



Sage's CIRCLE
with Candice Marie Sage, PhD

Bullish Energy Ripe for Growth

It is the Flower Full Moon tonight. I reflect on my morning walk in the woods of Summit Park near my home in Montreal, Canada. The energy around me is humming with new life as I witness the myriads of shades of green that have miraculously sprung up and out this past week. My favourite is the chartreuse of ferns unfurling their fronds. New-comers are the delicate pink and white wildflowers growing out of the dark earth enriched with oak leaves fallen last October. The “Aos Si” - faeries of Celtic lore - have been busy in the forest, but the flowers are a precious, yet fleeting gift. Soon the canopy of maples and oaks will provide shade in the summer to come. My senses are flooded with the beauty I can see, the smell of the flowers and rich earth that rise with the day's heat, the breeze on my bare arms, the songs of birds and calls of forest animals. I'm filled with gratitude and excitement that the season of life and love is here!

Between Beltane and the Sun's longest day on the Summer Solstice of Litha (June 21) is the astrological time of Taurus the Bull. The Taurus constellation was an object of worship for the Druids, whose knowledge of plant medicine and foraging was legendary. Ruled by the planet Venus who represents love, beauty, and fertility, the season of Taurus is the epitome of ripe, divine feminine energy and creativity. Demeter, the Greek goddess of agriculture, fertility and the harvest, is most closely associated with the time of the lengthening days, as is Áine, the Irish Faery Queen. They both represent nurturing qualities, focus on material comfort and stability, and a strong connection to the earth.

As a city dweller, taking time in natural settings is essential to ground myself. Watching the news is bewildering, and confusion is swirling

around workplaces as new political and economic realities are forcing change. More sinister are the policy changes that threaten some basic human rights. In “Anam Cara,” author and spiritualist John O'Donohue advises us to “remain in rhythm with our inner clay voice and longing.” The forest is a place for me to listen to that voice, and to feel connected to something bigger than my reality. The rhythms of the forest make sense while the city beyond dances to its frenetic beat.

“Connecting with nature, whether it be wandering a forest or park, or meandering by a body of water, helps tap into core Celtic values of authenticity, reverence for the land, and connection to the ancestors who came before us.”

Connecting with nature in high spring is also a time to dream - to imagine what could be. This inspires creativity, to identify what we truly desire, and then map out the path we need to manifest our dreams. Like the balance of nature, this may mean letting go of practices or people who no longer serve our path. Also, nurturing our intentions with concrete attention every day. The modern world can seem harsh, but each of us has the power to transform our winter into spring promise. For this form of manifestation, I draw upon the Welsh goddess Rhiannon for inspiration. Her name means “divine feminine” and Night Queen. She is the goddess of horses, forgiveness, rebirth, and the Moon. A symbol of feminine resistance and resilience in the face of adversity and injustice, she is able to find beauty even in troubled times. By practicing com-



passion and forgiveness, Rhiannon teaches that transformation is possible through love and intention. With action, we can create any change we desire by moving away from disempowering aspects of living. Rhiannon encourages us to be bold, and to draw on the bullish energy of Taurus season to be inspired by the beauty of high spring and dream big! Affirm that you have the courage to overcome your doubts and fears, and Rhiannon may amplify your deepest wishes. The seeds we planted at Ostara were fed by the fire energy of Beltane. It is now time for manifesting our desires, while the sun is high in the sky and warming our hearts.