

April 1, 2019



Sacred Paths Newsletter

April 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**
- ✧ **April moon focus**
- ✧ **Words of wisdom**
- ✧ **Article: Beltane**
- ✧ **Personal Power**
- ✧ **Resources**



'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: April

Date	Event
Monthly	<p style="text-align: center;">Moon Esbats (online format)</p> <p style="text-align: center;">Receive practical information for the moon cycle via email</p> <p style="text-align: center;">Gatherings will be held on revered holy days throughout the year</p> <p style="text-align: center;">Please check website for details</p>
Monthly	<p style="text-align: center;">Sacred Womb Teachings Techniques to honour and heal womb traumas and blockages</p> <p style="text-align: center;">Mysteries of the Goddess Online teachings and practical gatherings</p> <p style="text-align: center;">‘Beltane & Esbat’ May 5th, 2019</p> <p style="text-align: center;">Please check website for details</p>
Weekly On break for April	<p style="text-align: center;">Goddess Yoga with Andrea</p> <p style="text-align: center;">Sundays 4 - 5pm \$25/class (no yoga on workshop dates)</p> <p style="text-align: center;">Upton, St. Michael</p> <p style="text-align: center;">(please call 246 230 9094 to RSVP)</p>

Visit the website for full details on events

www.ajnasanctuary.com



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Sacred Womb

healing the physical, emotional & spiritual womb

'Beltane & Esbat'

ritual adornment

a crafting workshop:

bring coloured cord & jewellery charms

May 5th, 2019

4-6pm \$50

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246 230 9094

www.ajnasanctuary.com

ajnasanctuary@outlook.com

'Winsome Cottage' Upton St. Michael Barbados

RSVP required

Enhance personal power using handcrafted ritual body jewelry for the neck, waist, wrist or ankle.

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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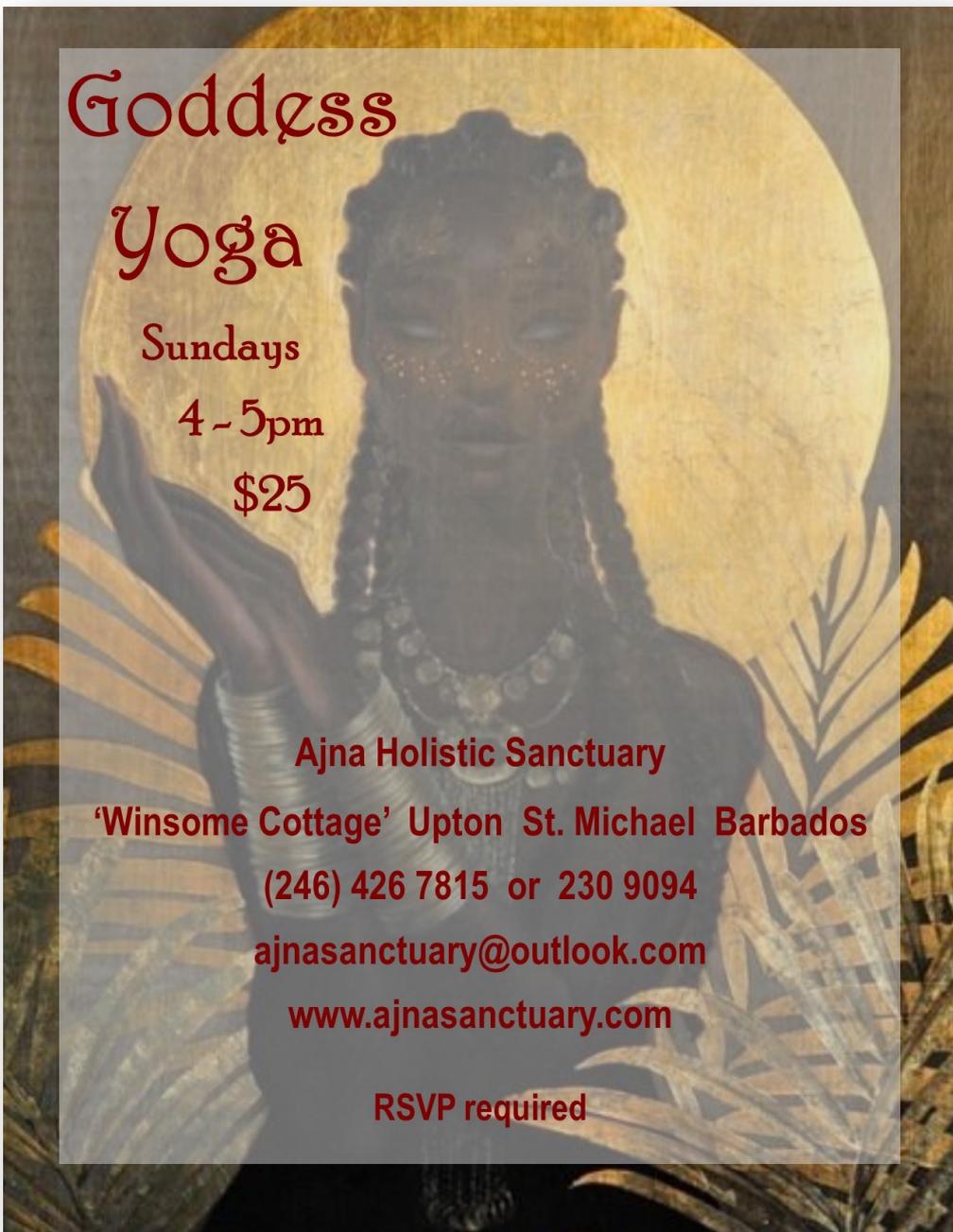
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Goddess

Yoga

Sundays

4 - 5pm

\$25

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'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.

ON BREAK for April

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

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April Moon Focus



April Moon Phases

New moon: April 5

First quarter: April 12

Full moon: April 19

Last quarter: April 26

Beltane: May 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 Aries (March 21 - April 20)

- ◆ **Energy** - power, energy, force, expression, self-reliance, fearlessness, enthusiasm
- ◆ **Zodiac colour** - red
- ◆ **Element** - fire
- ◆ **Ritual themes** - advance social situations and gaining confidence, finding new friends, adding passion to romance

Moon Esbats in Taurus (April 21 - May 20)

- ◇ **Energy** - stability, peace, affection, artistic ability, devotion
- ◇ **Zodiac colour** - red-orange
- ◇ **Element** - earth
- ◇ **Ritual themes** - bring success to any type of investment (time, money, energy), saving money, prosperity, long term goal planning

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Words of Wisdom

“The secret to personal growth is being willing to be wrong about your own limitations.”

- Sam Brown

Beltane

Celebrated on May 1st or the night of April 30th, Beltane marks the start of summer and the peak of fertility rites which can be used to enhance creativity, move forward in business and encourage personal growth.

Fertility rites need not only encompass sex magic, but can also include a number of activities to enhance personal power. Consider birthing new ideas, tending a garden or simply honouring your own beauty and life force.

Traditionally, this mid-point between the spring equinox and the summer solstice invites us to join the active masculine and the receptive feminine forces to push forward manifestations of our desires.

We need to add action (masculine) to the emotion (feminine) of our dreams and goals. This includes:

- ◆ **Creating step-by-step processes towards attaining goals**
- ◆ **Defining completion timelines**
- ◆ **Doing the required work and repeating positive affirmations to keep focused**

The energy of Aries is the perfect stimulus to get your internal fire started. The following daily rituals will help you to hone in on techniques that will allow you to harness your personal power.



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Personal Power

The energetic link for our self-esteem and inner power lies within the Solar Plexus chakra (just below the diaphragm). Imbalances can lead to depression, a lack of self-worth and the inability to trust your own feelings. Any of the following methods can be used to access and increase your personal power.

✧ Colour

Yellow is the colour associated with the Solar Plexus, so wearing yellow clothes, or placing yellow furnishings in your personal space indirectly brings in the power of the sun

✧ Fire

Burn yellow candles, exercise to heat up and increase energy flow in the body, or sun bathe to directly access the sun's life force

✧ Gemstones

Citrine, tiger's eye, yellow topaz, amber, and honey calcite will impart their energetic vibrations if worn as jewellery, kept close in your personal belongings, or placed in your living / work space (always cleanse gemstones before use and re-charge periodically). The link below explains the process very well

<https://www.mumblesandthings.com/blog/2016/11/21/what-to-do-with-new-crystals>

✧ Herbs

Drinking herbal teas, using aromatherapy oil diffusers, or rubbing the body with herbal oils containing lemon, ginger or peppermint can lift the spirits (please be mindful of using herbal remedies if you suffer from medical conditions, including pregnancy)



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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*

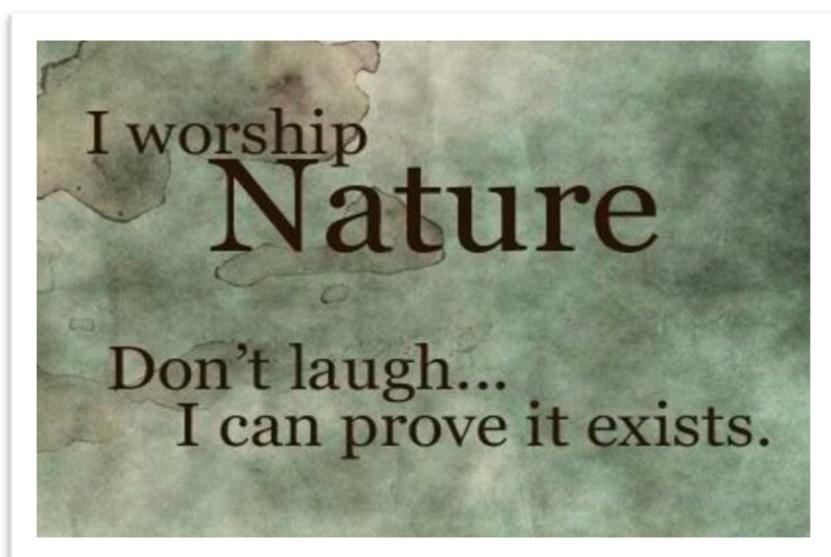
- ◇ gemstone jewellery, statues, home décor

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



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