

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

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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

W: www.ajnasanctuary.com

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Calendar of Events : September

Date	Event
Monthly	<p>Moon Esbats (online format)</p> <p>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>
Monthly	<p>Sacred Womb Teachings</p> <p>Techniques to honour and heal womb traumas and blockages</p> <p>September 23</p> <p>Mysteries of the Goddess</p> <p>Online teachings and practical gatherings</p> <p>Please check website for details</p>
Weekly	<p>Goddess Yoga with Andrea</p> <p>Sundays 4 - 5pm</p> <p>\$25/class</p> <p>(no yoga on workshop dates)</p> <p>Upton, St. Michael</p> <p>(please call 246 230 9094 to RSVP)</p>

Visit the website for full details on events

www.ajnasanctuary.com



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September 1, 2018



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Goddess

Yoga

Sundays

4 - 5pm

\$25

Ajna Holistic Sanctuary

'Winsome Cottage' Upton St. Michael Barbados

(246) 426 7815 or 230 9094

ajnasanctuary@outlook.com

www.ajnasanctuary.com

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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Sacred Womb

healing the physical, emotional & spiritual womb

Shadow Work

balancing light / dark aspects of self

Discussion & Esbat

September 23rd, 2018

4-6pm \$50

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246 230 9094

www.ajnasanctuary.com

ajnasanctuary@outlook.com

'Winsome Cottage' Upton St. Michael Barbados

RSVP required

**Do you need to heal from womb trauma (surgery, abuse, birth)?
Learn techniques to clear blockages, release painful memories,
and improve the health of your womb. Honouring your womb
allows for creative expression and fertility!**

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

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September Moon Focus



September Moon Phases

Full Moon: Aug 26

Last quarter: Sep 2

New Moon: Sep 9

First quarter: Sep 16

Full moon: Sep 24

Fall Equinox: Sep 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 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

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Words of Wisdom

*“You can’t solve a problem with the same mind that created it.” -
Albert Einstein*

Fall Equinox

September 21 is the date when day and night share equal time frames, after which, the days start to get shorter. Traditionally known as ‘Mabon’, this time of year is used to prepare for the upcoming months of winter. Although we in the tropics do not experience the seasons as temperate climates do, there are still subtle changes that we can observe, such as shorter days and cooler temperatures.

Mabon is also considered to be the second harvest (August 1st was the first harvest, ‘Lammas’), and therefore a time to reflect on abundance in our lives.

Activities to celebrate the change of seasons include:

- ☞ **Cleaning thoroughly and de-cluttering your home**
- ☞ **Release toxic emotional baggage (and people as needed)**
- ☞ **Create a mind-set of abundance with gratitude journaling**
- ☞ **Burn myrrh, sage, pine or cedar incense**

Mabon is also a time of balance, and this simple meditation will help you focus on bringing harmony to your life. Check out the link below for details:

<https://www.thoughtco.com/mabon-balance-meditation-2562287>



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Myshkovsky/
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Images

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Shadow Work ~ balancing light & dark

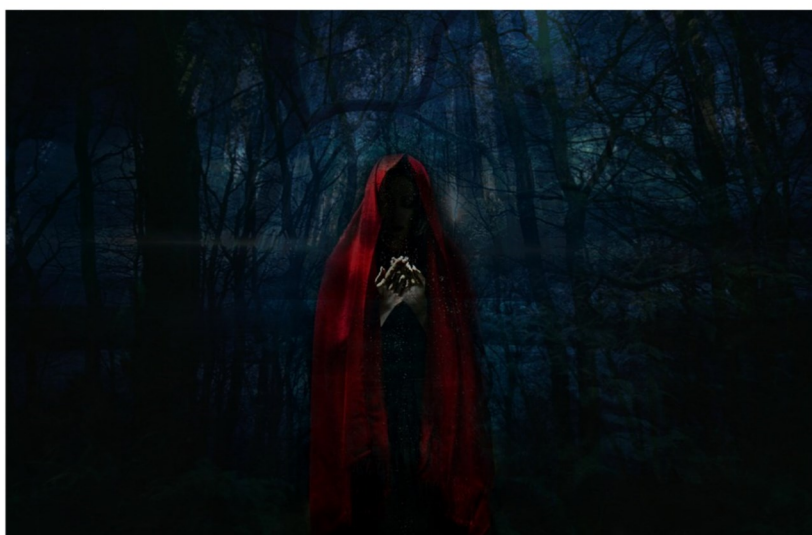
Shadow work asks us to reflect on the darker aspects of ourselves, and find the balance of light and dark within.

This can be uncomfortable for some, as it requires self-acceptance of what society labels as ‘dark’ emotions, thoughts and actions. When we suppress these aspects of ourselves, we project only part of ourselves to others. It is only during stressful or fearful situations that these ‘negative’ aspects of self appear.

One of the first steps in shadow work is to become aware of aspects of our dark self, such as anger, judgement, criticism, etc. Often when these emotions arise, they are a reflection of what is going on in our sub-conscious mind.

Pay attention to your true feelings about a situation or a person and find the mirror aspects that lie within you. Stop and ask yourself the following:

- **What are my true feelings about this situation / person?**
- **What is the trigger for my negative reaction?**
- **Why is it affecting me?**
- **Can I accept this mirror of self that is being projected towards me?**



Please be sure to find suitable counsel if this work brings up feelings or past traumas / situations that you feel you are unable to deal with on your own.

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Local Resources

BeJewelled Spirituals & Souvenirs: *Speightstown (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*

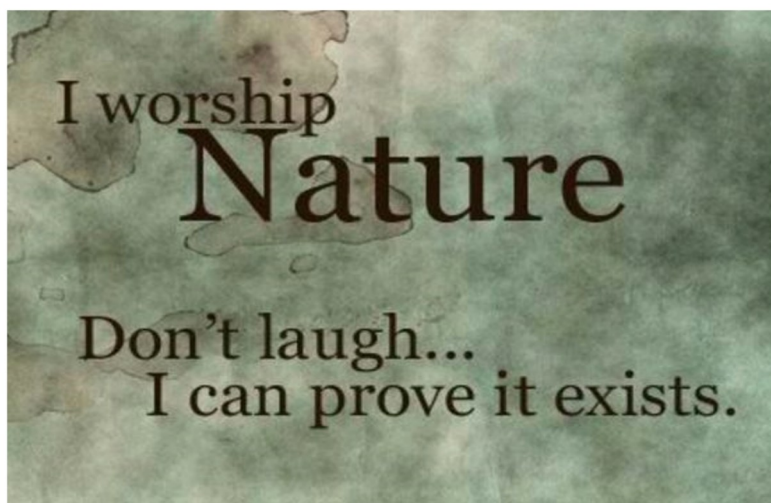
- ◇ gemstone jewellery, statues, home décor

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



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