



Abitha's Apothecary

CENTERING RITUAL

Centering is an ancient visualization practice used to improve mental focus especially when you need to keep a level clear head in difficult situations. It can be very beneficial to use centering techniques as part of a daily practice for managing and reducing stress.

A Simple Centering Exercise

Step One: Focus on your breathing. Breathe deep and slow using your diaphragm. As you breathe deeply try to concentrate moving your breathe through your stomach instead of merely feeling it in your chest.

Step Two: Find your center. Visualize or sense in your body where your physical center of gravity lies; this is usually about two inches or so below your navel. Familiarize yourself with your center; know where it is and remember what it feels like to place your mind's focus there. You will most likely discover stabilizing sensations of calm, feeling safe, in control and balanced being supported by your body in the present and on the Earth.

Step Three: Redirect your energy. Now imagine all your body's energy flowing into your center. You can use this energy for accomplishing goals. Find an imagery that works for you; such as seeing your energy as a glowing ball, balloon or cloud. Visualize placing all your negative thoughts and feelings into that energy vessel and release it, watching all of it float away out of your mind and out of your life or hurling it into space far away from you. Imagine letting go of everything that is causing you stress and then picture your center filling up with feelings of calmer and more relaxed energy flow. You can use positive affirmations at this point to reinforce your goals which are now unburdened with so much anxiety. Practicing these three centering steps over time will make the therapeutic effects of them even stronger.



Thanksgiving Blessing

The sun slowly rises and sparkles through the trees,
on this day I thank the Lord & Lady for the beauty that I see,

Eternally blessed to be a part of this world
and experience the gifts of love and life that around me unfold.

I kneel in silent gratitude give thanks and honor thee,
my ancestors, and the sprits who walked in courageous spirit before me,
Blessings to everyone in this world, may you have the courage to stand and be heard,
to live the life you want and be free, knowing this energy I will bestow upon thee.

On this Thanksgiving, my energy is sent to you tonight,
May you and your loved ones be blessed with love and light

- Jasmine Moonsong



November

Day of the Dead Figure
Making Workshop

5th ~ 7:30p ~ \$25

Norse Pantheon I

11th ~ 7:30p ~ \$10*

Norse Pantheon II

18th ~ 7:30p ~ \$10*

Grounding and Centering

24th ~ 7:30p ~ \$10

November 26th CLOSED

December

Nob Hill Shop & Stroll

3rd ~ 2:30p—10:30p

Holiday Psychic Fair

3rd ~ 12:00p—9:00pm

Kitchen Witchery

9th ~ 7:30pm ~ \$10

White Light Warriors I*

10th ~ 7:30pm ~ \$10

White Light Warriors II*

17th ~ 7:30pm ~ \$10

Yule Gathering

Pot luck

19th ~ 7:30pm ~ Free

Meditation Mondays ~ 1st and
3rd Mondays of each month @
5p. Bring something to sit on.

More info at ~ abithas.us

Subject to change due to life

Tuesday—Saturday

11a-7p



Last quarter	November 3, 2015	05:25:37 AM
New moon	November 11, 2015	10:47:45 AM
First quarter	November 18, 2015	11:28:07 PM
Full moon	November 25, 2015	03:44:50 PM

Your month ahead , Chase earnings, buy important articles for the week. Complete communications and travel projects. Do not start any new projects, as they'll run into delays or meander into impractical corridors by mid-month. You can accomplish huge piles of achievement during the month. Aim yourself toward chores which earn money, or promise to. For the entire month ahead, seek relationships and opportunities.



SCORPIO (Scorpion)
October 24 - November 22



3906 CENTRAL AVE SE,
ALBUQUERQUE, NM 87108
(505) 262-0401

Your month ahead , Soon, delays and mistakes will occur in your money zones this month. If you need anything essential buy it now, or wait until January. If you Your charisma and energy are high, so ask favors. See and be seen, impress people. A romantic lift occurs.



SAGITTARIUS (Centaur/Archer)
November 23 - December 21

Abitha's Revamp Project

The building that is now the home of Abitha's Apothecary has been in Nob Hill for at approx. 40 years. The building has seen some love as well as some hard times. Recently Reta started up a GoFundMe account in hopes to get the help of the community in remodeling this much loved shop.

Over the years she has tried to keep up with repairs and little changes here and there but now it comes to a couple of redos that having some outside help would be outstanding.

One being the herb shelf, we would love to expand the inventory but have no



more room. Reta has drafted a plan that will allow a bigger selection as well as making the shelving more uniform and safe for anyone working with it.

Second is the floor. In 2014 the Abitha's crew ripped up the carpet that has been there since before it was Abitha's. Un-

fortunately the floor is not holding up as well as hoped. So the plan is to fix the little holes, repaint and design, then seal the floor. Making it safe and more appealing to all who work and visit the shop.

There has been several to offer their time and muscle in the renovations however funds are a bit tight for this size of project.

Every little bit helps ~ Let's pull together and bring Abitha's into 2016 in style! Thank you!



<https://www.gofundme.com>

Abitha's Apothecary ReVamp