

SPRING EDITION



WITCHY WOMEN
March newsletter



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:

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, & 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*

By soul and bone, by breath and blood, by the quiet knowing
carried through winter, we call ourselves back.

We loosen what was hardened and icy.

We invite movement where there was stillness.

We remember that even beneath frozen ground, life was waiting.

By the turning of the season and the returning of the light,
we step forward, not rushed, not forced, but willing.

So it begins. Blessed be.



SEASONAL LESSON

The Thaw

March doesn't burst open like a flower. It stirs.

The thaw is uneven. Muddy. Honest.

Some days feel hopeful. Others raw.

This isn't confusion. It's transition.

The earth doesn't apologize for needing
time to soften. Neither should you.

This season asks witchy women to shift from
survival into participation.

Not all at once. Slowly, with discernment.

Reflection:

What is beginning to move again inside me?

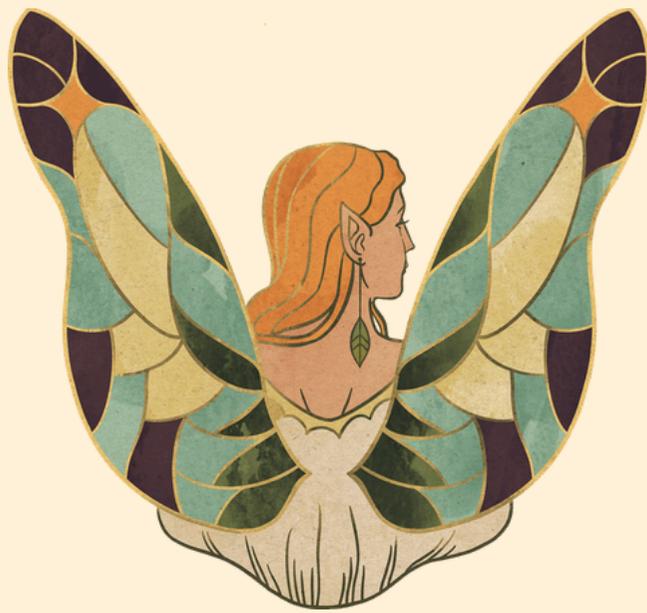




WITCHY BODY WISDOM

The Nervous System Awakens

As light increases, the body recalibrates.
You may feel restless, emotional, or oddly impatient.
Old memories may surface beside new ideas.
This is energy returning before it knows where to go.
This is not chaos. This is circulation.



SUPPORT THE THAW WITH:

- Warm food and teas
- Longer exhales
- Gentle twisting and grounding movement
- Time outdoors without a goal

Magic lives in regulation



Malasana: Yogic Squat

WITCHY *yoga pose*



MALASANA IS ANCIENT, GROUNDED, AND INSTINCTUAL.

Come into a squat position, feet are wider than hip width apart, toes pointing out. Let your pelvis become heavy towards the back of your heels. Press your elbows against your thighs and hug your outer hips to the midline. Hands in prayer at heart center.

MODIFICATION:

Rock side to side or place a rolled blanket under heels or sit on a block

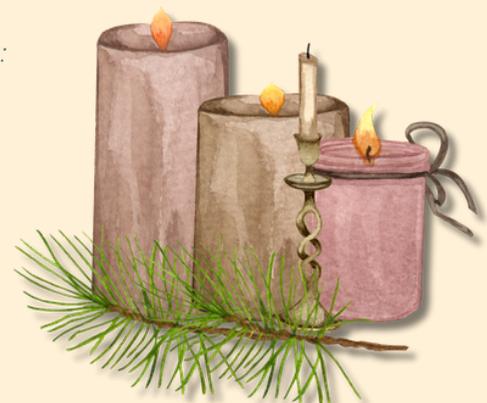
This pose opens the hips and pelvic bowl, the space of intuition, creation, and rebirth, while keeping the feet rooted to the earth.

It reminds us that emergence begins below, not above.



Embodiment Question:

What am I ready
to release
so that
something new
can arrive?



MARCH ANIMAL ALLIES:

Embody Redwakening



ROBIN: INSTINCT & SENSITIVITY



Robin arrives before proof of spring, reminding us to begin anyway.



BEE: COLLECTIVE RENEWAL



Bee reminds us that rebirth is relational. Healing ripples outward.

FROG: EMOTIONAL THAW & VOICE

Frog emerges with melting waters, calling us to let feelings move and be heard.



SNAKE: SHEDDING & RENEWAL

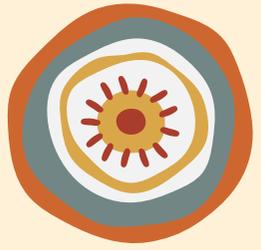
Snake teaches that growth requires release. Old skins must be surrendered for life to continue.



RABBIT: INSTINCT & SENSITIVITY



Rabbit embodies alertness, fertility, and intuitive navigation through uncertainty



WITCHY RITUAL SPRING RENEWAL



Face Scrub

A cleansing for skin, senses & spirit

Ingredients:

- 1 tsp finely ground oats
- 1 tsp raw honey
- ½ tsp olive or jojoba oil
- Optional: dried rose

Ritual Use:

Blend slowly. Massage gently. Rinse with warm water.

Incantation:

I do not erase the winter from my body, I thank it, and release what no longer serves me.





MARCH SPELL

Prayer Candle

FOR WITCHY WOMEN CLAIMING VITALITY AFTER DEPLETION

You'll need:

- One orange
- One spell candle, small candle or tea light
- Lavender
- Cinnamon
- Salt

Directions:

- Slice orange in half and slice bottom so it will sit flat on an altar or sacred space)
- Place candle in center of orange
- Sprinkle lavender, salt & cinnamon
- Light candle & say a prayer for whatever you need

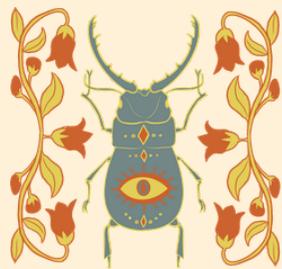


ORANGE: Happiness
CANDLE: Light & Clarity
LAVENDER: Healing
CINNAMON: Abundance
SALT: Protection



SPRING ALTAR

The Return of Life



CREATE AN ALTAR THAT HONORS TRANSITION RATHER THAN ARRIVAL

INCLUDE:

- Seeds or bulbs
- A candle (green, white, or soft yellow)
- A bowl of water
- Fresh herbs of early greens
- A stone or crystal
- A symbol of one animal ally

SIT BEFORE YOUR ALTAR AND ASK:

What part of me is ready to come alive again?

SPRING ALTAR BLESSING:

May I honor what survived without living there forever.

May I trust the wisdom of gradual return.

May growth be rooted, protected, and true.

I welcome what rises now, with care, with courage, with reverence.





WORM MOON

The Earth Begins to Turn

The Worm Moon marks the moment the soil softens enough for life to move again.

As the ground thaws, earthworms rise to the surface, drawing birds back and signaling the return of the food chain. This moon is truly beautiful, representing function, fertility, and quiet inevitability.

Life is reorganizing itself beneath your feet.

The Worm Moon reminds us that rebirth is often unseen at first. What's stirring now may feel messy, inconvenient, or unglamorous, but it is necessary. Nothing blooms without first disturbing the soil.

This moon carries the medicine of humble beginnings and sacred disruption.

"AND DANCE BY THE LIGHT OF THE MOON"





WORM MOON

The Earth Begins to Turn

WORM MOON REFLECTION

- What is loosening within me after a long freeze?
- What is ready to rise because the conditions have finally changed?

WORM MOON INTENTION

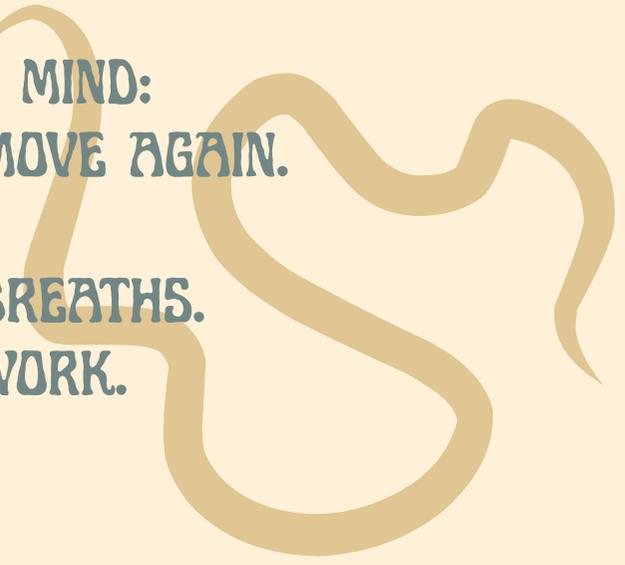
I allow the ground of my life to shift.
I trust what is waking beneath the surface.

WORM MOON RITUAL

On the night of the Worm Moon (peak March 3), place your hands on the earth, soil, grass, or even a potted plant.

**SAY OUT LOUD OR IN YOUR MIND:
WHAT IS MEANT TO LIVE WILL MOVE AGAIN.**

**REMAIN STILL FOR SEVERAL BREATHS.
LET THE EARTH DO THE WORK.**



CLOSING BLESSING

*For Witchy Women Crossing
the Threshold of Spring*



MAY YOU HONOR THE WINTER THAT SHAPED YOU
WITHOUT MISTAKING IT FOR YOUR FOREVER.

MAY THE PARTS OF YOU THAT ENDURED THE COLD BE MET
NOW WITH PATIENCE, WARMTH AND CARE.

MAY WHAT WAS FROZEN NOW BEGIN TO CIRCULATE AGAIN, NOT ALL AT
ONCE, NOT WITHOUT TENDERNESS, BUT WITH TRUST IN THE
SLOW INTELLIGENCE OF LIFE.

MAY YOU LOOSEN WHAT NO LONGER FITS, SHED WHAT WAS CARRIED FOR
SURVIVAL, AND MAKE ROOM FOR WHAT WANTS TO GROW NEXT.

YOU DO NOT NEED TO RUSH THE BLOOM.
YOU DON NOT NEED TO PROVE READINESS.

MAY THE RETURN TO YOURSELF BE STEADY. MAY YOUR GROWTH BE ROOTED.
MAY YOUR BECOMING BE PROTECTED.

YOU ARE ALLOWED TO EMERGE SLOWLY.
YOU ARE ALLOWED TO BEGIN AGAIN WITHOUT ERASING THE PAST.

SPRING IS NOT ASKING YOU TO BE NEW. IT'S WELCOMING YOU BACK TO LIFE.

SO IT IS. SO YOU RISE.

Blessed Be Witchy Woman.
xo Kelly