

Ajna Holistic Sanctuary



Sacred Paths Newsletter

October 2015

Editor's Note

Welcome to our first issue!

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
- ✧ October moon focus
- ✧ Chakra balancing & crystals
- ✧ Empowering the God/Goddess within
- ✧ Words of wisdom
- ✧ Local resources

Ajna Holistic Sanctuary

'Winsome Cottage' Upton St. Michael Barbados W.I.
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ajnasanctuary@outlook.com www.ajnasanctuary.com

Calendar of Events

Date	Event
October 17 & 18	Dr. Llaila Afrika - Holistic Health 2-day Workshop Ajna Holistic Sanctuary 10am-5pm \$300/day or \$500/both days
October 24	Full Moon Esbat 3 Neils Plantation, St. Michael 6pm-8pm \$25
Every Saturday	Yoga Ajna Holistic Sanctuary 7am-8am \$25-\$30/class (please call to RSVP and for details on packages)



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October Moon Focus



New moon - October 12

Full moon - October 27, close to the revered Celtic New Year (Samhain / Halloween) on the 31st.

New 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

Full Moon Esbats in Scorpio (October 23 - November 22)

- **Energy** - rebirth, transformation, illumination, wisdom, instinct
- **Zodiac colour** - green-blue
- **Element** - water
- **Ritual themes** - directing energies towards growth of resources, transformation



Meditation

Honor the energy of the moon by sitting or lying under the moonlight. Feel yourself surrounded by the moonlight and allow it to feed and re-charge your aura. See and connect with the moon through your third eye chakra using visualisation techniques.

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Celtic New Year Sabbat (Samhain / Halloween)

Date: Observed on October 31 (sometimes November 2 or 4)

Ritual focus:

- ✧ **Transformation** - creating personal change, journaling, attitude changes. Accomplished through use of effective affirmations (state them in the present tense with your desires)
- ✧ **Regeneration** - getting rid of the old to make way for the new, physical and psychic 'house cleaning'. Cleanse with sage (smudging) for best results
- ✧ **Divination** - using tools for psychic insight such as tarot/oracle cards, pendulums, runes
- ✧ **Honoring the dead** - ancestors, contemporaries, and friends. Place pictures on your altar or visit grave sites

Planetary rulers: Pluto and Mars

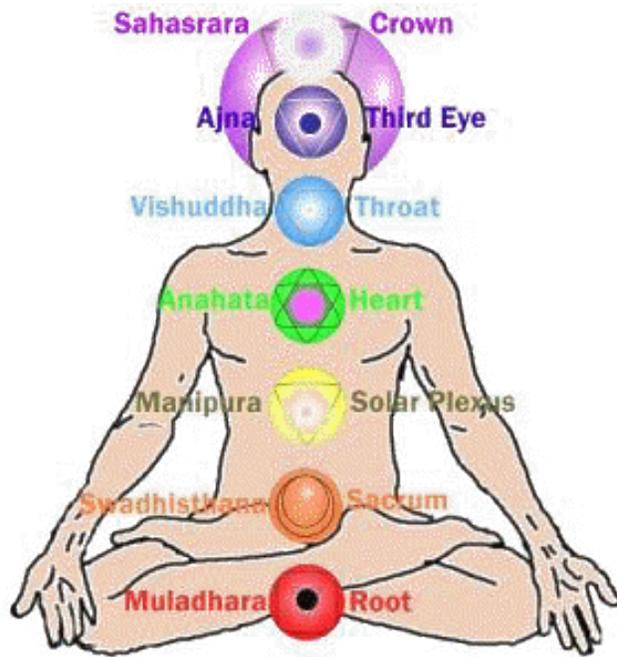


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Chakra Balancing



Chakras are spinning vortexes of energy that often need re-balancing in our bodies to maintain wellness.

Breathe in pure light energy into each center and exhale toxic thoughts and energy. Light energy can be white or associated chakra colour.

Lying flat, place a colour coordinated crystal on the chakra to be balanced. Remain in meditation for as long as needed.

Wearing gemstone jewellery (necklaces, rings, bracelets, anklets) can also help to balance the chakras.

Remember to cleanse stones regularly under running water and place under the full moon to re-charge monthly.



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Chakras & Gemstones

Chakra (Sanskrit name)	Location	Colour & Crystals	Characteristics
ROOT <i>Muladhara</i>	Perineum	RED/BLACK carnelian, hematite	EARTH male organs physical existence
SACRAL <i>Swadisthana</i>	Below navel	ORANGE moonstone, pearl	WATER female organs, fluids in the body center of creativity
SOLAR PLEXUS <i>Manipura</i>	Above navel	YELLOW amber, citrine	FIRE digestive organs emotional center
HEART <i>Anahata</i>	Sternum	GREEN/PINK malachite, rose quartz	AIR respiratory and circulatory systems unconditional love
THROAT <i>Vishudda</i>	Between clavicles	AQUA turquoise	ETHER vocal cords, communication links physical and spiritual aspects
3rd EYE <i>Ajna</i>	Between brows	INDIGO amethyst, lapis lazuli	ETHER sensory organs, brain, pituitary gland psychic intuition
CROWN <i>Sahasrara</i>	Top of head	VIOLET/WHITE clear quartz, pearl	ETHER pineal gland God/Goddess consciousness

Empowering the God/Goddess Within

Most of us look to outside entities for guidance and protection... but what of our own personal power? Why are we so reluctant to embrace what we have been given by the Universe in order to re-claim our abundance?

The answer lies in responsibility. People are often content to relinquish personal responsibility and place credit where it is not due. We need to wake up to the fact that we create our lives and the events that occur within them. Life is simple, or rather, it can be... negative thoughts and emotions wreck havoc in our personal lives and we place blame on everyone else around us. The opposite likewise holds true... positive thoughts and emotions create peace and happiness.

Now is the time to take charge of our lives and re-create our 'world' as we truly wish it to be.



Identify negative thought patterns that no longer serve you.

Visualise your dreams and goals and associate them with positive emotions.

Affirm (in the present tense) that you are strong and courageous. You accomplish all that you set out to do.

Give thanks for all that you have.

Know that the power is within you!



Words of Wisdom

If you love what you do, you will never work a day in your life!

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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

Reiki School of Natural Healing

Verity Dawson

Atlantic Shores

crystals, pendulums, etc

Sacred Paths

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sage and incense, incense
holders, glass bottles,
journals, etc.

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