

# Ajna Holistic Sanctuary



## Sacred Paths Newsletter

March 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



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**Ajna Holistic Sanctuary**

'Winsome Cottage' Upton St. Michael Barbados W.I.  
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## Calendar of Events - March 2016

<b>Date</b>	<b>Event</b>
<b>March 20</b>	<b>Full Moon Esbat</b> (sacred circle gathering, oracle readings, meditations)  3 Neils Plantation, St. Michael <b>6pm - 8pm</b>  <b>\$25</b>
<b>Weekly</b>	<b>Yoga</b>  Ajna Holistic Sanctuary  <b>Thursdays 9am - 10.30am - Natasha Whelan</b>  <b>Saturdays 7am - 8am - Jennifer Jones</b>  <b>Sundays 4pm - 5pm - Andrea De Souza</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)



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## March Moon Focus



**New moon** - March 8

**Full moon** - March 23

### **New Moon Esbats in Pisces (February 19 - March 20)**

- **Energy** - inspiration, compassion, psychism, creativity, devotion
- **Zodiac colour** - crimson
- **Element** - water
- **Ritual themes** - analysing dreams and meditations

### **Full 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, find new friends, add passion to romance



## Words of Wisdom

*Within any ending is the seed of a new beginning.*



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## Ostara Celebrations

Ostara or Spring Equinox is the mid-point between the winter and summer solstices, where there is an equal balance of night and day. Traditionally, this sabbat honours the awakening of life on earth from a deep winter's slumber. As it links with the Christian holiday Easter, it represents a time of re-birth and renewal (the resurrection of Jesus).

Symbols of Ostara include the egg and rabbit, which represent fertility and abundance...hence the association of the easter bunny and easter egg decorating.

### **Ritual Ideas to Celebrate Ostara:**

1. Ostara altars can be a simple dedication to your garden, or a more elaborate set-up with crystals, flowers, candles and statues. Use pastel colours as your theme; green, pink, purple or clear gemstone placements and/or candles; decorate the altar with fresh flowers.



2. Plant an actual seedling or a mental one to start a new project. Spring is the perfect time to begin a vegetable plot or herb garden. Both mental and vegetative seedlings need nurturing in order to flourish, so continuous time and energy should be spent seeing your projects through to fruition.



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3. Perform an earth meditation outdoors where you can fully connect to nature. If possible, place as much of your body on the earth (sand, grass, etc) and feel the warmth and energy of the sun filling you with light. Allow the feeling to travel from your head to your feet, and remain in quiet contemplation for as long as possible. The meditation is best performed in the early morning hours.



4. Bless and renew yourself and your sacred space (home, work, etc). Perform a personal cleansing ritual using bath salts or immersing yourself in the ocean. Use appropriate essential oils in the bath, and/or create a body or air freshener spritz (only a few drops of oil is required for either application). Physically clean and smudge your sacred space with incense or sage.



5. Explore your creative side by painting an egg shaped stone or wooden egg. Use it as a symbol to remind you of the cycle of life and the continuous abundance that you can allow to flow towards you.



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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**

*Ajna Holistic Sanctuary*

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

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