

# Sacred Paths Newsletter

September Focus :

## Welcome!

Our 'Sacred Paths Newsletter' is geared towards spiritual enlightenment and conscious awareness. Monthly issues will focus on moon themes and energies, meditations, personal empowerment and holistic wellness.

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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- ✧ **Resources**



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## September Moon Focus



### September Moon Phases

**New Moon: Sept 7**

First quarter: Sept 13

**Full moon: Sept 20**

Last quarter: Sept 29

**Fall Equinox: Sept 22**

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 Virgo (August 23 - September 22)

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

## 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 friendships, communication and partnerships

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## Words of Wisdom

*“Identify your problems, but give your power and energy to solutions.”*

*- Tony Robbins*

## Rising Above Challenges

We have all heard the old adage that it’s our problems that make us stronger. We don’t grow from a place of comfort, but rather stagnate and settle in situations as they stand. Challenges are vehicles for growth.

### Action steps for overcoming obstacles:

❖ **Self-love** - without this first step, one cannot set the appropriate boundaries needed to get through the challenge

“

*Self love*

It doesn't mean that everyone will treat you the way you deserve to be treated. It means that you won't let them change the way you see yourself; nor will you stick around for them to destroy you.

”

With every decision that you make, put yourself first

Consider how the situation affects you on every level of your being

Give yourself permission to stand your ground based on your personal standards

Raise your standards if you need to, and keep raising them every... single... day

Break old ties to create new ones that will serve you in your growth

❖ **Remember your passion** - what is your destination in life or work? Where does the passion in life lead you and what does it look like?

Keeping the end-goal at the forefront of your mind allows your sub-conscious mind to conspire with the Universe to get you what you want



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## Rising Above Challenges (cont'd)

❖ **Create intentions** - leading from the life picture that you have just imagined, create positive intentions in the present that you wish to manifest

We need to understand that events have to run their course, so rather than fight an uphill battle, do what you can to ride the wave till it passes

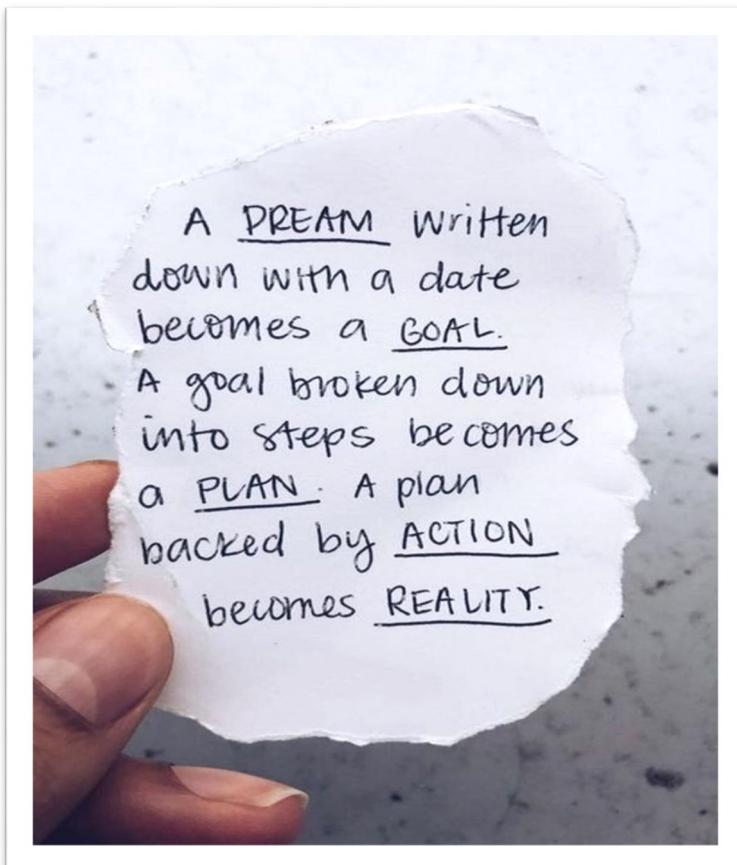
Create intentions when you are in a good place in your mind and body, otherwise it will be recognised as a false belief (and bring more negative experiences your way)

❖ **Simplify your tasks** - break everything down into simpler tasks, even if it's just doing one thing a day

Create check-lists and reward yourself for all accomplishments, including the creation of the check-list :)

For some, this can also look like an idea board or brain dump on a piece of paper or vision board

Use various colours and textures to stimulate your mental experience before engaging in the tasks



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## Fall Equinox

Mabon or the Fall (Autumn) Equinox occurs on September 22nd this year. The equinoxes refer to equality of day and night hours, and in this case, we move into longer nights and the darker aspects of the seasons once the date has passed.

Mabon is also known as the second harvest, with Lammas being the first. Ritual focus can include giving thanks and gratitude for all that has been reaped throughout the year, and sets us up to prepare for a time of reflection before we venture into new beginnings.



## Fall Equinox / Mabon

September 22

- ✧ Altar Tools: Leaves, apples, grains, wine, grapes, corn, baskets
- ✧ Colours: Orange, yellow, gold, red, brown, green
- ✧ Crystals: Citrine, amber, tiger's eye, yellow topaz, carnelian, bloodstone, peridot, aventurine, hematite
- ✧ Herbs & Flowers: Wheat, marigold, sunflower, bay leaf, hyssop, sage, tobacco, echinacea, mugwort, rosehips, clove
- ✧ Incense & Oils: Myrrh, sage, pine, rosemary, apple, sandalwood, cinnamon, clove
- ✧ Animals: Birds (eagle, hawk, owl, blackbird), butterfly, horse, wolf
- ✧ Spiritual Focus: Gratitude, protection, releasing negativity, prosperity, shadow work, creating balance, offerings and thanksgiving

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## Local Resources

**Ali's Bead Wholesale:** Wellington St, Bridgetown

◇ crystals, incense, sage, dried herbs, jewellery

**BeJewelled Spirituals & Souvenirs:** (264 8179)

◇ crystals, artwork, jewellery

**Do It Best Home Center:** *Sheraton & Canewood*

◇ crystals, home décor

**Gifts and Things:** *Sheraton*

◇ gemstone jewellery, statues, home décor

**Maximum Discount:** *Lucas Street (next to Foam House)*

◇ incense, spiritual oils and other items, home décor

**Sacred Paths:** *Upton, St. Michael (230 9094)*

◇ incense, glass bottles, journals, ritual tools, crystal and womb pendulums, ethnic clothing and jewellery, candles, soaps, potions, magickal oils

**Zen Life Creations:** *'Clouds', Lodge Hill, St. Michael (262 1881)*

◇ gemstone jewellery, crystals, décor pieces



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