

Atlantis Rising

NEWSLETTER

JUNE 2026

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Dear Readers,

Thank you for being part of this brand-new adventure in publishing. The purpose of this newsletter is to provide information on some of our own personal practices and experiences on various mystical paths. In a *legal regard*, we want to say that everything in this publication is presented as entertainment. The information here is not meant to convince anyone of anything or diagnose or treat and problems that a person may have.

The content we share is based on our own understanding, research, and experiences up till this point in time. However, everything and anything may change in the next moment. It is important to recognize that knowledge and perspectives can, and do, evolve over time and with experience.

We encourage you to use the information provided here as a starting point for your own exploration and research. It is essential to engage critical thinking and consider multiple sources in order to form well-informed opinions. Above all, any work in a mystical path requires that you, the expert student, rely on your own experiences and work.

Our intention is to foster a community of learning, sharing, and personal growth that leads people to an expansion of consciousness and awareness. We are not liable for anything untoward that may come about from any information that is presented. All information found here is solely for the purposes of entertainment. Any healing information is derived from anecdotal sources.

Atlantis Rising Newsletter is brought to you by a great team of leaders and minions. We are still trying to figure out who is who but, we are doing our best. We, the team, want to express a heartfelt gratitude for the authors, advertisers, editors, general minions, and of course you, our readers. Thank you for being part of our community.

If you like the work and want to pass it along to your friends, please feel free to use this link so that people can go and download the PDF. This is the best way to share this because the file is too big to email out to other people.

Thank you again for helping this project expand and for being a part of our community.

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Find the Wiccan Terms

Halloween * Samhain * Equinox * Midsummer * Midwinter * Beltaine *
 Imbolc * Mayday * Saturnalia * Yule * Candlemas * Esbat * Sabbat *
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Our word searches will hopefully inspire people to do some research on the words that are unfamiliar to them. After all, our goal is to further the understanding of our relationship to each other, the gods and the macrocosm. We strive to stimulate the “*expert student*” that resides in all of us. Blessed Be.





Winter's Baptism

by Jessica Oppy

Gather round my friends. Refill your drinks, and take warmth by the fire in the safety of your own home with family and friends. I have a tale to tell of warlocks and priests and ridiculous fears that hide in some people's minds and only come lurking about in the night.

It began long ago, when I was a young woman. I was relatively fearless and I had no concerns of gods or elements; I didn't even properly fear men at that time. I was unconcerned with what comes after this earthly life. You see, I was raised Catholic, but I was absolved of that life already...well maybe I should explain more in detail since many of you may have suffered in the same way.

As a child being raised in the Catholic religion, and no, I will not call it faith because there is no faith behind what they peddle. I was raised to not question, accept my fate, and understand that as a girl, I was doomed no matter what I did. This was all due to a supposed incident in the garden of Eden that I personally had nothing to do with. I mean seriously, if I'm going to be doomed, I at least want to be the one who has the fun! Anyway, I was a curious child, always in trouble for asking questions the priests did not want young children to know the answers to, such as, if there was only Adam and Eve, and they had two boys, Cain and Abel, and Cain killed Abel, where did all the other people come from? Or, if I already confessed my sins to God, then why do I have to go into a dark box with a priest to tell my sins? Shouldn't God know? I don't need a middle man. These types of questions and situations continued until I was an adult and finally gave up on the man-made religions. They could not help me with what I wanted to learn, what I felt was correct, or even explain what was around us.

So, I turned to science. Science had answers, they wanted you to ask questions, even encouraged it. I revealed in the labs, mixing concoctions, learning how the body works, seeing the similarities between the unseen world of cells and DNA and the viewable world of nature and astronomical bodies. It was fascinating and there was no end to the areas you could study. Unfortunately, it did not take me long to realize, there were limitations here as well. Limitations of proof, repetition, and consensus. Even in the world of science, faith would get in the way. But it was all ok... I was still searching. And then it happened. The fearless woman, became pregnant. My world turned upside down. I was not sad, or in despair, I just encountered a feeling I never had before, fear. Well let's rephrase a bit, I knew what fear was, but it had never been overly palpable. It was fleeting and based on the moment. Now I encountered fears based on the unknown possible future events. Fear of messing up and possibly ruining a child's life. Fear of making wrong choices that could affect another human being, what if I never became maternal or worse, what if didn't like my child! It was mind blowing, I was no longer one, but two! I had no idea I was not alone and that many women have held such fears. The world I was raised in extolled the beauty and virtues of being a mother. I have never been that person. Well anyway, I think you get the idea of where I was coming from and what was going on in my brain as I came closer and closer to delivery.

And then it happened, December 30th at 2 something in the AM, my little bundle arrived to oohs and ahhs over the size of his feet. He was not overly large, only 8 pounds 12 ounces and 21 inches long, but for perspective, I'm only 5 foot nothing with a shorter torso. So yeah, he looked like a toddler! But he was healthy and wrinkled and mine.



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You would have thought that, all would be well now, he made it to the world without incident, well, not completely without incident, but that is not germane to this story. But instead of things going back to normal, the fears persisted and changed shape. No longer were there fears that he would never come into this world but now, the fears had morphed into how do I protect him. There are bad people in the world who do bad things. It was at this time that the evil magic users, and priests, coupled with my persistent irrational fears that came in the quiet of the night, all merged into one ball of anxiety.

Now that my son was here, I was encouraged to reconsider my religious apathy. And normally, that would have been an easy thing for me to have defended, but there was this movie. The movie was called *Warlock*, with Julian Sands. It was not an award-winning movie, but it caught my attention. In the movie there is a warlock from the Pilgrim era who travels into the future to escape capture. There is a witch hunter who is able to follow him in order to bring him to justice. I will not give away details just in case you would like to watch the movie for yourself. It was quite enjoyable as long as you don't have any preconceptions that this movie was Oscar worthy.

Anyway, in the movie, the warlock happens upon a boy who is unbaptized. This evil person seizes his chance and murders the boy for his horrible plan. He melts the boy's fat down so that he can add it to a potion that will empower him to fly and escape his pursuer. I know, it's kind of silly, but that stuck in my head. More than anything else in that movie, this completion of the evil plan is what I remembered. I would like to mention that this was 7 years after seeing the movie. This old memory was now feeding a new fear. What if there *is* someone, in this world who saw that movie and thought; that would work. And, what if this person thinks they are a warlock and that by rendering down the fat of an unbaptized child they too, can fly. This is a totally unfounded fear but, the thought of someone wanting to drink the boiled fat of an unbaptized child to gain the ability to fly was preying on my mind. Even worse, what if, they happen upon *my* child; my child who is not baptized? This fear took hold fast and deep. I couldn't take it, something had to be done! First. Do not have him wear a t-shirt that says "Un-baptized baby fat here". The second thing would have to be more drastic.

So, I went back to the Catholic Church. I found one that was willing to take us in and let us go through the "courses." My son would be baptized and no one would want his fat. I was back! But still fighting and questioning. Did I make things easy? No! My choices for godparents would not be considered proper. The godmother, yes, she was a parishioner of the church already, which is how I found them but, the godfather, nope, he is a Lutheran. That was an interesting conversation with the priest. Acting as if a Lutheran could not properly help my son should he have questions about the world and spiritual life. This man was and is one of the best humans I've met! Anyway, we get through the classes and select the weekend so that my family can join. Everything was scheduled and we were all sitting there in our Sunday best waiting to begin. When I remembered, there was something important I needed to tell my friends and family. This little memory slip was in regards to the priest. I needed to tell/warn them that, well, he has a distinctive voice. Very distinctive. As a matter of fact, he sounds a bit like, well, Marvin the Martian. As I told everyone about this there was, of course, disbelief, but at least I warned them. The service begins, and another problem raises its ugly head. I don't understand a word Marvin the



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Martian is saying! The service was being conducted in Spanish. They booked me into the wrong weekend. The entire baptism was to be conducted in Spanish! Needless to say, the reactions of those around me were rather humorous as they heard Marvin the Martian speaking Spanish in Catholic robes!



The important part is that now my son was baptized. He could not be used for some warlock's plan to enable him to fly. The things a mother has to go through to protect her child.

Afterward: My son is all grown now, a man of 29 as of December 30th. He is the lead singer of a band called Sorry Barb. He is the tall guy in the center of this photo and doing well.



Just for general information, he has NOT been approached by any nefarious warlocks looking for his baby fat. Please take the time to hit the Spotify link by clicking the album cover or the link below. They have some wonderful songs that are very unique, take it from me, his mother. I am the short one in the middle of the picture and I am also the author of this article. There is a great rendition of Stevie Nick's, *Rhiannon*, and then the song, *Catholic Schmatholic*. Trust me, there is a little something for everyone! Here is the Spotify link. [CLICK ME!](#)

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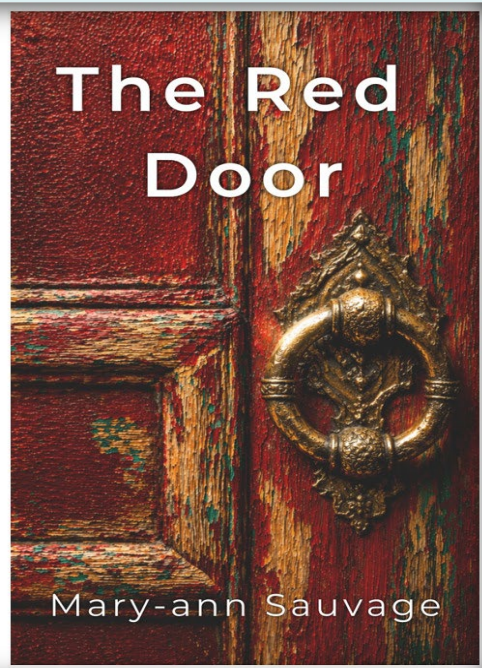
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Connecting Spirituality and Therapy

by: Teri Fairnie

For many people, spirituality is not separate from emotional healing; it is part of the way they understand themselves, their relationships, their values and their place in the world. Within Pagan traditions, connection with nature, the cycles of the seasons, ritual, ancestry, intuition and personal meaning can offer powerful resources for reflection, grounding and transformation.

Therapy does not need to reduce spiritual experience to symptoms, nor does it need to ignore beliefs that are central to a person's identity. At its best, therapy creates a safe and respectful space where the whole person can be explored. For Pagan clients, this may include discussing ritual practice, shadow work, seasonal change, grief, embodiment, dreams, symbols, spiritual belonging or the felt relationship with the natural world.

Some Pagan clients may also come to therapy with understandable fears about being misunderstood, judged or having their beliefs dismissed. There may be concern that spiritual experiences, ritual practice, divination, deity work, magic, animism or connection with unseen aspects of life will be seen as a mental health disorder or treated as strange. Others may simply worry about being vulnerable with a therapist who does not understand the importance of their spiritual identity. These fears matter. A respectful therapeutic space should not require a person to edit out their Pagan worldview in order to be taken seriously. Instead, therapy can offer a place where beliefs are approached with curiosity, care and clinical sensitivity, while still supporting emotional wellbeing, self-awareness and meaningful change.

Integrating spirituality and therapy does not mean replacing psychological work with spiritual ideas. Rather, it means allowing spiritual belief to sit alongside evidence-informed therapeutic practice. A client may, for example, use grounding techniques that are also nature-based, explore inner conflict through symbolic language, or understand recovery and growth through the imagery of descent, renewal and rebirth.

When spiritual identity is welcomed rather than pathologised, therapy can become more authentic, meaningful and empowering. It can help people bring together insight, emotional regulation, self-compassion and a deeper sense of connection.

My name is Teri Fairni, I am a therapist offering respectful, confidential therapy for people who wish to work within, or alongside, a Pagan spiritual framework. My approach is psychologically grounded, ethical and inclusive, while making space for your beliefs, practices and personal meaning. If you are seeking therapy that honours both your emotional life and your spiritual path, I welcome enquiries. Counselling via Zoom. Contact me via email at:

Satoripresence@gmail.com

Midsummer's

Some facts, myths and ways to celebrate.

Midsummer's is celebrated on or about the Summer Solstice. The Solstice is the actual astrological time of year when the days begin to shorten as we move toward Midwinter's or the Winter Solstice.



During this special day it is said that the Veils between the physical world and the magickal world becomes much thinner. This is a highly magical, "liminal" time. When this happens according to legend and psychics alike, being from the other worlds scan easily cross to this plane of existence. You may see fairies, spirits, and trolls, elves, sprites romping about around your Midsummer bon fire. This time of year, much like Halloween, is also traditionally thought to be perfect for communicating with loves ones who have crossed to the other side. Tarot and other forms of divination are supposedly more accurate and easier to do.

The Celts regard this time of year to fall under the auspices of the Oak King and the Holly King. These two beings are locked in a constant battle all during the year only to be vanquished on their special days.

The Oak King: Personifies light, warmth, and fertility. Often associated with the "Green Man," he symbolizes the sprouting and growth of the natural world. He reigns during the longer days.

The Holly King: Personifies the dark, cold, and resting half of the year. He is a symbol of inner wisdom, transformation, and the dormancy of winter.

On the Summer Solstice (Midsummer): The Holly King defeats the Oak King, after which days begin to shorten and the earth prepares for Winter.

In contrast, during the Winter Solstice (Yule): The Oak King defeats the Holly King, signaling that the days will begin to grow longer.

Such is the eternal cycle of Winter and Summer. Symbolic Animals found in many traditional retellings of the stories of the Oak and Holly King, is that the Oak King is symbolically represented by a robin, while the Holly King is represented by a wren.

Some of the things to do to celebrate the Summer Solstice are

Lighting massive bonfires: Towering coastal or lakeside fires are lit to ward off malevolent spirits and witches thought to be roaming during the



shifting sun. **Jumping over flames:**

Successfully leaping over the smoldering embers is a traditional way to guarantee prosperity and dispel bad luck. **Burning effigies** that signify the things that you want removed from your life is also a common activity. **Dew bathing:** Washing the face in early morning Midsummer dew is believed to provide healing properties and vibrant health. **Weaving flower crowns:** Celebrants weave fresh wildflowers and birch leaves into head wreaths to represent rebirth and nature's abundance. **Placing flowers under pillows:** A popular love divination asserts that by picking seven different types of wildflowers, in complete silence, on

Midsummer's Eve and then placing them under a pillow will trigger dreams of a future spouse.





What is a festival day without special food? Midsummer's is a time to focus on the bounty of the land that is readily available at that time of year. There are just two examples of culinary goodies that can be prepared for a party or just for you family. They bring the flavors of the season into play and help make you aware of the special time of year that you are celebrating. There are many possibilities for special goodies. The two presented here are easy to do and are enjoyed in a big way. I hope you enjoy your Midsummer celebration.

Fruit & Fennel Salad with Fresh Oranges

Fennel has a rich, licorice-like flavor, and lends itself well to a cool summer salad. Add a bit of fruit to offset the savoriness of the fennel, top with a light mustard vinaigrette, and you've got the perfect salad to serve as a side or main course.

Ingredients:

- 1 large fennel bulb
- 2 fresh oranges
- 1 Granny Smith apple
- 3 green onions
- 1/4 C. water
- 3 Tbs. balsamic vinegar
- 2 Tbs. olive oil
- 2 Tbs. honey mustard
- 1 Tbs. chopped fresh rosemary
- 1 garlic clove, minced

Preparation:

Shave the fennel into thin pieces (use a mandolin if you have one), and toss it into a bowl. Peel and divide the oranges, and chunk up the Granny Smith apples, dice the green onions, and add all these to the fennel.

Combine the water, balsamic vinegar, olive oil, honey mustard, rosemary and garlic in a bowl and whisk until blended. Drizzle over the fennel and fruit salad.

Snack Wraps

These snack wraps are easy to make, and can be prepped ahead of time and chilled in the fridge. They work nicely as an appetizer for any summer menu, or you can put together a variety of them as a main course for a light dinner.

Ingredients:

- 10 flour tortillas
- 1 package cream cheese, softened
- 1 Tbs. fresh dill
- 1 garlic clove, minced
- 1 C. shredded lettuce
- 1 C. shredded carrots
- 1 C. diced tomato
- 1 lb. chicken breast, cooked and diced
- 2 C. your favorite cheese, shredded

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Preparation:

Mix the dill and garlic into the cream cheese, and stir until blended. Spread the cream cheese mixture evenly onto the tortillas. In layers, add the lettuce, carrots, tomato and chicken breast. Top with cheese.

To roll the tortillas up, fold the bottom of the tortilla up, and then fold in from one side. Use a toothpick to keep it from unrolling, and chill for an hour or so before serving.

Veggie-lover's option: Instead of the chicken, used diced and cooked tofu, seasoned with a bit of teriyaki or soy sauce. You can also use chopped cucumbers or peppers. For a gluten-free alternative, use brown rice tortillas instead of flour.



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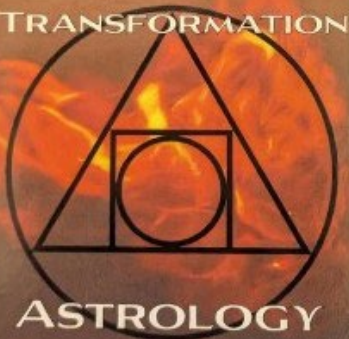
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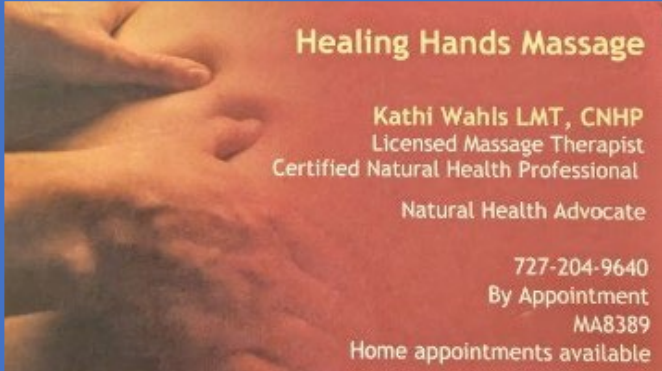


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He continued with, “The basic meaning of the horoscope is that, by mapping out the positions of the planets and their relations to one another (aspects), together with the distribution of the signs of the zodiac at the cardinal points, it gives a picture first of the psychic and then of the physical constitution on the individual. It represents, in essence, a system of original and fundamental qualities in a person’s character, and can therefore be regarded as an equivalent of the individual psyche.”

Jung felt that this “map” was an extremely important insight into a person’s psychological mechanics. Today, we still rely on astrology to help a person understand what is going on around them and the connections they have to events, people and situations.

Natal charts can be a great too to help better understand:

- ❤ Romantic compatibility & new relationships
- 👨👩👧👦 Family dynamics & parenting styles
- 💼 Bosses, coworkers & business partnerships
- 🧠 Emotional triggers & communication patterns
- 🌱 Career direction & personal growth
- ✨ Spiritual gifts and soul evolution

Astrology is still one of the most popular types of readings people seek out. The fascination with the stars, planets, Sun and Moon still attract the majority of attention of metaphysically based people. For the people who doubt the influence of planetary bodies in our lives, think of this; the Moon, as it orbits our planet, is in total control of the ocean tides.

On a smaller level of influence; A 2013 study of male students, researchers measured the effects of changing the lunar cycle on the participant cardiovascular system. They found that blood pressure fell by about 5 mmHg during the new moon and full moon phases. They also took a step test. Their heart rate and blood pressure were lower during the full moon and the new moon. Plus, their heart rate returned to normal levels faster during the full moon and the new moon. In the study, the researchers concluded that humans were more physically efficient during the full moon and the new moon.

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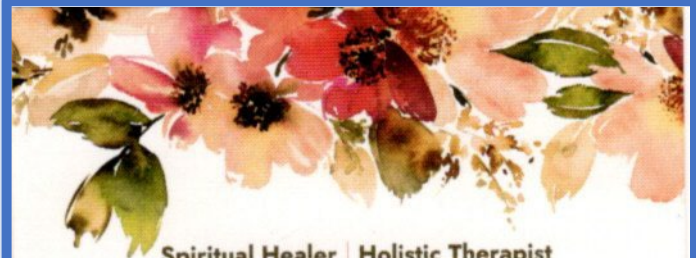


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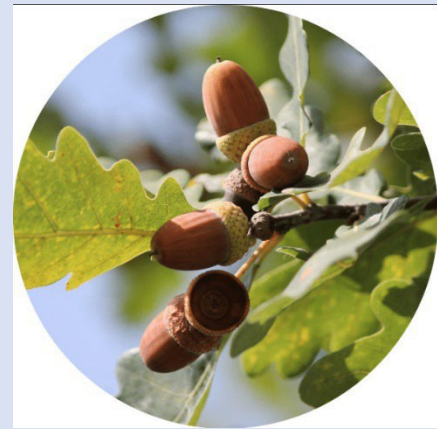
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 [AlexanderNemo100](https://www.instagram.com/AlexanderNemo100)

THE OAK TREE

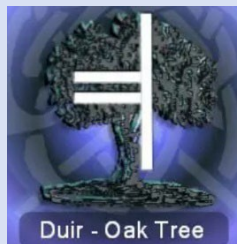
Origin:	the Oak tree is native to North America
Planet:	Corresponds to the planet Mars, Jupiter and the Sun.
Element:	Fire & also Spirit.
Deity:	Zeus, Jupiter, Thor, Dagda, Herne, and the Green Man



Magickal uses: Storm & lighting magick, removes curses, restores life vitality. Incense to increase clairvoyance.

Healing properties: Strong astringent, a diuretic in tea form or capsules, Oak as a flower essence is good to restore integrity of mind & body after long periods of suffering.

Interesting facts: Within Native American lore it is considered to be the "Tree of Life". Druids consider it a tree of knowledge. Carrying acorns is believed to attract abundance, good luck and fertility.



Warning: No plant or resin should be ingested or used unless under supervision of a licensed practitioner.

MYSTIK KIM

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Wearing the Pentagram

I love wearing my pentagram. It's the representation of my philosophical view. It describes my relationship to the universe, it tells of my striving towards enlightenment as well as my connection to the divine principle both within me as well as on the macrocosmic level. Its weight against my chest reminds me that there is always something there even if I can't see it or, momentarily forget about it. I truly enjoy my sacred symbol.



I would recommend to everyone who is practicing any type of mystical path that they wear some sort of symbol of their association with the path that they're on. Wearing something helps you to connect with it even if it is on a subconscious level. Later on in your studies, or if you know how to already, you can consecrate your piece of jewelry, or symbol, to your specific path. This process would intensify the connection to your mystical path even more so. I feel that possessing a physical representation of your path is a positive thing.

If you are wearing your pentagram, you should really understand the depth of its meaning. Each of the five points means something. The top point is associated with the spirit. Spirit is dominant over the four lower points. Each of the four lower points is associated with one of the four elements. The elements come under the auspices of the spirit. So, if we

extrapolate these facts, we can conclude that the spirit, the divine aspect within us, rules over the four elements. Since all of the physical plane has been created via the force of the 4 elements, we can say that the spirit or the spiritual side of life, is dominant over the physical side of life. Wow! Wearing an upside up pentagram is making quite a big statement about how you view your life. This is just one layer of the multiple meanings that this shape represents.

Do you know why the pentagram is associated with or considered to be a symbol of protection? Well, one of the reasons is its connection to the goddess Venus. A long time ago (historically about 5000 years ago, but probably way older than that) the Babylonians used the shape of the star to represent the movements of the planet that we now call Venus. Venus' path with its conjunctions between the earth and the sun, when plotted out, create a pattern known as the "rose of Venus". This so-called rose, is a big pentagram. Venus, since it was the first celestial object that could be seen right at sunset and was the last object to be overpowered by the sun at dawn, was considered ever present force. Venus was related by early people to the ever present influence of the 'Mother Goddess'. Since it is hard to find anything in the universe more protective than a mother, both the goddess and her pentagram, became a powerful symbol of both protection and divine love.

The more you research this symbol the more you will learn. The more you learn, the more you will appreciate and understand about the symbol you're wearing. In turn, your knowledge of the symbol will make it easier for you to forge a stronger psychic connection to the ever-present forces it represents.

Be proud of the symbols you wear. Understand the symbols that you wear. Don't just be a poser.





SMOKERS CORNER

Cigars & Incense

I have been a cigar smoker for years and yet, I still am learning about the noble cigar. Lately I have been trying to understand the different wrappers that are on the outside of a cigar. The wrapper provides a visual experience in regards to color but, each type of wrapper also provides a taste difference. For me, I prefer different wrappers according to my mood, time of day or even if I happen to be enjoying a wine or scotch or rum along with my cigar. I hope that the information below helps you begin your research into the many types of wrappers. The best way to find your favorites is to experiment and keep notes of what you enjoy. Very soon you will be an old pro at knowing what wrappers meet your expectations of flavor to match your mood. Happy smoking.

Primary Wrapper Types

- **Connecticut:** The most famous light-tan wrapper (usually grown under shade in the USA or Ecuador). It provides a mild, creamy smoke with notes of cedar, nuts, and mild pepper.
- **Habano:** Originating from Cuban seeds but grown in Nicaragua and Ecuador. It delivers a darker, reddish-brown appearance with an intense, spicy, and earthy flavor profile, complemented by leather and coffee.
- **Corojo:** Historically from Cuba, now widely grown in Honduras. Known for its reddish-brown color, this leaf offers a robust, peppery, and spicy smoking experience.
- **Cameroon:** Grown in Central Africa, these delicate, toothy leaves provide a fantastic balance of natural sweetness and spice.
- **Sumatra:** Grown in Indonesia, these dark, oily wrappers deliver a distinctive spicy, earthy flavor with hints of cedar and leather.



Classification by Shade & Process

- **Natural:** A broad umbrella term typically used for lighter-shade leaves (such as Connecticut) that are nutty, smooth, and mild.
- **Candela:** Noticeable for its unique, bright green color. The green is locked in by rapidly curing the leaves to retain chlorophyll. The profile is very mild, grassy, and sweet.
- **Maduro:** Spanish for "ripe," this is not a tobacco strain but a process. Leaves undergo an extended, high-heat fermentation to create a dark brown, almost black, rugged leaf. They are renowned for rich, sweet, and heavy flavors of dark chocolate and espresso.
- **Oscuro:** The darkest of all wrappers, almost completely black. These are left on the stalk longer and thoroughly fermented to yield a full-bodied, intense, and robust flavor.

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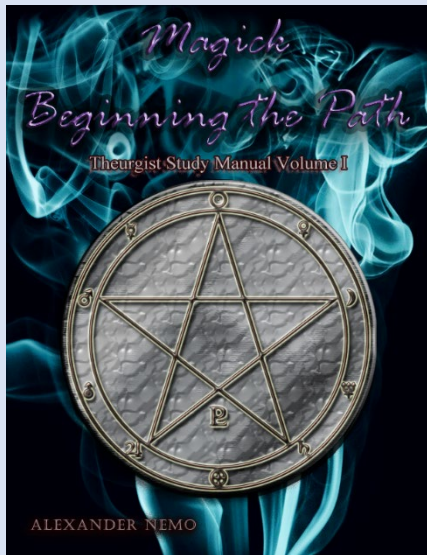
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