

# Abitha's Apothecary

VOLUME 29 ISSUE 7

OCTOBER 2017

## Herbal Knowledge ~ Bone Set

Planetary Association: Saturn

Element: Water

Gender: Feminine

Strengths- Healing, travel, Saturn, rulership, money, endings, exorcism, protection, release, safe travel, spell breaking

Folklore: Originally a native of North America, Boneset is beginning to make itself at home in Britain too. Native Americans taught the first settlers the benefits of this herb. The name of this herb is rather misleading. Boneset is not used to mend bones. Rather, the name derives from its use to treat a form of flu that was so severe that it was given the name 'break-bone' - it is for this break-bone influenza that boneset was deemed effective.

BONESET has a reputation for preventing and curing unnatural illness.

Protection: To ward off jinxing illness, carry BONESET leaves in a mojo bag with Angelica Root and Devil's Shoe Strings. The alternative name WHITE SNAKE ROOT indicates that the plant also protects from Snakes.

Ritually Cleansing Body Rub: To counteract occult poisons, folks rub dry BONESET leaves all over their body, then take the leaves outdoors and burn them. Boneset is used quite often in Spellcraft and

Sorcery for Protection and Exorcism.

Used with other ingredients to ward off Curses, Hexes and Jinxes. It is used for ritual cleansing and in counteracting Occult Poisons.

As a tea it said to counter spells cast upon a person to adversely affect their health.

In cleansing a sick room, it can be sprinkled on the floor and swept out of the front door. Some folks make BONESET LEAVES into tea and bathe in it to get rid of Enemy Tricks that have adversely affected their health. BONESET can also be used as a floor sweep in the sick-room by sprinkling it onto the floor and then sweeping it out the front door

Burn as an incense with a black candle inscribed with the name of the enemy (not recommended – remember the law of threes!).

Carry the root for financial gain. The root is also placed in cash registers to increase business.

Boneset guides ghosts elsewhere, attracting protective, benevolent spirits instead. Boneset may also be used to protect people and animals from "ghost sickness," the illness that some believe may emerge after extended contact with the dead.

### INGREDIENTS

1 cup butter, two sticks American

3 3/4 cups sifted flour

1 cup fine sugar

1/4 teaspoon nutmeg

1 teaspoon cinnamon

1 teaspoon ginger

1 teaspoon allspice

2 eggs

2 teaspoons cider vinegar

4 -6 tablespoons milk

Powdered sugar, to sprinkle on top

### DIRECTIONS

Preheat oven to 350°F.

Cut the butter into the flour with a pastry blender or a large fork.

Blend in the sugar, nutmeg, ginger, cinnamon and allspice; beat eggs, vinegar, and milk together.

Mix with the flour mixture until a stiff dough is formed.

Knead thoroughly and roll out 1/4-inch thick.

Cut into 3-inch rounds and place on greased baking sheets. Prick several times with a fork and bake for 20-25 minutes.

Presentation: Sprinkle lightly with powdered sugar while still warm.





You'll be having more fun (and more romance) already, by the fun and romantic 5th and 6th. Look for lots of beauty and magic and all-around loveliness on the 13th and 14th of October 2017. A completely annoying glitch (i.e., the bus schedule changing overnight with no warning) turns out to be an opportunity on the 18th and 19th. Look for some seriously good news on the 24th and 25th. Give yourself a break — and a nice bubble bath — on the 30th and the 31st. You deserve it!

You're moving from a strong focus on performance, work, and responsibilities to a more social theme in September, dear Scorpio. Creative, attracting Venus, logical, talkative Mercury, and assertive, energetic Mars join the Sun in your sector of community, friendship, teamwork, and long-term goals and happiness plans. It's a perfect time for making connections, contributing and sharing your ideas, and finding inspiration for new goals and projects.



Full Moon ~ October 5th~  
 Last Quarter ~ October 12th~  
 New Moon October 19th~  
 First Quarter ~ October 27th~

## On Going Class

Bringing the Inside Out!

• Every Wednesday @ 7pm  
 • Offering various tools and techniques to help bring your natural gifts to the forefront to help you grow spiritually.

• \$10 per person per class

### TAROT WORKSHOP

Begins Oct. 5th @ 7p

Have you ever wanted to learn how to read Tarot? If so please join us for a seven week Into to Tarot workshop where we will be going over how to comprehend the esoteric symbolism depicted in the cards, how it relates to your individual life journey, and various Tarot spreads. Please bring a Rider Waite Tarot deck.

\$10 per person per class  
 7 weeks

## HARVEST SAMHAIN GATHERING & PSYCHIC FAIRE

OCTOBER 14th, Saturday, 10a –10p

Join us as the days gets shorter and the nights are just a bit more chilly for our Harvest Samhain Psychic Faire. We will be having various specials on merchandise throughout the day as well as readings being offered at a discounted rate.

There will be refreshments and games! Henna artist and entertainment.

Watch our Facebook Event Page for more updates and information about the festivities!

## Time of Rememberance

Do not weep for me for I have not gone.

I am the wind that shakes the mighty Oak.

I am the gentle rain that falls upon your face.

I am the spring flower that pushes through the dark earth.

I am the chuckling laughter of the mountain stream.

Do not weep for me for I have not gone.

I am the memory that dwells in the heart of those that knew me.

I am the shadow that dances on the edge of your vision.

I am the wild goose that flies south at Autumns call and I shall return at Summer rising.

I am the stag on the wild hills way.

I am just around the corner.

Therefore, the wise weep not.

But rejoice at the transformation of my Being.

