



ARCANA APOTHECARY

Metaphysical Shop and Healing Center

SURRENDERING TO WINTER:

How I Found Peace in
the Cold

Yeshua:
A Spiritual Light
Beyond Religion

SHAMANIC DEATH,
DISMEMBERMENT,
AND REBIRTH

Happy Holidays

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Monthly Energy Reading

December 2024

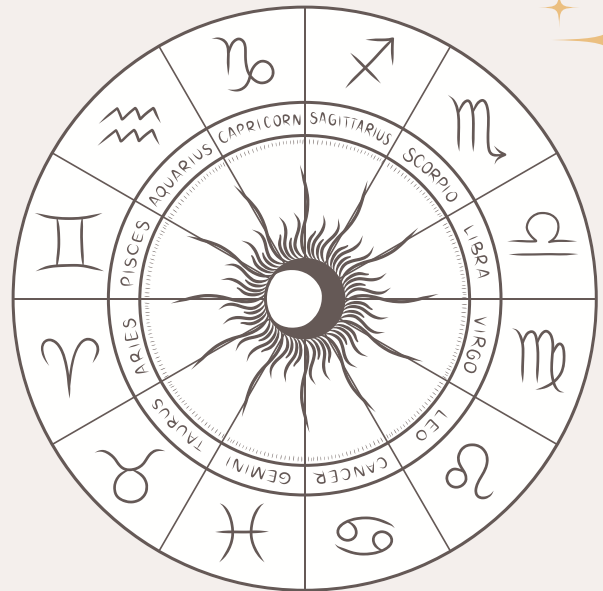
This month brings a powerful shift of rebalancing and recovery. After a period of challenges, this energy is now coming in to realign what has been thrown off course. The universe is moving decisively to restore harmony to chaotic situations. For many, this will feel like a breath of fresh air, a long-awaited correction to situations that have lingered too long in disarray. But for some, this rebalancing may be met with resistance.

Justice is a significant theme this month. It's not just about retribution but about recalibration. This justice brings with it the arrival of new ideas, fresh perspectives, and innovative solutions. These are not small, quiet shifts; they are profound enough to halt the trajectory of something potentially disastrous. All that is not for the highest good is being stopped in its tracks. This intervention is not random; it is intentional and protective, orchestrated to safeguard and redirect us collectively toward a better path.

Allow yourself to step fully into the flow of forward motion, knowing that the challenges you faced were necessary for the growth and realignment happening now. You are not just recovering; you are rising. The energy this month supports celebration, renewal, and the kind of justice that feels both deserved and divine. Let this energy remind you that no matter how chaotic things may seem, the universe is always working to restore balance and guide us forward.



Let's dive into what this month has in store for each zodiac sign. Be sure to check your sun, moon, and rising signs for the full picture!



Aries(Mar 21-Apr 19)

This is a time to release what no longer aligns with your growth. You're being called to acknowledge what isn't working and to let it go. Trust that surrendering what doesn't serve you, is creating space for new opportunities and greater alignment in your life.

Taurus(Apr 20-May 20)

Happiness is just ahead, offering a sense of comfort and the joy of reconnecting with what feels familiar. After navigating challenges, the energy is shifting leading you toward a more uplifting and rewarding chapter. Embrace this moment as things align for greater peace and fulfillment.

Gemini(May 21-Jun20)

Take a moment to reflect on what no longer resonates with your path. Release relationships, habits, or circumstances that aren't supporting your growth or highest potential. Letting go creates room for more aligned opportunities and connections to enter your life.

Cancer(Jun 21-Jul 22)

Now is the moment to face the changes you've been putting off and take the reins of your life. Embrace your inner strength, reclaim your power, and confidently step into the leadership and control you deserve. This is your time to create the life you envision.

Leo(Jul 23-Aug 22)

You're transitioning out of a phase of introspection and worry. Brighter, more loving moments are on the horizon as you step into the light and welcome the new opportunities and happiness waiting for you. Embrace this renewal with an open heart and optimism.

Virgo(Aug 23-Sep 22)

The energy of forgiveness surrounds you, opening the door for reconciliation with someone from your past. This moment signals the resolution of lingering doubts, helping you release the weight of uncertainty and move forward with renewed clarity, peace, and emotional freedom.

Libra(Sep 23-Oct 22)

Now is the time to step back and take a breath. Slow down, reflect on your situation, and consider your options carefully. Seek guidance from someone you trust to help you gain clarity and make thoughtful, confident decisions before moving ahead.

Scorpio(Oct 23-Nov 21)

Pause and remain in your current position for now. Take this time to reflect deeply before taking action, as rushing could lead to unnecessary mistakes. Evaluate all perspectives carefully to ensure your next steps are thoughtful and well-informed.

Sagittarius(Nov 22-Dec 21)

You might feel torn about a decision, held back by fears of missing out, being left behind, or feeling excluded. These worries are rooted in a fear of disconnection, but it's important to trust your instincts. Let go of doubt and move forward with confidence in your choices.

Capricorn(Dec 22-Jan 19)

This conflict leads to no true victory, only ongoing pain and unresolved tension. The struggle feels trivial, yet it leaves both parties hurt, with no real resolution in sight. It's a cycle of damage that only prolongs the discomfort.

Aquarius(Jan 20-Feb 18)

This moment marks a transformation, not a conclusion. A shift in energy is unfolding, offering a fresh perspective and revealing hidden blessings that may have gone unnoticed. Embrace this change as an opportunity for growth and newfound clarity.

Pisces(Feb 19-Mar 20)

You may be resisting change, but remember, you have the power to create the life you desire. Trust in your ability to shape your future and embrace the transformation ahead. Step forward with confidence, knowing that this shift is leading you to a place of growth and fulfillment.



Disclaimer: This energy report is based on intuitive insights and is meant for informational and inspirational purposes only. It should not be interpreted as professional advice or a substitute for personal judgment. Each individual's experience may vary, and you are encouraged to trust your own intuition when applying these messages to your life.



ITALIAN AMARETTI COOKIES

These naturally gluten-free Italian Amaretti cookies are crispy on the outside and chewy on the inside. They are one of my favorite holiday traditions and I'm so happy to share them with you!



PREP TIME
20 MIN



COOK TIME
15 MIN



SERVINGS
25-28 COOKIES

Instructions

Ingredients

- 3 egg whites
- 3 cups almond flour
- 1 1/2 cups sugar
- 1/4 tsp vanilla extract
- 2 tbsp Amaretto liqueur

For rolling:

- 3 tbsp sugar
- 3 tbsp powdered sugar

1. Preheat the oven to 325F. Line two baking trays with baking parchment paper.
2. Using a whisk or mixer, whisk the egg whites to stiff peaks.
3. Gently fold in the almond flour, sugar, and vanilla extract.
4. Slowly stir in the amaretto. It should form a thick sticky dough that can be formed into a ball in your hand.
5. Place the sugar and powdered sugar for rolling on two separate plates. Scoop out the cookie dough and roll it into a ball in your hands (about the size of a walnut). Roll it in the sugar, then into the powdered sugar, and place it on the baking tray.
6. Repeat with the remaining dough. Leave about an inch between the cookie balls as they will expand slightly during cooking.
7. Use your finger to slightly flatten the cookie balls a little (they will crack a little at the edges).
8. Then place in the oven to cook for 20 minutes, or until slightly golden.
9. Take out of the oven, let cool for 5 minutes then remove from the baking tray. Enjoy!

*I especially love these dipped in a nice cup of coffee.

Scratch
and
Sniff!

Surrendering to Winter:

How I Found Peace in the Cold

I used to hate winter. I would dread it. Here in Wisconsin, the winters are particularly intense. The icy roads, the daily fear that my car wouldn't start, the early darkness, and the freezing cold that went straight into my bones. I loathed everything about it. I would become depressed. Every day of the season felt like a struggle just to get by. I would count down the days until spring would finally arrive and rescue me from the misery. But then something shifted, and it wasn't winter that changed—it was me.

My life was in a massive state of transition at the time. I had just graduated from college, and around the same time closed my first business and



started working from home. This new flexibility in my days allowed me to start homeschooling my daughter, something I had wanted to do for years. This all meant no more frantic mornings shoveling snow so I could get my daughter to school, before rushing off to work. No more

driving back and forth from campus with the icy roads and stressful commutes, and no more getting home after dark, exhausted, wondering where the day had gone.

With that pressure removed, I stopped rushing against the season and started moving with it. I didn't have to leave the house unless I wanted to, and that freedom let me see winter differently. For the first time, I wasn't in a constant fight against the season. I leaned into it. I started noticing the beauty in it. The hush of a snowy morning, the way the air feels so sharp and fresh it wakes you up like nothing else, and the cozy evenings spent in front of the fire.

I finally invested in good quality winter gear and started going on daily hikes. I found myself stepping into the cold with curiosity instead of dread. The more I slowed down, the more I started to see winter not as harsh, but as a season of



introspection, renewal, and quiet magic.

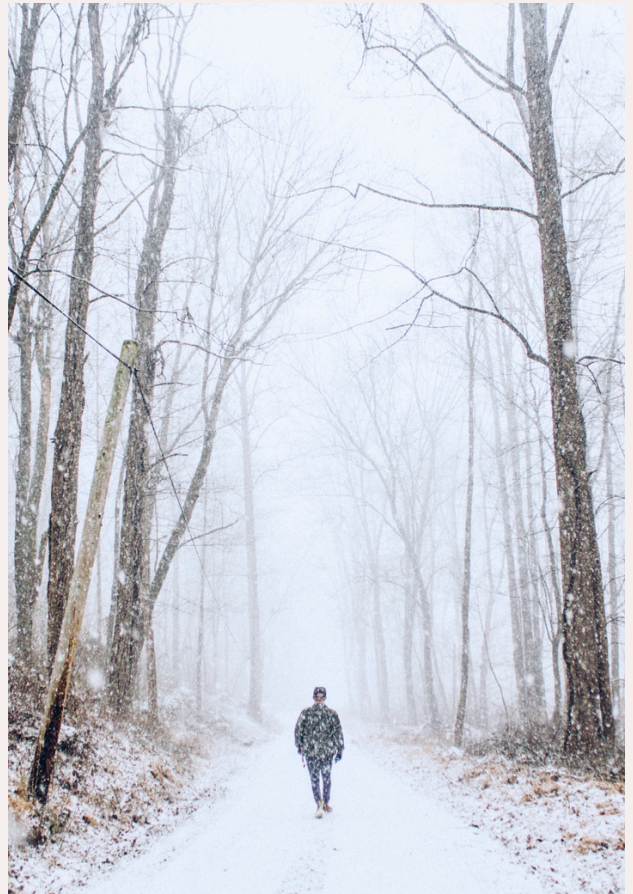
I realized that peace doesn't come from fighting the season—it comes from surrendering to it. The more I resisted, the harder it felt. But when I allowed myself to move with winter's slowness and stillness, it became a time of restoration and even joy. Now, I celebrate it. I light candles, bundle up for crisp walks, and savor the quiet of long evenings. I began honoring the winter solstice, finding rituals that made me feel connected to the rhythm of

the season and helped me see winter as something sacred—a pause for reflection and quiet growth, rather than a dark, cold void. Winter, once my enemy, is now an ally—a season that fills me with comfort and joy.

I know not everyone has the same level of flexibility in their daily life. And I know I may not always have it either. But I'll never forget the lesson this taught me: winter is not the problem. We are. We've fallen out of sync with nature, rushing from one obligation to another and trying to keep up with the clock instead of living in flow.

If winter feels like a burden for you, I get it. I've been there. But it's not the season that needs to change. When you surrender to winter, even in small ways, it can transform your life in unexpected ways. Winter holds a quiet magic, just waiting for you to discover it.

-Angela Rajnigandha



Solstice Ice Lanterns



Supplies

- A plastic or cardboard container (oatmeal canister, milk/juice cartons, etc.).
- A smaller container (big enough to hold your candle) that fits well within the larger, leaving a minimum of 1.5-inch space all around, and below.
- Strong tape
- A few rocks
- Votive candle, glass candle holder
- Greenery, cranberries, any other nonflammable materials you would like in your lantern.

STEP 1

Select your two containers (oatmeal canister, milk/juice cartons, water bottles, etc.) making sure that the smaller fits well within the larger, leaving a minimum of 1.5-inch space all around, and below.



STEP 2

Cut the tops off the containers if needed. You want the tops of both containers to sit flush within each other while leaving space at the bottom.



STEP 3

Partially fill your larger container with water. Insert the smaller container into the center of the larger, pushing down slightly into the water until the top is flush with the larger container. Tape into place to keep the small container centered and from floating up.



STEP 4



Placing a few rocks into the smaller container may help to keep it from floating up too much, and putting pressure on the tape.

STEP 5

Stick your greenery, cranberries, and other decorations into the water between the walls of the containers.



STEP 8

Once both containers are removed, place your candle in the center and enjoy! I like to use a votive candle in a glass candle holder. This helps keep the melting ice from extinguishing the candle.

STEP 6

If needed, add more water to fill, leaving a little space at the top to allow for expansion while freezing.



STEP 7

Then place in your freezer or outside. When completely frozen, release the ice from the containers by running under hot water, careful not to melt through your lantern.



May these beautiful ice lanterns warm your heart and guide your way through the darkness of the winter. Wishing you a peaceful and joyous Solstice, filled with wonder and renewal. Blessed Be.

YESHUA: A SPIRITUAL LIGHT BEYOND RELIGION

Jesus

Before he was a figure of doctrine and dogma, he was Yeshua. A revolutionary who defied authority. His name, meaning “salvation” in Hebrew, carried the essence of his mission. But as his story spread from Hebrew and Aramaic-speaking communities to Greek and Latin ones, “Yeshua” became “Jesus.” This translation did more than change his name, it reshaped how people saw him. Yeshua, the teacher, healer, and rebel of his time, was transformed into Jesus, A symbol of organized religion and centuries of doctrine.

But from the very beginning, Yeshua’s story was anything but conventional. His conception itself was a mystery and a scandal. Born to an unmarried young woman in a world where honor and family were paramount, Yeshua entered this world under circumstances that defied tradition and shocked the status quo. Even as a child, he was marked by signs that he would change the world. Wise men from distant lands sought him out,



following omens that pointed to a new king, not of politics, but of spirit.

While the church softened the story into nativity scenes and serene imagery, Yeshua’s arrival was radical. His very existence challenged everything society thought it knew about power, purity, and divine favor. He wasn’t born into privilege, but into resistance, sent to embody Christ Consciousness, a “higher consciousness” that could never be bound by human law and the material world.

The Rebel and Revolutionary

When you peel back the gloss of religious dogma, Yeshua isn't just a gentle shepherd, he's a fierce disruptor, a true rebel with a cause. His life and message defied the rules of his time and cracked open the rigid foundations of tradition. He didn't come for the prim and proper. He came for the outcasts, the broken-hearted, the people fed up with being told what to believe, how to act, and where to kneel. Yeshua was a powerful force, and his message wasn't made for your Sunday school pamphlet. He turned religious doctrine on its head, asking people to look within for the "kingdom of heaven" instead of following pre-set rules, rituals, and laws of the temple that religious leaders guarded like a fortress.

His teachings went beyond the walls of any temple, shattering the boundaries of organized faith. If the religious authorities of his time had had their way, they would've kept people docile, tucked away in the corners of their synagogues and temples. But Yeshua brought the divine straight to the people, no middle man or temple required.



The religious leaders of his time hated him, and it's no wonder why. Yeshua wasn't teaching obedience but encouraging people to look within and question everything. Yeshua taught that the divine was accessible to all, a birthright that went beyond religious labels and priestly privileges. This was a scandal. For them, religion was power, a tool to keep people in line. Yeshua cut through that illusion like a blade, calling out the hypocrisy of the so-called holy and showing his followers that real divinity had nothing to do with rules or fear-driven obedience.

And he lived his truth. He dined with sinners, touched the untouchables, and didn't shy away from breaking the law when it meant bringing people to a deeper understanding of love and



freedom. Yeshua’s teachings weren’t only countercultural, they were dangerous to those who held power. And he ultimately paid the price. The story we were told—that Jesus died for our sins—hides a deeper, darker truth. Yeshua was murdered for challenging the powers that be.

Lost Gospels and the Divine Feminine

The Apocrypha, or the lost books of the Bible that have been removed and suppressed by the church, give us glimpses of an even more radical Yeshua. This is the Yeshua they don’t want you to see.

In a time of societal unrest and political turmoil, Yeshua’s message was more than a religious revelation, it was a rebellion. A recurring theme in

both the canonical and apocryphal texts is Yeshua’s teaching of “oneness”. The idea that all life is interconnected, a single divine essence manifesting in countless forms. This is a concept spoken about in many spiritual paths, from Kabbalah to Buddhism, suggesting that Yeshua’s teachings transcend the boundaries of any single religion. He encouraged forgiveness and acceptance, not as passive virtues but as acts of profound courage that dissolve the barriers separating us. In the Gospel of Philip, another apocryphal text, Yeshua describes this oneness: “Light and darkness, life and death, right and left, are brothers of one another. They are inseparable.” This teaching asks us to look beyond the dualities of the material world and see ourselves as integral parts of a vast, interconnected whole.

The lost books of the bible also speak of Mary Magdalene. The Gospel of Mary shows us that she wasn’t some meek follower but she was Yeshua's partner and confidante, and a spiritual teacher in her own right. His relationship with Mary Magdalene hints at something that traditional teachings tried to bury, a reverence for feminine power, intuition, and wisdom, a balance

of masculine and feminine that was necessary for true spiritual wholeness. It's a dynamic that threatened the strict, male-dominated hierarchy, which is why they shut her out of the story and cast her as nothing but a whore. But Yeshua's partnership with her shows us a path that values both men and women, the masculine and feminine equally.

Break Free from Religion's Chains

Seeing Yeshua as a revolutionary teacher forces us to rethink the relationship between spirituality and religion. Was he here to start a religion? Or was he showing us how to transcend it altogether? The more you dig, the more it seems that Yeshua didn't come to be boxed in by church doctrines or icons but to spark a movement of inner awakening. He wanted people to transcend fear, to rise above the limited thinking of the religious elite. The church, with all its structure, hierarchy, and obedience, missed the point. His message wasn't for conformity. It was for inner freedom.



His legacy is a living, breathing call to rise up, confront oppression, defy authority, and defend the outcast. So as you stand face-to-face with the world's injustices, its blatant corruption and ruthless tyranny...tell me, what would Jesus do?

-Angela Rajnigandha



Cinnamon Salt Dough Ornaments

Supplies

- ½ cup all-purpose flour
- ½ cup salt
- 1 cup cinnamon
- ½ cup boiling water
- Parchment paper or wax paper
- Rolling pin
- Cookie cutter
- String or ribbon

Instructions:

- Start by mixing the flour, salt, and cinnamon in a bowl.
- Slowly pour in the boiling water and mix until you reach a dry, dough-like consistency. You may need to use your hands as it cools.
- Place the dough in the center of a piece of parchment paper. Roll until ¼-inch thick.
- Using cookie cutters, cut out your ornaments. Use a toothpick or skewer to create a hole at the top. Let dry for 2-3 days, flipping once a day.
- Once dry, they may turn a frosty white color. This is the salt rising to the surface. If you like you can paint or decorate them as you please, but I would leave the back side unpainted so you don't seal in the cinnamon scent.
- Thread your string or ribbon through the hole and hang!

WINTER'S CLOAK



*This year I do not want
the dark to leave me.
I need its wrap
of silent stillness,
its cloak
of long lasting embrace.
Too much light
has pulled me away
from the chamber
of gestation.*

*Let the dawns
come late,
let the sunsets
arrive early,
let the evenings
extend themselves
while I lean into
the abyss of my being.*

*Let me lie in the cave
of my soul,
for too much light
blinds me,
steals the source
of revelation.*

*Let me seek solace
in the empty places
of winter's passage,
those vast dark nights
that never fail to shelter me.*

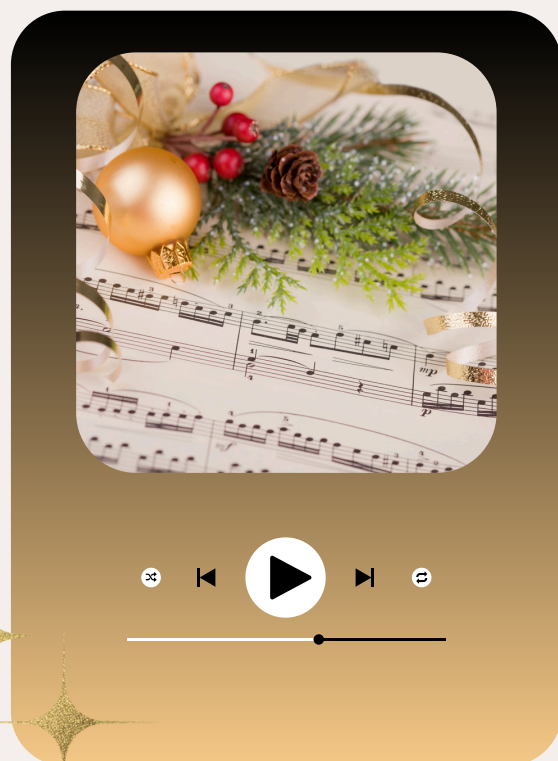
Joyce
Rupp













Winter Solstice Playlist



Here's a Winter Solstice playlist to kick off the longest night, filled with soothing melodies and atmospheric tracks that capture the quiet stillness of the season. Hit the play button to listen on Spotify, or look up the songs listed on your favorite music platform.



-  **Silent Night**
Sinéad O'Connor
-  **Winter Moon**
Erutan
-  **Gods Rest Ye Merry Pagan Folk**
The Siren Witch, Marianne Lin
-  **Greensleeves**
Nolwenn Leroy
-  **Bring Back the Light**
Gypsy
-  **Carol Of The Bells**
Erland Cooper, Олена Ustelentseva
-  **By Night**
Ayla Nereo
-  **Yule - Acoustic**
Sowulo
-  **Vinter**
Myrkur
-  **Frigg's Blessing**
Helisir

SHAMANIC DEATH, DISMEMBERMENT, AND REBIRTH

It was late at night as I entered a familiar forest. The air was heavy with anticipation, though I didn't yet understand why. I walked toward a clearing in the center of the forest where I was greeted by many of my spirit guides. Some appeared as animals, others as galactic beings, deities, or human-like figures. There were guides I had known and worked with many times and others I didn't recognize. My ancestors stood nearby. Though eager, they seemed patient, as if they knew what was to come before I did.

In the center of the clearing was a massive crackling fire. My guides led me toward it and then stepped back, forming a circle around me and the flames. Though I didn't fully understand what was happening, I felt a deep,



intuitive knowing—that I had to step into the fire.

I turned to look at my guides one last time as if to say goodbye. Their gazes were calm but focused, silently urging me forward. As I stepped into the fire, my clothes and hair ignited, quickly burning away. The heat grew unbearable, melting the flesh from my body, falling in heavy

clumps. I could feel myself shrinking, collapsing under the intensity of the flames. When I could no longer stand, I crumpled to the ground, still burning, dissolving. I felt smaller and smaller as the fire consumed me.

Eventually, the flames began to subside, leaving nothing but a pile of ash. For a moment, there was only stillness. Then, slowly, I sat up from the ashes, my body reborn. The first rays of sunlight breaking through the trees. The light flooded the forest, illuminating my guides, who remained encircling me, their faces glowing with pride and joy.

As I stood, lighter and freer than I had ever felt, my ancestors came forward, cheering and reaching out to me. My female ancestors gently took me and began washing my body in milk. They placed garlands of flowers around my neck and wrapped me in a beautiful robe.

I felt like myself—but a truer version. Years of weight,



burdens, and tramas had burned away in the fire. The societal pressures and illusions I had carried for so long were gone, leaving only my essence. It wasn't a new me; it was the real me, the one I was meant to be before the world tried to shape me into something else. I left the forest and returned to my body that was lying in my meditation room wrapped in blankets. I opened my eyes. This was the first of several deaths that I experienced while shamanic journeying.

The Shamanic Death

Shamanic death is a deep and powerful initiation. It's a journey that forces us to face



our fears and let go of the things we've been holding onto but no longer serve us. The ego, that tightly held sense of self, unravels in the process. It can feel chaotic, raw, and overwhelming, breaking down our sense of self and leaving us in a space of loss and uncertainty where we have to trust in something bigger than ourselves.

Traditionally, shamans would invoke this death deliberately

through rituals, fasting, isolation, or vision quests. These journeys demanded courage, resilience, and trust in the unknown. Today, it might happen unexpectedly, showing up as illness or upheaval, where relationships, careers, or beliefs are stripped away, leaving us to rebuild from the ground up. Regardless of how it appears, shamanic death serves as a rite of passage, marking the end of one chapter and the beginning of another.

Dismemberment

A common element of shamanic death through journeying or vision quest is dismemberment. In visions or dreams, practitioners may experience their bodies being torn apart by animals, natural forces, or other symbolic entities. While this can be scary, it's a sacred experience. It breaks down unhealthy or limiting parts of who we are to make way for healing and transformation, aligning body, mind, and soul.

Rebirth

After the old self is broken down, the process of rebuilding begins. This isn't about going back to who you were but becoming a wiser, stronger version of yourself. The fears and false beliefs that once held you back are replaced with a deeper connection to your true self and inner strength.

For those called to spiritual work, shamanic death is often not a one-time event. You are likely to experience several cycles of death and rebirth, each stripping away layer after layer of outdated beliefs and false sense of self. Revealing a more true and authentic you.

By facing our fears, surrendering to the process, and trusting in the forces that guide us, we emerge more whole, connected, and empowered. If you find yourself standing at the edge of change, remember that transformation is not just possible—it's



inevitable. Honor the descent, trust the process, and allow yourself to be shaped by it.

-Angela Rajnigandha



Give the Gift of Magic

Need a gift for your favorite witch, spiritual seeker, or someone who loves a little mystical magic? These themed metaphysical gift boxes are the perfect way to bring some magic and intention into their holiday season.

Themes include Celtic, Wicca, Hoodoo, Norse, Fire Witch, Green Witch, Astrology, Buddhism and more! Each at 20-30% off total retain value!

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