

ABITHA'S APOTHECARY

June 2016

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Self Esteem Spell (Author Unknown)

Tools Needed:

A Bath
7 Green Oak Leaves (Or Bay leaves if these are out of season)
Lavender Oil
A Purple Candle
A Yellow Candle
Jasmine Oil
Purple Thread

Instructions :

Run the bath to a depth and temperature of your liking. Put the lavender oil and oak leaves into it, swish it around, then light the candles and climb into the bath. Close your eyes (but don't fall asleep). Begin to breathe, breathe in a warming Orange light of confidence, and breathe out murky colored self-doubts.

Imagine a yellow light above your head, which slides down your body, touching every bit of you from top to the tips of your

toes. Continue to breathe in slowly through your nose and out through your mouth.

Say out loud:

"I am gorgeous,
I am beautiful,
I am Goddess"

Repeat this six times in total.

When you leave the bath, snuff out the candles and thread the oak leaves on the purple thread. Then, whenever your self-esteem fails you, heat jasmine oil in an oil burner, light the candles, hold up the oak leaves and repeat the chant.

When the leaves eventually run out, begin again with new oak leaves and new candles.

The oak leaves may be carried with you (in a small box or envelope) in your handbag / bag on (all sorts) of important dates. When touching up your make - up, or getting ready just get out the oak leaves and repeat the mantra to spur you to greater things.

Honey Cake.

Bees are so special, and make that golden nectar we know as honey - a reflection of the life-giving Sun. Honey itself is full of life-giving properties, and a Honey Cake is a perfect way to celebrate Midsummer, or to give as a gift. Make it with locally produced honey if you can. But wherever the honey has come from, think of the land and blossoms and bees that made it.

Ingredients:

15 T Butter
1 1/4 cup Honey
1/2 cup Dark Muscovado Sugar
3 Eggs, beaten
1 1/4 cup Self-Raising Flour

Cut the butter into pieces and heat slowly, adding the honey and the sugar.

When fully melted, turn up the heat and boil the mixture for one minute. Remove from the heat and allow to cool.

Add the beaten eggs to the cooled honey mixture. Sift the flour into a large bowl and beat the liquid honey mixture into it until you have a smooth batter.

Pour the mixture into a round lined sponge tin and bake in a preheated oven at 160C for about 50 mins - or until the cake is well-risen and springs back to the touch.

Cool on a rack and glaze with a few tablespoons of warm honey.

Classes and Gatherings

June

5th	Leather Witch 101	4pm	\$10
6th	Meditation	5pm	Free
8th	Celtic Pantheon I	7:30p	\$10 or \$15 for both
11th	Psychic Fair	11a-7p	
15th	Celtic Pantheon II	7:30p	\$10 or \$15 for both
18th	Litha Ritual	7:30p	Free
20th	Meditation	7:30p	Free
24th	Numerology	7:30p	\$10

July

6th	Comparative Native American Studies		Free
7th	Runes 101	7:30p	\$10 (\$25 for 3)
10th	Drawing Your Spiritual Self	4pm	Donation
14th	Runes 201	7:30p	\$10 (\$25 for 3)
16th	Nob Hill SummerFest Psychic Fair	11a-10:30p	
21st	Runes 301	7:30p	\$10 (\$25 for 3)
22nd	Kitchen Witchery	7:30p	\$10
27th	Working with Fairies	7:30p	\$10
31st	Lughnasdh Ritual	4pm	Free



The New Moon on June 4 could bring money your way, or you might find an easy, pleasant way to increase your income. A hobby could begin paying for itself, or you might find resources to do something lucrative that has appealed to you for some time now. Friends and neighbors could take up more of your time when summer starts at the Full Moon of June 20. Once normal duties are done, indulge in more social time, if only more frequent meals together. On June 27, a Venus/Neptune trine could make a romantic matter easier when shared dreams bring you closer together

You're the center of attention during the June 4 New Moon. Have you noticed that you're charming all the birds out of the trees without even trying? Your most charming useful quality may be the ability to politely decline offers that are too good to be true. The Full Moon on June 20 could spell a money improvement of some sort. A debt may be repaid, a gift could come from unexpected quarters, or you could find a bill was already paid or an error in your favor. Your planet Mercury enters Cancer on June 29, bringing thoughts and concerns closer to home.



MOON CYCLE

New Moon	4 th @ 8:00pm
First Quarter	12 th @ 1:10am
Full Moon	20 th @ 4:02am
Last Quarter	27 th @ 11:19am

Please Note~

If you are interested in taking a class, please sign up. You can call, 505-262-0401 or email, abithasapothecary@gmail.com or stop in to put your name on the class sign-up sheet. There are limited spots available for our classes as well as guest speakers that come in only if the minimum number of attendees is met. So if you are excited about a class we are offering sign up soon so you don't miss out.

June 21 -- Summer Solstice – Litha

Although the name Litha is not well attested, it may come from Saxon tradition -- the opposite of Yule. On this longest day of the year, light and life are abundant. At mid-summer, the Sun God has reached the moment of his greatest strength. Seated on his greenwood throne, he is also lord of the forests, and his face is seen in church architecture peering from countless foliate masks.

The Christian religion converted this day of Jack-in-the-Green to the Feast of St. John the Baptist, often portraying him in rustic attire, sometimes with horns and cloven feet (like the Greek Demi-God Pan)

Midsummer Night's Eve is also special for adherents of the Faerie faith. The alternative fixed calendar date of June 25 (Old Litha) is sometimes employed by Covens. The name Beltane is sometimes incorrectly assigned to this holiday by some modern traditions of Wicca, even though Beltane is the Gaelic word for May.

Traditional Foods:

Garden fresh fruits and vegetables are made into a variety of dishes and eaten by Pagan's who choose to celebrate this day.

Herbs and Flowers:

Mugwort, Vervain, Chamomile, Rose, Honeysuckle, Lily, Oak, Lavender, Ivy, Yarrow, Fern, Elder, Wild Thyme, Daisy, Carnation.

Incense:

Lemon, Myrrh, Pine, Rose, Wisteria.

Woods Burned:

Oak

Sacred Gemstone:

Emerald

Special Activities:

An Ideal time to reaffirm your vows to the Lord and Lady or your dedication to following the old traditions.



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