



February, 2011 Issue 42

Welcome to the forty second edition of the Forest Witch Magickal Monthly. Thank you for signing up to receive magickal tips, personal and spiritual development articles, and updates on new products and specials.

A warm welcome to our newest members! Feel free to forward this to your friends and encourage them to join the mailing list. For suggestions on topics you'd like to see in upcoming issues, please write to DianeWing@ForestWitch.com.

Put Forest Witch on your safe sender's list or address book to ensure you receive your magical monthly newsletter!

Quote of the month:

"An old wise woman taught me the first and last lesson of power. The first lesson is that we are all alone. The last is that we are all one...You must first own your aloneness before you can give it up. To stand alone in the center of your abilities and your integrity is very hard to do. But this is your chance to feel how strong you really are. Then you can go on to integrate your strength with the abilities of those around you."

- Lynn V. Andrews, *Love and Power*

Magical Tip:

"Uncontrolled emotions, inhibitions, and suppressed feelings such as anger, intense worry, prolonged irritation, and frustrations have undesirable potent effects on the bioplasmic body...Anger and intense worry devitalizes the body so [it] becomes susceptible to all kinds of diseases. Negative emotions cause disturbances [that make] the whole physical body sick."

- Choa Kok Sui, *Pranic Healing*

Magickal Events for February:

- February 2- Imbolc/Groundhog Day/New Moon in Aquarius
- February 3 - Chinese New Year (Rabbit)
- February 5 - [Symbolic Tarot Teleclass](#)
- February 12 - [Radio Appearance Ed & Victoria Evangelina Show](#)
- February 13 - [Radio Appearance The Psychic Connection](#)
- February 14 - Valentine's Day
- February 15 - [Spellcraft Workshop, West Reading, PA](#)
- February 18 - Full Moon (Quickening Moon); Sun enters Pisces; Celtic Tree Month of Ash begins
- February 21 - President's Day

Gemstone of the Month: Rose Quartz



Rose Quartz...Love, gentleness, emotional healing, release of stress and uniting with the Divine. Rose quartz turns the heart toward love and bathes body, mind and spirit in that healing and enlightening frequency. This stone is calming to the mind assisting one in releasing worry, fear, anxiety and past emotional trauma. It clears the emotional body of ego driven patterns and can help one feel more open to receiving and sharing love, compassion and kindness. Rose quartz is a stabilizing stone to use for physical heart trauma and imbalance. It is ideal for premature babies and young children with heart weakness or disease and can be used by anyone who needs a stronger more stable heart.

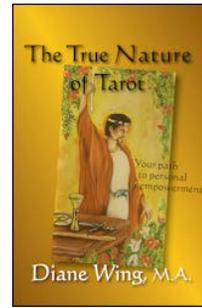
Excerpts from *The Book of Stones* by Simmons & Ahsian

This section of The Magickal Monthly is provided by Gina Struebel, a master wire artist, jewelry designer, teacher, and amateur rock hound. Gina knows how to match her clients' vibration to the right piece of jewelry. To get your own Rose Quartz pendant, visit her website at http://www.twistedandbent.com/gemstone_of_the_month.html

"Hi Diane,

"Since I have been working with you my life is more organized, my business is coming to fruition, and I feel better about myself. You have restored my self-confidence and guided me through lots of big steps that I thought I could not do. Working with you took away the feeling of being overwhelmed -- slicing up the cucumber to eat, not eating it whole (like you always say). You are very professional and have good people skills -- these are all things that I am learning -- so you are a good mentor and teacher, too . Thank you!"

- Jacquie K., Radnor, PA



Read excerpts and reviews by clicking [here](#)



Wing Academy of Unfoldment

On The Road and In Your Home!



Symbolic Tarot

February 5, 2011 Teleseminar 1 pm to 3 pm

Ever wonder why certain images were chosen for the Major Arcana cards? Discover the hidden meanings behind the colors, flowers, environments, and symbols indicate used in the Rider Waite deck. This course for advanced Tarot students reveals the symbols of Tarot and how their understanding can enhance your readings and your use of the tarot as a tool of growth and enlightenment. Tuition is \$45

Diane Wing will also be doing phone readings by appointment from 11 am to 12:30 pm before class.

To reserve your seat and/or schedule a reading, contact Patti Hawse, Soul Purpose Productions 410-446-2569

hawsejourneywithin@yahoo.com

www.karmafest.com



Spellcraft Workshop

February 15, 2011 West Reading, PA 7 pm to 9 pm

Always wanted to cast a spell but worried it might backfire on you like in the movies?

In this 2-hour workshop, Diane Wing will give you the information you need to avoid mistakes and mishaps that lead to negative results and safely and effectively cast your spell for optimum results. Perfect for the beginning student of spellcraft, this course is a two-hour workshop that will provide deep insights into creating and casting custom spells.

You'll learn ? How to phrase your intention for maximum effect ? How to determine appropriate correspondences to support your intention ? How moon phases increase the power of your spell ? Key ethical considerations when creating and casting spells ? How astrological correspondences are identified to coincide with your spell's intention ? How to structure your ritual for maximum power and protection while spellcasting ? When to avoid spellcasting ? How to use candles to their fullest potency

Diane will also be doing private readings by appointment from 1 pm until 5:30 pm.

To reserve your seat and/or to schedule a private reading with Diane, contact Dot at Celtic Myth & Moonlight, 641 Penn Avenue, West Reading, PA 19611; 610-685-2307. <http://www.celticmythmoon.com> Tuition \$43



Private Students Welcome!

Contact Diane Wing at dianewing@forestwitch.com

Forest Witch Commentary: Helping Others Without Losing Yourself

Relationships...they are the foundation of our lives. Whether it's a relationship with a co-worker, family, friend, or significant other, the way we feel in our relationships with others has a lot to do with how we feel about ourselves.

So many people I know want to help others, take care of those around them, and do whatever is in their power to make life better for those they care about. They devote themselves to their children, spouse, job, parents, and friends, making sure their needs are met, no matter what has to be put aside, delayed, or denied for themselves.

We are all here to help each other in high service, to learn lessons, to lend support, to guide, to heal, and to understand ourselves within the context of others. But when that help results in exhaustion, anger, frustration, resentment, and sadness, it's time to take a hard look at what's happening. These are symptoms of losing yourself in the process of helping someone else.

Losing yourself occurs when your identity is eclipsed by those around you; when the definition of your life becomes what others need from you or the role you play in their lives. Uncertainty of who you are comes when your self-identity is tied to the perceived value you provide to others. For example, if the person you are helping has the opinion that you are not doing enough for him or that you are doing it in a less than optimum way, your self-esteem goes down, along with your confidence.

The thing is, no matter what you do for some people, it will never be enough. Let's face it, even with the best intentions, there are times when no amount of energy, worry, stress can make a difference in the life of someone who is not allowed to take responsibility for themselves. Granted, sometimes a person needs a leg up, a bolster during a time of need, to help them get back on their feet. When the situation turns into constant need of assistance from you, then it enters into the unhealthy zone.

If caretaking for an elderly family member or terminally ill person, their need will never be reduced, but there are still ways you can stay detached while giving them the care they need. Hand the reigns over to someone else for an hour or two and do something just for yourself. Take a walk, soak in the tub surrounded by candles, read a book, watch your favorite program, or go out to eat.

For some, suggesting that you take time for yourself is an invitation to disaster. Feelings of being neglectful, uncaring, selfish, and the guilt that goes along with it, surface. If you do not take time for yourself and get what you need, you cannot possibly take care of anyone else. It's like in the airplane when the oxygen mask drops - put your mask on first and then help those around you. If you do not have any air, you will pass out and be unable to help others.

A healthy relationship is a balance of give and take, each person helping the other as needed, while taking responsibility for themselves at the same time. Each gets what they need, not only one or the other. The Universe seeks energetic balance and never meant for you to deplete yourself in service to others.

So many people are struggling with this issue, my friend and energy healer, Krista McKeon and I are hosting a workshop on "Putting Yourself First...Without The Guilt!" on April 2, 2011 in Bethlehem, PA. Check out the details below. You'll be with others who are dealing with the same issue; you are not alone! If this is something that is affecting your ability to live your best life, we hope to see you there!

- ©Diane Wing, 2011

Your True Calling Awaits!

If you:

- Are tired of feeling lost and unfulfilled

to discuss your particular needs.

Are bored, frustrated, and need to force yourself out of bed in the morning

- Don't wake up excited about what the day will bring
- Feel UNABLE to make an impact on others with your gifts and talents
- Wonder if your life has any real value, meaning, and purpose

Get your FREE 45-minute True Calling Consultation by [clicking here!](#)

The Sayre Mansion
Located in the heart of Bethlehem's historic Fountain Hill district
250 Wyandotte St, Bethlehem, PA 18015 (610) 882-2100
<http://www.sayremansion.com/>



Our meeting room!



Stay overnight!



Room rates include breakfast!

Mark Your Calendar For This Very Special Event!

Join Author/Coach Diane Wing, M.A. and Energy Healer Krista McKeon for a very special half-day session on

"Putting Yourself First...Without The Guilt!"

Saturday, April 2, 2011 10 am to 3 pm Tickets are \$125 (lunch included)
Sayre Mansion, Bethlehem, PA

Are you too tired to take care of yourself because you are so busy helping everyone else?

Do you say yes when you really want to say no?

At this workshop, you'll experience powerful breakthroughs so that you can empower yourself to ask for AND receive everything that you want in life... and have it feel really good.

Diane and Krista will create a safe space so you can:

- Learn who you are as an individual
- Learn the role you play in your relationships
- Improve your relationship with yourself and others
- Learn why taking care of yourself first is essential if you want to help others
- Set boundaries and put yourself first without feeling guilty
- Balance your needs with the needs of those around you
- Understand what types of energetic attachments to others hurt more than they help
- Release unhealthy attachments
- Fortify your energy and reclaim your power!

***You're always doing things for everyone else...
Do this for yourself!***

To reserve your seat, email Diane Wing at dianewing@forestwitch.com or [click here](#) to register now!

Space is limited to 30 seats only, so register now to reserve your spot!

The event is taking place at the beautiful Sayre Mansion, conveniently located from I-78 or Route 22. [Directions](#)

Special room rates for our group if you want to stay overnight! [\$135 Queen (save \$50) and \$155 King (save \$55). Conveniently located and beautifully appointed. Price includes lunch.

Stay tuned... more information to come!

Arachne's Alchemy: This section of the newsletter is dedicated to transformation. Your questions are always welcome and can be emailed to me at arachne@forestwitch.com to get a direct reply. **Getting help is transformative.** There's a lot to be said for taking responsibility for yourself and achieving your goals. At the same time, trying to do everything yourself is exhausting and fruitless. Enlisting the help you need to take care of the mundane chores that should be shared leaves you more time to pursue the things only you can focus on. For example, getting help with cleaning the house from others who live with you or hiring someone to help with that, takes a huge load off of you and enables you to focus on what will get you closer to what you want. I know many people who have a giant list of activities that need to be accomplished, complain that they have no time to do anything worthwhile, and spin their wheels trying to get it all done - ultimately running in place and getting no farther than when they started. I see this mostly among solo business owners who try to do everything themselves and rather than hiring someone to help with administrative tasks, they spend much of their time on activities that don't make them any money.

Set your goals and then make a list of everything it will require to achieve it. Then make a list of everything else you need to take care of in your life. Anything that doesn't look like something ONLY YOU can do, outsource it. Get help and see how much farther you get. You'll be less stressed, the creative juices will be flowing, and you'll be more successful overall.

When you're not sure of how to set goals, clear the decks, and accomplish more in life, coaching can be a boost to your success plan. Contact me at dianewing@forestwitch.com to see if coaching is right for you!

"Got a nagging feeling that your life could be more fulfilling? Want to change direction but aren't sure how to do it? Here's how to jump start your new life today ... Hire a personal coach."

- **Modern Maturity**

To your success, Diane Wing a.k.a. Arachne