

July 1, 2017



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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'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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Calendar of Events : July

Date	Event
July 8	Moonlight Bazaar: See advertisement below
July 23	<p>New Moon Esbat (sacred circle gathering, oracle readings, meditations)</p> <p>3 Neils Plantation, St. Michael 5pm - 6.30pm</p> <p>\$25 (location and time are subject to change)</p>
Weekly	<p>Yoga</p> <p>Ajna Holistic Sanctuary</p> <p>Thursdays 9am - 10.30am – Natasha (on break)</p> <p>Saturdays 7am - 8am - Jennifer (on break)</p> <p>3 Neils Plantation, St. Michael</p> <p>Sundays 4pm - 5pm – Andrea (on break)</p> <p>\$25-\$30/class</p> <p>(please call to RSVP and for details on packages)</p>

Visit the website for full details on events

www.ajnasanctuary.com



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Unique Night Market

Moonlight Bazaar

'Blessings'

Saturday, July 8th

5pm - 9pm

FREE ADMISSION

Arts & Crafts . Clothing . Plants

Unique Eats & Drinks

Holistic Therapies & Yoga

Guidance Readings

Kids' Circle

**Enjoy an enchanted evening with family and friends
under the stars!**

**3 Neils Plantation . St. Michael . Barbados
(near Salters, St. George)**

**ajnasanctuary@outlook.com
www.ajnasanctuary.com**

Interested in being a vendor at the **Moonlight Bazaar**?

Visit **www.ajnasanctuary.com/moonlight-bazaar** for details.

Directions to Neils Plantation:

Turn off the Norman Niles Roundabout (off the ABC Highway) heading east towards St. George. Take the 2nd left into Neils Plantation (follow the Moonlight Bazaar signs). Follow the yellow road humps to the crossroad, and the property is on the immediate left.

Note: The 3rd left after the roundabout will take you to Salters / Charles Rowe Bridge

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Sacred Circles Barbados

Events in July

with Gay Taaffe

◇ **CIRCLE DANCE** – every Wednesday 10.30am - 12noon

Venue: Holders House, St James

<https://www.facebook.com/circledancebarbados/?fref=hovercard>

◇ **SACRED CIRCLE** – every Thursday 7pm - 9pm

Venue: Pannex Building, NCF, West Terrace.

<https://www.facebook.com/sacredcirclesbarbados/>

***Note:** Gay may be travelling in mid-July, so please contact her directly for details on events taking place this month

For further information, registration and ‘what to bring’ ...

Email: sacredcirclesbarbados@gmail.com

Telephone: 246 271 7066 (landline)



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July Moon Focus



July Moon Phases

First quarter: 30 June/July

Full moon: 8

Last quarter: 16

New moon: 23

*Sabbat: Lammas
August 1st*

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.

Honoring 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

“Admire someone else’s beauty without questioning your own”. - Unknown

Blessings

Let us continue to count our blessings as we enter into the long summer months, and be grateful for the both the sun and the rain in this on-going cycle of life.

Start journaling and write down all that you are grateful for. It is often only when we lack something, that we see its importance in our everyday existence.

It is well understood in the principles of the ‘Law of Attraction’ that the feeling of gratitude is what creates more blessings in our lives.

Even if there are some aspects of your life that you wish could be improved, take stock of what you already have and use those resources to move forward.



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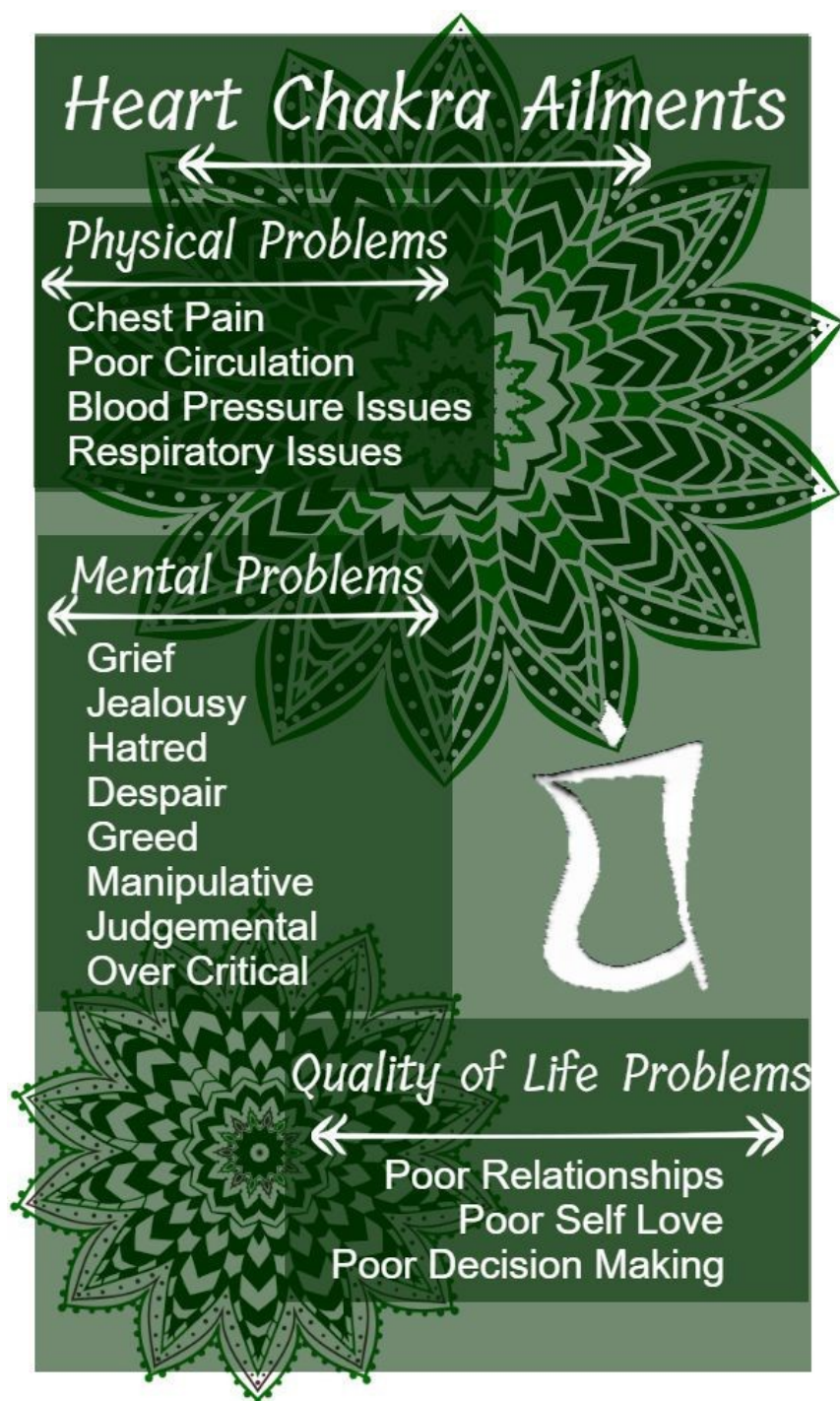


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Blessings (cont'd)

The heart chakra is linked very closely to our ability to feel joy and blessed.

The following list can help you to identify if there is an imbalance in this energy center.



For the full article, please visit:

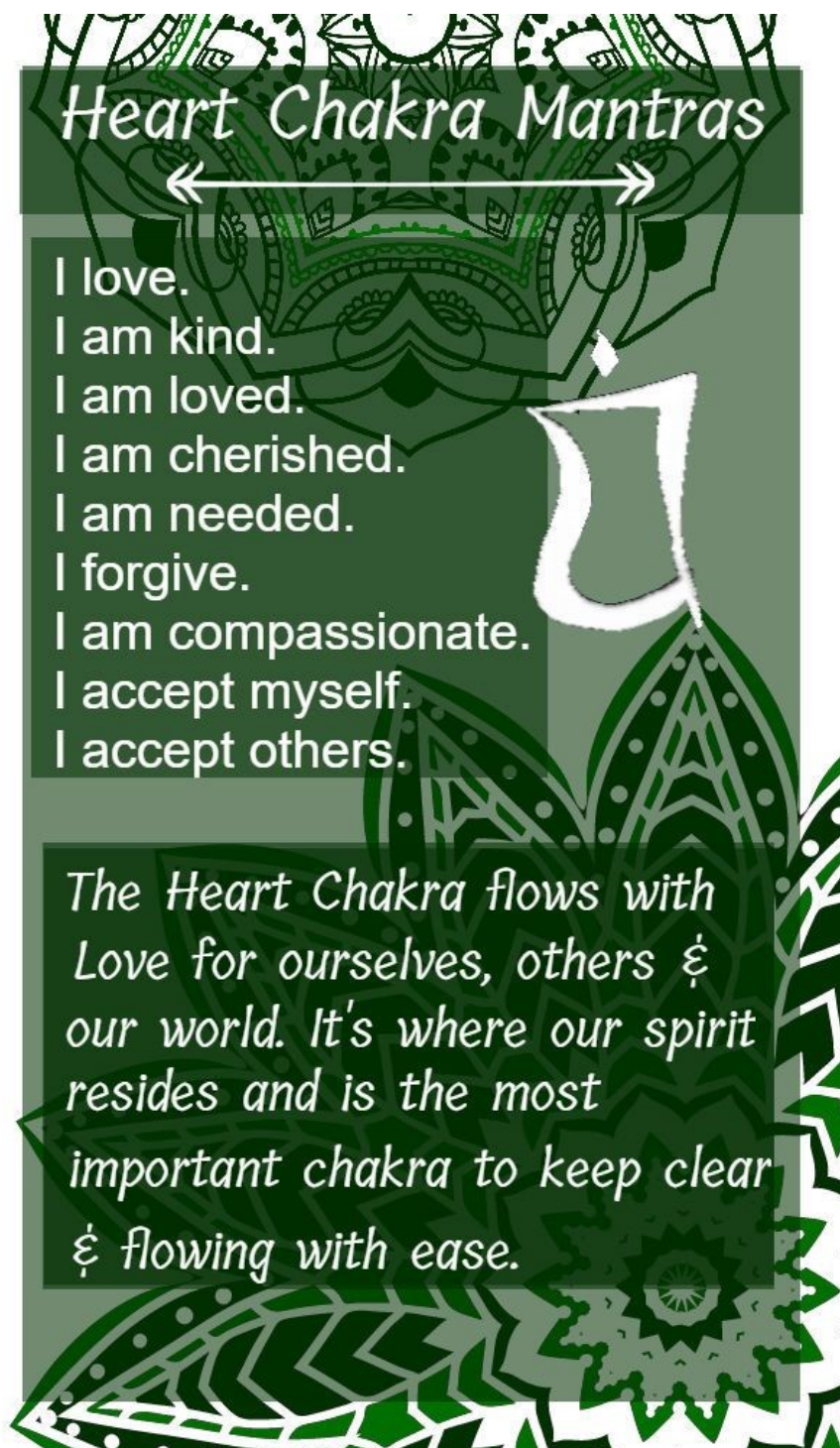
<http://vannasana.com/heart-chakra/>



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Blessings (cont'd)

Healing the heart chakra through affirmations



For the full article, please visit:

<http://vannasana.com/heart-chakra/>



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Blessings (cont'd)

Healing the heart chakra through food, crystals and aromatherapy



For the full article, please visit:

<http://vannasana.com/heart-chakra/>



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Heart Chakra Meditation



- ✧ Sit quietly and take a few deep breaths to settle and ground
- ✧ Feel yourself physically connected to the earth through your feet and legs
- ✧ Imagine a bright pink ball of light at the center of your chest
- ✧ With each inhalation, feed the pink ball with light and love
- ✧ Release any negative feelings such as hurt, resentment and anger with each exhalation
- ✧ Enhance the energetic link by placing your hands together (palms touching) in front of the chest (thumbs touching your chest bone)
- ✧ Continue to focus your attention on the breath as well as the glowing pink ball in the chest
- ✧ Mentally repeat any heart chakra affirmations that resonate with you
- ✧ Remain in meditation as long as needed (minimum 10-15 mins)
- ✧ Slowly bring your attention back to the present and return your breathing to normal



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Celebrating Lammas

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

A great way to honour the energy of Lammas is to bring the harvest into your home. Fill your interior space with splashes of bright yellows and oranges, to bring the sunshine in.

- ✧ **Paint a focus wall or door**
- ✧ **Colour the soft furnishings...curtains, pillows, towels, rugs**
- ✧ **Add accent pieces or artwork**
- ✧ **Bring the outside in with plants and flowers**
- ✧ **Scent a room with dried lemon and orange potpourri slices**



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Local Resources

Brother D's: *City Centre*

- ◇ gemstone jewellery, metaphysical books

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

Moon River: *DaCosta's Mall*

- ◇ gemstone jewellery and metaphysical books

Sacred Paths: *3 Neils Plantation, St. Michael*

- ◇ sage and incense, glass bottles, journals, ritual tools, ethnic clothing and jewellery



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