

# Sacred Paths Newsletter

October 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...*

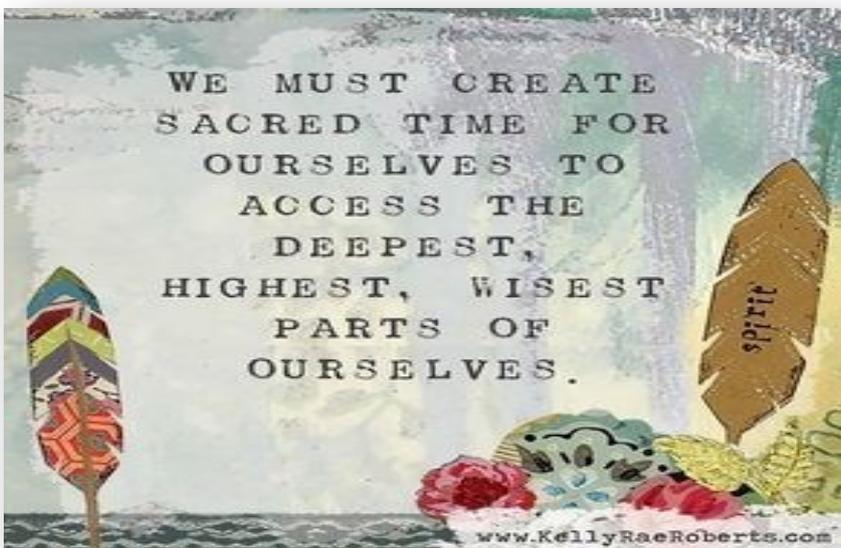


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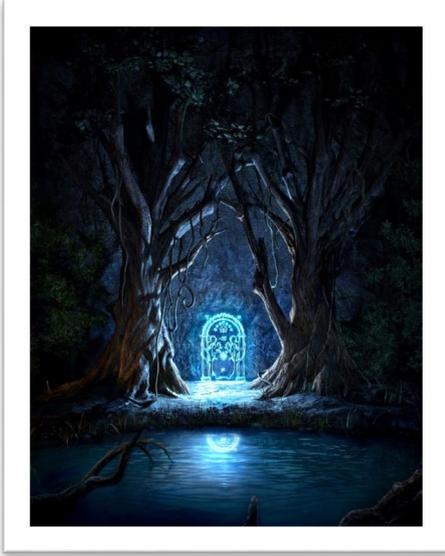
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## October Moon Focus



### October Moon Phases

**Full moon: Oct 1, 31**

Last quarter: Oct 9

**New Moon: Oct 16**

First quarter: Oct 23

**Samhain: Oct 31**

**Day of the Dead: Nov 1, 2**

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 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

## **Moon Esbats in Scorpio (October 23 - November 21)**

- ◇ **Energy** - intensity, rebirth, transformation, illumination, wisdom, karma, instinct
- ◇ **Zodiac colour** - green-blue
- ◇ **Element** - water
- ◇ **Ritual themes** - situations that need power, transformation, stopping unhealthy emotional situations, cycles of life, past-life regression

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## Words of Wisdom

*“I don’t need to know you. I can feel your energy.”*

- Anonymous

## Spirit Communication

Coming out of last month’s article on Intuitive Powers, we get the sense that spirit communicates with us everyday. Let’s explore some of the ways to create a stronger connection with the spirit world.

The first premise we need to set is that spirits are all around us, all of the time.

◆ **Release your fears** - most people fear connecting with spirit because of negative experiences often seen on tv or other propaganda. This is not to dismiss the reality of low vibrational entities, but more often than not, these entities are not what you are contacting

◆ **Clear your mind** - external audio and visual stimulation dampens the ability to ‘see’ and ‘hear’ any communication that may be coming through from the spirit world

◆ **All is energy** - understand that everything is energy on different levels. Feel energy through your physical and psychic senses (colour, visions, temperature, tactile sensations, odours, sound, etc)

◆ **Connect through nature** - use the elements as a portal to the spirit world. Ocean, lakes, vessel of water (water); a lit candle (fire); crystals, bones, plants (earth); incense/smoke, feathers (air). Connect your body directly with the element, example, immerse in water, walk barefoot in nature, exercise (heat/fire), breathing techniques (air)

◆ **Pay attention to signs** - spirit tries to get our attention in many ways, often by bringing people and situations into our lives. Notice reoccurring events, synchronicities and more, as these are messages coming through to our conscious awareness

◆ **Ask for clarity** - when in doubt ask spirit to give you clarity on what is coming through. Pay attention to your dreams and other signs

**SPIRIT WILL ALWAYS SHOW YOU WHAT YOU NEED TO KNOW. WHETHER YOU WANT TO SEE IT OR NOT**



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## Halloween / Samhain

Spirit communication at this time is highest, since the veil between worlds is thinnest. October 31st to November 2nd is a special time to access the knowledge and wisdom of the dead. Our ancestors and spirit guides are waiting for us to call on them.

### Ritual:

Light a white candle and place a glass of water next to it. Ask for ancestors or guides in good spirit to come to you. Be open to receive any messages directly or in your dreams (sounds, visions, symbols)



**Samhain**  
OCTOBER 31 - NOVEMBER 1

**Symbols of Samhain**

*Colors: Black, brown, yellow, purple, gold, silver, red*

*Foods: Apples, pumpkins, roasted game birds, cider, dark wine, pears, root vegetables*

*Stones: Smoky quartz, amber, obsidian, pyrite, onyx, carnelian, turquoise*

*Symbols: bat, cat, blackbird, cauldron*

*Flowers: Calendula, sunflowers, wild ginseng, wormwood*

*Deities: Ishtar, Horned God, Orsis, Loki, Persephone, Cerrunos, Dionysus*

**CELEBRATE SAMHAIN**

*celebrate the start of the Wheel of the Year*

- make a bonfire*
- host a potluck dinner*
- dress up as who you want to be in the coming year*
- cook old fashion foods*
- decorate an altar for loved ones who have past on*
- practice moon magick*
- set intentions for the new year*
- connect with family & friends*

**Decorate for Samhain**

- Acorns** **SUNFLOWERS**
- PUMPKINS** *burplap* 
- Gourds** **PLAID** **Vintage Lace**
- calendula** **Dried FLOWERS**
- PHOTOS of Loved Ones**
- Vintage Lace** **pine cones**

MABON HOUSE

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## Local Resources

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

◇ crystals, incense, sage, 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, 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, candles, soaps, potions, magickal oils

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

◇ gemstone jewellery, crystals, décor pieces



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