



VOLUME 38  
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# ABITHA'S

FEBRUARY 2026

## THE SELF LOVE SPELL

Bless and sanctify the space you will be doing this spell in. When preparing for love work I prefer to sprinkle the area with salt water and then to project the image of pink flames surrounding the space.

Place the candle in the middle of your altar space and then place the rose quartz pieces equidistant to each other in a circle around the candle. As you place each crystal around the unlit candle visualize yourself coming closer to an authentic version of you. Around the circle of rose quartzes sprinkle generous amounts of the herbal mixture, as you sprinkle the herb mixture ask for the wisdom and medicine from the herbs to aide in your working. With jasmine ask for self-love and with the lavender ask for the ability to intuitively feel where the changes need to be made in your life. Sprinkle the gold glitter (symbolizing sovereignty over the self) over the herbs and candle.

Sit for a moment and wash your face, then hands, then feet in the salt water. As you dip the cloth in the salt water and gently scrub these parts, take a moment to see the blocks and bad relationships from your past wash off like oil and dirt. When you have completed this, envision the pink flame from before washing over your body and restoring any damage left behind from the past.

Draw a pentacle of pink flame with your wand or index finger over the candle and then light it. After you light the candle, bow your head slightly, eyes on the candle flame and say,

"By sacred flame I ignite the passion of the Goddess. Hear me great mother!"

Touch each stone gently and say,

"By sacred stone I summon the love of the Goddess. Hear me great mother!"

Softly hover your hands over the herbs and say,

"By sacred flower I call forth the spirit of the Goddess. Hear me great mother!"

Take a few moments to breathe slowly and ground your energy. Allow yourself to feel any shifts around you and allow for the energy to settle in the air just a bit. At this time spill your guts out. Cry. Get angry. Tell the Goddess everything, even the stuff you don't want anyone to know. Don't stop until you feel like you have said anything and everything you need to. The whole time while doing this, look directly into the candle flame and see yourself pouring this energy into the light. Once you feel that you have released any and all stuck or heavy energy into the candle say,

"No more tears will blind me; no more fears will chain me.  
No more pieces to find within, no more pain to keep within."

Turn around so that the candle is behind you and lift up your small mirror or compact and stare directly into your own gaze. After a few seconds say,

"Looking back I see my soul not pieces to be made whole.  
Looking in I see my heart a lush work of ancient art.  
Looking out I see my path free of self-inflicted wrath.  
(Insert your full name), I love you and you are worth love  
Together as one we let it shine from above!"

Gently close the mirror and/or place it down close by. Turn to face the candle one last time and say,

"Queen of Heaven, Queen of Hell, horned Hunter of the night, lend our power to this spell and work my will by magic right.  
Air to speed it well, earth to bind my spell, I count the elements four fold and on the fifth my spell shall hold!  
May my heart be mine for all time. My love is mine for all time.  
I cast this spell, so must it be, for the good of all, but most for me!"

Let the candle burn out completely and then collect the remnants. Take the remaining pieces of the spell- the herbs, unburned wax, and glitter and bury them on the following new moon for optimal results. Keep the mirror and gaze into it whenever you need a reminder.

Pink Candle  
Lavender Petals  
Jasmine Flower  
Gold Glitter (optional)  
5-10 pieces of Rose Quartz  
A bowl of Salt Water  
A White, Pink, or Red cloth  
A Small Compact or Hand mirror

Items Needed:





AQUARIUS (Water Bearer)  
January 20 - February 18

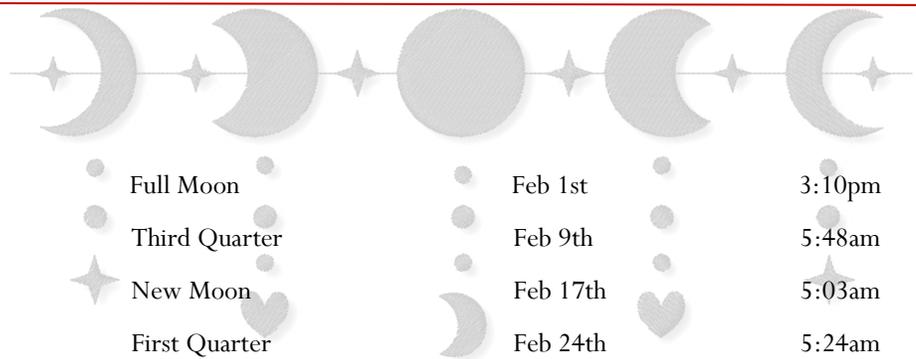
The month starts with a heart-thumping moment in your relationship sector. On February 1, a Full Moon in Leo illuminates your partnership zone. Picture a spotlight on your closest one-on-one connections. This full moon could bring a relationship matter to a head. If you're dating or in a committed partnership, you might have an "aha" moment about where things are headed. Some Aquarians could make a relationship official, while others might decide to address lingering issues openly. Single? This energy helps you clarify what you truly want in a partner – maybe you realize you're ready for a serious love, or conversely, that you need more independence. Full moons are about clarity and culmination, so expect some truth in matters of the heart. The key is to balance "we" versus "me." Leo energy can be a bit dramatic, so if feelings run high around this date (yours or someone else's), take a deep breath and respond with that famous Aquarian level-headedness.

February brings a noticeable shift in cosmic energy, and you're likely to feel the difference, Pisces. The month begins still in a low-key mood carried over from late January, but it won't stay quiet for long. With Venus and Mercury both gliding into Pisces in the first half of February, you steadily step back into the limelight. Venus enters your sign on February 10, sprinkling glamour and charm over your aura. Just in time for Valentine's Day, you radiate attractiveness and warmth, making this a sweet period for love and connection. If you're single, don't be surprised if admirers come out of the woodwork or an old crush resurfaces to confess feelings. If you're in a relationship, mid-February is ideal for romantic date nights. Circle February 14 as a day when your affectionate gestures and empathy speak volumes to your partner. With Mercury entering Pisces on February 6, communication also improves — you find the right words to express your dreams and desires, whether in love or any area of life.



PISCES (Fish)  
February 19 - March 20

Mercury retrograde in Pisces: February 25 at 10:48 pm PT/February 26 at 1:48 a.m. ET to March 20 at 12:32 p.m. PT/3:32 p.m. ET



February 2026



Feb. 7th 6:30p \$25  
Spell Jars

March 2026



Mar. 14th 6:30 \$20  
Ostara

Mar. 22nd 10a-5p  
Abitha's Spiritual Fair



This is an old English (Saxon) poem. (Riddle 74 from the Exeter book)

Note that ae is pronounced like the A in had. ge is the soft g i.e. pronounced like a J

Ic waes faemne geong, feaxhar cwene,  
ond aenlic rinc on ane tid;  
fleah mid funghum ond on flod swom,  
deaf under yve dead mid fiscum,  
ond on foldan stop, haefde ferd cwicu.

*Translated literally:*

I was woman young, grey-haired queen,  
and one like a warrior at one time,  
(I) flew with birds and on flood swam,  
(I) dived under waves dead among the fishes  
and on Earth stepped, had spirit quick.

*A better translation might be:*

I was a young maiden, a grey haired crone,  
and a warrior-woman all at one time,  
I flew with birds and swam in the sea,  
I dived under the waves, dead among the fishes  
and stepped on dry land, alive again.