

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. In this issue, I share musings on the sky. Since the dawn of time, we have looked upward “to the heavens” to understand our existence. We soon learned our very existence depends on the sun, and the moon marks the passage of time, and stars let us know we are not alone in the universe.

Let's start with the full moon, since everyone has noticed or paid attention to it because it is so freaking amazing. Most of us can say we learned about the full moon in science classes. We learned "la Luna" controls the tides, and can affect peoples' moods (lunacy) and women's menstrual cycles often align with the full moon. It has a mystical, magical quality and in feminine spirituality, the moon goddess is a benign and loving presense in the sky.



Old energy
is clearing.
New energy
is entering.
Great things
are coming.

There are 8 phases to the moon that we can see as it rotates around the earth. The 8 phases repeat approximately every 28- 29 days, so we have a full moon once a month.

Occasionally, some months have two full moons, which is referred to as a blue moon. After the phase of the full moon, it begins to wane (get smaller) to a half moon then to a crescent moon then to a new moon, which we can't see at all. Those nights are quite dark and excellent for star gazing. There are four quarters to the moon cycle, each about a week long, and within each quarter, the moon is described as waxing (getting bigger) or waning.



The Lunar calendar, which is still used in some parts of the world, makes a lot of sense to follow, but it was changed to the Gregorian calendar we have now, which was adopted in 1582 to better align with the earth's revolution around the sun of 365 days.

I like to try and honor the new and full moons each month with varying degrees of ritual, depending on my schedule and how much time I have. The simplest ritual is to set new intentions on the new moon, and to celebrate finished business or let go of anything unnecessary at the full moon. I created this alter on the little mountain behind my home on the full moon (May 12) It was still daylight when I did this, while my east coast friends were celebrating at the same time but it was two hours later!



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 formally. Rosestaufferauthor.com.

See you next month!!!