

# Ajna Holistic Sanctuary



## Sacred Paths Newsletter

September 2016

### Editor's Note

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
- ✧ September moon focus
- ✧ Words of wisdom
- ✧ Numerology
- ✧ Local resources

*I would like to take this opportunity to thank Verity for her continued support and efforts in the holistic field. May her soul rest in eternal peace!*

**Ajna Holistic Sanctuary**

'Winsome Cottage' Upton St. Michael Barbados W.I.  
246 426 7815

ajnasanctuary@outlook.com    www.ajnasanctuary.com

## Calendar of Events - September 2016

Date	Event
<b>September 18</b>	<b>Full Moon Esbat</b> (sacred circle gathering, oracle readings, meditations)  Ajna Holistic Sanctuary <b>5pm - 6.30pm</b>  <b>\$25</b>
<b>Weekly</b>	<b>Yoga</b>  Ajna Holistic Sanctuary  <b>Thursdays 9am - 10.30am – Natasha</b>  <b>Saturdays 7am - 8am - Jennifer</b>  <b>Sundays 4pm - 5pm – Andrea</b>  <b>\$25-\$30/class</b>  (please call to RSVP and for details on packages)

*Visit the website for full details on events*

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

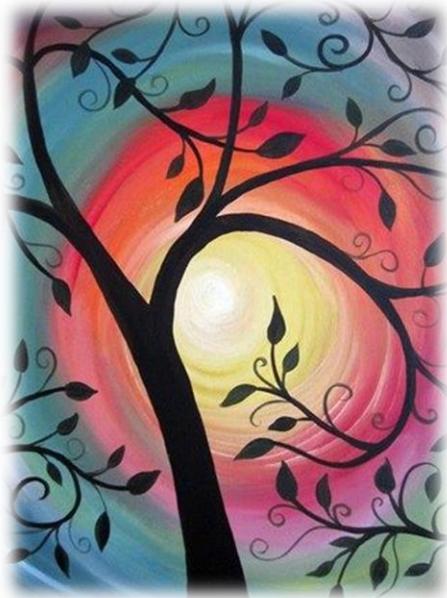


**COMING SOON!**

**Moonlight Bazaar Oct 15<sup>th</sup>, 5 – 9pm**

**Ajna Holistic Sanctuary**  
'Winsome Cottage' Upton St. Michael Barbados W.I.  
246 426 7815  
[ajnasanctuary@outlook.com](mailto:ajnasanctuary@outlook.com)    [www.ajnasanctuary.com](http://www.ajnasanctuary.com)

## September Moon Focus



**New moon** – September 1<sup>st</sup>

**Full moon** – September 16<sup>th</sup>

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

### **New & Full Moon Esbats in Virgo (August 23 – September 22)**

- **Energy** – examination, analysis, brilliance, precision, 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

## Words of Wisdom

*“When you show up authentic, you create space for others to do the same. Walk in your truth.” – Anonymous*

### **Ajna Holistic Sanctuary**

'Winsome Cottage' Upton St. Michael Barbados W.I.  
246 426 7815

ajnasanctuary@outlook.com    www.ajnasanctuary.com

## Numerology

Numerology is the science of numbers... no you probably won't win the lottery, but understanding how numbers work can make a direct positive impact in your life. Numbers are all around us (clocks, license plates, lot numbers, signs, etc), and perhaps you have never taken note of them, but if you pay attention, you will find that certain numbers keep re-appearing to you.

What does this mean in the grand scheme of things? Often, these numbers are signals from our higher guides and angels. Each number, or number sequence can have special meaning depending on your situation. Have you ever looked at the clock on different days and always see the same time? It could be a hidden message in plain sight for you to de-code.

Here are some fun, easy to do tasks that will give you deeper meaning to the numbers in your life:

### ✧ **Determine your life path**

What is your true path? Are you on the road to fulfill your destiny, or have you veered off onto the beaten track. Your life path number can be calculated using your birth date. Using the process of reduction, simply add the numbers of your birth date together to get a final total. Then add the numbers of the final total together until it is reduced to a one-digit number. There are exceptions in the cases where the final total is 11, 22, or 33, as these are power numbers in themselves.

Example: my birth date is 5<sup>th</sup> April, 1974 (I will now expect gifts!)

$5 + 4 + 1 + 9 + 7 + 4 = 30$  further reduced, becomes  $3 + 0 = 3$

My life path number is 3. For those of you who know me quite well, you can look it up and check the accuracy.

Try this with your own life path, as well as your friends and family.

### ✧ **Play with numbers**

Try to stimulate your mind by quickly reducing the numbers on the license plate in front of you (don't end up in the back of the car however because you were not paying attention).

Look at your house number, telephone number, etc. Is there a recurring theme?

✧ **Find the synchronicity**

When you keep seeing the same numbers at a specific time of day, or even noticing a particular vehicle on the road (what are the odds that they were running late the same time as you?), pay attention to the details. What is it that spirit is trying to show you? You may not find the answers right away, but it will come.



**Ajna Holistic Sanctuary**  
'Winsome Cottage' Upton St. Michael Barbados W.I.  
246 426 7815  
ajnasanctuary@outlook.com    www.ajnasanctuary.com

## Local Resources

### **Brother D's**

*City Centre*

gemstone jewellery and  
metaphysical books

### **Do It Best Home Center**

*Sheraton & Canewood*

crystals, home decor

### **Gifts and Things**

*Sheraton*

gemstone jewellery, statues,  
home decor

### **Maximum Discount**

*Swan Street*

incense, home decor

### **Moon River**

*DaCosta's Mall*

gemstone jewellery and  
metaphysical books

### **Sacred Paths**

*Ajna Holistic Sanctuary*

sage and incense, jewellery,  
glass bottles, journals, ritual  
tools, etc

### **Ajna Holistic Sanctuary**

'Winsome Cottage' Upton St. Michael Barbados W.I.  
246 426 7815

[ajnasanctuary@outlook.com](mailto:ajnasanctuary@outlook.com)    [www.ajnasanctuary.com](http://www.ajnasanctuary.com)