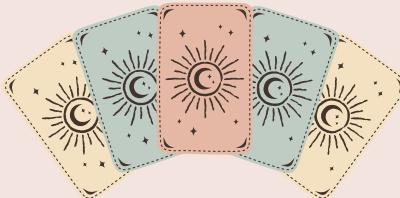
THIS IS A MONTH TO CAST
INTENTIONS WITH YOUR BREATH,
WEAVE HEALING WITH YOUR BODY,
& ALIGN YOUR RITUALS WITH THE
COSMIC TIDES.

MAY THIS NEWSLETTER FIND YOU
GROUNDED, PROTECTED, & READY
TO CONJURE YOUR NEXT EVOLUTION.



**SELF-LOVE IS THE OLDEST
MAGIC A WOMAN CAN PRACTICE**

MASTERING THE ART OF SELF-LOVE & DEVOTION



FEBRUARY IS NOT JUST ABOUT
ROMANTIC LOVE,
IT'S ABOUT DEVOTION.

IN ANCIENT TRADITIONS, WINTER WAS
THE SEASON OF INNER HEARTH
MAGIC. WITCHES TURNED INWARD.
THEY TENDED TO FIRES, BODIES,
EMOTIONS, AND INTUITION. LOVE WAS
NOT SOMETHING TO CHASE,
IT WAS SOMETHING
TO CULTIVATE FROM WITHIN.

THIS MONTH INVITES YOU TO SOFTEN,
NOURISH, AND REMEMBER:

YOU ARE ALREADY WHOLE
YOU ARE ALREADY WORTHY
YOU ARE ALREADY MAGIC



FEBRUARY ENERGY: THE WITCH WITHIN

THE MOST IMPORTANT
RELATIONSHIP YOU WILL EVER
HAVE IS WITH YOURSELF



THE WITCH WITHIN IS ANCESTRAL
WISDOM STIRRING BACK TO LIFE.

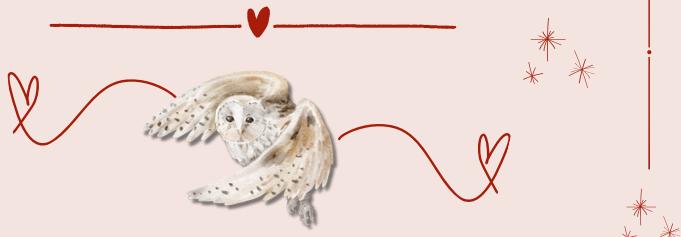
SHE IS:

- INTUITIVE, NOT RUSHED
- CYCLICAL, NOT LINEAR
- DEEPLY EMBODIED
- ROOTED IN EARTH WISDOM

TO WALK THE WITCH'S PATH IS TO
TRUST YOUR INNER SEASONS, TO REST
WHEN NEEDED, TO BLOOM WHEN
READY, AND TO RELEASE WHAT NO
LONGER SERVES YOU.

FEBRUARY INVITES YOU TO CHOOSE
YOURSELF WITHOUT APOLOGY.

WINTER ANIMALS & WITCHY SYMBOLISM



OWL: INNER KNOWING, SHADOW WORK, TRUTH

ELEPHANT: DEEP LOVE, GRACE, UNITY & LOYALTY

BEAR: SELF-NOURISHMENT, REST & BOUNDARIES,

SWAN: SELF-LOVE, GRACE, EMOTIONAL BEAUTY

DEER: GENTLENESS, INTUITION, HEART WISDOM

WINTER ANIMALS REMIND US THAT SOFTNESS IS STRENGTH. DO ANY OF THESE ANIMALS RESONATE WITH YOU?



NOURISHING YOUR HEART CHAKRA



THE HEART (ANAHATA) CHAKRA IS THE BRIDGE BETWEEN THE PHYSICAL & THE SPIRITUAL. IT'S WHERE SELF-LOVE MEETS COMPASSION, WHERE GRIEF SOFTENS INTO WISDOM, & WHERE THE WITCH WITHIN REMEMBERS HER CAPACITY TO LOVE WITHOUT DEPLETION.

HEART CHAKRA THEMES

- SELF-LOVE WITHOUT CONDITIONS
- EMOTIONAL BALANCE
- COMPASSION WITHOUT BOUNDARIES
- FORGIVENESS WITHOUT BYPASSING
- SAFETY IN CONNECTION

SIGNS THE HEART NEEDS TENDING

- EMOTIONAL NUMBNESS OR OVERWHELM
- OVER-GIVING OR PEOPLE-PLEASING
- DIFFCULTY RECEIVING LOVE OR SUPPORT
- TIGHTNESS IN CHEST, SHALLOW BREATH

NOURISHING YOUR HEART CHAKRA



WITCHY FACTS: HEART CHAKRA

COLOR: GREEN (PRIMARY), SOFT PINK (SECONDARY)

ELEMENT: AIR

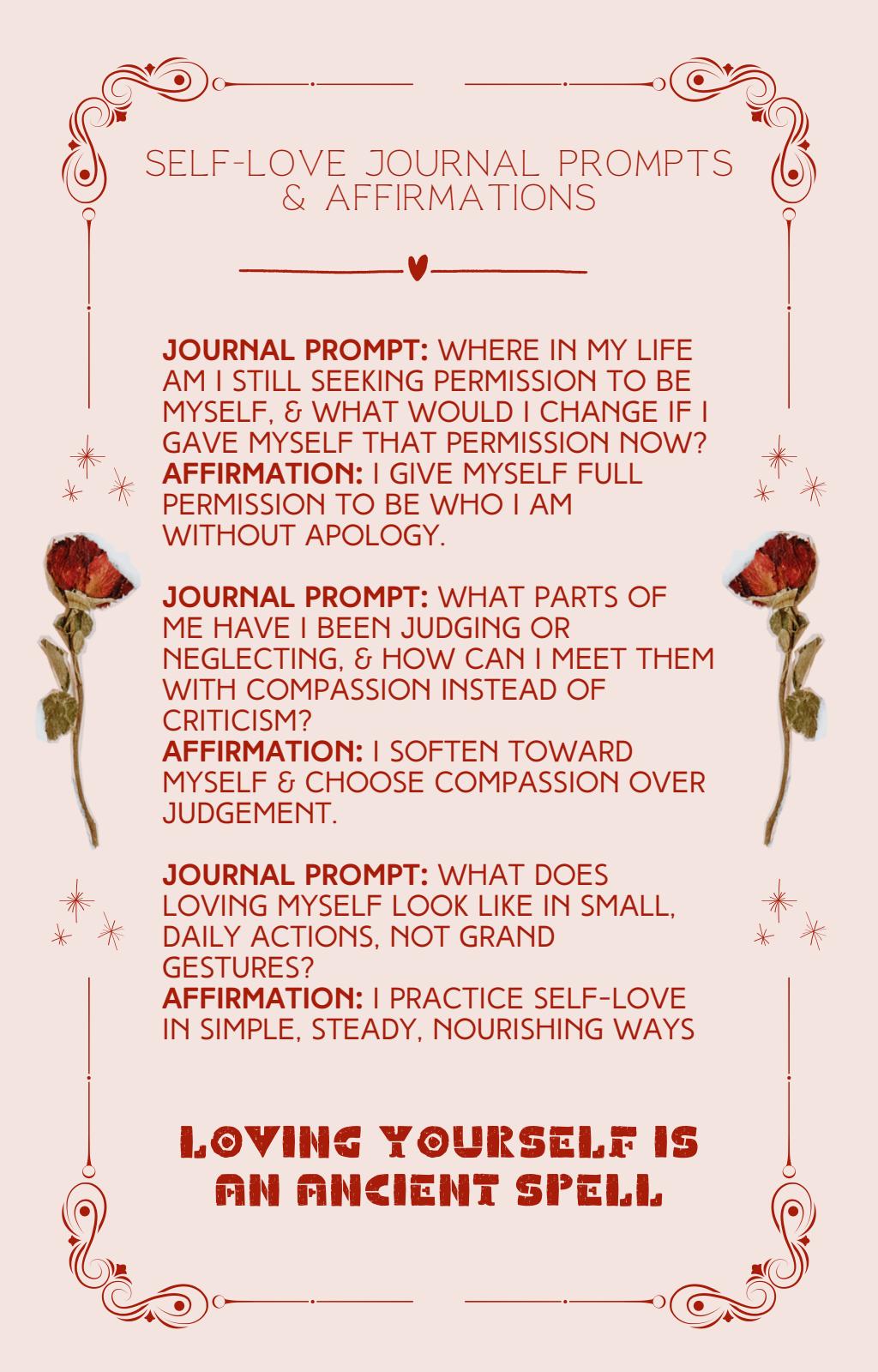
HERBS & BOTANICALS: ROSE, HAWTHORN, LAVENDER & CHAMOMILE

SOUND: THE SEED MANTRA IS YAM (WHEN CHANTING IT SOUNDS LIKE YUMMM)

CRYSTALS, & STONES: ROSE QUARTZ, GREEN ADVENTURINE, RHODONITE, JADE & MALACHITE

AFFIRMATIONS:

- I AM LOVE
- I AM WORTHY OF LOVE EXACTLY AS I AM
- MY HEART IS OPEN
- LOVE FLOWS TO ME & THROUGH ME WITH EASE



SELF-LOVE JOURNAL PROMPTS & AFFIRMATIONS



JOURNAL PROMPT: WHERE IN MY LIFE AM I STILL SEEKING PERMISSION TO BE MYSELF, & WHAT WOULD I CHANGE IF I GAVE MYSELF THAT PERMISSION NOW?

AFFIRMATION: I GIVE MYSELF FULL PERMISSION TO BE WHO I AM WITHOUT APOLOGY.

JOURNAL PROMPT: WHAT PARTS OF ME HAVE I BEEN JUDGING OR NEGLECTING, & HOW CAN I MEET THEM WITH COMPASSION INSTEAD OF CRITICISM?

AFFIRMATION: I SOFTEN TOWARD MYSELF & CHOOSE COMPASSION OVER JUDGEMENT.

JOURNAL PROMPT: WHAT DOES LOVING MYSELF LOOK LIKE IN SMALL, DAILY ACTIONS, NOT GRAND GESTURES?

AFFIRMATION: I PRACTICE SELF-LOVE IN SIMPLE, STEADY, NOURISHING WAYS

LOVING YOURSELF IS AN ANCIENT SPELL

SNOW MOON ENERGY

THIS MOON MARKS A TIME OF WINTER'S PEAK, SYMBOLIZING ENDURANCE & RENEWAL AS IT RISES DURING THE COLDEST, SNOWIEST PERIOD IN NORTH AMERICA.



FEBRUARY'S MOON ENERGY INVITES REFLECTION, INTENTION AND EMOTIONAL HONESTY.

THIS IS A POWERFUL MONTH TO:

- TEND TO YOUR INNER WORLD
- RELEASE HARSH JUDGMENT
- BUILD RITUALS THAT FEEL SUPPORTIVE, NOT PERFORMATIVE

MOON MANTRA:

"I honor the rhythm of my body. I trust my inner compass to lead the way"



BEYOND THE MIRROR: A WITCHY RECLAMATION OF THE BODY



ONCE UPON A TIME, A WOMAN'S BODY WAS NOT SOMETHING TO BE JUDGED, CORRECTED, OR SHRUNK. IT WAS A VESSEL OF MAGIC.

BEFORE MIRRORS TOLD US WHO TO BE, BODIES WERE HONORED FOR WHAT THEY COULD DO: CARRY LIFE, GATHER HERBS, KNEEL IN PRAYER, DANCE UNDER MOONLIGHT, WITHSTAND SEASONS, AND SURVIVE GRIEF.

MODERN SOCIETY TEACHES US TO LOOK AT THE BODY AS AN OBJECT...

- TO WEIGH IT
- DISCIPLINE IT
- COMPARE IT
- ENDLESSLY TRY TO IMPROVE IT

BUT THIS WAY OF SEEING IS NEW, IT'S NOT ANCIENT. IT'S NOT WISE.

THE WITCH KNOWS BETTER.

SHE UNDERSTANDS THAT THE BODY IS NOT AN ORNAMENT. IT IS AN INSTRUMENT. A LIVING ALTAR. A MIRACULOUS SOUL, WRAPPED IN A PHYSICAL BODY.

YOUR WORTH WAS NEVER MEANT TO BE DETERMINED BY SYMMETRY, SIZE, SHAPE, OR THE NUMBER ON THE SCALE.

THOSE STANDARDS WERE CREATED TO DISTRACT YOU FROM YOUR POWER.

BEYOND THE MIRROR: A WITCHY RECLAMATION OF THE BODY



A WOMAN WHO IS AT PEACE IN HER BODY IS HARDER TO CONTROL.

WITCHY WISDOM INVITES US TO MOVE BEYOND THE SURFACE AND RETURN TO REVERENCE.

INSTEAD OF ASKING, "HOW DO I LOOK?"

THE WITCH ASKS:

- HOW DO I FEEL INSIDE MY SKIN?
- WHAT WISDOM IS MY BODY OFFERING ME TODAY?
- HOW CAN I LISTEN INSTEAD OF CORRECT?

TRUE BEAUTY IS NOT VISUAL, IT'S ENERGETIC.
IT LIVES IN PRESENCE.

IN GROUNDED BREATH.

IN THE WAY A WOMAN INHABITS HERSELF WITHOUT APOLOGY.

WHEN WE SHIFT FROM APPEARANCE TO AWARENESS,
THE BODY SOFTENS.

NOT BECAUSE IT HAS CHANGED, BUT BECAUSE IT'S
FINALLY BEING RESPECTED.

THIS IS THE MAGIC.

THIS IS THE RETURN.

THIS IS REMEMBERING THAT YOUR BODY WAS NEVER
THE PROBLEM, IT WAS ALWAYS THE PORTAL.

SELF-LOVE FOOT BATH RITUAL

WITCHY WINTER FOOT SOAK



INGREDIENTS:

- WARM WATER (ENOUGH TO COVER FEET)
- ½ CUP EPSOM SALT (RELEASE & GROUNDING)
- 5 DROPS LAVENDER ESSENTIAL OIL (NERVOUS SYSTEM CALM)
- OPTIONAL: ROSE PETALS, DRIED ORANGE, PEPPERMINT OIL OR DRIED CHAMOMILE

RITUAL:

SOAK YOUR FEET FOR 15–20 MINUTES.
USE A CHEESE CLOTH TO CONTAIN INGREDIENTS

AS YOU SOAK, IMAGINE STRESS LEAVING YOUR BODY
THROUGH THE SOLES OF YOUR FEET AND BEING
ABSORBED BY THE EARTH.

WHISPER:

"I RELEASE WHAT I CARRY THAT
WAS NEVER MINE."

MOON WATER MAGIC



HOW TO MAKE MOON WATER

YOU'LL NEED:

GLASS JAR
FILTERED WATER
CLEAR INTENTION

DIRECTIONS:

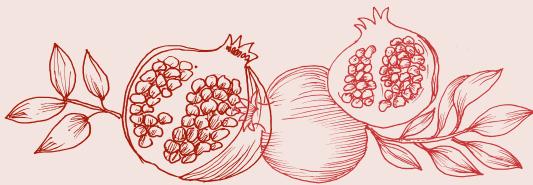
- PLACE WATER UNDER MOONLIGHT OVERNIGHT
- SPEAK YOUR INTENTION ALOUD
- RETRIEVE BEFORE SUNRISE

HOW TO USE MOON WATER:

- ADD TO TEA OR DRINK
- CLEANSE CRYSTALS OR ALTAR TOOLS
- ANOINT WRISTS OR HEART
- ADD TO BATHS OR ALTAR

FEBRUARY ELIXIR

A HEART OPENING POTION TO
CULTIVATE SELF-LOVE



INGREDIENTS:

- POMEGRANATE JUICE
- SPLASH OF ROSE WATER
- SPARKLING WATER
- OPTIONAL RAW HONEY, VANILLA BEAN, CINNAMON STICK

SIP SLOWLY & INTENTIONALLY

USE YOUR FIVE SENSES TO SOAK UP THE EXPERIENCE & STAY PRESENT.

STIR CLOCKWISE WHILE SAYING:
"I NOURISH MYSELF WITH LOVE.
I AM WORTHY OF CARE, DEVOTION &
LOVE, EXACTLY AS I AM"

**SELF-LOVE IS NOT INDULGENCE,
IT'S MEDICINE FOR THE SOUL**

WITCHY SELF-LOVE YOGA POSE



GODDESS (UTKATA KONASANA)

AWAKENS THE HEART, HIPS, & LEGS. IT HELPS YOU TO STAND IN YOUR POWER, TAKE UP SPACE, & RECLAIM YOUR INNER WITCH WITHOUT APOLOGY.

HOW TO PRACTICE

- STEP YOUR FEET WIDE ON THE MAT, TOES TURNED SLIGHTLY OUT.
- BEND YOUR KNEES DEEPLY, STACKING KNEES OVER ANKLES.
- DRAW YOUR TAILBONE DOWN & LIFT THROUGH THE CROWN OF THE HEAD.
- BRING ARMS INTO CACTUS SHAPE, ELBOWS BENT, PALMS FACING FORWARD.
- GENTLY LIFT THE HEART WHILE SOFTENING SHOULDERS.

INHALE: "I RISE IN MY WORTH"

EXHALE: "I SOFTEN INTO SELF-LOVE"



CLOSING BLESSING

MAY YOU REMEMBER THE WITCH
WITHIN, DOES NOT NEED FIXING,
SHE NEEDS LISTENING

MAY YOUR SELF-LOVE BE
STEADY, EMBODIED & HONEST.

MAY YOU TEND TO YOUR
INNER FIRE WITHOUT GUILT.

MAY YOU RETURN TO YOURSELF
AGAIN & AGAIN, UNTIL CHOOSING
YOURSELF FEELS NATURAL.

BLESSED BE WITCHY WOMAN

--L_O_V_E--

Kelly