

JANUARY EDITION



WITCHY WOMEN NEWSLETTER



A FRESH, CLEAN START

MASTERING THE ART OF EARTH
ROOTED MAGIC, LUNAR LIVING,
AND THE EMBODIED WITCH



★IMPORTANT DISCLAIMER★

★ PLEASE READ ★

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 IS 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 REMEMBRANCE, NOT REBELLION OR RELIGION.



January

WELCOME TO THE COVEN

OPENING INCANTATION



BELOVED WITCHY WOMAN,

JANUARY ARRIVES QUIETLY,
WRAPPED IN FROST AND STILLNESS,
ASKING US NOT TO RUSH FORWARD
BUT TO STEP DELIBERATELY. THIS IS
THE MONTH OF INTEGRATION -
WHERE THE WISDOM GATHERED IN
THE DARK BEGINS TO STRETCH
TOWARD THE LIGHT.

IN A WORLD THAT PULLS US INTO
CONSTANT STIMULATION,
DISSOCIATION, AND DIGITAL NOISE,
THIS NEWSLETTER IS AN INVITATION
BACK INTO THE BODY, BACK INTO THE
EARTH, BACK INTO THE ANCIENT
WAYS WOMEN ONCE LIVED BY -
GUIDED BY MOONLIGHT, SEASONS,
BREATH, RITUAL, AND INTUITION.

THIS IS WHY THE WITCHY WOMEN
NEWSLETTER EXISTS.
NOT TO ESCAPE MODERN LIFE
BUT TO REMEMBER WHAT
GROUNDS US WITHIN IT.



JANUARY MOON MAGIC

JANUARY BEGINS UNDER
WAXING MOON ENERGY,
MOVING TOWARD FULLNESS



WAXING MOON THEMES

- EXPANSION
- STRENGTHENING INTENTIONS
- GENTLE MOMENTUM
- CLAIMING SPACE
- GROWING WHAT WAS PLANTED
IN THE DARKNESS

THIS IS NOT THE ENERGY OF HUSTLE,
IT'S THE ENERGY OF BECOMING.

WITCH NOTE:

IF DECEMBER WAS ABOUT RESTING
IN THE CRONE'S CAVE, JANUARY
IS ABOUT EMERGING WITH
DISCERNMENT, CARRYING ONLY
WHAT IS ESSENTIAL



JANUARY ALTAR WINTER THRESHOLD

YOUR JANUARY ALTAR SHOULD
FEEL QUIET, GROUNDED,
ANCESTRAL, AND PROTECTIVE



ALTAR ELEMENTS

- WHITE OR SILVER CANDLE (MOONLIGHT & CLARITY)
- SMALL BOWL OF SALT (PROTECTION & EARTH WISDOM)
- PINE, CEDAR, OR EVERGREEN SPRIG (ENDURANCE & LIFE THROUGH WINTER)
- ROCK OR STONE (ANCESTRAL MEMORY)
- MOONSTONE, QUARTZ OR OBSIDIAN

ALTAR INTENTION

"I HONOR WHAT I AM BECOMING
WITHOUT RUSHING THE PROCESS"



WINTER ANIMALS AND THEIR WITCHY WISDOM



INVITE THESE ANIMAL ENERGIES INTO YOUR PRACTICE THIS MONTH. IF ONE ANIMAL KEEPS APPEARING IN YOUR LIFE OR DREAMS, ASK: WHAT IS THIS ANIMAL TEACHING ME ABOUT HOW TO MOVE THROUGH WINTER?

BEAR

- HIBERNATION, BOUNDARIES, INNER STRENGTH
- TEACHES REST AS PREPARATION - NOT WEAKNESS

WOLF

- INSTINCT, INTUITION, LOYALTY TO SELF
- CALLS YOU TO TRUST YOUR INNER KNOWING

DEER

- SENSITIVITY, GRACE, NERVOUS SYSTEM REGULATION
- REMINDS YOU THAT SOFTNESS IS STRENGTH

OWL

- SEEING TRUTH IN THE DARK
- WISDOM, PATIENCE, QUIET OBSERVATION

RAVEN/CROW

- MAGIC, MESSAGES BETWEEN WORLDS

WITCHY YOGA POSE FOR JANUARY



CRESCENT MOON LUNGE

(ANJANEYASANA)

THIS POSE MIRRORS THE WAXING
MOON, STRONG, OPEN, AND RISING

HOW TO PRACTICE:

- STEP ONE FOOT FORWARD, BACK KNEE GENTLY GROUNDED
- INHALE, SWEEP ARMS UP.
- LIFT THROUGH THE HEART, SOFTEN SHOULDERS
- SINK HIPS GENTLY WHILE MAINTAINING STEADINESS WITH EACH EXHALE
- INHALE: "I RISE WITH INTENTION"
- EXHALE: "I GROUND INTO MY STRENGTH"
- HANDS IN PRAYER AT HEART'S CENTER

HOLD FOR 5-7 SLOW BREATHS EACH SIDE

ENERGETIC FOCUS:
MOVE FORWARD WITHOUT RUSHING,
HONORING BOTH STRENGTH & SOFTNESS

WINTER SIMMER POT



HOME PROTECTION AND COMFORT



ADD ALL INGREDIENTS TO A POT OF
SIMMERING WATER FOR 1-3 HOURS.
ADD WATER AS NEEDED.

- ORANGE SLICES (JOY)
- CINNAMON STICKS (WARMTH)
- CRANBERRIES (ABUNDANCE,
GRATITUDE, BALANCE & PROTECTION)
- CLOVES (PROTECTION)
- PINE NEEDLES OR ROSEMARY
(CLEANSING)
- STAR ANISE (INTUITION)

LET THE STEAM BLESS YOUR SPACE.
LET THE AROMA FILL YOUR HEART
WITH EARTHY, WITCHY LOVE



WITCHY BREW

JANUARY MOON TEA



INGREDIENTS:

- CHAMOMILE (CALMING)
- CINNAMON STICK (WARMTH & VITALITY)
- GINGER (FIRE & MOVEMENT)
- HONEY (NOURISHMENT)

STIR CLOCKWISE WHILE SETTING AN INTENTION
FOR GROWTH AND CLARITY)

MINDFUL AWARENESS MEDITATION TEA & THE FIVE SENSES

PRACTICE THIS MEDITATION WHILE SIPPING YOUR TEA

1. SIGHT: NOTICE THE COLOR OF THE TEA, THE STEAM RISING & THE COLORS
2. SMELL: INHALE DEEPLY. LET THE SCENT GROUND YOU.
3. TOUCH: FEEL THE WARMTH OF THE MUG IN YOUR HANDS & IN YOUR BODY AS YOU SIP YOUR TEA
4. TASTE: SIP SLOWLY. NOTICE THE FLAVOR
5. SOUND: LISTEN. EVEN SILENCE HAS A SOUND

REPEAT SILENTLY:

"I AM HERE. I AM SAFE. I AM PRESENT.

THIS PRACTICE GENTLY REGULATES THE NERVOUS SYSTEM AND RETURNS YOU TO THE BODY.

WAXING MOON SPELL



GROWTH & STRENGTH



LIGHT A CANDLE & PLACE YOUR
HANDS ON YOUR HEART.

SPEAK ALOUD:

“AS THE MOON GROWS FULLER IN THE
SKY, SO DOES MY STRENGTH,
CLARITY & DEVOTION TO MYSELF.
I GROW WITH PURPOSE.
I GROW WITH GRACE”



SIT IN SILENCE FOR A FEW DEEP BREATHS.
NOTICE EMOTIONS & SENSATIONS
THAT ARISE AS AN OBSERVER.



HOMEMADE FIRE CIDER TONIC



WINTER IMMUNE BOOSTER

FIRE CIDER IS A TRADITIONAL FOLK REMEDY ROOTED IN APPALACHIAN AND EUROPEAN HERBAL TRADITIONS.

IT'S USED TO SUPPORT IMMUNITY, WARM THE BODY IN WINTER, AID DIGESTION, & STIMULATE CIRCULATION

FIRE CIDER INGREDIENTS
YOU CAN CUSTOMIZE, BUT THIS IS THE CLASSIC BASE

- FRESH GARLIC CLOVES (PEELED & SMASHED)
- FRESH GINGER ROOT (CHOPPED)
- ONION (SLICED)
- HORSERADISH ROOT (GRATED)
- HOT PEPPERS (JALAPEÑO OR CAYENNE)
- LEMON SLICES (WITH PEEL)
- APPLE CIDER VINEGAR (RAW, UNFILTERED)
- OPTIONAL ADDITIONS:
 - ROSEMARY OR THYME
 - TURMERIC ROOT
 - BLACK PEPPERCORNS
- RAW HONEY (ADDED AFTER STRAINING)

DIRECTIONS

- ADD ALL CHOPPED INGREDIENTS TO A GLASS JAR.
- POUR APPLE CIDER VINEGAR OVER INGREDIENTS UNTIL FULLY SUBMERGED.
- COVER WITH PARCHMENT PAPER + LID (VINEGAR CAN CORRODE METAL).
- STORE IN A COOL, DARK PLACE.
- SHAKE GENTLY ONCE PER DAY.
- LET INFUSE 2-4 WEEKS.
- STRAIN LIQUID.
- ADD RAW HONEY TO TASTE (OPTIONAL).

HOMEMADE FIRE CIDER TONIC



WINTER IMMUNE BOOSTER

BENEFITS

- GARLIC: ANTIMICROBIAL, IMMUNE SUPPORT
- GINGER: WARMING, ANTI-INFLAMMATORY
- HORSERADISH: SINUS & RESPIRATORY SUPPORT
- VINEGAR: DIGESTION & MINERAL ABSORPTION
- HONEY: SOOTHING + IMMUNE SUPPORT

SHELF LIFE:

FIRE CIDER CAN LAST 6 MONTHS TO 1 YEAR DUE TO VINEGAR'S PRESERVATIVE NATURE.

REFRIGERATION:

REFRIGERATION IS OPTIONAL BUT RECOMMENDED AFTER STRAINING FOR BEST FRESHNESS.

IF KEPT UNREFRIGERATED, STORE IN A COOL, DARK PLACE.

TIP: ALWAYS USE A CLEAN SPOON TO AVOID CONTAMINATION.

LONG BEFORE PHARMACIES, WOMEN BREWED MEDICINE FROM ROOTS, VINEGAR & HERBS. FIRE CIDER IS ANCESTRAL HEALING IN LIQUID FORM.

JOURNAL PROMPT



AND AFFIRMATION



JOURNAL PROMPT

WHAT DO I WANT TO GROW THIS
YEAR, AND WHAT DAILY DEVOTION
WILL HELP ME NURTURE IT?

AFFIRMATION

“I EXPAND GENTLY,
GUIDED BY INTUITION
AND GROUNDED WISDOM”

SIT IN SILENCE FOR A FEW DEEP BREATHS.
NOTICE EMOTIONS & SENSATIONS
THAT ARISE AS AN OBSERVER.



CLOSING BLESSING FOR JANUARY

JANUARY REMINDS US THAT POWER
DOES NOT ALWAYS ROAR, SOMETIMES
IT WHISPERS BENEATH THE SNOW.

MAY THIS MONTH TEACH YOU PATIENCE.
MAY YOUR RITUALS ANCHOR YOU.
MAY YOUR BODY FEEL LIKE HOME AGAIN.

UNTIL NEXT MONTH,,,



BLESSED BE
WITCHY WOMAN

xo *Kelly*