

# 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 magic and joy in your everyday life.*

Of all the seasons and holidays of the year, the end of October seems to elicit an array of feelings and reactions in people. We have Halloween, the Day of the Dead, and All Saints Day. I grew up only knowing of Halloween, and in my conservative anglo protestant family, we were allowed to dress up and go trick or treating, until over the years the holiday was commercialized into what some people felt was a horror show. That was seen as a portal to evil, so in my teen years, we celebrated “Happyween” and only dressed up as safe characters rather than as gory, demonic or gruesome entities!



How did this time of year get a reputation for themes of death, sinister creatures, malicious and scary acts? i.e. Trick or treat?

It may have morphed from the Day of the Dead, a Mexican holiday celebrated on Nov 1-2 where families welcome the souls of the deceased loved ones for a reunion. Different rituals and alters are created to invite them back. It is a joyful time. This tradition roots back over 3000 years ago.

All Saints Day, (Nov 1) or All Souls Day, (Nov 2) are Catholic holy days, or feast days, where the saints are honored, and then also all departed souls are named and honored.

But even before all this, further back in history, what we know as Halloween today originated with the Celts and the celebrations of the seasons passing. This pagan calendar aligned with the seasons, and is now referred to as the Wheel of the Year. The final harvest festival of the year marked the end of summer the beginning of the dark cold winter. This fell on or around OCT 31.



At Samhain, this final pagan festival of their year, the Celts believed that the night before the new year, the boundary between the worlds of the living and the dead are blurred, and they lit bonfires and wore costumes to ward off the spirits. For them, it was more about protection from the spirits rather than the communing with them.

When I learned about the Pagan Wheel of the Year, I loved the aspect of letting the seasons guide our plans and activities. It made so much sense to live organically with the seasons, letting them guide our energies and expectations. Since Samhain (pronounced SAL-wen) is the end of the year, Hallows Eve, (Halloween) is the time to wrap up the year and honor our ancestors. (Saints and Souls). Is the veil thinner this time of year? Maybe. Probably. None the less, it is a great time to “wind down” and take stock of the year and thank our ancestors for their contributions to the life we live now. As part of my rituals for this season, I like to set up an altar with photos of our deceased and express gratitude and love.



I'm not afraid of the dark, or the ghosts or the scary things. When you understand that all good things are born out of the darkness of the womb, the egg, the chrysalis, that it takes darkness to create new life, then recognizing the darkness as a holy time adds richness to life. This season invites reverence and felicity. Thus the Day of the Dead is celebrated with elaborate parades. In the USA, costumes, trick or treating and jack-o-lanterns are remnants of the old ways.



So whether you are warding off nefarious spirits or celebrating the harvest of your endeavors, or planning for the hibernation of the long dark days ahead, take some time to enjoy the richness of the Autumn season, the shedding of leaves, the slowing down of the energies to bide time through the winter. Thanksgiving evolved from here and set into the gregorian calendar for OCT or NOV.



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See you next month!!!