

Magic Pathfinding with author Rose Stauffer



Welcome, magic lovers!

This magazine is a place for sharing with you some of my ideas, inspirations, experiences, musings, and an array of creative endeavors that will inspire and enhance your own journey with finding the magic and joy in your everyday life. February brought inspiration from the pagan wheel of the year, with Imbolc, which happened on the 2nd, or Groundhog Day as we know it in the USA, and the Chinese Lunar New Year - with 2025 being the year of the snake. Let's shed some old skin to make way for something new to appear!



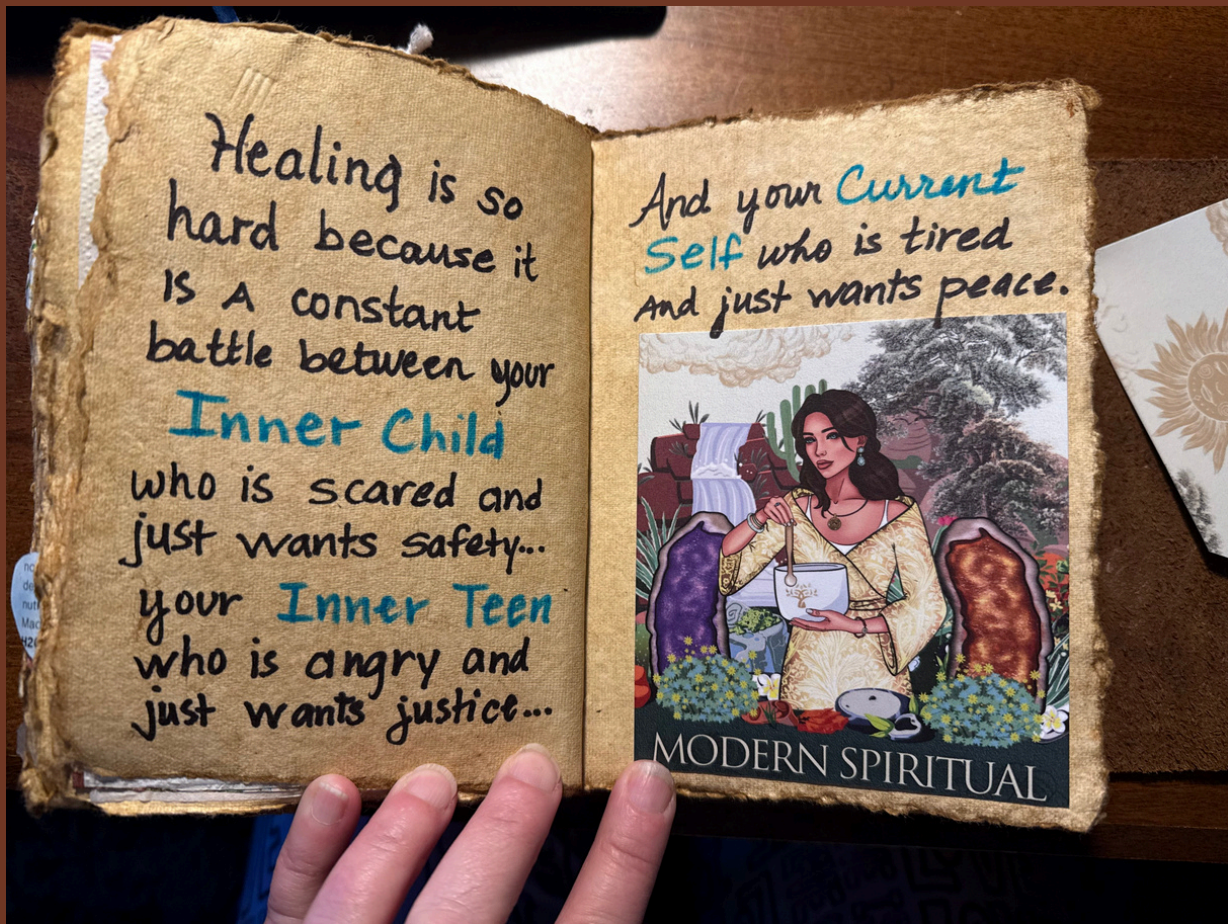
February is a liminal month in the winter season where life, impacted by the weather, often exiles me into silence and retreat. After the hustle and bustle of the holiday season (DEC and JAN) I crave this very much! I can focus on the esoteric gifts from the lunar new year and from Imbolc, one of the 8 sabbats on the old world (pagan) wheel of life. Imbolc is the time of year we start to notice the stirrings of new life in the ground, and know that winter will not last forever. Here in Colorado I hear bird song on the warmer days between snow falls. In the dark days before the time change, and during the cold temps, I focus on indoor activities, like crafts, journals, reading, and making preparations for short and long term goals.

I sit with a cup of tea or coffee and focus my attention on the present moment, in real time. What are my resources, strengths, assets? And what will need my attention? I like to make sure I select a mix of “shoulds and wants” or “priorities and demands” in order to keep the balance that modern life requires of us. Don’t be afraid to say no. And likewise, if something makes your heart sing YES, then try to do it.



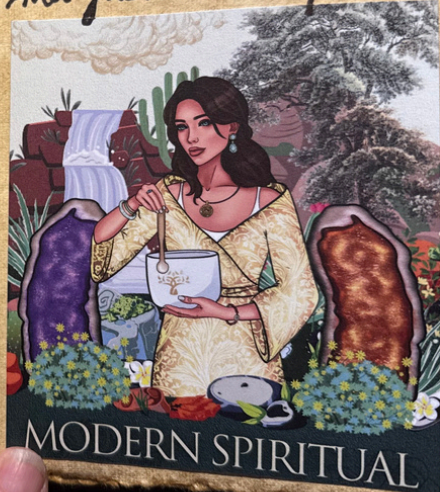
My favorite craft activity are my collage journals. I have quite a few of them -- including a traditional journal on special activities and insights from month to month. I have a crone journal, where I focus on topics, wisdom, and elements relevant to being a woman of 60+ years on this planet. I have a spiritual practice and reflection journal, and another one for the musings from my zoom time with my sisters of moon. I am also starting a field journal of my walks in nature. On one warmer day this month, I went on a nature walk and was blessed by all the cedar and juniper fragrances on the trail. I share it here with you. Graced by Tara, the green goddess of healing, and two little birds!





Healing is so hard because it is a constant battle between your **Inner Child** who is scared and just wants safety... your **Inner Teen** who is angry and just wants justice...

And your **Current Self** who is tired and just wants peace.



To the left is my Crone journal, with a spread above. I collect quotes, or passages from books, or write about things that pertain to the wisdom of elderhood. It doesn't matter if these journals ever get read by anyone else, I make them as a act of creativity, spiritual attunement, joy, passion, and for guidance on the journey.

Thank you for taking time to read this missive. To refer your friends to this magazine, send them to my website where they can subscribe to it it formally.

Rosestauferauthor.com.

See you next month!!!