

Herbal Knowledge ~ Caraway

Planetary Association: Mercury
Element: Air
Gender: Masculine

In Hoodoo, caraway seeds are seen as protective of children. Caraway is often recognized as the most typical spice of the German-speaking countries. It is an ancient spice of Central Europe: Caraway fruits have indeed been found in Neolithic villages (though that does only prove that the plant grew there, not that caraway was actually utilized), and since Roman times there is plenty of documentation for numerous culinary and medicinal application - not least to mention caraway-flavoured liquor, known as kummel in the USA, that is mostly produced and consumed in Northern Germany and Scandinavia (akvavit). Although caraway is a common plant of Alpine meadows at low elevation, it was grown systematically in medieval monasteries, mainly to its extremely effective antifatulent powers; there is still some domestic production of caraway in Germany, although most now stems from Egyptian imports.

Magickal Uses: Fidelity, love, memory, passion, preventing theft, protection, retention, sensuality other magickal uses: consecration, fertility, gain, honesty, keeping secrets, peace of mind, weddings.

Prevents lover from straying when used in love spells & potions. Ideal for consecrating ritual tools.

Carry to improve memory or use in dream pillows to help you to remember your dreams. Sew caraway seed into a small white bag with white thread and hide it under the mattress of a child's crib or bed to keep the child free of illness. Caraway is often added to love potions to keep lovers from being unfaithful. The seeds are placed in poppets and used in spells to find one's mate. They are said to inspire lust when baked into cakes or breads. Put some in your wedding cake, or use it instead of rice to throw at the bride and groom. Pigeons are very fond of it too!

Caraway may be used in any consecration of a ritual tool. It not only enhances the innate magick but will help that tool avoid straying from your home. In working to protect your possessions, avoid doing so out of a too-strong attachment to the mundane for this herbe will invoke the powers of the astral and could ask the gods to show you true wisdom.

Cakes or cookies made with caraway seed will be ideal for the ritual feast at either Lammastide or the Autumn Equinox in celebration of the Harvest Festival.

As a Mercury herb, caraway is helpful in the acquisition of magical skills and for initiation into esotericism. Its scent, which is a bit musky, to me has a whiff of the Underworld to it, which to my mind makes it appropriate for psychopomp rituals. Also for overcoming addiction, breaking bad habits, communication, divination, eloquence, intelligence, mental powers, psychic powers, self-improvement, study, travel, and wisdom.

Caraway used as a protection and memory herb, can be carried in an amulet for protection from evil and for enhanced memory function. Seeds can also be placed in or under a child's bed to protect against disease. As it is also associated with love, Caraway seeds can be carried to attract and keep a lover, and can be baked into breads, cookies, or cakes to induce lustful behavior.

We wanted to take a moment and say thank you to the local businesses that donated items for our "Save Abitha's" raffle and thank you all for the support you have shown us during this stressful time.

If anyone would like to make a donation to help us move into a safer location, you can find the link to our GoFundMe @ [abithas.us](https://www.gofundme.com/abithas.us) or you can pop by and see us at the shop ~ Wednesday—Saturday 11a-8p and on Sunday 12p-5p.

Again thank you all for your support and we look forward to serving you in the future!





A rise in love and romance is highlighted by the full moon on November 3. Get sexy and sensual with someone who already worships the air you breathe. Don't let any socializing get too extravagant, because it might. The new moon on the eighteenth gives you the chance to do and say things that you would normally keep private. Be tactful, keep it nice, and people will understand and probably agree. You could alter your appearance now, too, with no negative criticism. On November 21, the Venus-Pluto sextile could smooth the rough edges on a relationship that shows promise of becoming valuable.

Health and happiness are spotlighted by the full moon on November 3. Take pleasure in taking care of yourself. You may also have a friend or a pet who needs a little extra pampering. Pamper away! On the thirteenth, the Venus-Jupiter conjunction shows you just how loved and cherished you really are. During the new moon on November 18, your private life and interior landscape may be much more interesting and richer than anything in the outside world. Indulge in deep thoughts, read a heavy book, get philosophical, and talk with your soul mate, real or yet to be manifested.



HOLIDAY HOURS

Tuesday Nov 21st 11a-8p Friday Nov 24th 11a-8p
Wednesday Nov 22nd 11a-8p Saturday Nov 25th 11a-8p
Thursday Nov 23rd Closed Sunday Nov 26th 12p-5p

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The traditional cornucopia was a curved goat's horn filled to brim with fruits and grains. According to Greek legend, Amalthea (a goat) broke one of her horns and offered it to Greek God Zeus as a sign of reverence. As a sign of gratitude, Zeus later set the goat's image in the sky also known as constellation Capricorn. Cornucopia is the most common symbol of a harvest festival. A Horn shaped container, it is filled with abundance of the Earth's harvest. It is also known as the 'horn of plenty'.

Be Good to Each Other

by: Phil Stacey

May the road rise to meet us
The wind always be at our back
As we follow our dreams
May our hearts ever lead and not
lose track
May we smile at the end of the day
May we always find a way
To be good to each other
To be good to each other

Well, there's already plenty of pain
In this world to last for years
Yeah, just look out any window
There's heartache and sorrow and
tears
It's easy to see what we need
Now really, how hard could it be
To be good to each other

To be good to each other

We could try a little tenderness
Yeah, and see how we like it
It just might bring out our very best
If we keep love in sight
And be good to each other
Yeah, be good to each other

I'm sorry for times
When I've added fire to the fuel
For the times when I've hated
Been bitter and jaded and cruel
We get what we give in return
Maybe as we live we will learn
To be good to each other
To be good to each other