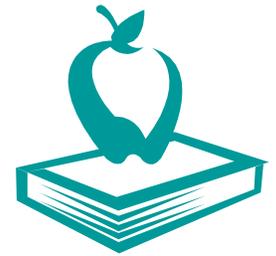


ABITHA'S APOTHECARY



August 2016

Volume 28, Issue 5

WHAT IS A WITCH? Pt 1

Traditional Witch –

The witches who take the journey of traditional witchcraft, are interested in the old ways (pre-Christian), and are followers of history and the arts, building a foundation for their craft. Usually the craft is passed down generation after generation within family units. These witches are less inclined to participate in the worship of Goddess or Gods, preferring to work predominantly with the Spirit world and will often call on their ancestors or land spirits for strength. They work with moon cycles, planetary symbols and cycles, rune symbols, herbs and their chemical uses, the land and ancestors are very important to a Traditional witch. Traditional witches are drawn towards both the dark and the light, performing banishing and repelling spells. They do not follow the threefold law or the Wiccan Rede, (just to be clear traditional witchcraft is not Wicca) but careful consideration and responsibility is taken when performing any magic whether it's healing, hex, curse or banishing spells. They perform Shamanic journeying by inducing trance that involves drumming, rattling, heavy dancing, rocking, entheogens, meditation, flying ointments, and more. Hedge-riding is a practice that involves travelling to the spirit world through the use of trance work and other various techniques to alter the conscious mind (including entheogens, which are herbs and other substances used to induce trance) which allows the spirit to leave the body. Animism is a part of Traditional Witchcraft because they believe everything on this earth has a spirit or soul. They believe in an Upper World, Middle World and Under World. Under – those who've died, awaiting reincarnation or choosing not to pass on or can't ascend. Middle – the here and now. Upper – spirits/souls who have ascended and no longer need a body as they can survive without the recharging of the spirit/soul that life is, or were never bonded to a physical form/body to begin with.

Classes and Events

August

4th Palmistry I	7:30p	\$10(\$15 for both)
11th Palmistry II	7:30p	\$10(\$15 for both)
13th Psychic Fair	11a-7p	
17th Candle & Color Magic	7:30p	\$10
23rd Hindu Pantheon I	7:30p	\$10(\$15 for both)
30th Hindu Pantheon II	7:30p	\$10(\$15 for both)

September

6th Psychic Shielding & Defense	7:30p	\$10
14th Altar Class	7:30p	\$10
24th Mabon Ritual	8:00p	Free
21st Creating Magical Tools	7:30p	\$10
25th Pagan Pride Day		Bataan Park
27th Grounding & Centering	7:30p	\$10

I couldn't resist the cutesy name. Sorry. Even so, this is a strong spell to help you keep your mind on task and to concentrate on what you are trying to learn.

- A clear drinking glass or chalice
- A piece of fluorite
- A pinch of dried rosemary

- A square of yellow paper or fabric
- Set the glass on the piece of yellow paper in the center of your altar space. Fill with water and add some dried rosemary. Stir it gently with your finger. Drop in the fluorite and watch it sink to the bottom.

Sit in front of the glass and concentrate on the stone through the water. Don't think

about anything else except for that crystal. Focus on its color, shape, size and how it looks as you see it through the water and glass.

Do this for at least 5 minutes. After that, leave it on your altar for 3 days. Then pour the water out into the earth, and keep the stone with you.

How to Tarot Workshop will be offered again Jan. 8th, 2017
MARK YOUR CALENDAR!!!



Dear Leo, you are exerting a huge amount of energy in August 2016 to achieve what you wish for. This is a highly significant month, where the sky is the limit in terms of what you can achieve. You have energy, enthusiasm, eagerness, diplomacy, quick wit, foresight and also the good common sense to be grounded and cautious in what you do.

You must use your personality and your ability to lead – you can inspire others and get them to support you. Use the confidence you feel right now to action plans and start initiatives.

Opportunities right now come with responsibility – that is a moral and also a financial responsibility. For all the flair and fun that is offered, there must also be diligence and hard work to ensure success. Luck comes from hard work, does it not?

You may use this time for a trip of a lifetime – but this trip will have a greater significance for you than usual. You may decide to visit the country your parents came from to get more in touch with their culture or religion – this may change your life view quite dramatically and influence your future choices.

You may also begin either an anthropological or even an architectural study. Perhaps you are volunteering overseas or participating in a charity or aid effort. Your life view is about to expand – it is not just about seeing the world and having a laugh, it is about having your eyes opened and changing your perspectives in a way which you can really use in future.

August 2016 is a time where you will be optimistic, gung-ho and positive about life. You are more secure with your self-image and happier within yourself. You are projecting in an open, wholehearted way and will attract new people and new experiences into your life, which will benefit your life goals.

You will experience a renewed sense of purpose in life, and this will help you make decisions that will help broaden your scope of experience. There will be the chance for travel and also further learning.

Your health will improve, and if you have had poor health or injuries, you will now convalesce quickly. Mentally, your attitude is much more positive, and you will have the inner strength to move on from negative situations and habits which have hampered your life in the past.

You are likely to meet many new people in the next few months, and these people will enrich your life and also bring a new element of understanding to you.

Everything in moderation is the key as Jupiter benefits us by making us expansive in our thinking and attitudes, but on the negative side, we can overdo things, and you know that too much of a good thing is also bad.



NEW MOON @13:45 FIRST QUARTER Aug 10 @11:21 FULL MOON Aug 18 @02:27 LAST QUARTER Aug 24 @20:41



Tiessennau Mel (Welsh Honey Cakes)

Ingredients:

- 1/2 cup (4 ounces) honey
- 1 teaspoon cinnamon
- 1/2 cup brown sugar
- 1 egg
- 2 cups flour
- 1/2 teaspoon baking soda
- 1/2 cup butter or margarine
- sugar
- a little milk

Instructions:

Sieve together the flour, cinnamon, and baking soda. Cream the butter and sugar in another bowl. Separate the egg and add the yolk to the butter/sugar mix (reserving the white). Add the honey gradually and mix thoroughly, then mix in the flour mixture with a little bit of milk so that the batter is stirrable but thick. Whisk the egg white into a stiff froth and fold it into the batter. Half fill muffin tins with the mix. Sprinkle a little sugar on the tops. Bake at 425° F for 12-15 minutes, longer if needed to be cooked through.



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PAGAN PRIDE DAY

Celebrate the Autumn Equinox and help your community at Albuquerque's Pagan Pride Day festival on September 25, 2016 from 9:00am – 5:00pm, at Bataan Park at Lomas and Carlisle. All ages are welcome at the free event, which will feature a Pagan ritual, information on Pagan spiritual practices, vendors, an artisan's and performing arts area, games, a belly dancing area, workshops, a kid's corner and more. Attendees are asked to share the harvest by bringing a non-perishable item to benefit The Unitarian Food Pantry.

