

July 2017

Moon Glow



Create Your Own
Dream Dictionary

Herb of the Month!

How to Set New
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Business Directory &
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Tarotscopes



OWL IN THE OAK TAROT

Dani Marie
PHOTOGRAPHY

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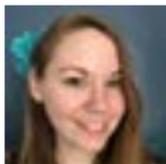
Business Directory

Cover Photo by Dani Marie Photography

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Articles by Jessica Ripley

Letter from the Editor



The purpose of this zine is to inform the community about the many holistic healing and metaphysical arts businesses in Rochester, and to include articles of interest as well for those interested in healing and metaphysics. If you are a holistic healer or metaphysical arts practitioner in the Rochester area and you'd like to have your business included in the directory, your events included in the calendar, your article of interest published, or you'd like to place an ad in the zine, please contact me (Jessica) at owlintheoaktarot@gmail.com Thank you for reading and thank you for your support!

Love,

Jessica



Create Your Own Dream Dictionary

Keeping a dream journal and personalized dream dictionary is one way to tap into a plethora of wisdom and guidance that makes itself available to us while we sleep. There are many published dream dictionaries that you can use for reference when attempting to interpret your dreams, and while these dictionaries can be helpful, they will never be a substitute for creating your own. Each symbol in your dream bears a unique association because dreams are intensely personal. You may, for example, love bats, while another

person may find them terrifying. The meaning of the symbol of a bat in a dream would be fundamentally different for you versus the other person because of how you feel about the symbol in your waking life.

So, where do you start in creating a dream dictionary? Start with your dream journal. Write down your dreams as soon as you wake. If you have trouble remembering your dreams, begin setting the intention every night before sleep that you will remember your dreams, and as you wake in the morning make the effort to remember and write down all that you recall including any and all emotions you may have experienced. You can place an amethyst stone under your pillow to help you remember your dreams as well. When you have time and are ready to go back to what you wrote down, use a separate journal and write down all the people, plac-

es, and things in your dream practice word association. Write down all that you associate with each noun. Go back and do the same for the verbs. If you were driving in the dream, perhaps you associate driving with how you move throughout life (speed, direction, etc).

Next, begin putting these things together and seeing how they connect to your waking life. Say you dream that you're driving in reverse, you may feel like you are moving backward in some area of your life. Or, say that someone else is driving the car, which could indicate that you're letting others determine your direction. If you experienced anger or anxiety in your dream, that is another clue to emotions you may not be acknowledging while awake. It will take practice to understand the symbolism and how it relates to your life, but it's absolutely worth it in the quest to understand yourself better and to better navigate your waking life.

Herb of the Month: Rosemary



Rosemary is an herb often used in cooking, but are you aware of its many benefits? Rosemary is considered an herb of healers. This herb is useful for soothing headaches and migraines, as a digestive aid, and it can help relieve mild depression. Rosemary is beneficial as a memory and concentration booster, so students, take heed. It has anti-inflammatory properties and is useful for poor circulation and blood pressure issues. For the health benefits of Rosemary, you can create a Rosemary tea or utilize it in essential oil form (I recommend Plant Therapy Essential Oils) for aromatherapy.* Consider adding Rosemary to a warm bath with epsom salt to reduce muscle inflam

mation.

The metaphysical properties of Rosemary are many. It is a protective herb, perfect for growing near your front door or keeping in a sachet by your front door to discourage negative energy and people with bad intentions from coming to your home. In incense form it is comparable to sage or frankincense in its ability to purify a space of negative energy. Rosemary is also used to enhance love. You can put Rosemary in a sachet under your pillow as a sleep aid and to help you remember your dreams and keep away nightmares. It is considered s sacred herb to the goddess Aphrodite.

*Always seek the advice of a qualified medical professional before beginning any treatment or health regimen. This article is not a substitute for medical advice and should not be taken without consulting your doctor.



Llewellyn's Little Book of Psychic Development: A Review

This book is a short read, and if you're totally new to learning how to develop your psychic skills you will most likely find the exercises helpful. This book is not, by any means, an in depth exploration or tutorial on psychic powers. The author briefly touches on different psychic abilities and ways to enhance them, interspersed with personal stories about her life as a psychic. Overall, it's a fluffy book, but I would say come for the exercises and stay for the exercises.

How to Set New Moon Intentions



The moon travels through each zodiac sign throughout the year, and each new moon you can utilize the energy by aligning your intentions with whatever sign the new moon is in at the time. I recommend picking up *New Moon Astrology* by Jan Spiller as a reference. Her book contains a table of each new moon through the year 2050 and covers many different areas of what she calls “new moon wishes.” (I call them intentions, she calls them wishes).

Setting new moon intentions is a simple process that can help you achieve new direction, attract what you want to you, and help you grow. For

these intentions to be effective you'll have to work on yourself by dealing with the subconscious, underlying attitudes and beliefs that have been limiting you. For example, if you want a specific career but underneath it all don't really believe you can have that career, that underlying belief that you can't really have what you want will sabotage you.

Learning the art of suspending skepticism is paramount to opening those mystical doors and giving your dreams space to grow. Practice having an open mind. Practice believing that what you want could happen. The brilliance of suspending skepticism is that you're acknowledging it while also saying, "I'm going to put this skepticism on hold for a while" and that seems to be an agreement that your inner skeptic is OK with making.

If you're not sure what intentions to set, I recommend a tarot reading to uncover where to start. When I was first trying to change my financial

situation and I was setting intentions, the intentions weren't working out how I hoped. So I did a reading and it showed me that I needed to deal with some attitudes/heart issues with money first before I could see any progress. I set my next intentions around releasing the attitudes and beliefs that were unhealthy and holding me back and that paved the way for me.

It's ok if all of your intentions end up being about releasing attitudes and beliefs. Those intentions are potent and get the ball rolling for you to move forward with a clear path. The tarot reading may also show you something you hadn't considered. Using tarot to inform your intentions is a way of knowing yourself better so that you can set intentions that reflect your truth and what you really desire deep down.

In addition to all the advice above, it's generally recommended that to set potent intentions you should:

- Handwrite your intentions – the personal nature of physically putting pen to paper is a magical action.
- Write no more than ten intentions a month – this way the energy doesn't get dispersed over too many different areas.
- Be crystal clear on what it is you want – if you're not sure on what you want to manifest, you won't manifest anything. Believe that you can have what you want.
- Pay attention throughout the month and practice gratitude when you see materialization
- Write intentions that feel totally authentic to you – If anything doesn't resonate, cross it out and write a different intention. It has to feel right.

I'm a big believer in doing what works. If you're setting intentions that don't reflect your heart and what you really want, they won't catalyze (which is a mercy). I've had my intentions fail before but overall, it has been my experience that this ritual works.



Happy July sweetiepies! Check out your tarotscope for the month and enjoy!

Aries: This month's energy may force you to slow down and be patient. You can't make things happen that aren't ready to happen. Enjoy the view while you wait, and see what new perspectives you can discover. Make waiting it's own adventure and you may be able to overcome your natural impatience. Take every opportunity to relax, while you're at it.

Taurus: Fearful thoughts are a no-no, and you really don't need them. Any unkind or fear-based thought is unhelpful at best, harmful at most. You may be struggling or afraid about what's to come, but it's time for

you to believe in yourself and to recognize how amazing and capable you are.

Gemini: Feeling like you don't have enough is mostly a mindset, and I know it can be hard to come out of but it's time for you to see the opportunity around you despite present circumstances. It's also time to get creative. Chances are you have skills you can monetize that you haven't even considered yet. Make sure you're feeling abundant spiritually and emotionally, otherwise it really won't matter when it comes to money.

Cancer: Enjoy that grounded feeling and the effects of proper boundaries. Your natural caretaking nature may be tempered by practicality this month, leaving you feeling more balanced and generous as a result. Don't forget to say no to what doesn't serve you, while keeping your compassionate heart open.

Leo: You need a mental break, my friend. Take some time to chill out and allow yourself to be replenished. You don't have to be going all the time, and in fact it isn't healthy. Make a regular practice of checking in with yourself to make sure that you're feeling okay and doing okay. Your first obligation is to your own health, always.

Virgo: Change is rarely painless but that doesn't mean it won't be worth it. Release what's ending without struggle and let yourself become better for it, trusting that the changes will ultimately enhance your life in the long-run. Don't force the process, either. Let yourself feel your feelings, and trust that all will be well in the end.

Libra: You always like to keep things balanced and this month should be no different. You may have the opportunity to teach others how to find their balance and in doing so, help them heal. Share your knowledge and perspective. You have an innate understanding of how peace can be achieved, and the world needs that right now.

Scorpio: There may be some sudden changes for you to face this month, but if you embrace them with a humble attitude you'll have the opportunity to turn chaos into enlightenment and opportunity for change. These types of shake ups are meant to be a wake up call to make changes which will improve your life.

Sagittarius: How many things are you currently jug-

gling in your life at the moment? Make sure your commitments and responsibilities fit with your true goals. If you feel like it's all too mundane, find a way to shake things up. You can take care of all the things on your plate and still have fun, in fact, fun is required.

Capricorn: It's time to speak up and make your presence known. You have the inner courage necessary to speak your wants, needs, and desires, and to share your feelings and true self. You don't do yourself or anyone else any good when you hold back parts of who you are out of fear. It's time to be brave.

Aquarius: Clear out your mental dust bunnies and redefine your goals and direction in life. You've spent enough time being distracted by other peoples' drama and being too close to see the bigger picture. So, what do you really want? Time to find out!

Pisces: This is a great month for solo projects and time spent by yourself. There's a need for you to connect with your inner voice and be alone. Recognize that solitude has its strengths, and that it will embolden you to follow your own path regardless of what others think and whether or not they understand.



Get Your Tarot Reading Today

Hours of availability for in person individual readings are Monday thru Friday by appointment only. You can receive your reading via email at any time. Visit nightowlmeditations.org or call 507-993-2403 to book your reading today.

Book me for your parties and events!

Tarot Services

Faery Wisdom Readings

Tarot Readings

Moon Guidance Readings

Your Year in Bloom Readings

Business Directory

Abundant Chi Community Acupuncture

604 2nd St SW

Rochester, MN 55902

507-990-3299

www.abundant-chi.com

A New Beginning

(Reiki, Massage Therapy, Intuitive Healing, Aura
Cleansing, Chakra Balancing)

1027 7th St NW #106

Rochester, MN 55901

612-665-4178 / 612-501-5312

www.anewbeginning.life

Healing Rhythms Music Therapy

3270 19th St NW Suite 101

Rochester, MN 55901

507-236-7793

www.healingrhythmsmt.com

Hermitage Farm Center for Healing

6415 W River Road NW
Rochester, MN 55901
www.hermitagefarm.org

Nalu Float

(Rochester's Only Sensory Deprivation Float Tanks)
1423 5th Ave NE
Rochester, MN 55906
507-529-1012
nalufloat.com

Owl in the Oak Tarot

(Tarot Reading and Faery Wisdom Reading Services)
Rochester, MN 55904
507-990-3299
nightowlmeditations.org

Sunny Daze Yoga

(Yoga Instruction/Thai Body Work)
Rochester, MN
507-271-0371
Sunnydazeyoga@gmail.com

July Calendar of Events

July 6th, 2017

Channeled Meditation with Vywamus

7:00PM-8:00PM

A New Beginning

[facebook.com/aneubeginningllc](https://www.facebook.com/aneubeginningllc)

July 7th, 2017

Tiny Tunes: Early Childhood Music Class

10:30AM

Healing Rhythms Music Therapy

[facebook.com/healingrhythmsmt](https://www.facebook.com/healingrhythmsmt)

July 9th, 2017

Owl in the Oak Tarot Grand Opening!

2pm-9pm @ Cafe Steam

[facebook.com/owlintheoak](https://www.facebook.com/owlintheoak) for more details

July 12th, 2017

Group Guitar Class for Beginners

7:30 PM

Healing Rhythms Music Therapy

[facebook.com/healingrhythmsmt](https://www.facebook.com/healingrhythmsmt)

July 13th, 2017

Book Reivew with the Archangels

7:00PM-8:30PM

A New Beginning

[facebook.com/aneubeginningllc](https://www.facebook.com/aneubeginningllc)

July 26th, 2017

Channeled Meditation with the Masters

7:00PM-8:30PM

A New Beginning

[facebook.com/aneubeginningllc](https://www.facebook.com/aneubeginningllc)

July 29th, 2017

Community Drum Circle

7:00PM-8:00PM

Healing Rhythms Music Therapy

[facebook.com/healingrhythmsmt](https://www.facebook.com/healingrhythmsmt)

July 30th, 2017

Tarot Readings by Owl in the Oak Tarot

Kutky Pop-up Market

1001 6th St NW

Rochester, MN 55901

10:30AM-4:00PM