

Sacred Paths Newsletter

November 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:

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- ❖ **Article: Reinventing Yourself**
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'Ajna Holistic Sanctuary' Winsome Cottage Upton St. Michael Barbados

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

www.ajnasanctuary.com

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Calendar of Events: November

Date	Event
<p>Monthly</p>	<p>Moon Esbats (online format) Receive practical information for the moon cycle via email</p> <p>Gatherings will be held on revered holy days throughout the year</p> <p>Please check website for details</p>
<p>Monthly</p>	<p>Sacred Womb Teachings Techniques to honour and heal womb traumas and blockages</p> <p>Mysteries of the Goddess Online teachings and practical gatherings</p> <p>Please check website for details</p>
<p>Weekly</p> <p>Pop Up Belly Dance Class Nov 9th</p>	<p>Goddess Yoga with Andrea</p> <p>Sundays 4 - 5.30pm \$25/class (no yoga on workshop dates)</p> <p>Upton, St. Michael</p> <p>(please call or message 246 230 9094 to RSVP)</p>

Visit the website for full details on events

www.ajnasanctuary.com



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Goddess Yoga

Sundays 4 - 5.30 pm

\$25

female only class

strength • balance • clarity

yoga flow & goddess inspired guided meditation

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(246) 426 7815 or 230 9094

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RSVP required

FEMALES ONLY! Embrace the goddess within through posture, movement and meditation. All fitness levels welcome.

Visit www.ajnasanctuary.com/sacred-paths for details.

Directions to Ajna Holistic Sanctuary:

Come down the hill on the ABC highway heading to Wildey from SJPP / Designer Décor and make the left turn at the bottom as if going to the back entrance of the Gymnasium. The old BET building will be on your immediate right, and we are 2 buildings away on the same side.

You will see our purple and white sign by the entrance.

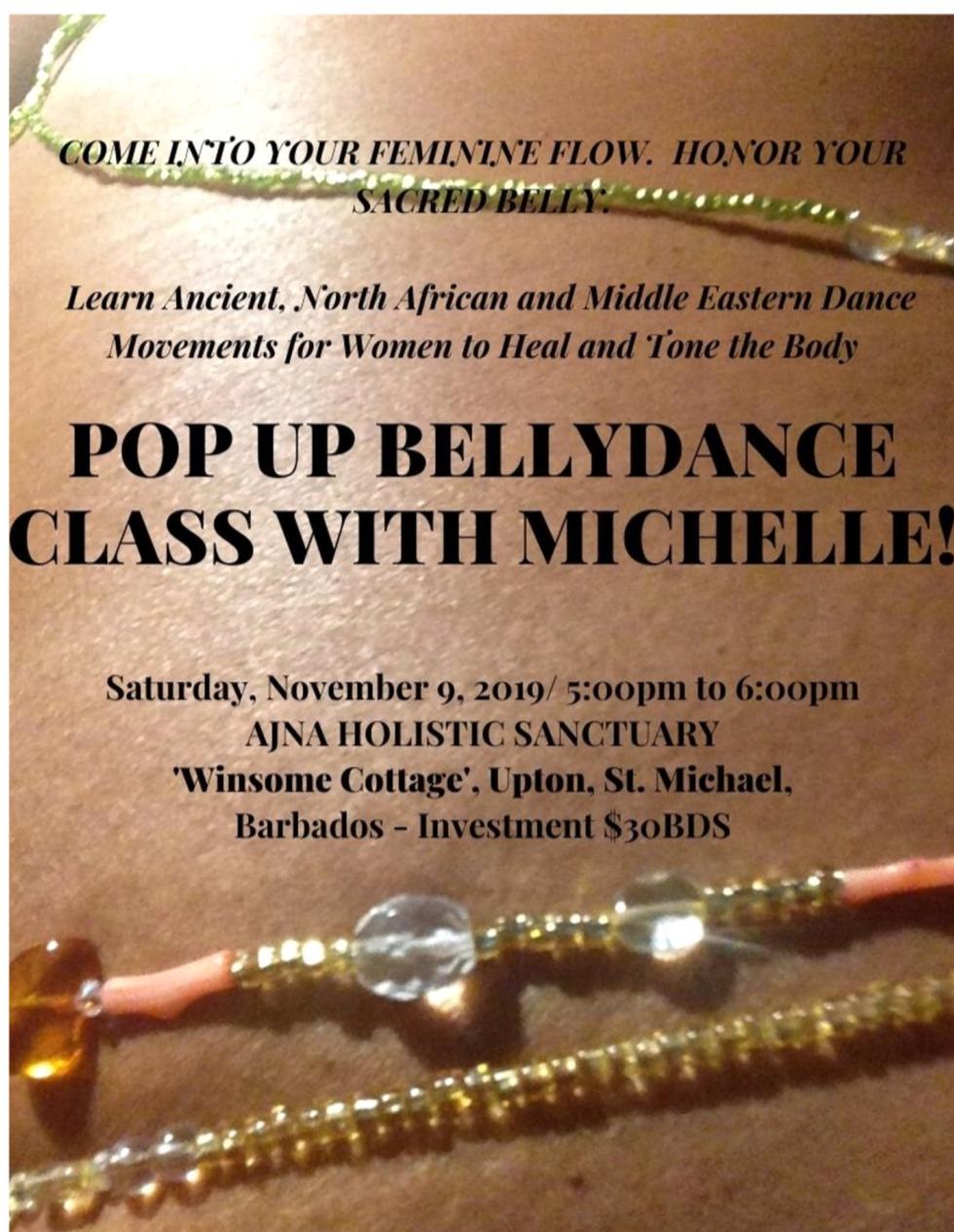
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COME INTO YOUR FEMININE FLOW. HONOR YOUR SACRED BELLY.

Learn Ancient, North African and Middle Eastern Dance Movements for Women to Heal and Tone the Body

POP UP BELLYDANCE CLASS WITH MICHELLE!

Saturday, November 9, 2019/ 5:00pm to 6:00pm
AJNA HOLISTIC SANCTUARY
'Winsome Cottage', Upton, St. Michael,
Barbados - Investment \$30BDS

Pop-Up Belly Dance Class! Embrace the goddess within through ancient rhythmic movement. All fitness levels welcome.

Visit www.ajnasanctuary.com/sacred-paths for details.

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November Moon Focus



November Moon Phases

New Moon: Oct 27

First quarter: Nov 4

Full moon: Nov 12

Last quarter: Nov 19

New Moon: Nov 26

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 Scorpio (October 23 – November 21)

- ◆ **Energy** - intensity, rebirth, transformation, illumination, wisdom, karma, instinct
- ◆ **Zodiac colour** - green-blue
- ◆ **Element** - water
- ◆ **Ritual themes** - situations that need power, transformation, stopping unhealthy emotional situations, cycles of life, past-life regression

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

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Words of Wisdom

“Sometimes you have to lose yourself to discover who you might yet be. Sometimes what feels like breaking down is really just breaking free.”

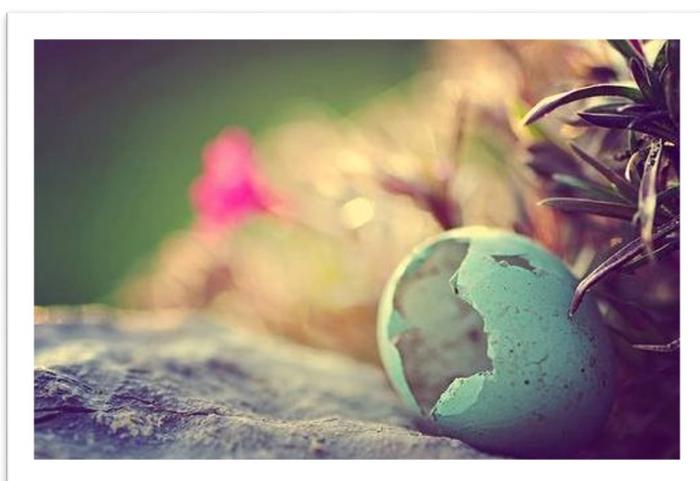
- Cristen Rodgers

Re-inventing Yourself

Are you operating at your full potential? Have you been living a life dictated by others around you (family, friends, society)? We often hear about living our truth and honouring ourselves fully. At times, it may even come across as being selfish to those around us. Much of the time, in order to fully reach our truth we need to let go and allow the transformation to take place. It's scary! Leaving 'sure' for 'unsure', letting go of relationships, and moving towards a path unknown. Check off these common signs that indicate to us that we are not aligned with our true purpose:

- ✦ **Feeling un-fulfilled in life**
- ✦ **Unhappy or depressed (not to be mistaken for mental health issues that may need more serious attention)**
- ✦ **Superficial relationships**
- ✦ **Living day-to-day without a focused end plan or goal**
- ✦ **Chronic physical illness or feeling 'off' when in certain situations (work, home, etc)**

Did any of these situations resonate with you? Even if you only checked one of the above, it is enough to take a serious look at your life and the path that you are on.



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Re-inventing Yourself (cont'd)

- ✓ Recognize that change needs to happen
- ✓ Give yourself permission to allow for change
- ✓ Know your worth
- ✓ Be crystal clear on what you want
- ✓ See and feel yourself in your ideal situation
- ✓ Research the steps to get there
- ✓ Take action every day, no matter how small
- ✓ Allow what isn't meant for you to leave your life
- ✓ Avoid listening to doubters, including your own self-talk
- ✓ Embrace your fear of exploring other experiences
- ✓ Find a mentor (real or fictional)
- ✓ Emulate their positive attributes
- ✓ Read about other people's experiences or join a support group

Although, this process is something that YOU have to do for yourself, you shouldn't have to feel lonely or unsupported. Life is too short to live someone else's dream!



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Local Resources

BeJewelled Spirituals & Souvenirs: *(264 8179)*

- ◇ crystals, artwork, jewellery

Brother D's: *City Centre*

- ◇ gemstone jewellery

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

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

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

