

August 1, 2018



# Sacred Paths Newsletter

August 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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- ❖ **Words of wisdom**
- ❖ **Article: Leadership**
- ❖ **Ritual: Spell of Courage**
- ❖ **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 : August

Date	Event
	<p align="center"><b>EVENTS RESUME IN AUGUST</b></p> <p align="center"><b>Please check website for details</b></p>
<p align="center"><b>Monthly</b></p>	<p align="center"><b>New Moon Esbat (online format)</b></p> <p align="center">Receive practical information for the moon cycle via email</p> <p align="center"><b>Gatherings will be held on revered holy days throughout the year</b></p> <p align="center">Please check website for details</p>
<p align="center"><b>Monthly</b></p>	<p align="center"><b>Sacred Womb Teachings</b></p> <p align="center">Techniques to honor and heal womb traumas and blockages</p> <p align="center"><b>Will resume in September</b></p> <p align="center"><b>Mysteries of the Goddess</b></p> <p align="center">Online teachings and practical gatherings</p> <p align="center">Please check website for details</p>
<p align="center"><b>Resumes on August 12th</b></p>	<p align="center"><b>Goddess Yoga with Andrea</b></p> <p align="center"><b>Sundays 4 - 5pm</b> <b>\$25/class</b></p> <p align="center">Upton, St. Michael</p> <p align="center">(please call 246 230 9094 to RSVP)</p>

*Visit the website for full details on events*

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



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

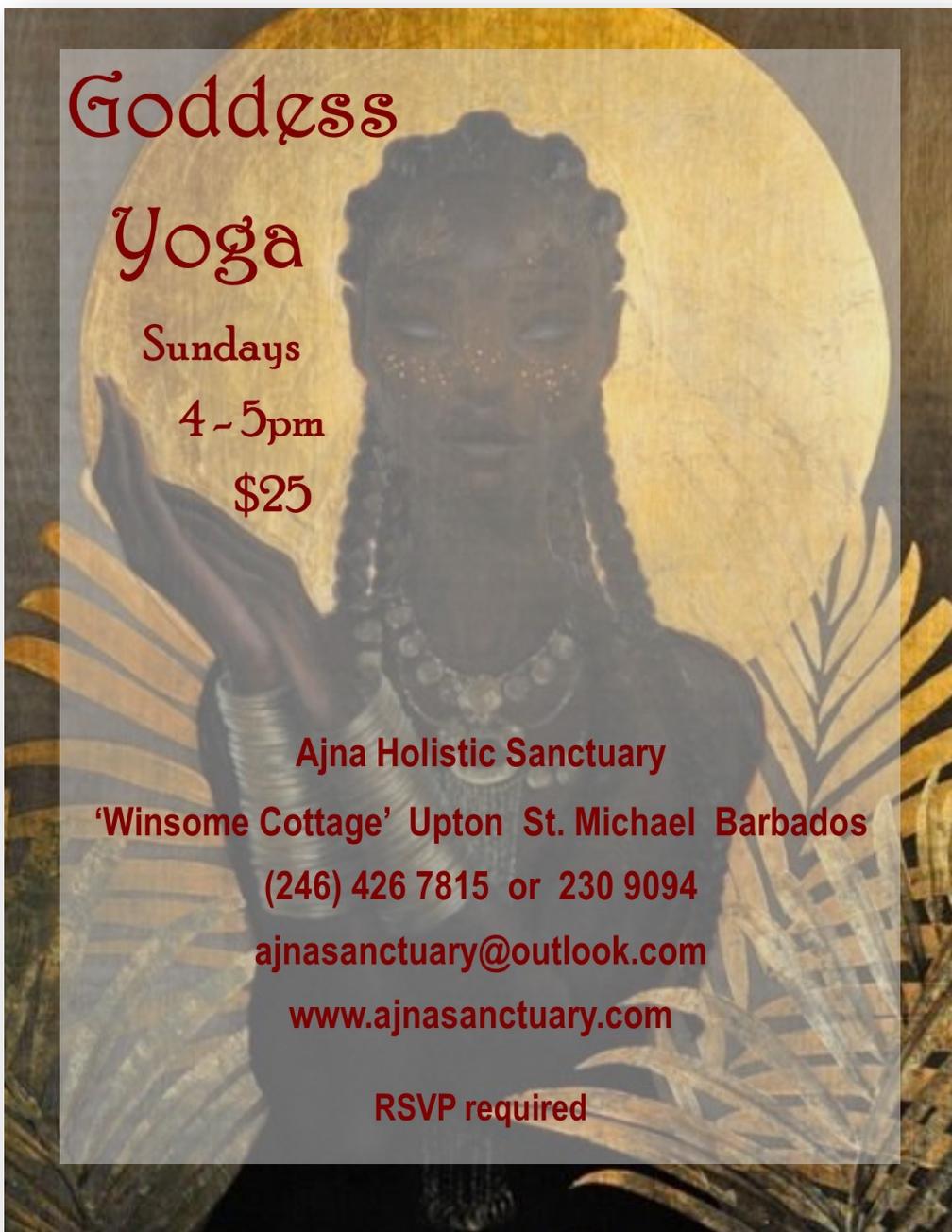
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## Goddess

## Yoga

Sundays

4 - 5pm

\$25

**Ajna Holistic Sanctuary**

**'Winsome Cottage' Upton St. Michael Barbados**

**(246) 426 7815 or 230 9094**

**[ajnasanctuary@outlook.com](mailto:ajnasanctuary@outlook.com)**

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

**RSVP required**

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

**ON BREAK. WILL RESUME ON AUGUST 12th**

Visit **[www.ajnasanctuary.com/sacred-paths](http://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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## August Moon Focus



### August Moon Phases

Full Moon: July 27

Last quarter: Aug 4

New Moon: Aug 11

First quarter: Aug 18

Full moon: Aug 26

**Lammas: August 1**

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 Leo (July 23 - August 22)

- ♦ **Energy** - strength, positivity, leadership, confidence, kindness, success
- ♦ **Zodiac colour** - yellow
- ♦ **Element** - fire
- ♦ **Ritual themes** - developing courage, strength, positive thinking, success, leadership, generosity, abundance, recognizing your talents and fulfilling your goals

## 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

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## Words of Wisdom

*“Leaders become great not because of their power, but because of their ability to empower others.” - John Maxwell*

## Leadership

It is time to expand our awareness of what leadership means to us on a personal level. You may not be the boss at work, but you can certainly embrace leadership qualities around the home or within your work team environment. Let us not fall prey to the constructs that society places on us when it comes to recognizing our personal success stories.



### A great leader leads by example:

- ✧ Be inspiring to others and emulate positive attributes
- ✧ Have clearly defined goals in life and a vision for the future
- ✧ Encourage effective communication through active listening and appropriate response
- ✧ Recognize your accomplishments and allow them to serve as encouragement for future endeavours
- ✧ Take charge of your life and be responsible for all of your actions

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## Leadership cont'd

One of our major hindrances in being good leaders and honouring our success stories is **FEAR**.

✓ **Can you pinpoint the exact thing that you are afraid of?**

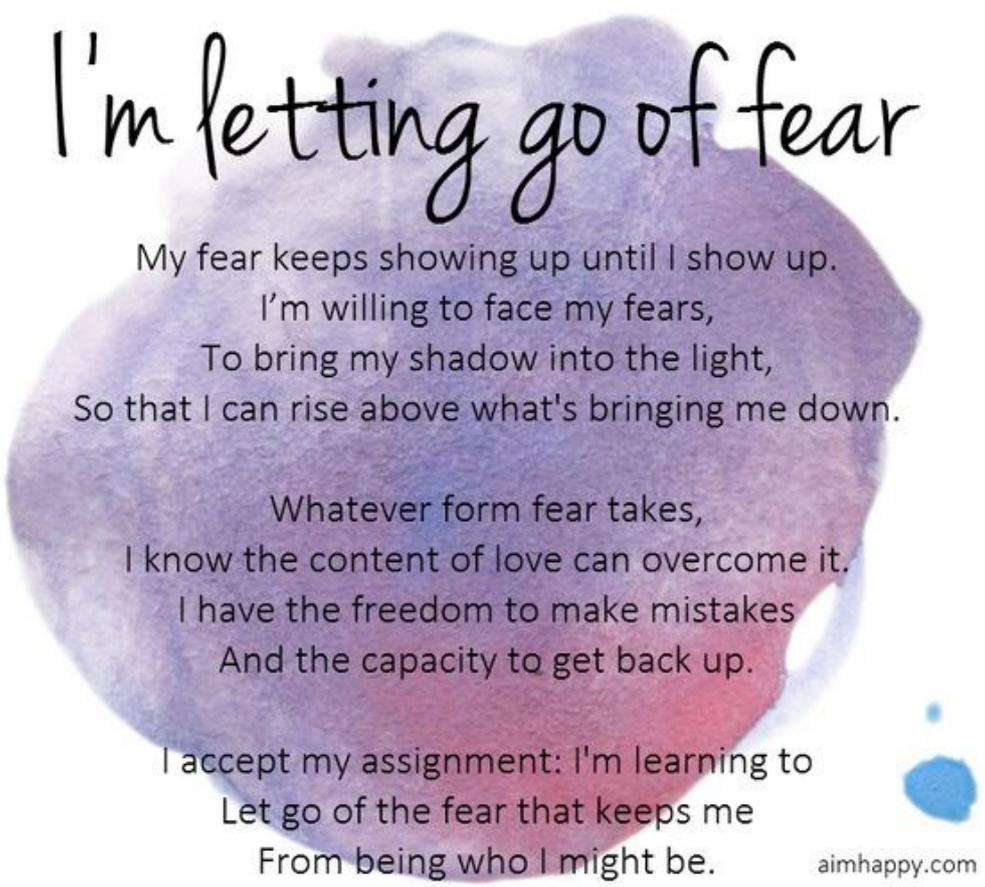
Take a moment to examine the limiting belief you are holding onto. Is it something that was nurtured from childhood experiences or did you develop it as an adult? Is the belief held by the society at large, or do you feel singled out?

✓ **If that belief wasn't present, what would your life look like?**

Think about how you view the world that you live in, and the role that you play in society. Picture yourself as the best version of you living to your fullest potential. Don't hold yourself back.

✓ **What steps can you take to create changes in your life?**

Take note of where you are in life in relation to work, family, etc. Identify where you want to be on your life path. Give yourself a realistic timeline and determine the actions needed to get there.



I'm letting go of fear

My fear keeps showing up until I show up.  
I'm willing to face my fears,  
To bring my shadow into the light,  
So that I can rise above what's bringing me down.

Whatever form fear takes,  
I know the content of love can overcome it.  
I have the freedom to make mistakes  
And the capacity to get back up.

I accept my assignment: I'm learning to  
Let go of the fear that keeps me  
From being who I might be.

aimhappy.com

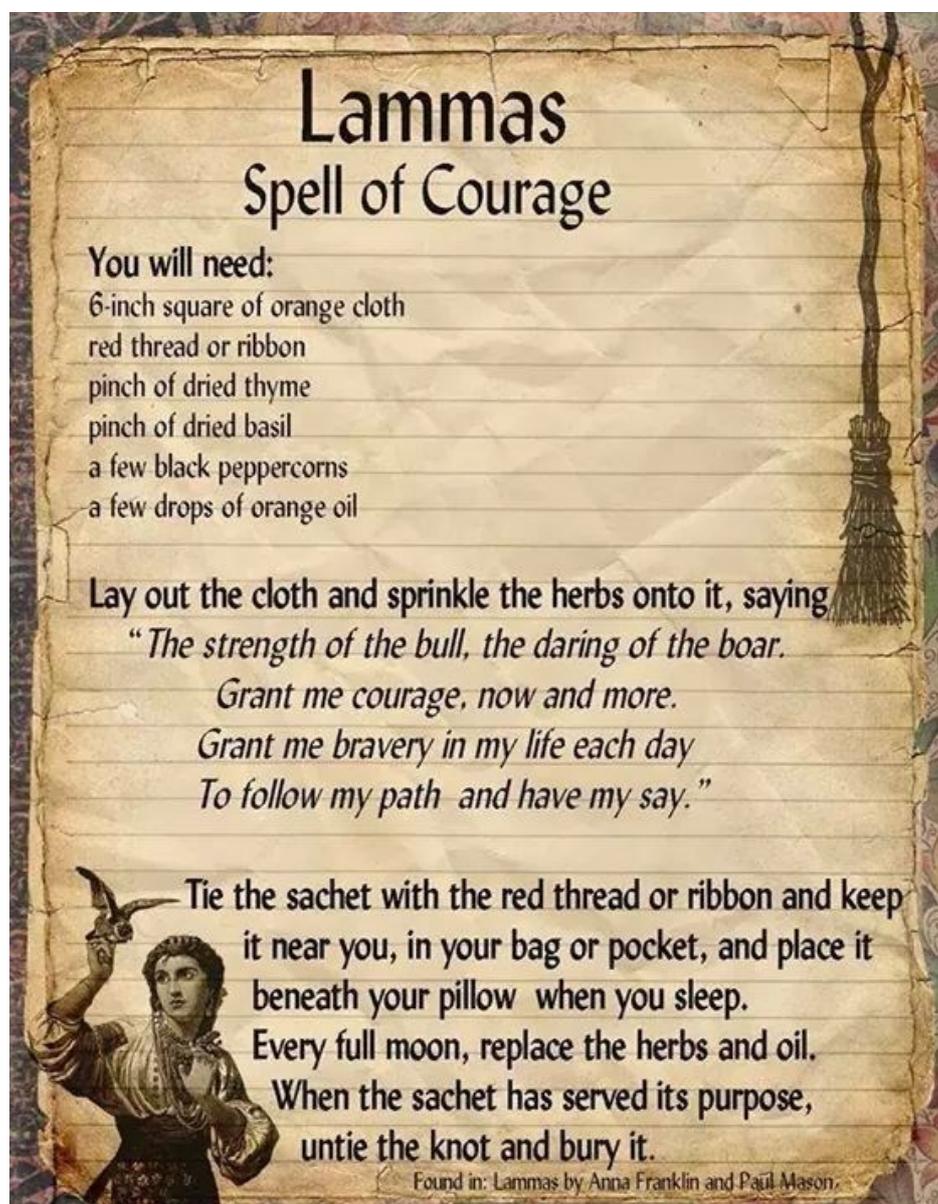
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## Ritual - Spell of Courage

This ritual is best performed on or near the full moon. The date closest to Lammas (August 1st) is the full moon on July 27th. Keep in mind that full moon energy is present 2 to 3 days before and after the actual date.

Wear or incorporate colours that represent the harvest season into the ritual, such as shades of oranges and yellows. These colours are also linked to the sacral and solar plexus chakras respectively, which represent our creative abilities and inner strength.



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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*

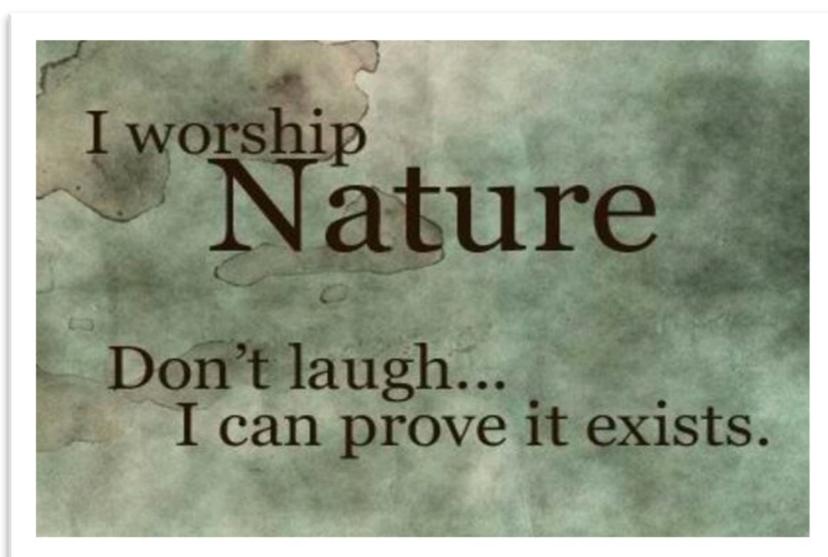
- ◇ gemstone jewellery, statues, home décor

### **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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