

Abitha's Apothecary

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Releasing Anger Meditation

By Brad Austen

Begin now by taking some deep breathes. Just be aware of the breath as you breathe in and breathe out. Do this a few times until you feel centered and relaxed.

As you breathe in imagine you are breathing in white light, and as you breathe out imagine you are breathing out all tension and anger from your body.

You now find yourself sitting in a cinema theater. The lights dim and the screen lights up and begins to play a memory from your past on the screen.

This is a memory where you felt pain or anger from somebody in your childhood.

Allow the memory to play on the screen from a movie projector. Allow yourself to view the memory as it plays out but also remain as detached from the emotions as possible.

You look around the room and notice there is someone else in the room. This is the person that hurt you from your past.

They are sitting in a chair and watching the memory play out on the screen. This person gets to experience your pain and suffering as the memory plays out.

You notice this person begins to shed a tear and asks you for your forgiveness. You also begin to feel emotional, as you process the hurt and trauma from the memory.

You feel completely safe in this space and you walk over to the person that hurt you. You tell them that this is now the past and that you forgive them for the pain that they caused you.

The room begins to fill with a violet light and engulfs you and the person, completely transmuting all the hurt and pain you are feeling.

The tears are flowing and you are being healed on a very deep level. You reach over to embrace this person with a hug, which helps to open your heart once more.

You feel all the layers of pain and anger surfacing and being released on a very deep level. Stay with these feelings as they surface for as long as you need, until they have completely released.

The violet light then transforms into a green healing light. Visualize this green healing light surrounding you and healing all layers of your being.

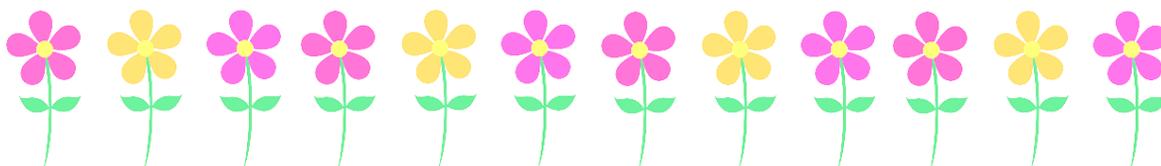
The green light dims back to the darkened room and the screen goes white. The lights in the room turn back on.

You have now taken the first step to releasing anger from your past and become whole once more. You may need to practice this meditation several times to release all layers of the anger or trauma from your mind, body and spirit.

When you are ready, gently bring your awareness back to your body. You can give your toes and fingers a wiggle. And when you are ready open your eyes coming back to waking consciousness.



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Brad Austen is an intuitive meditation teacher who has trained extensively in Psychic Development and Mediumship. He brings this spiritual wisdom to his guided meditations, creating a unique experience for the listener.



Taurus, feel like your heart is pounding and your nerves are taut and you just absolutely positively must get this and this and that and that and that done by the end of the day on the 1st, or else? Well, just take a nice deep breath and calm down. Go have a cup of herbal tea. Heck, eat an oatmeal cookie. See? Everything hasn't crashed down around you, has it? No way! See? You don't need the stress. And you'll still get everything done without it.

The forecasts that your innate artistic abilities are really going to propel you into the limelight on the oh-so-successful 2nd and 3rd. By the 7th and 8th, you need to talk about it. Oh my! You are feeling pretty darned passionate about something (or somebody?) on the 15th and 16th. Go for a jog, then see how you feel. If you're still burning up, you need to let them know!

Taurus, do a couple of mountain poses on the 21st. You need to ground deeply, first thing in the morning and last thing at night. Meet your friends for drinks on the 26th. You need to chitchat! Success is yours on the 29th and 30th.

The Gemini horoscope shows that versatility is your middle name – you always seem to have many things going on. A social butterfly, you're always circling around different groups of friends and jetting off to some activity or event. Your social scene is very important to you, but you may be a little fickle and well, flighty. With a social calendar and capacity for chatter like yours, who could blame you?

As an Air sign, you like to make intellectual connections with others. While you have, at times, been accused of being two different people, it's just because you have so many different interests and projects to work on. And you know what that means? Simply that you take full advantage of the bounty that life has to offer.

The 2017 forecast for Gemini shows that the Gemini New Moon appears on the 25th May, 2017 and no matter when your birthday falls this really does mark the start of your new cycle for you. Time plans such a sending out manuscripts or projects, applying for that new job or launching that idea to coincide with this as this year you have a green light to go for it as ruler Mercury is direct and will arrive in your sign on June 7th.



- First Quarter ~ May 3rd ~
- Full Moon ~ May 10th ~
- Last Quarter ~ May 19th ~
- New Moon ~ May 25th ~



Please check out our website
abithas.us

For up coming classes, events
and psychic readers' bios.

Tues– Saturday 11a-7p

Beltane celebrations to make your own

- Decorate your sacred space or altar in vibrant, living color. Use roses and flowers in rainbow hues, and gems and minerals in varying colors and shapes.
- Burn lilac and frankincense to help increase and recharge one's internal fire.
- Craft your own sacred maypole using found wood, rainbow ribbons, and topped with a quartz point or other beautiful gem from your collection. Place this on your altar.
- Sit in meditation. Ask yourself, and your guides, what it would look like for the garden of your soul to burst fully into bloom, a thousand of your dreams like flowers spreading their glorious multi-colored petals? Visualize your fire and your blooming in as much detail as possible, and then take the actions needed to bring those visualizations into reality.
- If you're looking to attract your twin flame, light a purple or green candle on the evening before May 1, and again on May 1 night, while you visualize that relationship coming into your life, asking that it manifest for the highest good of all.

