

Sacred Paths Newsletter

February 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...

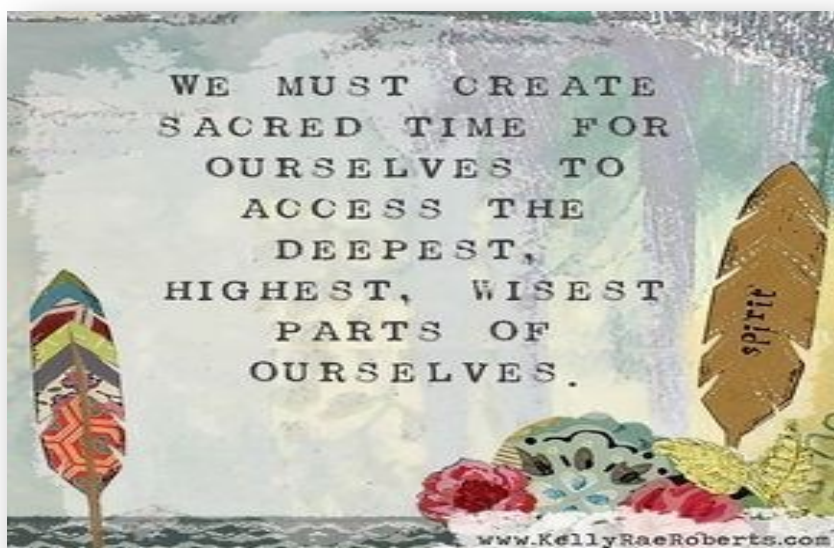


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www.ajnasanctuary.com

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February Moon Focus



February Moon Phases

Full moon: Feb 27

Last quarter: Feb 4

New Moon: Feb 11

First quarter: Feb 19

Imbolc: Feb 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 Aquarius (January 21 ~ February 18)

- ♦ **Energy** - independence, progressive ideas, love, heightened perception, resourcefulness
- ♦ **Zodiac colour** - violet
- ♦ **Element** - air
- ♦ **Ritual themes** - work on courage, loyalty and leadership skills to bring about personal independence and a sense of self-worth

Moon Esbats in Pisces (February 19 ~ March 20)

- ◇ **Energy** - inspiration, compassion, psychism, creativity, devotion
- ◇ **Zodiac colour** - crimson / red
- ◇ **Element** - water
- ◇ **Ritual themes** - analyzing dreams and meditation

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Words of Wisdom

“When things change inside you, things change around you.”

- Unknown

Self-Love

February has always been referred to as the month of love, where we dedicate time and effort to showing others how much we care. I challenge you this time around to focus on you.

♥ **Look in the mirror every morning and truly appreciate yourself. Thank yourself for being you and tell yourself how valuable you are**

♥ **Journal your blessings and what you have to offer to the world. Highlight your strengths and lovingly work on your challenges**

♥ **Incorporate self-care routines such as cleansing baths (sea bath, salts, herbs, flowers, milk, honey, etc) and anointing your body with oils (coconut or olive oil)**

♥ **Adorn yourself with meaningful jewellery (waist beads, family heirlooms, gemstone jewellery), colourful clothing, and anything that makes you feel more comfortable in your own skin**

♥ **Gift yourself with something that you have wanted. Wrap it in beautiful packaging and present it to yourself**



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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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