

September 1, 2017



Sacred Paths Newsletter

September Focus :

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**
- ✧ **Sacred Circles with Gay Taaffe**
- ✧ **September moon focus**
- ✧ **Words of wisdom**
- ✧ **Article: Harvest - Herb Garden**
- ✧ **Resources**



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

T: 1 246 426 7815 or 1 246 230 9094 E: ajnasanctuary@outlook.com

W: www.ajnasanctuary.com



Sacred Paths Newsletter

Calendar of Events : September

Date	Event
September 9	Moonlight Bazaar: See advertisement below
September 17	<p style="text-align: center;">New Moon Esbat (sacred circle gathering, oracle readings, meditations)</p> <p style="text-align: center;">3 Neils Plantation, St. Michael 5pm - 6.30pm</p> <p style="text-align: center;">\$25 (location and time are subject to change)</p>
Weekly	<p style="text-align: center;">Yoga</p> <p style="text-align: center;">Ajna Holistic Sanctuary</p> <p>Thursdays 9am - 10.30am – Natasha (on break)</p> <p>Saturdays 7am - 8am - Jennifer (on break)</p> <p style="text-align: center;">3 Neils Plantation, St. Michael</p> <p>Sundays 4pm - 5pm – Andrea (on break)</p> <p style="text-align: center;">\$25-\$30/class</p> <p>(please call to RSVP and for details on packages)</p>

Visit the website for full details on events

www.ajnasanctuary.com



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

T: 1 246 426 7815 or 1 246 230 9094 E: ajnasanctuary@outlook.com

W: www.ajnasanctuary.com



Sacred Paths Newsletter

Unique Night Market

Moonlight Bazaar

'Harvest'

Saturday, September 9th

5pm - 9pm

FREE ADMISSION

Arts & Crafts

Unique Eats & Drinks

Holistic Therapies

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 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

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

T: 1 246 426 7815 or 1 246 230 9094 E: ajnasanctuary@outlook.com

W: www.ajnasanctuary.com

September 1, 2017



Sacred Paths Newsletter



Sacred Circles Barbados
Events in September
with Gay Taaffe

Sacred Circles is on break for the month of September

For further information, registration and 'what to bring' ...

Email: sacredcirclesbarbados@gmail.com

Telephone: 246 271 7066 (landline) or

246 231 5055 (whatsapp)

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

T: 1 246 426 7815 or 1 246 230 9094 E: ajnasanctuary@outlook.com

W: www.ajnasanctuary.com



Sacred Paths Newsletter

September Moon Focus



September Moon Phases

First quarter: Aug 29, Sep 27

Full moon: Sep 6

Last quarter: Sep 12

New Moon: Sep 19

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 Virgo (August 23 - September 22)

- ◆ **Energy** - examination, analysis, precision, brilliance, making choices with your head
- ◆ **Zodiac colour** - yellow-green
- ◆ **Element** - earth
- ◆ **Ritual themes** - use intuition and divination to tackle situations and find solutions to problems

Moon Esbats in Libra (September 23 - October 22)

- ◇ **Energy** - beauty, love, sociability, originality, courtesy
- ◇ **Zodiac colour** - emerald
- ◇ **Element** - air
- ◇ **Ritual themes** - enjoying the performing arts, love and friendship, communication and partnerships

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

T: 1 246 426 7815 or 1 246 230 9094 E: ajnasanctuary@outlook.com

W: www.ajnasanctuary.com



Sacred Paths Newsletter

Words of Wisdom

“What is planted in each person’s soul will sprout.” - Rumi

Harvest ~ Herb Garden

A herb garden is a great way to bring nature into your life. You can grow most herbs in pots scattered around a sunny kitchen ledge.

A fun way to grow herbs is by using mis-matched bowls or mugs to create a whimsical pop of colour.

Choose herbs that will also add an aromatic air to your kitchen, such as broad leaf thyme, sweet basil, rosemary, etc.



Try the following methods to preserve fresh herbs:

- ◇ Place fresh herbs in clear or coloured bottles with extra virgin olive oil. Use the oil to drizzle over meals or to dip bread in.



- ◇ Place a small amount of herbs (same herb or a mixture) into ice cube trays. Fill the tray with extra virgin olive oil and freeze. Use the cubes to add a pop of flavour when cooking.



Sacred Paths Newsletter

Harvest – Herb Garden (cont'd)

Preserving dried herbs:

It's important to harvest herbs at the right time. They should be picked before the flowers develop. Harvest on warm, dry mornings after the dew has evaporated. It's best to pick and prepare one variety of herb for drying at a time.

Discard any damaged leaves. Strip large-leaved herbs, such as sage and mint, from their stalks. But leave small, feathery herbs, like dill and fennel, on the stalks until drying is complete.

Tarragon, bay, mint, lemon balm, lavender, rosemary and small-leaved herbs such as thyme take well to air-drying, so they are great for beginners.

Effective drying relies more on abundant dry, fresh air than on heat. A well-ventilated place out of direct sunlight is ideal.

If you live in a humid area, the process may be slower, and mould can be a problem.

Tie sprigs or branches into small bunches. Large, dense bunches can develop mould and discoloured leaves.

Hang the bunches up to dry, leaves downward, wrapped loosely in muslin or thin paper bags to keep out dust and to catch falling leaves or seeds. Do not use plastic bags because of mould development.

Allow 7 to 10 days to dry, depending on the size of the branches and humidity. They're completely dry if the leaves sound like crisp cornflakes when crushed.

Crumble the dried herbs with your fingers (discard the hard leafstalks and midribs) and store in small, airtight containers.

If you use clear glass containers, store them in a dark place so the herbs don't lose their colour.

Excerpt on this page taken from <https://www.tasteofhome.com/article/how-to-dry-herbs/>





Sacred Paths Newsletter

Harvest ~ Herb Garden (cont'd)

Healing Herbs and Spices
Medicine Cabinet in Your Kitchen

	OREGANO Helps soothe stomach muscles		THYME Relaxes respiratory muscles
	MINT Can ease hiccups		TURMERIC Anti-cancer
	GINGER Anti-nausea remedy		BASIL Can relieve gas and soothe stomach upsets
	GARLIC Natural antiseptic		BLACK PEPPER Helps relieve indigestion
	FENUGREEK Helps flush out harmful toxins		CAYENNE Can stop a heart attack
	FENNEL Can reduce bad breath and body odor		CINNAMON Helps lower blood pressure
	CLOVE Anti-microbial		DILL Treat heartburn, colic, and gas
	SAGE Antiseptic and antibiotic		ROSEMARY Anti-oxidant

Outside the traditional uses of herbs for cooking and healing, you can also use fresh or dried herbs to:

- ◇ Create a herbal smudge stick - use bundles of dried herbs and flowers tied together to form a smudge stick. Burn as needed to clear and enhance the energy of your home
- ◇ Utilize fresh herbs in a therapeutic healing bath (place herbs in a muslin cloth to prevent going down the drain)
- ◇ Place the herbs in a bowl of steamy hot water for a DIY at home spa facial. Cover your head with a towel to trap the heat, and lean over the bowl to allow the herbal steam to cleanse the skin. Rinse with cool water afterwards





Sacred Paths Newsletter

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: *3 Neils Plantation, St. Michael*

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

