

WITCHY WOMEN



MAY NEWSLETTER

Opening Incantation

May opens the doorway to fullness. To color
To warmth. To life that no longer asks for permission.

Let this be the month to stop waiting to feel ready.
Stand firm on the earth. Feel the quiet hum beneath you,
roots stretching, petals opening, everything becoming.

You are not behind. You are not late
You are blooming in your own sacred rhythm.

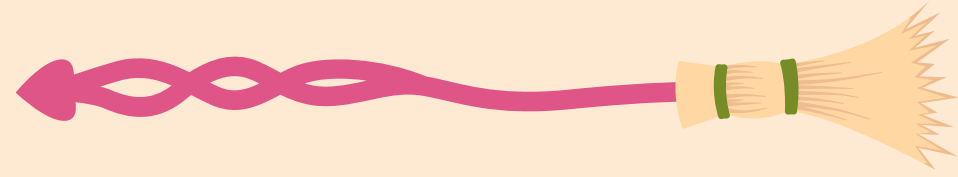
Trust the timing of your becoming.
Allow yourself to take up space.

Bloom fully Witchy Woman



bloom belong become

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:

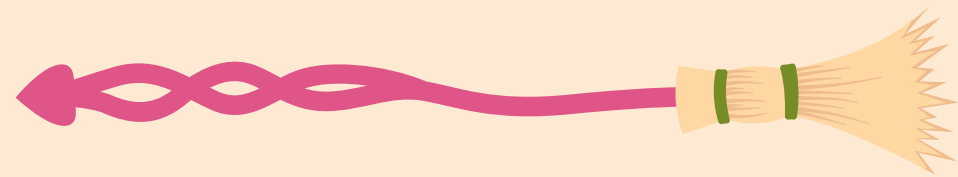
- Skilled in herbal medicine and plant lore
- Knowledgeable in women’s health, childbirth, & fertility
- Observant of moon cycles, seasons, and stars
- Keepers of oral traditions, folk medicine, and rituals
- Community healers and protectors

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.

May Prayer

Spirit of growth,
Remind me that I am allowed to expand.

Help me release the fear of being seen,
and step into the life that is calling me.

Let me trust what is unfolding,
even when I don't have all the answers.

May I move with grace,
love with openness,
and live with courage.



Blessed Be

May Contemplation



May carries the energy of fertility, growth, sensuality, and expansion.

This is not the beginnning anymore, it's the unfolding.

- Ideas begin to take form
- Energy feels more outward and expressive
- There is a natural pull toward connection, joy, and beauty

Ask yourself this month:

What wants to grow within me, if I'm making the choice through the lens of empowerment & expansion?

witchy spell

Rise like the
flowers

THE BLOOMING
WOMAN RITUAL



YOU'LL NEED:

- Pink or white candle
- Small bowl of water
- Fresh flower petals (or dried)
- Pinch of salt

RETUAL:

1. Light a candle and sit quietly
2. Add petals and salt to water
3. Gently place your fingertips into the bowl

SAY:

'Like the earth in May, I open.
Like the flowers, I rise. What is meant for me
finds me, and I no longer hide'

Let the candle burn for a few minutes as you sit in that energy

BREATH AWARENESS

PRANAYAMA



Use this simple and powerful breathing exercise to mirror the unfolding energy of May:

- Inhale through the nose for 4 seconds
- Pause gently for 2 seconds
- Exhale slowly through the mouth for 6 seconds

**LET THIS BREATH
BECOME YOUR
RHYTHM...**

***STEADY**

***SPACIOUS**

***UNFOLDING**



May Altar

**Create a space that feels
alive and expansive:**

- Fresh flowers or petals (growth)
- Rose quartz or green aventurine (self-love & abundance)
- Small bowl of water (emotion, intuition, and flow)
- Candles in pink, green or white (love, growth, clarity)
- A hand written intention (commitment)

**Let your altar feel like a celebration
of life as you shape your reality.**

flower moon



HISTORY, MEANING, MYSTICISM

The FLOWER MOON is the traditional name given to the full moon that arises in May, a name that comes from the abundance of blooming flowers across North America during this time.

This naming isn't random. It comes from Indigenous tribes, particularly the Algonquin tribes, who named each full moon as a way to track seasons, planting cycles, and natural shifts in the land.

For them, the moon wasn't just something to admire, it was a calendar, a guide and a teacher.

WHY FLOWER MOON?

In May, the earth had fully awakened from winter. Wildflowers, medicinal plants, and crops were no longer just sprouting, they were thriving.

This is a time of visible growth and fertile potential.



flower moon



WOMEN, LAND, & LUNAR CYCLES:

Long before modern calendars, women lived closely with lunar rhythms.

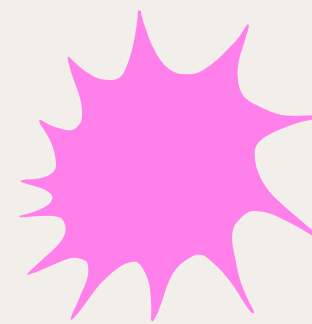
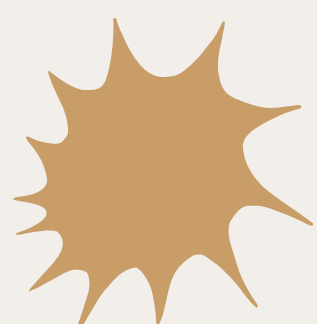
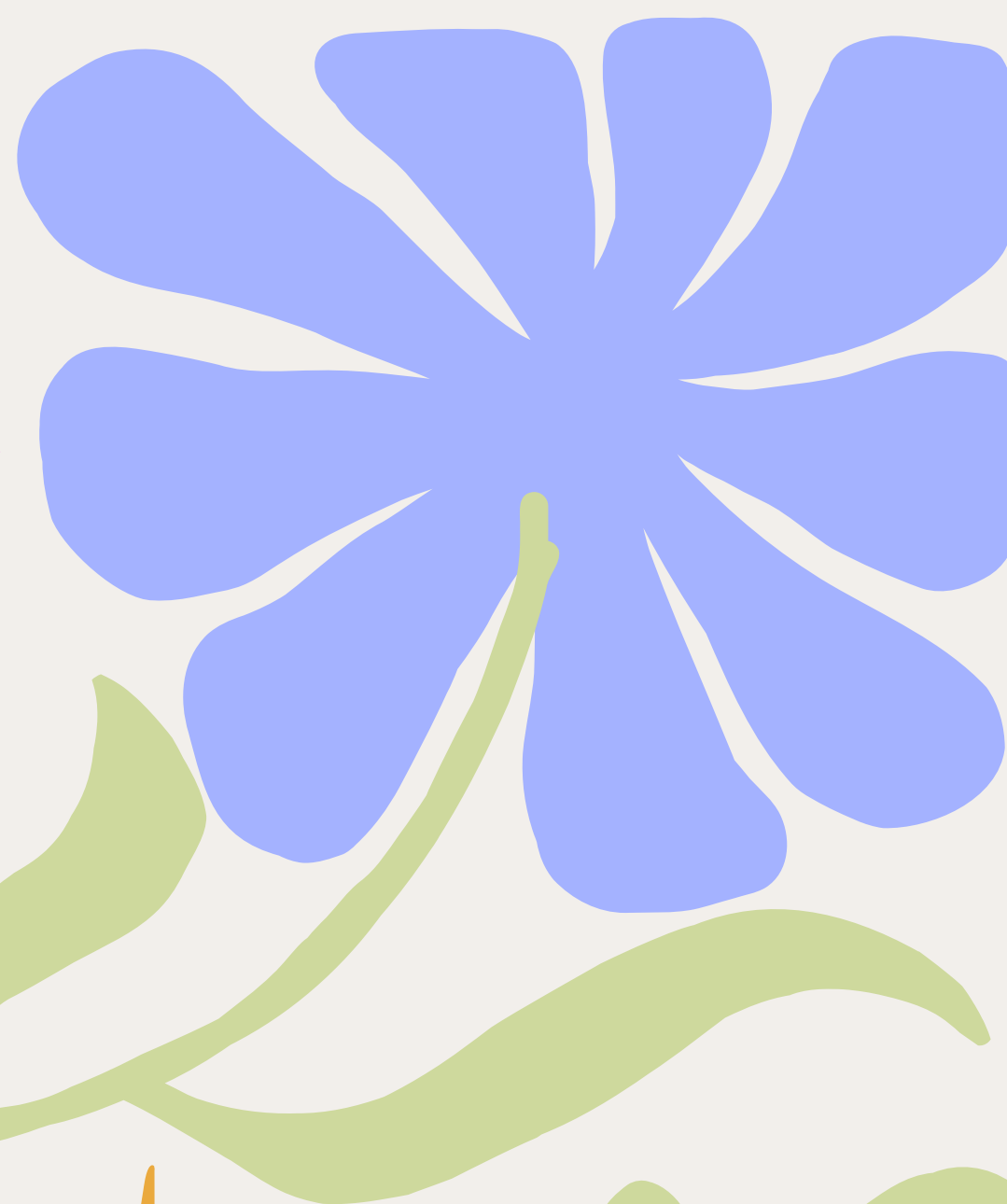
The full moon, especially in May, was a time for:

- Gathering herbs at peak potency
- Celebrating fertility & creation
- Coming together in community & ritual
- A readiness to bring something new into the world

There's a long held belief that women's cycles were once more closely aligned with the moon, particularly the full moon representing ovulation, vitality, and outward energy.

THE FLOWER MOON REMINDS US:

- Flowers don't bloom all year. Their beauty is temporary. Their timing is precise.
- Not everything is meant to stay hidden.
- Not everything is meant to last forever.
- Not everything should be rushed.



flower moon



Flower Moon Energy:

- Being seen
- Celebrating progress
- Letting something come to life

It's not about perfection, its about allowing yourself to be witnessed in your growth.

RETUAL IDEA:

Write down something you've been hiding or holding back.

Speak it out loud under the moonlight.

Let your voice be part of your becoming.

ASK:

- What in my life is ready to be seen?
- Where am I holding back my growth?
- What have I nurtured that is now ready to bloom?

THEN:

Step outside.

Stand under the moon.

Let yourself be part of the same cycle.



MAY YOGA POSE

May is about movement, awakening, expansion & coming out of stillness. **Cat-Cow** mirrors all of that. It's not static. it's rhythmic & it's alive.

After the slower, inward energy of winter and early spring, May invites the body to wake up, move, and breathe deeper. **Cat-Cow** does exactly that.

This pose represents the natural rhythm of life (expanding and contracting), the balance between effort & release, as it moves energy through the spine and heart.

- Start on hands & knees (tabletop)
- Inhale, drop the belly, lift the chest & hips, crown of head reaching toward the sky
- Exhale rounding the spine, tuck ribs to pelvis, press heart up to the sky, visualize your back as a "U" shape
- Move slowly, linking breath to movement





MAY ANIMAL ENERGY

THE BEE: PURPOSE & SWEETNESS

The Bee reminds you that your work matters, but so does joy. Create, contribute, but don't forget to taste the sweetness of your life.



THE LADYBUG: LUCK & LIGHTNESS

The Ladybug arrives in seasons of bloom, right when life is expanding, reminding you that growth doesn't happen alone.

THE BUTTERFLY: TRANSFORMATION

You are no longer who you were. Stop trying to fit into an old version of yourself.

THE HUMMINGBIRD: JOY & PRESENCE

The Hummingbird carries a powerful message: life is meant to be tasted. Despite its speed and constant motion, it seeks out sweetness again and again. In many traditions, the hummingbird symbolizes lightness of being, resilience, and finding joy in small moments.



How a Witchy Woman Embodies May

May is not a month you observe. It's a month you become.

A witchy woman in May does not hide.

She does not wait.

She does not shrink herself to feel comfortable
in spaces she has outgrown.

She blooms. Not perfectly. Not all at once. But honestly.

SHE RETURNS TO THE EARTH

Long before modern life pulled us indoors, women
moved with the rhythm of May.

WITCHY WOMEN

- Gathered herbs at peak potency
- Rose with the sun to tend gardens and land
- Worked with flowers, roots, and soil as medicine
- Understood that growth required both patience and trust

She stepped outside, put her hands in the dirt, and let nature
recalibrate her nervous system.



She honors Fire & Desire

Historically, May was marked by fire festivals like Beltane, a celebration of life, passion, and vitality.

WITCHY WOMEN WOULD:

- Dance around fires
- Celebrate sensuality & aliveness
- Honor both the earth and their own bodies

This wasn't about performance. It was about being fully alive.

A witchy woman is May reconnects to her desire.

Not just romantic desire, but a passion to create, express, & live fully.

SHE BECOMES THE MEDICINE:

Women were once healers, herbalists, & intuitive guides.

They didn't look outside themselves for constant answers.

They listened, observed, and trusted.

THIS IS YOUR TIME TO REMEMBER, YOU ARE NOT SEPARATE FROM MAGIC

YOU ARE MAGIC



CLOSING BLESSING

May you remember that growth is not always loud.
Sometimes it's quiet, subtle, unfolding beneath the surface where no one else can see.

May you trust that even in the moments where you feel uncertain,
something within you is still reaching toward the light.

May you release the need to compare your path to anyone else's.
The flowers do not rush. The seasons do not question. And neither should you.

May you allow yourself to be seen, not just in your strength, but in your becoming.
In the messy, beautiful, in-between spaces where real transformation lives.

May you soften your grip on who you think you need to be,
and instead open to who you are becoming.

May you find moments of joy in simple things, warm air on your skin,
bare feet on the earth, the quiet knowing that you are exactly where you need to be.

May you speak kindly to yourself.

May you honor your energy.

May you choose expansion, even when it feels unfamiliar.

And when fear arises...
as it often does when we are growing...
may you meet it with compassion instead of retreat.

Because you are not starting over. You are evolving.

You are not behind. You are unfolding.

And just like the earth in May...
you are allowed to bloom fully, wildly,
and without apology.

Stay in the light, Witchy Woman

xo Kelly

