

Rockstar PRIESTESS

SACRED SEASONAL MISSIVES FOR SISTERS OF THE GODDESS

NO. 01 // 2016

Midwinter

CELEBRATE THE MIDWINTER SEASON

Free Avalon Guided
Meditation Inside

NEW YEAR MERMAID WISDOM

The Ultimate Closing
Ceremony for 2016



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Hi There!

Demi Here. Welcome to Rockstar Priestess' Magazine!
Basically, I discovered how to make magazines this month, and now I can't be stopped: I am turning everything into a magazine or a book or a brochure, or SOMETHING.

For my Rockstar Priestess Yule Newsletter, I just had too much to share with you all, and well, it was a perfect excuse to make a magazine. Ahem.

This midwinter, we will be talking about how to connect with the season of air, learn a meditation to connect with the energies of Avalon, figure out how to let go of 2016 AND the best way to make resolutions for 2017.

(What was your 2016 New Year resolution? Mine was drink more booze :D Seriously. Job completed!)

Please enjoy, indulge and share!

Demi





MY NEW YEAR'S RESOLUTION?

BE MORE
MERMAID

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CELEBRATE THE SEASON OF STILLNESS

Midwinter as the season of Air.
Come with me as we deepen into
this sacred season of peace and
clarity.

As we shift into Midwinter, the longest night of the year, we step outside in the gathering darkness to feel into the energy of this season.

The air is sharp and cold. The trees are bare and still. The wide night sky is crystal clear, the fields are fallow and the creatures wait out the winter for spring.

Frost crystallises the grass, the hedgerows, the dying flowers.

In many traditions, Midwinter is the festival of Earth. There is no distraction from the bare, fallow earth - we turn our gaze to the north, to

the cold frigid mountains and wilds of Scotland and beyond.

(Because, of course, Wicca was created in England, and the directions are based on English experiences of directions. In the west it rains a lot, because of the Atlantic Ocean - in the north there are mountains, in the south it is much warmer than in the north and in the east, I'm going to assume the flat landscape makes for wide open spaces so that the sky, being air, dominates the landscape).

However in the tradition I trained in, Midwinter is the festival of Air. It's the season when we are most acutely aware of the element of air in our lives - it is so cold it feels sharp to breathe in. We can see our breath, our own air, manifest in front of us - storms and high winds batter our country, and there is no distraction from the ether - all the vegetation has died back, leaving pale brown skeletons against a crystal blue sky.

Energetically speaking, Midwinter is a time of stillness. The earth rests, preparing for a new year. If Samhain was the opening of the veils, the portal to death, then Midwinter is the last breath, crossing the threshold into the stillness and peace, to rest and surrender.

The Goddesses of Midwinter are ancient crones of the stars - women who walk the frozen nights high upon mountaintops, wise women who are less about the darkness-stirring portal and more about the stillness and wisdom after.

This season is a little confusing, because even though the earth is calling us to rest and hibernate, to be still and meditate and hide peacefully in our caves, the rest of the world is telling us we have to run the circus of Christmas, do all the office parties, go late night shopping and deal with the supermarket... it's like apocalyptic panic season, where everyone buys three times the amount of food they need and gets tat for people they aren't that fond of.

In ancient times, a vigil would have been held on midwinter night, and celebrants would have stayed up through the longest night to watch the rebirth of the sun, having a little party to celebrate the return of the sun and the hope it brought them that spring would be coming back soon.

Nature calls us to connect back in with the season - to spend time in stillness and contemplation. To plan, to dream, to imagine. To empty, and to rest. To let go.

Returning to the sacred, still heart of Midwinter Season goes against our linear patriarchal conditioning, where we are expected a constant, consistent output all the time. But nature, and the feminine, work in cycles. This is snugly rest time.

The festival of air can bring us crystal clarity about our our path and choices for the new year, as we empty out and distil the true motivations behind our desires. Air is the element of the mind, and this time of year is a fabulous time to hunker down in your snugly duvet and see what is happening in your mind. What beliefs have you been living with this year? What thoughts and ideas have you accumulated that are no longer of use to you?

Winter brings nature down to the essentials, and we can do that with our mind.

How can you let the cold, clear element of air into your mind to clear away the leaf litter of an old year? What needs to be released?

Air has always been associated with Spirit, as it is the least tangible of all the elements - we can see it's effects, but we can't see it.

Honestly, midwinter is one of my favourite times of year spiritually as it just calls me to meditate, to empty out, to reach deep into presence and connect with the Divine. It's just such a magical season - it makes me think of the peaceful devotion of monks and priestesses past.

This Yule Season, have a think about:

- **How will you rest this midwinter period?**
- **How will you connect with the stillness of the season?**
- **What do you want to bring into manifestation in the coming year - can you get super clear on what you want and why you want it?**



**9 WAYS TO
DEEPEN INTO**

midwinter

Sometimes we get a little stuck in our spirituality.

We get in a rut, and we don't know how to break out of it, to become re-inspired again. The magic of following the wheel of the year is that every turn has a different focus. As we still and turn inwards this Midwinter, here are some practices we can experiment and play with through the long winter nights.

1. Cultivate a Meditation Practice

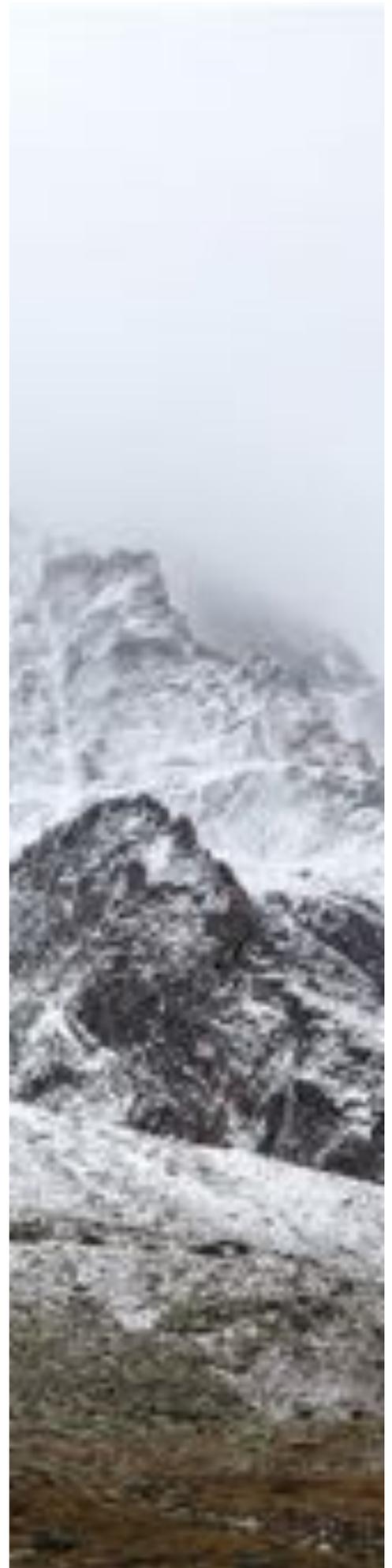
This season is all about stillness and emptiness - for that reason, it's been one of my favourites for a long time. It's just so... peaceful. And it's the best time to challenge yourself to cultivate a meditation practice.

My favourite way to meditate is to pop on a song (I am loving Ashana's Jewels of Silence album) and focus on creating an open, static-free feeling in my body. I focus on being a clear channel for receiving the universe/divine (rather than trying to get my brain to shut up, because ha ha ha as if that works - universal life lesson here of focusing on what you want rather than what you don't want!) and being present to the music. When the music is over. Simple.

Remember, it's called a Practice, not a Perfection.

2. Practice being Present Outside

Go for a walk and focus on being really really present. By that I mean, all your attention is looking at the world around you - touching things, looking at the sky, feeling the wind on your face. You are not focused on being empty - you are focused on seeing the magic in the world around you. I call it a touchy feely walk, because I'm like a drugged out hippy touching bits of leaf and tea bark going "woah man!". This is the most magical peaceful thing to do ever.



3. Burn delicious smelling oils

In the winter, it's lovely to burn warming scents on oil burners. I'm in love with the blend of 2 drops of rankinsence, one of juniper berry, and two of clove on the oil burner, or this room perfume I picked up in Paris by Terre d'Oc called White Fir.

4. Read the Stars

Make like a magi, nativity style, and get out under the stars this winter. In the Glastonbury-style Avalonian wheel of the year, we honour Arianhrod, the goddess of the silver wheel, who is associated with the stars. Google yourself a map of the night sky on your phone, wrap up warm and lie out under the stars, mapping the constellations.

5. Space Clear like a mothertrucker

In this season of air, it's the most delicious time to clear out any old, lingering energy from the previous year. Give your rooms a tidy and a Hoover, then use a bell, a gong, or a fan (sometimes I end up using a ringbinder and clap with my hands to break up energy) to break up the old, stale energy and send it to the earth. Then, open all the windows to let the fresh air in, and bless the space with incense.

6. Make your own incense

Honour the season of air by making your own incense! You could try these recipes here if you have access to some more exotic ingredients and make like a badass 13th century alchemist, grinding and mixing away <http://incensemaking.com/recipes/seasons-winter.html> or if your store cupboard is a little more Urban Witch than Nostradamus, why not try some of these recipes <http://www.starfirescircle.com/incense>





7. Read Eckhart Tolle

This book is all about living in the present ie. being present, and how it changes your life, makes all the worries disappear and makes everything great. This is a great spiritual classic by a master, Eckhart Tolle, that will change your perception of how you look at the world. It's well worth a cosy read by the fire in those tween times between Christmas and New Year. It's band on trend for the stillness n' presence vibe of this time of year.

8. Feed the Birds

Honour the Goddesses of air this season by feeding her creatures - the birds! Birds love a little extra protein in the long dark nights, so as part of your spiritual practice it is lovely to put some seed out for the birds. Practical spirituality that benefits the world!

Oooh if you want to feed some ducks, they like defrosted frozen peas, sweetcorn and oats much more than they like bread.

9. Hold a Midnight Vigil

Keeping with the ancient tradition of staying up to see the sunrise, on the shortest night of the year (... or now of the shortest nights, if you were busy in the official day) you could hold a midnight vigil. Light a candle as the sun falls, and keep it burning until the sun rises. You can play beautiful music, research and read witchy books, spend time in prayer or reading tarot cards, watching spiritual movies, doing guided meditations... one night of sacred connection.

(And if you miss the official night of the Solstice, don't freak out too much. The energy still holds either side of the Equinox - the Equinox day is the most powerful portal day by far, but celebrating is far better than not celebrating, right?)

MIDWINTER MEDITATION

Argante

Welcome to your midwinter missive from your Morgen Priestess!

As much as I love mermaids, I am also head over heels in love with Avalon, and every season I connect in with the energy of Avalon as it moves through the year. Welcome to my Avalonian Coven!

This season we are connecting with Queen Argante. Her watchwords are the Otherworld, Vision and Clarity.

Like many Avalonian goddess, Argante is a lady shrouded in mystery. Her only mention in literature is where she is named as one of the 2 faery queens skilled in healing who carried King Arthur to Avalon by the medieval writer Layamon. Caitlyn and John Matthews in their book *Ladies of the Lake* refer to her as THE lady of the lake - the samite covered hand who gave the sword to Arthur, the faery woman who fostered super-hot Lancelot and gave him is otherworldly vibe.

She is the kingmaker, knowing who to bestow sovereignty onto from her otherworldly isle. She is a great healer, and as such guards the doorway of death.

Like many women in the Arthurian stories, her original role in celtic legend has been forgotten and distorted as the transmissions from the otherworld were retold and retold by patriarchal, god-fearing dudes.

Piecing together the women of Avalon seems to always be an exercise in research and imagination. Books by goddess-loving historians always draw conclusions that books by not-goddess loving historians miss. There is never a right opinion or perfect source in History, no and rarely any real facts - just a series of facts influenced by bias and desire.

I struggled with the inventive, imagination-aspect of piecing together the histories of Arthurian women for many years... until I realised that their otherworldly nature, their shifting feminine power can only be understood and explored in Imagination.

Unlike in patriarchal religions, discovery of the Goddesses is not a linear, this-way-is-right-that-way-is-wrong kind of game. They are shapeshifters, embodying the fluid, intangible, ever-shifting qualities of women and the otherworld. You can't pin that down in a way the patriarchy approves of. Goddess spirituality at it's core is shifting, poetic and imaginative.

So I would love to introduce you to Argante as she has appeared to me in my spiritual practice.

Argante started appearing to me completely by surprise a couple of years ago in deep meditation. At times where I was really in the zone with my meditating game, I would journey to Avalon and be guided to this powerful queen who liked to read the stars on lonely hilltops. Her energy was immense, ancient, and awe-inspiring - it was as if she was on another level of existence, of interacting with the world, where she read the patterns of the universe rather than the day to day existence. Her energy was regal, and a little intimidating, and she was wise beyond belief, and she said her name was Argante.

I knew she was ancient, but she never appeared so to me. She appeared as a mature woman, shrouded in grey, lavender and indigo robes, who told her impossible age through her eyes.

For me, she always appears as the Crone Queen: a stately, wise presence who knows all future. I think she always appears stargazing to me as it symbolises looking at the big picture, at a universe bigger than myself and my day to day dramas. She sees the undercurrents, not the stuff floating on the surface.

I love to visit her, as she grounds me deeply into presence, into peace, and into non-attachment with the world (in a good way! In that stuff happens but it doesn't have power over me, and I am centred in peace.) For me, she represents with wisdom and clarity that can be collected at midwinter, when the shock of ice surprises all false answers from our minds, and we can rest in the season of death.

Would you like to get to know Argante for yourself? Well, I have made you a free mp3 guided meditation so you can do just that. Woop woop!

FREE FOR YOU:

A free, guided 25 minute ritual meditation MP3 to meet Argante, Silver Queen of Avalon, watcher of the stars.

GET IT HERE:

All you have to do is access it is pop on over to this page www.priestestraining.com/argante/ and enter your email address, and it will be sent right to you.



ARE YOU READY TO
Be More Mermaid?

LATE
REGISTRATION
26th - 30th
December
2016



BE MORE MERMAID, MY SIGNATURE IMMERSE-YOURSELF-IN-MERMAIDS COCOON OF AN E-COURSE,
WILL BE OPEN FOR LATE REGISTRATION DECEMBER 26TH - 30TH!
YOU ARE ALL INVITED TO JOIN ME ON A SIX WEEK NEW YEAR ADVENTURE TO SHED OUR HUMAN
SKINS AND START 2017 BY SINKING DEEPLY INTO MERMAID CONSCIOUSNESS.
IT'S LIKE THE BEST NEW YEAR'S RESOLUTION EVERRRRR. SOD THE GYM. BE MORE MERMAID
INSTEAD.

WWW.PRIESTESSTRAINING.COM

THE MOST IMPORTANT *Closing Ceremony* FOR 2016

It is truth universally acknowledged that the things we pay attention to MANIFEST.

The more we pay attention to our cat, or dog, or boyfriend, or child, the more it likes us.

The more we pay attention to how tidy the house is, the tidier the house gets.

The truth is, it's ATTENTION not INTENTION that makes magical changes. An intention is just a thought, a moment of I-wanna-go-this-way. Attention is always noticing and thinking about it on some background level of consciousness.

So your midwinter mission is rustle up a piece of paper, and write a list of everything that was excellent, every wonderful moment, every time you were proud of your self, achieved something, or did something you liked.

This is your happy list.

This is your proof that 2016 wasn't JUST a bag of sweaty balls - it had it's magical moments too.

I want you to write down 100 good things that happened. Things you were proud of. Things that

made you smile. Experiences you cherished, challenges you overcame, lessons you learned.

This is SO. POWERFUL. It's like an affirmation of how amazing you are, how much you learnt, how much you grew, how much you lived in the last year. When your list is done, you will feel amazing. Guaranteed.

This is the most important thing to do this season! Get to it!

(And when you have finished, come on over to the Mermaid Sisterhood on Facebook and tell us you did it!)

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16 | Midwinter

Stuck for ideas? Here are some of the things on my list

- I found a way to buy expensive fancy french lingerie at a fraction of the price - including the brand I always dreamed of owning. Aphrodite for the Win!
- I successfully ran my own Burlesque Show twice this year
- I finally understood what I had to learn by leaving priestess training two years ago
- I realised that if I have to be single, that's fine, because I still get to be with me and I love myself very much.
- I made buying good food a priority this year.
- I stopped over budgeting myself and let myself enjoy life.
- I completed an amazing dance training
- I performed in Italy and Morocco!
- I had people tell me in Italy that I was their favourite performer! Imagine!
- I learnt a little bit more about my granny.
- I gave myself permission to really connect with the goddesses Osun and Yemoja this year
- I got really excited about work. For the first time ever really.
- I started to believe that my dreams were actually possible - and attainable
- I ran my first retreat!
- I read loads and loads of books. Yeah!
- I learnt what I really wanted in a relationship.

Love Your Lady Landscape

By Lisa Lister

You know what, I have a total girl crush on Lisa Lister. I read her books and I feel like we are soul sisters. She GETS it man.

Love your Lady landscape is Lisa's newest release, and it's all about loving, honouring and adoring the most feminine part of you - the womb. It's crazy how often we forget that we have this part of ourselves that is so powerful - that is capable of creating life and being a true portal between the worlds - and it's insane how our culture has made even talking about it taboo. Nowadays, if I am talking about sex and periods and stuff in public I'm loud and brash - and when I get that little voice that speaks up and says "This is not proper conversation! Hush your tone" a bigger voice goes NO I AM NOT ASHAMED and speaks louder.



Honestly, it's my christmas reading and I am only half way through, but this book is brilliant. It's a total shame buster, and Lisa gives us lots of fascinating practical ways to connect in and honour our feminine power portal - like, spiritual things, guys, get your minds out of the gutter. It's not ALLL vibrators and two fingered tangos ya know.

It's really making me feel powerful reading this book. Lisa is the bomb. Highly recommended.

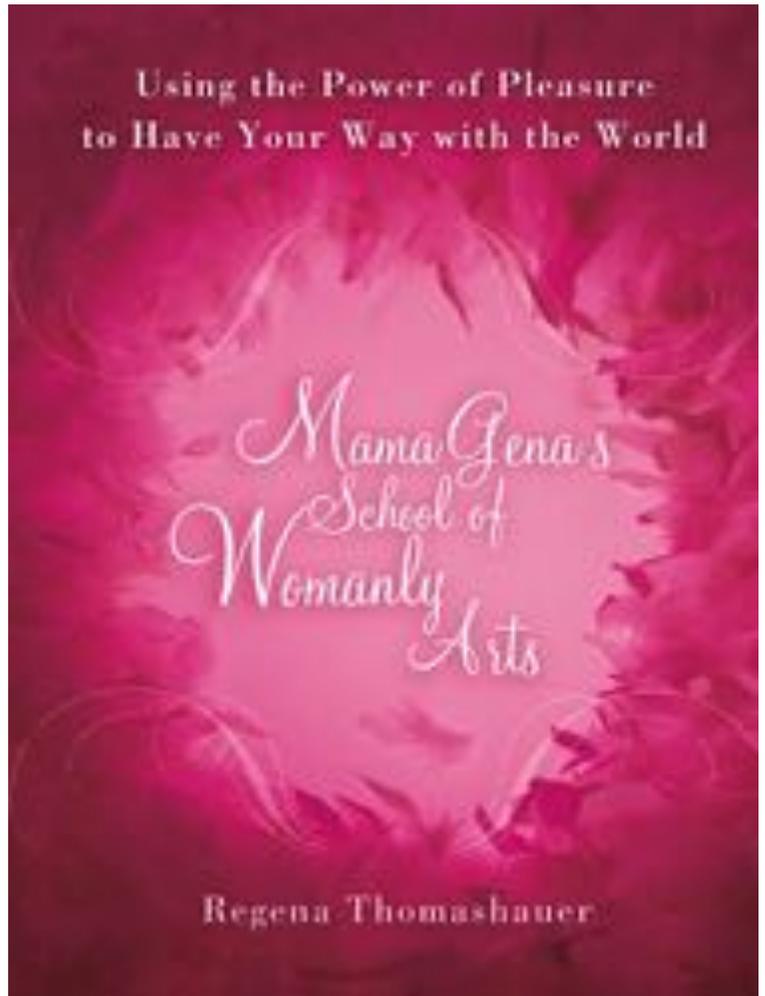
Mama Gena's School of Womanly Arts

By Mama Gena

This has been on my list of things to read for ages, and I finally got it on my Scribd and devoured it on the train. After going through (still going through!) a really painful breakup, I wanted to read something that would get me back in touch with my independence and power as a woman - that would be playful and fun, that would frame interaction with men as fun and exciting rather than oh GODDDD I have to sift through all the douchbags again. I LOVED Mama Gena. In fact, I loved it so much I am buying a hardcover copy.

Mama Gena's thing is PLEASURE - that pleasure is a woman's greatest superpower. I find this fascinating, as this year I have been constantly thinking,

what would it take to live life in total alignment with the divine feminine? After noticing how I am crazy hardwired to run my life in a hustling, panicking, linear, must-do-better patriarchal way, I've been really craving a divine feminine release. And you know? I think Mama Gena gets it, and I had tonnes of lightbulb moments reading this book. Mama Gena is a total undercover Venusian Priestess, and this book taught me a lot.



BOOK REVIEW

Clean Sweep

By Ilona Andrews

Fiction! I always find it really hard to know what witchy fiction to try, since my tastes run exclusively to badass supernatural stuff, and I have read a lot of trash - this counts as good trash! Clean Sweep is about this witch who runs an inn, but it's not just any inn - OH NOES! - it's a magical supernatural inn - the house has a kind of consciousness, and she is part of a vast network of innkeepers who run bed and breakfasts for supernatural folk... from other galaxies and dimensions. Say Whaaat! Yup. Inns are neutral ground for supernaturals and travellers from other galaxies. Like Switzerland.

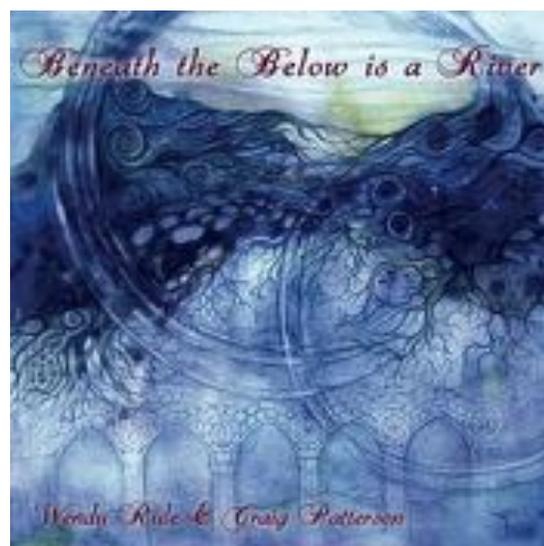
You know, this was actually really great. I didn't expect much, but the sci-fi witchy twist was great. The heroine was lovely - she wasn't too awesome, and she happily notices the hot men (come on, it's supernatural fiction, there are always hot men in abundance) but doesn't go all sappy pining after them. Good Girl! Try it!

BOOK REVIEW

Beneath the Below is a River

By Wendy Rule

Beneath the Below is a River is Wendy Rule's meditation album - but before you think "Oh, singing bowls and angel music then" - come on, it's Wendy! Expect dark, atmospheric sounds, trance-like drums, and soul-stirring vocals that make you feel like you are walking down a river in an enchanted forest at the borders of fairyland - and I mean the kind of faeries that are strange and beautiful and tall and terrible. It's great. Highly recommended.



NEW YEAR MERMAID *wisdom*

Darling. 2016 was ROUGH. I was there. *Shudder.*

As we get ready for new year, as we buy our celebration prosecco and start thinking about how can we make 2017 better?

(Pfff. Low bar, huh?)

The new year goal setting season is a simply horrible time of reflecting on what we hate about ourselves the most and deciding what to change ourselves so we hate ourselves less.

We decide we hate how fat we are, so we think we will go to the gym and deny ourselves our red wine and pecan brownies.

We decide that we are ashamed of how unsuccessful we are compared to those charmed thirty-somethings on the telly, and vow to get a promotion and wear power suits and be more like Olivia Pope, when in actuality we will probably guiltily sit on our CV till September and keep sneak-browsing Facebook at work.

We decide we hate how slutty we are, and decide to stop going out with our mates and taking hot strangers home.

We decide we are failures for not being married yet, and join every dating site out there in order to desperately catch a boyfriend.

Yuk.

Yuk yuk yuk.

Do you know who doesn't make I-hate-myself-I-must-be-better goals?

Mermaids.

See, mermaids are so rooted in their own power, they don't have any of this self-hated stuff that humans have to deal with. All this nooo-I-nust-be-better human stuff comes from an inability for humans to really sit in their own power.

I mean, it's not our fault. Their whole culture is set up to make us feel insecure and wrong and worried so we stay disempowered and don't rock the boat. (how messed up is that?)

Mermaids don't have this problem. Mermaids know that they have innate worth, just because they exist. Being worthy is their birthright. They have a right to exist that cannot be explained away, and they don't need to do anything to prove it.

It's like being born a princess. You are just BORN a princess. You don't have to spend your whole life PROVING you are a princess. It's what you are. It's undeniable. They are badass powerhouses who know what they want, and all the drama of the human world just washes off them.

So, knowing that mermaids do not live their lives trying to prove themselves worthy, what WOULD a mermaid make as her new years resolution?

She'd think of something she enjoys, and decide to do more of that.

See, much as we forget it, life isn't about working hard or bettering ourselves, or proving we are good people. It's about enjoying the life we get to live.

Because, and lets get morbid here, it doesn't matter if you are a hobo on the street or the president of a fortune 500 company, we all end up dead. The person who wins (not that there is any winning as we all get the same prize) is the one who was happiest. Who had the best time.



We all end up dead. You want to look back on your life and go "*Fuck*, I had a good time."

Right?

If you were a mermaid, you would sit sipping with your prosecco with all your friends on New Year's eve and go:

"This is great. *God* do I love Prosecco. I will drink more Prosecco and hang out with my friends more in 2017!"

You'd think of something you LOVE, something you enjoy, and decide to do more of it.

To treat yo'self a little bit more every day.

You could decide that this year, you want to go salsa dancing more. Or you are gonna set aside a day a month where you just binge watch your favourite TV show, no guilt. You are going to download a new romance novel to read on the train each week. You are going to treat yourself to some gorgeous perfume and wear it every day. You are going to throw out aaaaalll your crappy old knickers and replace them with beautiful new ones.

This year, you will party harder.

This year, you will make big batches of dinner so you don't have to cook so much.

Why not choose a year of pleasure over a year of punishment?

Think like a mermaid this year. You are not fundamentally bad - you don't need to punish yourself with stuff you don't want to do! Pick something you love, something that will enrich your life with pleasure, and choose that for your new years resolution.





Demelza Fox is a mermaid mystic, a seeker of the divine and dancer of the red thread. She is a practical priestess is dedicated to seeing the sacred in the real world, in weetafix and cars and iPhones and everything, and is fascinated by Avalon, the Mermaid Archetype, and the Goddess.

Demi runs the epic Be More Mermaid archetypal course, which is a 6 week course in learning to connect with the mermaid archetype, and she writes regularly for Witch magazine and Elephant online journal.

You can find out more about her work and what she does at www.priestestraining.com - sign up to the Rockstar Priestess Email List and for your free 15 Minute Mermaid Transformation kit!

www.PriestessTraining.com

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