



Sacred Paths Newsletter

July 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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- ❖ **Ritual: Protection Ritual**
- ❖ **Resources**



'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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Sacred Paths Newsletter

Calendar of Events: July

Date	Event
	<p align="center">ALL EVENTS ON BREAK IN JULY</p> <p align="center">Online correspondence only</p>
<p align="center">Monthly</p>	<p align="center">New Moon Esbat (online format)</p> <p align="center">Receive practical information for the moon cycle via email</p> <p align="center">Gatherings will be held on revered holy days throughout the year</p> <p align="center">Please check website for details</p>
<p align="center">Monthly</p>	<p align="center">Sacred Womb Teachings</p> <p align="center">Techniques to honor and heal womb traumas and blockages</p> <p align="center">Mysteries of the Goddess</p> <p align="center">Online teachings and practical gatherings</p> <p align="center">Please check website for details</p>
<p align="center">On Break Resumes in August</p>	<p align="center">Goddess Yoga with Andrea</p> <p align="center">Sundays 4 - 5pm \$25/class</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



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Goddess

Yoga

Sundays

4 - 5pm

\$25

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RSVP required

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

ON BREAK. WILL RESUME IN AUGUST

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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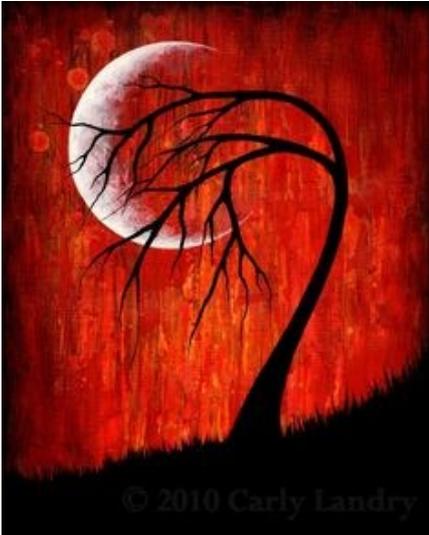
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July Moon Focus



July Moon Phases

Full Moon: June 28

Last quarter: July 6

New Moon: July 12

First quarter: July 19

Full moon: July 27

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 Cancer (June 22 - July 22)

- ◆ **Energy** - emotions, psychism, peace, protection, sympathy
- ◆ **Zodiac colour** - amber
- ◆ **Element** - water
- ◆ **Ritual themes** - stability and peace in the home, protection for self and family, transforming from negative to positive emotions, dream spells, divination, telepathy

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

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Words of Wisdom

“Opportunity is missed by most people because it is dressed in overalls and looks like work.”

- Thomas Edison

Lammas

Lammas represents the first harvest (grains, blessings, and marriages) and is celebrated on August 1st.

Are we aware of the blessings in our lives that are as bountiful as the grains in the fields? Now is the time to be grateful for what we can reap and harvest from what we have sown in the first half of the year.

- ✓ Make a list of all the things that you have put in motion so far
- ✓ Evaluate your progress
- ✓ What have you accomplished to date?
- ✓ Celebrate your wins, no matter how small they may seem
- ✓ Are there more opportunities within your current focus that you can gain from?



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Protection Ritual

No matter how safe we think we are on the physical plane, it is also imperative to protect ourselves on the spiritual and mental planes.

Spiritual Protection

✧ Sprinkle salt around the house or mop with salt water after general cleaning to keep the vibration of the space high. Scrub your body with salt or immerse in the sea for personal clearing of auric debris. Smudging yourself and the space afterwards helps to reinforce the effects



✧ Cleanse, consecrate and charge an object for the sole purpose of protection of self or your home (talisman, jewellery, crystals, herbal pouch, etc) by speaking into or visualizing the object for its intended use

✧ Say prayers, chants, or psalms with a strong voice to evoke a sense of protection around you

✧ Ask your angels to be by your side and guide you in times of need (angels are here to serve everyone and are not restricted to specific religions)

✧ Imagine a white or gold sphere of light surrounding you or your home. Hold the image in your mind for as long as needed

✧ Pay attention to what you allow into your house. Remove your shoes before entering and physically cleanse all items that are brought into the home

✧ Purify your thoughts by watching or reading high vibration content. Avoid negative situations and unplug from social media every so often



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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*

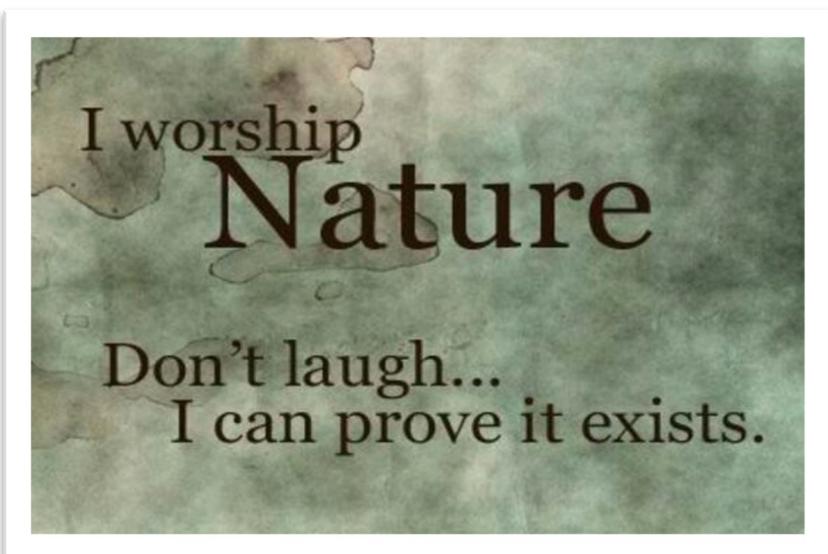
- ◇ gemstone jewellery, statues, home décor

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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