



Niki Wyld - May Newsletter

Bohemian Living - Magick Making - Nature Loving



Welcome to my May Newsletter

How are you? Are you ok?

We have been in isolation for quite some time now and I hope you are feeling well.

It's been quite intense hasn't it.

At the time of writing this, I am in week 4 of working from home (with my usual day job). I have been trying to avoid watching too much news about the pandemic and I have been avoiding social media as I can feel my anxiety levels rise significantly in a split second. So I have been watching an update only every couple of days, I have been retreating from the world at home and spending time figuring out how I am going to move forward with my magickal life, business and my art. I doubt any of us will come out of this the same. We will emerge from this cocoon with a new view of life and how we want to live it. I have delved down the rabbit hole of what I want to achieve from life. There has been many moments of tears, fear, panic and frustration but I know that I will not return to the world the same living my life how I had been. I feel at this time I have been

able to do quite a bit of self reflection and gritty work to release some blockages that have held me back for years such as fear of success (that's such a funny one right), fear of criticism and well, just fear. I realise that has snuck up on me over the years, and it is a bigger issue than I had realised so I am gently working my way through it to jump into my authenticity.

If I am to be completely honest, I am loving this time of solitude. Well, that's perhaps not the right way to say it as I am completely aware that many are struggling at the moment and have lost employment and uncertain of the future. Perhaps the better way to say it is that I am using this time of isolation to my advantage (well now I am, the first couple of weeks were a bit messy) to really slip into a routine of manifesting what it is I wish to do with my life moving forward. To think, assess, make plans and actually start doing the things I've always wanted to do but self sabotage stopped me.

I hope that within the depths of this uncertainty, you are able to seek truth, knowledge and guidance on how you will emerge from this cocoon.



Moon Magick

Full Moon - 7th May—8:45pm

This is a time of magick and honouring all that is.
A time of gratitude.

A time of thought.

Recognising what you have manifested within
the Waxing phase of the Moons cycle.

It is the brightest night within the cycle, where
you can shine light within the darkness and
know what may be holding you back from
manifesting your truth.

What blockages have presented themselves?
This, the guidance within the light, is what you
will focus on moving toward the waning moon.

Waning Phase

This is the time between the Full and Dark moon
where the light and energy of the moon is
fading.

This is the time of the Moons phase where you
will can move your focus towards letting go of
what no longer serves you.

Working on removing obstacles from your path.
Releasing habits that no longer serve you.

Letting go of people or energy that pull you back
from your authenticity.

It is a time of peeling back the layers, removing
the mask of what is stopping your light from
shining.

[Click here to download your Full Moon - Waning
Phase worksheet to support you with your magick.](#)

Dark Moon - 22nd May

At this time the Moon is not visible within the
sky. It is the dark time of the lunar cycle and it
is time to look within, to connect with the
energies surround you to receive guidance.

If you have divination tools such as Oracle or
Tarot Cards, Pendulum etc this is a great time to
use those to obtain some guidance. If you have
specific questions you need answered, clarifica-
tion of the direction or path you are on, or
general guidance if you are not sure where you
are going at the moment.

This is the opportune time to connect to your
intuition, your inner wisdom and the universal
wisdom.

[Click here to download your Dark Moon Phase work-
sheet to support you with your magick.](#)

New Moon - 23rd May - 3:38am

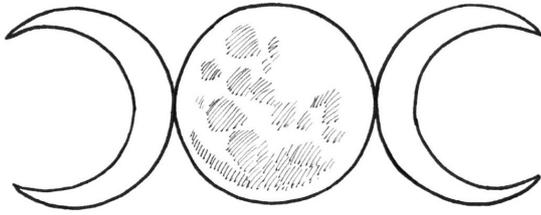
This beautiful time of the Moons phase is a time
of new beginnings. The moon is in the
beginning of its phase and will slowly start
appearing in the sky.

This is time where you will decide what it is you
are going to put your energy into.

What is it you want to manifest?

What are you working towards?

You can take note of your big manifesting
dreams and break it into little steps of what you
want to do to get to that dream.



Waxing Phase

This is a time of the Moons phase when you work on attracting the energies you would like into your life.

What you wrote on your New Moon Worksheet, this is when you use this Waxing Moon Worksheet to make the changes you need to. The attract the energy into your life that you want.

Aligning yourself with the flow of your life to bring what it is you want to you.

Attraction, attraction, attraction is what this waxing phase is all about.

[Click here to download your New Moon - Waxing Phase worksheet to support you with your magick.](#)

Sabbat Magick

Samhain

I have to say, I absolutely love this time of year.

When Samhain arrives I feel that we are truly within the season of autumn as although the days can still be quite beautiful and warm as the sun descends the cool air weaves it way in and the night falls with the chill in the air.

I love that at this time of the year when the veils are thin and it can be so much easier to communicate with our Ancestors.

I love that as the sun descends earlier and earlier each day, we tend to wind down earlier. I know myself that in the cooler months I finish what I need to do earlier, I cook dinner, I shower earlier and get all cosy on the lounge and take more time out for myself.

I subconsciously begin my decent towards Winter Solstice as I am giving myself more time to rest, relax and reflect on the magick I have weaved over the past 12 months and my achievement from last solstice.

I have many traditions that have rooted themselves into my life over the years both magickal and mundane and here are some of them

- My previous homes had a Fireplace and Samhain is the time I would order firewood for the season and have it delivered. I would pick the best log and put it aside for Winter Solstice for the Yule log. Now, I don't have a fireplace in this home, however I get out my heater, pull it apart, clean it from the dust and place it in my loungeroom in preparation.
- At Samhain, I create a cleansing solution and walk around my windows and doors cleaning them creating a protective barrier as the cold winter months approach.
- Draft stoppers for the bottom of the doors. If I need to, I purchase new ones, pick open one end and stuff a little sachet in there that contains dried protective herbs. If I do not need to replace the stopper that is already there, I pick it open, remove the sachet I placed in there the year previous and replace it with a new one.



- As the weather starts to cool I I crave hot soups but never have pumpkin soup before Samhain. I can't quite remember when this little tradition of mine started, however the first pumpkin soup of the season is cooked on the night of Samhain using the flesh of the pumpkin I have carved.

- And, as mentioned above I carve a pumpkin and place it on my altar.

- I spend my Samhain evening connecting to the Ancestors for guidance. I sit with candles burning, crystal ball out for some scrying, tarot and oracle cards and also of course a meditation. I connect with my Ancestors and with a pen and paper in hand I write down all the guidance I have received, what I am feeling and what thoughts run through my mind no matter how strange they may seem. There is guidance within everything.

I really hope you enjoy your Samhain and I would love you to share the guidance you have received from your ancestors.

Herb Magick

Patchouli

This herb is such a beautiful and versatile one to use in spell work, I use it all the time.

It helps to ground your magick and yourself. The scent of this herb is so earthy. As I use it all the time I have a huge jar of it and when I open the lid and get a whiff of the herb I immediately feel grounded in my intention.

This herb is great to use within the autumn months as it has such an early smell. The smell of dirt, the ground, it is everything earth.

Our Ancestors are of the earth aswell and is such a perfect herb to use to strengthen your connection at this time within either an incense blend, in a sachet, poppet or scattered on your



alter as an offering to your Ancestors.

If you would like to purchase some Patchouli to work you magick, head on over to my friends shop [The Cat & Wolf](#). Kylie's beautiful little shop sells individual herbs instore at Ourimbah NSW or online.

Natural Magickal You

Protection within a storm

As we descend into the winter months we will find glorious cleansing storms arriving on our doorstep.

I love a good storm (except for lightening, I get very nervous when it is overhead) so I have this little chant I say when a storm approaches.

Initially I could not remember where this chant came from as I have been using it for many many moons but with the magick of google I found it. It is written in a book called Crones Book of Magickal Words.

Many years ago (approx. 15) I lived in a home with many large trees surrounding the home reaching its limbs over the roof and yard. I was always worried in a storm about large branches falling causing harm to the home and ourselves.

I remember sitting at home one night a big storm was brewing and as it began I stood outside within the wind, gathered my energy and chanted it aloud with all that I had and I can tell you using this chant made me feel safe and secure within the storm, there was never any damage after that and I have used it ever since. I have copied into the many manifestations of my Book of Shadows over the years (I do plan to collate my Book's of Shadows to make one book that I can eventually pass down through my family, however that is another subject for another time) and I sincerely know that it works, well it does for me anyway.

So it is second nature to me now when a storm is approaching, that I go outside, stand and centre myself, gather my energy and say:

Thunder my Anger

Lightening my might

I take them in, I send them out,

over wind and night

To serve me well, to save me well,

to harm nothing under my sight.

I encourage you to try it out when the next storm approaches and see how you feel with the protection you have created around your home.

Wellbeing

I try not to spend much time scrolling through my Facebook & Instagram Feed (especially at the moment with what is going on with Covid-19), but when I do, I want to see things that will inspire me, will make me smile, will challenge my thinking and encourage me to walk my authentic path.

It is important with so many social media



platforms to be particular to what you expose yourself to, what it is you are allowing into your consciousness and energy field. When you are working on manifesting and living your beautiful authentic life, you do not want to bring your energy down by watching mind numbing, negative and ridiculous posts.

Before I made changes to my Facebook feed I would have to scroll through many mind numbing posts to find something that caught my attention. I have friends that have stopped using Facebook completely, but I cannot do that as I have a business page, so if I am going to continue to participate in this Social Media Platform, I decided to clean up my feed.

It can take a while for the initial clean up if you want to do it in one sitting, however you can clean it up a little each time you go on, and before you know it you will have an inspiring feed.

So how do you do it?

Here are five ways in which you can clean up your Facebook feed.

One

If you have a fb friend that always shares posts that you do not like, or you are sick of reading their every movement, just unfollow them. You

are still friends with them, you just will not see what they post and they will have no idea you have done this so there will be no dramas.

Two

If you do not want to unfollow your friend because you want to see their personal posts, but they share things from certain pages you do not like, on the post if you click on the three dots at the top right, you can choose to hide all from 'name of the page'. That way, when your friend shares it, it will not appear on your feed.

Three

Go through your liked pages. You will be surprised how many pages you have actually connected with and liked over the years. By liking so many pages, it is hard for Facebook to know which posts to show you, so you probably see less of the pages you love. So if you no longer resonate with what a certain page is about and what it shares, unlike the page. You will find that after you go through and unlike a heap of pages, you will start seeing more of your favourites within your feed.

Four

When you see sponsored posts on your Facebook feed and you don't like the vibe of the page that is advertising, click on the little dots to the right and choose what action you would like to take, like the option to 'hide add, see fewer adds like this'. This can really make a difference in your feed.

Five

You can change the setting for your friends Facebook Page and the Pages you have liked to see them first. You can even set it to receive notifications. That way you won't miss a thing and instead of having to scroll through your Facebook feed, you can go directly to this.

By doing this you can transform your Facebook feed into a place of inspiring videos, beautiful quotes, photos of friends and posts that will lift you up, make your heart sing and to help you manifest your dreams.



I hope you have enjoyed this newsletter

If there is anything specific you would like to see in my Newsletters simply send me a message and I will endeavour to include it within future newsletters

I would love to see how you weave your magick while working through my worksheets and the magick that I write about within my newsletters and social media, if you are sharing your magick photos tag me on Facebook or Instagram so I can see how the magick is making a difference within your life.

You will find my pages by clicking on logo links below.

Stay Magickal, Niki xx

