



Abbey Rose

CLAIRVOYANT TAROT READER

Food Articles by Abbey Rose

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ABBEY ROSE DISCUSSES LOVE, ROMANCE, MONEY, CAREER, HEALTH & SUCCESS.

Abbey Rose is a well known and highly respected clairvoyant in Melbourne. She offers genuine tarot readings face to face, by email or telephone.

She has a Masters degree in Education and has Counselling qualifications.

Instead of being stuck in the present she enables clients to move into the future. She is a professional member of the Tarot Guild.

Abbey uses tarot cards as visual prompts, but essentially for her clairvoyance adds to the whole picture. Abbey looks at mind, body and spirit and sees the whole person. She presents you what is possible in the period of time that you are discussing.

She looks at all our important and intimate relationships. Love makes the world go round and romance and commitment are important to many clients.

- Will our romance grow and flourish?
- Do they love me?
- Will they commit to this relationship?

Abbey provides down to earth information about yourself and your relationships that enable you to take part in creating your own future. Most clients want a loving and healthy relationship that nurtures them. Added to this: their career and their financial outcomes are relevant.

Abbey looks at what the future holds for YOU.



Recipes for love

There are countless numbers of so-called aphrodisiacs foods to enhance the act of making love and to inspire thoughts and feelings of love.

DAIRY FOODS

Including cream, yoghurt, ice cream and cheese are suffused with the nurturing properties of mothering for milk carries these vibrations. Milk-based foods may be imbued with loving energies and given to a desired lover or shared by a couple.

FRUITS

Apricots, apples, pears, peaches, sultanas, raisins, persimmons, pomegranates, melons and cherries are filled with the sexual energies. The tomato or "love apple" is considered an aphrodisiac.

VEGETABLES

Because of their phallic shapes, cucumbers and asparagus are believed to promote thoughts of love and sex when eaten. The Aztec name for avocado is "testicle fruit" and eating it was said to heighten a man's sexual drive.

Food for luck and success

The energies of luck, success and prosperity can be found in many foods and a special meal can be created using many of the foods below.

NUTS

The energies of luck can be found in abundance in various types of nuts. Such nuts include hazel, almond, walnut, pecan, brazil, peanuts & chestnuts.

FRUITS AND VEGETABLES

Mushrooms are considered very lucky when eaten after a wish has been made over them. Artichokes, both the globe and Jerusalem varieties, have vibrations well suited to a magical meal for promoting success and luck. A grapefruit sweetened with honey and eaten once a week is said to draw the energies of success. Citrons, kumquats and quinces are all associated with the magic of success.

SEAFOOD

Oysters and other shellfish have long been thought of as aphrodisiacs. The goddess Venus and her loving energies can be found within the fruits of the sea.

SWEETS

Cakes, sugar, honey, cinnamon, nutmeg, allspice, gingerbread and shortbread are said to be filled with the energies of love. Cakes were often baked and imbued with love energies and given to the desired.

Chocolate is full of sexual hormones and eating vast amounts of this treat is said to make one fall in love easily.

PRESENTATION

When preparing a meal create the right ambience with a tablecloth and candle in colours of vivid red or pink, with a central flower arrangement of red and yellow roses, jasmine, lavender, honeysuckle or violets.

BEANS

A special dish of spicy red beans cooked with cayenne pepper and garlic.

EGGS

A enchanted egg which when eaten is believed to bring luck is made by being boiled in water to which yellow food dye and cinnamon powder has been added. The egg is allowed.

SPICES

Ginger and lemongrass are believed to invite the blessings of the capricious spirits.

PRESENTATION

Choose a vivid yellow, orange or golden table cloth, yellow candles and flowers consisting of orange and yellow flowers or even fruits for a magical meal to court the favour of the spirits of luck and success

Food to promote protection

We rarely feel vulnerable when we are physically healthy. Often when we are run down certain foods are considered to be most beneficial at these times.

VEGETABLES

Carrots, capsicum or peppers, garlic, ginger, artichokes, cabbage, onions shallots, spring onions and leeks are said to surround the user with protection when consumed regularly.

FRUITS

Blueberry, pineapple, grapefruit, coconut, lemon, citron and bananas carry strong protective energies which will be released by being eaten and taken into the body.

HERBS AND SPICES

Many hot and spicy foods are said to be protective especially those made with chilli, tarragon, fennel, bay laurel leaves, lemongrass, garlic, ginger, mustard and peppercorns.

Food of prosperity

Prosperity can be found in many foods and a special meal can be created using a combination of the foods found below.

GRAIN

Special magical breads may be made with a few different type of grains, nuts and herbs under the influence of the planets Mercury, Jupiter and Sun. These include oats, rice, corn or maize, wheat, rye, barley, millet and sesame seeds.

VEGETABLES

Green and leafy vegetables, such as spinach, chard and broccoli contain the essences of the planet Jupiter, the realm of prosperity, abundance and expansion.

Yams, sweet potatoes, celeriac, potatoes and other tuberous root vegetable are the staff of life.

Okra may be eaten on a Thursday, perhaps in a gumbo (spicy stew from the American South) to draw the blessings of the spirits of prosperity.

COFFEE AND TEA

These beverages are said to surround the user in strong vibrations from the planet Mars which help build up courage and fortitude.

MEATS

Beef is believed to give the consumer the vibrations of courage and strength, especially when cooked with some of the herbs and spices mentioned above.

SALT

A little of this mineral is beneficial when in need of a little extra protection.

PRESENTATION

A meal intended to draw the energies of protection, choose a grey, black or white tablecloth, grey candles and flowers consisting of gardenias, marigolds, rosemary and lavender

SPICES

Saffron is taken from the crocus flower and is literally worth its weight in gold. It is believed to bring vast amounts of prosperity, good fortune and abundance when eaten in a meal.

PRESENTATION

A special meal may be created with a green and gold theme. Perhaps a green tablecloth with golden candles and napkin rings. A luxurious flower arrangement can be made with palm fronds, oak and holly leaves, marigolds, sunflowers and other vivid yellow flowers.

Homemade tea recipes

VIOLETS & ORANGE

Violets and a few slivers of tangy orange and Darjeeling tea.

ROSEHIPS & ROSE PETALS

Both mixed with Keemun tea.

APPLES & MINT

Dried apples and finely chopped apple mint and Darjeeling tea.

Note: May need a little sugar.

PEACH & PEACH BLOSSOM

Dried peaches chopped finely and Oolong Peach Blossom tea.

JASMINE TEA

230 g. English Breakfast Oolong tea

1 tablespoon Jasmine blossoms

1 tablespoon lemon zest

INSTRUCTIONS:

Add 1 teaspoon of tea to tea ball

Fill up with boiling water

Let tea steep, 3 to 5 minutes

SPECIAL GREEN TEA MIXTURE

5 tablespoons green tea

8 tablespoons Moroccan spearmint leaves or other mint tea

A 'SLEEPY TIME' TEA

For one who has trouble falling asleep.

5 tablespoons of rose petals

2 tablespoons of jasmine

1 cup of green tea

2 cinnamon sticks

1 mugwort leaf

A small clary sage floret

1 tablespoon lecithin

SWEET AND SPICY FLAVOURED TEA

5 tablespoons loose orange pekoe

6 cloves

3 vanilla beans

3 sticks cinnamon

15 to 20 green cardamom pods

3" fresh ginger root

9 tablespoons sugar

4/5 marigold flowers

HIBISCUS

Parts used; flower or calyx

VIOLET

Parts Used: Leaf, flower, root

ROSE

Parts Used: Flower, hip

If you are collecting rose hips yourself, remove their seeds before drying them or brewing them as tea.