



## It Is OK To Love Yourself!

Loving yourself is the hardest work you will ever do. To increase both your capacity to receive and give love, it is essential to forgive and love yourself, and that includes your mind, your body and your spirit.

This spell is best performed during a Waning Moon, on a Monday Morning at Sunrise.

You will need:

A large mirror

Talcum powder

A large red paper heart

A picture of yourself

A private place which is warm

A red candle

Cast a Circle. Light a red candle, which should be the only light source in the room.

Standing naked before a mirror, allow your eyes to really see your body. Allow yourself to see the perfection of it shining through, no matter how imperfect you may usually consider it. If a thought comes into your mind like, I have large hips, or my breasts sag, do not ignore that voice but address the issue. Tell the socialized critic in yourself that your hips are large and strong, they epitomize the Goddess within you, and they deserve your love and respect for they carry the genes of your female ancestors, and those hips got them through famine, carried children, worked hard and were strong. Those breasts are the breasts that have fed children, delighted lovers; pleased you and so on...Create your own physical mythology. What you are doing is looking beyond the stereotypes of femininity and beauty and creating a new body as you change your thinking about it.

After closely studying and admiring your body, allow your hands to trail slowly over it. Feeling the skin, its curves, and

the strong bones beneath.

Take the talcum powder, and shake it into your hands, patting it over your entire body—do not forget the much maligned genitals. Stare at this new covering; see yourself as a statue of the Goddess, an eternal symbol of female power. Visualize that the powder is drawing out all the unkind thoughts, all the criticisms, all the physical shame, which have so far held you back in your quest for self-acceptance and love by making you feel less than perfect. Dust yourself off, and visualize that along with the powder, all the old fears and doubts are being removed. Stand as tall as you can, arching your back, bending your legs and turning your face to the sky, and visualize the love of the Goddess pouring into you. Then take the picture of yourself and place it over the red heart. Look at this. It symbolizes your new feelings for yourself.

Say seven times:

I love my body exactly as it is

I love my mind exactly as it is

I love my spirit exactly as it is

I love myself exactly as I am

Blessed Be the Goddess within me

After closing Circle, snuff out the candle and clean up. For the next seven days wear just a little rose essential oil under your left breast. When you breathe in its scent, be reminded of your solemn vow to love all facets of yourself. Be light and happy.

Repeat your affirmation each and every day. They should be as much a part of your day as brushing your teeth.

Pisces Solar Eclipse: Sun. Feb 26, 2017, 9:58 am EST/ 6:58 am PST Sun and Moon at 8.12 Pisces

## Ground your body, clear your mind...

Become aware of your body. Notice how gravity holds and connects you to earth. It's as though your body is an ancient stone temple—solid, strong, secure. Sanctify this temple. Imagine a priestess is pouring sacred water and scattering rose petals, all the way down, from your head to your toes. Any anxiety or negativity washes away. Notice the thoughts and feelings leaving the temple—your judgments, your distracted mind, your worried heart. Be sure to honor them. Give each a smile and a piece of cake as it departs.



The Aquarius February forecast also shows that you could be pretty amazed by the quality of your thoughts and ideas on the 6th, 7th and 8th. Well heck, if you're kind of a visionary, you're kind of a visionary! An affair of the head or of the heart could really rock your world on the 13th, 14th or 15th. Plunge on in, as long as you're free to do so.

Aquarius, you're in a pretty brainy place on the 20th and 21st, so take some time to sit down and jot a few notes about where your thoughts are taking you. There's just no telling where this could end! Wrap up the month on the 26th, 27th and 28th, with lots and lots of self-discipline. Yes, that does mean you should force yourself to get to the gym. Yes, that does mean you need to eat well. And yes, you need to communicate, even if it's tough. Last but not least, don't forget to get plenty of sleep.

Romance is in the cards on the 9th and 10th. And boy are you ready for it! Even more romance inspires a wave of creativity on the lovely 14th and 15th. If an old partnership needs to evolve, you need to deal with that on the 20th. There's no need to be restricted by out of date conditions that you probably shouldn't have agreed to in the first place. The 26th, 27th and 28th, you will get a hand from a very influential person. Write them a heartfelt thank you note, Pisces.



## RETURNING SUN SPICE BREAD

- 1 1/4 cup flour
- 1/8 cup poppy seeds
- 2 tsp. baking powder
- 3/4 cup raisins, plain or golden
- 1/2 tsp. baking soda
- 1/2 cup butter/margarine
- 1/2 tsp. ground ginger
- 3/4 cup Karo golden corn syrup
- 1/2 cup light brown sugar
- 4 tbs. milk
- 1 large egg, beaten
- 1 tsp. mixed spices\*\*

\*\*Equal parts of cinnamon, nutmeg, and allspice.

Sift the flour, soda, and baking powder into a non-metal bowl. Add the mixed spice and ginger. Next add the brown sugar and raisins. Mix. Make a well in the center of the flour mixture. In a small sauce pan, melt the butter and the syrup over a low heat, and then pour liquid into the well in the middle of the flour mixture. Add the beaten egg and the milk, and mix very well. Pour into a well-greased 2-lb loaf pan and bake in a preheated oven at 325 degrees for 40-50 minutes. This bread can be made the night before as it improves with age. Makes 8-10 servings.



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### CLASSES & EVENTS

#### February

9th Getting to Know Your Guides w/  
Ashley 7:30p \$10

11th Psychic Fair 11a-7p

24th WTR ~ Runes I w/ Josh 7:30p \$10

#### March

3rd WTR ~ Runes II w/ Josh 7:30p \$10

10th WTR ~ Runes III w/ Josh 7:30p \$10

Go to [abithas.us](http://abithas.us) for more classes and  
events information~