

February 3, 2017



# Sacred Paths Newsletter

February Focus : African Heritage

## Welcome!

Sacred Paths Newsletter is geared towards non-denominational, spiritual enlightenment and conscious awareness. Monthly issues will focus on moon themes and energies, meditations, personal empowerment, and holistic health.

Please contact Ajna Holistic Sanctuary for details on events.

*Let us assist you on your journey...*



**Andrea De Souza B.Sc., NCTMB**

**Holistic Practitioner & Instructor**

### In This Issue:

- ✧ Calendar of events
- ✧ February moon focus
- ✧ Words of wisdom
- ✧ Article: African Heritage
- ✧ Resources



'Ajna Holistic Sanctuary' Winsome Cottage Upton St. Michael Barbados

T: 1 246 426 7815 or 1 246 230 9094 E: [ajnasanctuary@outlook.com](mailto:ajnasanctuary@outlook.com)

W: [www.ajnasanctuary.com](http://www.ajnasanctuary.com)



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## Calendar of Events: February

Date	Event
<b>February 11</b>	<p align="center"><b>Moonlight Bazaar: Moonlight Drums</b> (see advertisement)</p>
<b>February 26</b>	<p align="center"><b>New Moon Esbat</b> (sacred circle gathering, oracle readings, meditations)</p> <p align="center">Ajna Holistic Sanctuary <b>5pm - 6.30pm</b></p> <p align="center"><b>\$25</b> (location and time are subject to change)</p>
<b>Weekly</b>	<p align="center"><b>Yoga</b></p> <p align="center">Ajna Holistic Sanctuary</p> <p align="center"><b>Thursdays 9am - 10.30am – Natasha</b></p> <p align="center"><b>Saturdays 7am - 8am - Jennifer</b></p> <p align="center"><b>Sundays 4pm - 5pm – Andrea</b></p> <p align="center"><b>\$25-\$30/class</b></p> <p align="center">(please call to RSVP and for details on packages)</p>

*Visit the website for full details on events*

[www.ajnasanctuary.com](http://www.ajnasanctuary.com)



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**UNIQUE NIGHT MARKET**  
**Moonlight Bazaar**

**‘Moonlight Drums’**

**Saturday 11th February, 2017**  
**5pm - 9pm**

**★ FREE ADMISSION ★**

**Honour the ancestors and our history with the  
African Heritage Foundation**

**\*\* Special drumming session 6-8pm \*\***

**Unique Eat; . Plant; . Clothing**  
**Holistic Therapies; . Guidance Readings;**  
**Art; & Craft; . Kid;’ Circle & Activities**

**3 Neils Plantation . St Michael . Barbados**  
**(near Salters, St. George)**

**ajnasanctuary@outlook.com**  
**www.ajnasanctuary.com**

Interested in being a vendor at the **Moonlight Bazaar**?

Visit [www.ajnasanctuary.com/moonlight-bazaar](http://www.ajnasanctuary.com/moonlight-bazaar) for details.

## **Directions to Neils Plantation:**

Turn off the Norman Niles Roundabout (off the ABC Highway) heading east towards St. George. Take the 2nd left into Neils Plantation (follow the Moonlight Bazaar signs). Follow the yellow road humps to the crossroad, and the property is on the immediate left.

**Note:** The 3rd left after the roundabout will take you to Salters / Charles Rowe Bridge

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## February Moon Focus



### February Moon Phases

First quarter: 3rd

Full moon: 10th

Last quarter: 18th

New moon: 26th

Esbats are a time for groups or solitary practitioners to meet and focus their energy towards a specific goal.

The new moon energy is great for starting projects or planting the seeds of creativity, while the full moon energy is perfect for seeing tasks to completion. Likewise, the first quarter or waxing moon pushes projects to completion, and the last quarter or waning moon is a time for release to prepare for renewal.

Honoring the energy of the moon, regardless of its phase is usually included in the ritual process.

### **Moon Esbats in Aquarius (January 21 - February 18)**

- ◆ **Energy** - independence, progressive ideas, love, heightened perception, resourcefulness
- ◆ **Zodiac colour** - violet
- ◆ **Element** - air
- ◆ **Ritual themes** - work on courage, loyalty, and leadership skills to bring about personal independence and a sense of self-worth

### **Moon Esbats in Pisces (February 19 - March 20)**

- ◇ **Energy** - inspiration, compassion, psychism, creativity, devotion
- ◇ **Zodiac colour** - crimson/red
- ◇ **Element** - water
- ◇ **Ritual themes** - analyzing dreams and meditations

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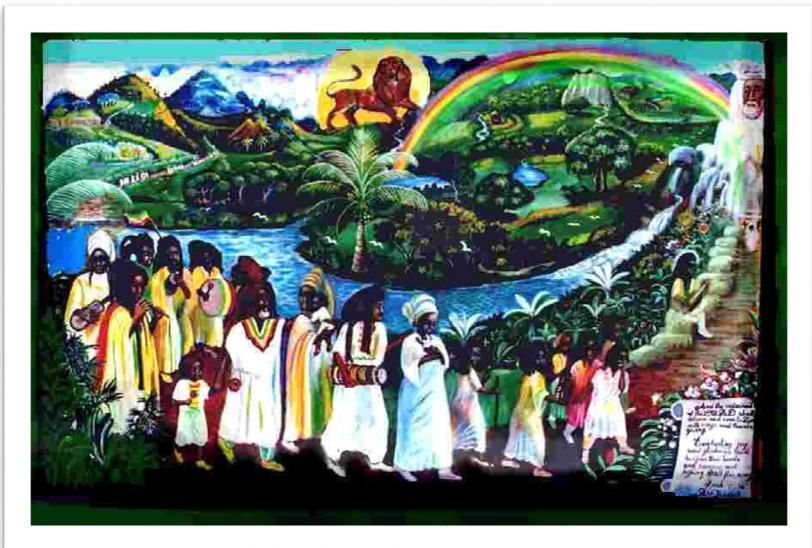
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## Words of Wisdom

*“If you cut your chains, you free yourself. If you cut your roots, you die”. - African Proverb*

## African Heritage

In this month when we celebrate African awareness, let us embrace that part of our history that we often allow to become diluted or even forgotten. Regardless of your ethnicity, we have all been moulded from ancestral DNA that some scientists strongly believe originated from the African continent. Let’s explore some examples of honouring the ancestors:



## Become culturally aware

- ◇ Learn about and embrace cultural aspects of Africa
- ◇ How did our ancestors work and live together as a community? Perhaps if we embody some of these principles we may find growth in solidarity

## Honour the family

- ◇ Ancient cultures across the world revered the family structure and placed great importance in the input of all of its members
- ◇ Respect the elderly, for they have paved our path. Take care of our youth so that they may continue to walk on it

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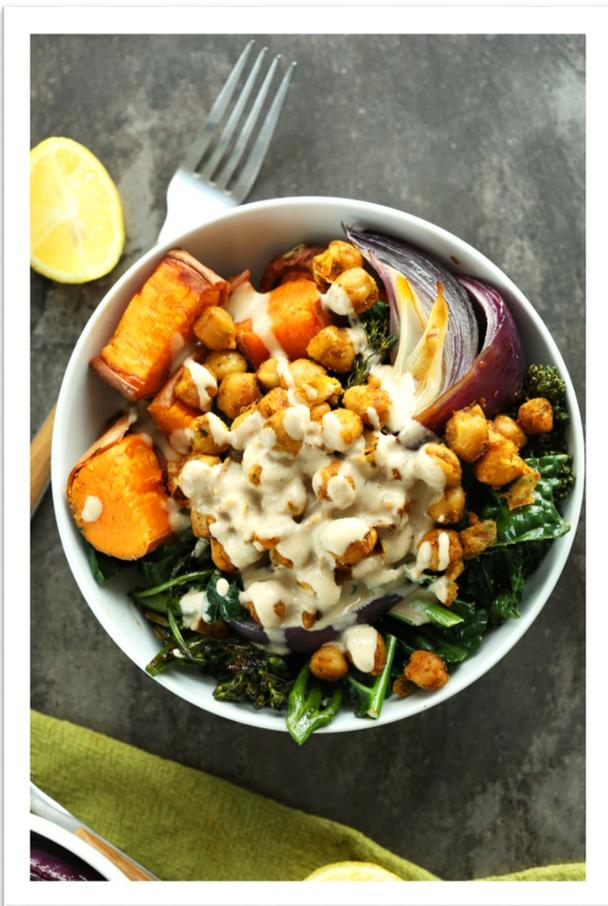
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## Eat our natural foods

- ◇ It is a well known fact that the foods and herbs that grow naturally in the environment that you were born and grew up in are best suited for the health of your body. Too often, we tend to rely on foreign and over-processed foods for sustenance that do not assimilate well within our bodies
- ◇ Try to eat a diet rich in ground provisions, as well as local, fresh fruits and vegetables

## Recipe: Sweet Potato & Chick Pea Buddha Bowl



See the full recipe at:

<http://minimalistbaker.com/sweet-potato-chickpea-buddha-bowl/>

This healthy, vegan recipe is packed with nutrients and is sure to fill your hunger. Ingredients include sweet potato, chick peas, kale, broccoli, herbs and spices, with tahini (sesame paste) to garnish. Enjoy!

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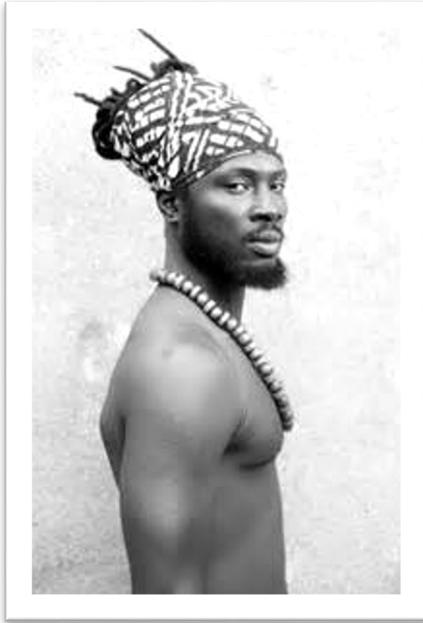


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## Wear colourful fabrics and accessories

- ◇ Spice up your wardrobe with chunky jewellery or a colourful conversational article of clothing, such as a head wrap, shawl, caftan, etc



## Appreciate the arts

- ◇ Fill your sacred space at home or work with beautiful pieces of art that transform the energy within



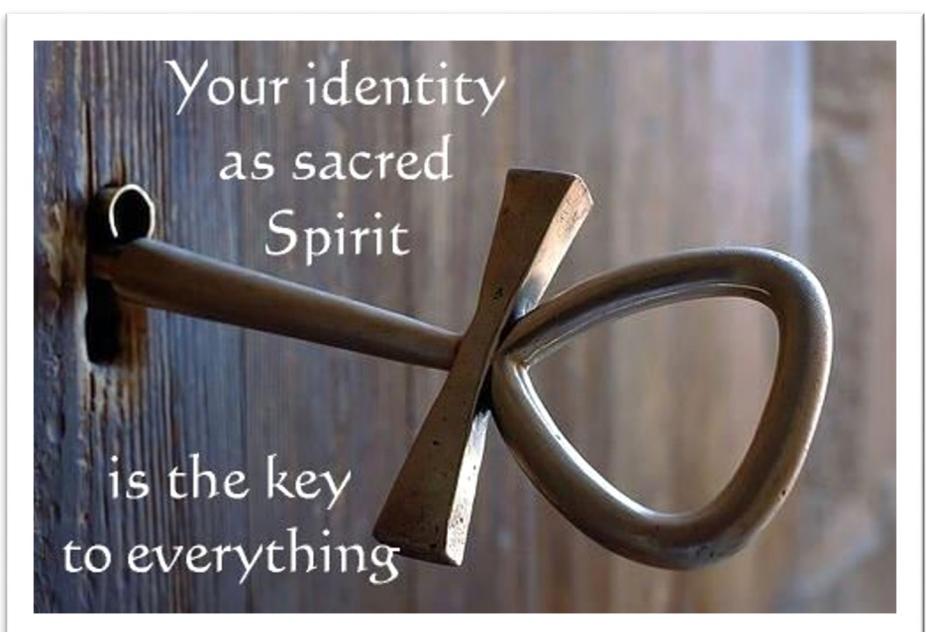
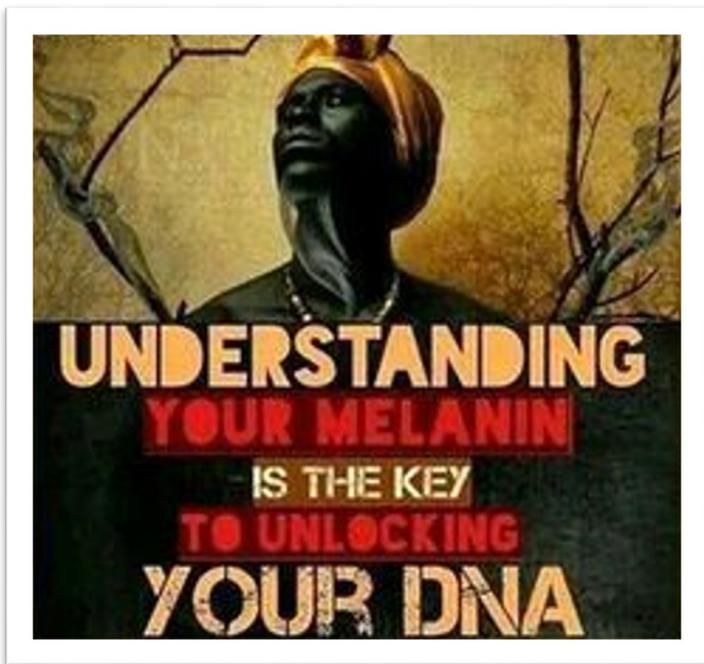


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## Embrace ancestral spiritual practices

- ◇ Explore the gamut of spiritual practices and rituals that allow us to tune-in to our ancestral power
- ◇ It can be as simple as dedicating an altar to a specific deity that you wish to honour, or as detailed as immersing yourself into a new practice. Whatever choice you make, always ensure that you do what feels right and resonates with your personality





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## Local Resources

### **Brother D's:** *City Centre*

- ◇ gemstone jewellery, metaphysical books

### **Do It Best Home Center:** *Sheraton & Canewood*

- ◇ crystals, home décor

### **Gifts and Things:** *Sheraton*

- ◇ gemstone jewellery, statues, home décor

### **Maximum Discount:** *Swan Street*

- ◇ incense, home décor

### **Moon River:** *DaCosta's Mall*

- ◇ gemstone jewellery and metaphysical books

### **Sacred Paths:** *Ajna Holistic Sanctuary*

- ◇ sage and incense, glass bottles, journals, ritual tools, ethnic clothing and jewellery



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