

JUNE EDITION

witchy

WOMEN



OPENING INCANTATION

Welcome the warmth back into your bones.
Welcome the version of you that laughs
louder in the summer air.

The version that no longer apologizes
for taking up space.
The version that remembers you ARE
nature, not separate from it.

May June soften what has been heavy.
May the sun illuminate what has
been hard to see.
May you trust that becoming is still
sacred even if it feels messy.

Call back your vitality.
Call back your joy.
Call back your sensuality.
Call back your connection to the earth
beneath your feet and the moon
above your head.

Blessed Be



HOW TO EMBODY WITCHY ENERGY IN JUNE



June is not quiet magic. It is untamed magic.

This is the month of flower crowns left on kitchen tables.
Ocean water drying on sun-kissed skin.
Wild herbs hanging from windows.
Late sunsets. Bare feet. Garden dirt under fingernails.

A witchy woman in June remembers:

- Nature is medicine
- Pleasure is healing
- Slowing down is productive
- The body is sacred
- Joy is spiritual



Long before women were disconnected by screens and schedules, they gathered outside during this season. They worked with herbs, moonlight, fire, flowers, oils, salt water, and intuition. June carries that ancient remembrance.

To embody June energy:

- Open windows often
- Diffuse orange, jasmine, neroli, or rosemary
- Eat outside when possible
- Watch the moon rise
- Swim, soak, or connect to water
- Start a small herb garden
- Wear linen, cotton, loose clothing, bare feet
- Romanticize your life a little more
- Let yourself feel alive again



JUNE YOGA POSE

Supta Baddha Konasana (Reclined Bound Angle Pose)

This pose feels like surrender without collapse.
A soft opening through the hips, heart, belly, and nervous system.

In a world constantly asking women to grip tighter, hold more, and stay productive, Supta Baddha Konasana teaches receptivity.

EMOTIONAL + ENERGETIC THEMES

- Heart opening
- Feminine energy
- Nervous system regulation
- Releasing stored tension
- Receiving instead of forcing
- Safety in softness



TO PRACTICE

Lie back with the soles of the feet together and knees open wide.
Place pillows or blankets beneath the knees if needed.
Hands on belly, or wherever you feel comfortable.

Stay for several minutes while breathing slowly.

Whisper to Yourself:

"I DO NOT HAVE TO EARN REST."



JUNE ALTAR

- Fresh flowers or wildflowers
- Strawberries or strawberry imagery
- Seashells
- Sun water or moon water
- Rose quartz
- Orange slices
- Lavender bundles
- Gold candles
- Herbs from the garden
- A bowl of salt
- Symbols of joy and pleasure

JUNE ALTAR INTENTION:

“May this season reconnect me to what feels alive.”



JUNE TEA & MEDITATION



STRAWBERRY SUN TEA

Enjoy this heart-opening blend for joy, femininity, and good summer energy. The blend is floral, bright, slightly sensual, and emotionally uplifting.

- Hibiscus
- Dried strawberry
- Rose petals
- Lemon balm
- Orange peel

This blend is a summer idea with a witchy vibe, but use any tea of your choice. It's more about the ritual, and drinking it as a mindful meditation.

PREPARATION & MEDITATION

Prepare your tea slowly. Not rushed. Not multitasking. As a ritual.

Notice the sound of the water boiling. The steam rising.
The scent of herbs opening into the air.

Hold the cup in both hands as though it contains something sacred, because it does.

Close your eyes. Take one slow inhale through the nose, and a long exhale through the mouth. Slip slowly in silence focusing on your 5 senses (touch, taste, soul, smell, sight).





STRAWBERRY MOON

June's full moon is traditionally called the Strawberry Moon, named by Indigenous tribes marking the short strawberry harvesting season.

But despite the sweet name, this moon carries powerful energy.

THE STRAWBERRY MOON REPRESENTS:


- Ripening
- Fulfillment
- Sensuality
- Emotional illumination
- Abundance
- Wild feminine energy

June's moon often hangs low and golden in the sky, creating that dreamy oversized moon effect that feels almost unreal.

Spiritually, this moon asks:

WHAT IN YOUR LIFE IS FINALLY READY TO BLOOM?

This is not beginner energy anymore.
This is becoming visible energy.





STRAWBERRY MOON RITUAL CRAFT

Create a Moon Nectar Jar

YOU'LL NEED:

- A small glass jar or vial
- Dried rose petals
- Strawberry slices (dried if possible)
- Lavender
- Pink Himalayan salt
- A tiny written intention
- Honey

Fill the jar slowly and intentionally

AS YOU LAYER INGREDIENTS, SPEAK:

“May my life become sweeter, softer, fuller, and more aligned.”

Seal the jar and place it under the full moon overnight.

Keep it on your altar, vanity, or near your bed as a symbol of abundance and feminine joy.



JUNE ANIMALS TO EMBODY

HUMMINGBIRD

A reminder to seek sweetness without losing strength.
Tiny, fast, resilient, and magical.

FIREFLY

A symbol that light does not need permission to glow.

DEER

Gentleness is not weakness. Sensitivity is wisdom.

FOX

Playfulness, adaptability, clever feminine energy.





CLOSING PRAYER

May June remind you that healing is not always heavy.
Sometimes healing looks like laughing harder.
Sleeping deeper.
Standing barefoot in the grass.
Taking up space at the table.
Dancing in your kitchen.
Letting the sun touch your skin.



May you stop waiting for permission to become yourself.
May you remember that nature never questions
whether it deserves to bloom.

The flowers do not earn their worthiness.
The moon does not apologize for changing.
The ocean does not ask if it is too much.

Neither should you.

May this month bring softness to your nervous system,
truth to your heart, magic to your rituals,
and warmth back into the places within you that
have felt cold for too long.

May your joy become sacred again.

See you in the light Witchy Woman





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:

- Skilled in herbal medicine and plant lore
- Knowledgeable in women’s health, childbirth, & 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





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, & 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.

