

Sacred Paths Newsletter

December Focus :

Welcome!

Our ‘Sacred Paths Newsletter’ is geared towards spiritual enlightenment and conscious awareness. Monthly issues will focus on moon themes and energies, meditations, personal empowerment and holistic wellness.

Please contact Ajna Holistic Sanctuary for details on events.

Let us assist you on your journey...

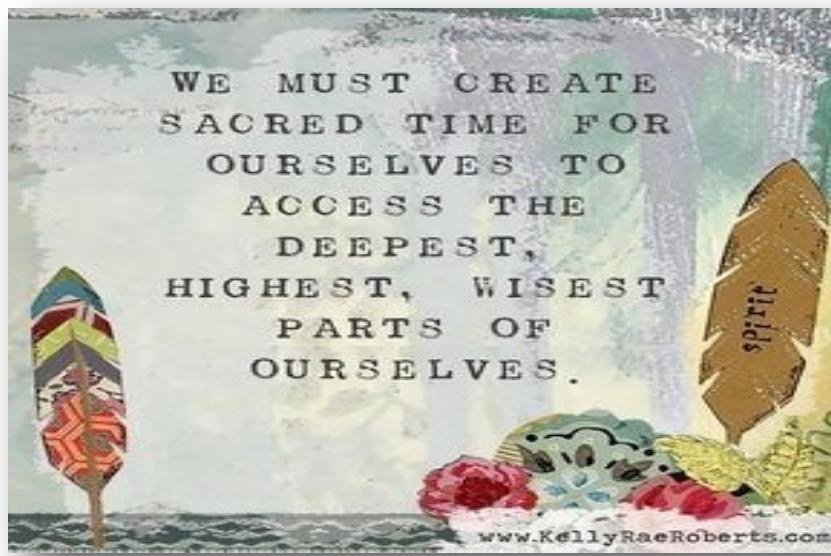


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‘Ajna Holistic Sanctuary’ Winsome Cottage Upton St. Michael Barbados

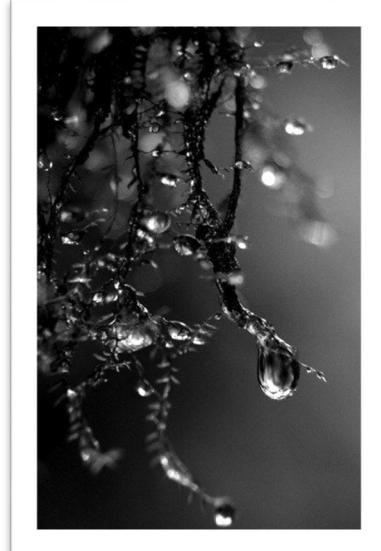
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December Moon Focus



December Moon Phases

Full moon: Nov 30, Dec 30

Last quarter: Dec 8

New Moon: Dec 14

First quarter: Dec 21

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.

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

Moon Esbats in Sagittarius (November 22 - December 22)

- ◆ **Energy** - expansion, generosity, faith, optimism, understanding, charity
- ◆ **Zodiac colour** - blue
- ◆ **Element** - fire
- ◆ **Ritual themes** - expanding knowledge, ability to communicate in a positive manner

Moon Esbats in Capricorn (December 23 - January 20)

- ◊ **Energy** - structure, restraint, diplomacy, endurance, self-discipline
- ◊ **Zodiac colour** - indigo
- ◊ **Element** - earth
- ◊ **Ritual themes** - restructuring home and/or work life to suit your needs

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Words of Wisdom

“To find magic around you, you must carry magic within you.”

- Robert Moss

Nature Magick

We use magick in our lives to create transformation. Nature is all around and within us, and it's one of the easiest things that we can utilise to create change in our lives.

The four elements in nature, (earth, air, fire and water) along with spirit, which animates all life, create our living environment. The best way to use nature magick is to first connect with each of the elements (direct contact) and using the element most suited for your need. One can use multiple elements in a ritual if desired.



★ Earth Magick: Direction - north; Colours - brown, green; Used for grounding and stabilizing energies, success and fertility rituals, as well as for healing and wisdom. Plants and herbs, bones, dirts (soil, sand, etc), rocks and gemstones all fall under the banner of earth-based tools in ritual

★ Air Magick: Direction - east; Colours - yellow, gold, white; Used for mental clarity, wisdom, divination and intuitive skills. Tools to harness the energy of air include the breath, feathers, incense, musical instruments (sound) and writing implements

★ Fire Magick: Direction - south; Colours - red, orange, gold, white; Used for energy, power, passion, strength, healing and also destruction. Fire-based tools include candles, fire (in burning items), and daggers

★ Water Magick: Direction - west; Colours - blue, silver, turquoise; Used for cleansings, emotional issues, psychic development, fertility and self-healing. Water-based tools for ritual include water from various sources (ocean, river, rain, etc), sea shells and stones, seaweed and chalices/cups

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Winter Solstice

Winter Solstice marks the shortest day / longest night of the year on December 21st. Characteristics of this solstice are darkness and death, which can take us into deep states of introspection. As nature hibernates, so should we... slow down, take stock, and look inside ourselves. It's a time to re-evaluate our lives and see how we can best move forward in the new year.

Incorporate as many aspects listed below to celebrate the Yule season by creating a themed altar, decorating with colour, burning incense or placing a pot pourri bowl of herbs and fruits in the house.



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Local Resources

Ali's Bead Wholesale: Wellington St, Bridgetown

- ◊ crystals, incense, sage, jewellery

BeJewelled Spirituals & Souvenirs: (264 8179)

- ◊ crystals, artwork, jewellery

Do It Best Home Center: *Sheraton & Canewood*

- ◊ crystals, home décor

Gifts and Things: *Sheraton*

- ◊ gemstone jewellery, statues, home décor

Maximum Discount: *Lucas Street (next to Foam House)*

- ◊ incense, home décor

Sacred Paths: *Upton, St. Michael (230 9094)*

- ◊ sage and incense, glass bottles, journals, ritual tools, crystal and womb pendulums, ethnic clothing and jewellery, candles, soaps, potions, magickal oils

Zen Life Creations: 'Clouds', Lodge Hill, St. Michael (262 1881)

- ◊ gemstone jewellery, crystals, décor pieces



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