

Sacred Paths Newsletter

October 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

www.ajnasanctuary.com

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Calendar of Events: October

Date	Event
Monthly	<p>Moon Esbats (online format)</p> <p>Receive practical information for the moon cycle via email</p> <p>Gatherings will be held on revered holy days throughout the year</p> <p>Please check website for details</p>
Monthly	<p>Sacred Womb Teachings Techniques to honour and heal womb traumas and blockages</p> <p>Mysteries of the Goddess Online teachings and practical gatherings</p> <p>October 27 4-6pm, \$50</p> <p>Please check website for details</p>
<p>Weekly Resumes on October 6th</p> <p>Pop Up Belly Dance Class Oct 12th</p>	<p>Goddess Yoga with Andrea</p> <p>Sundays 4 - 5.30pm \$25/class (no yoga on workshop dates)</p> <p>Upton, St. Michael</p> <p>(please call or message 246 230 9094 to RSVP)</p>

Visit the website for full details on events

www.ajnasanctuary.com



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Divination: Bone Casting

an introduction into using bones
in your spiritual practice
bring your bones, shells & curios findings

Celebrating Samhain
wear all black

October 27th, 2019

4 - 6pm \$50

Sacred Paths

246 230 9094

www.ajnasanctuary.com

ajnasanctuary@outlook.com

'Winsome Cottage' Upton St. Michael Barbados

RSVP required

Join us for an introduction to divination techniques using bones, shells and curios. Bring any trinkets, shells, etc that you may have. Please RSVP early to get detailed instructions to prepare for this workshop.

Visit www.ajnasanctuary.com/sacred-paths for details.

Directions to Ajna Holistic Sanctuary:

Come down the hill on the ABC highway heading to Wildey from SJPP / Designer Décor and make the left turn at the bottom as if going to the back entrance of the Gymnasium. The old BET building will be on your immediate right, and we are 2 buildings away on the same side.

You will see our purple and white sign by the entrance.

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Goddess Yoga

Sundays 4 - 5.30 pm

\$25

female only class

strength • balance • clarity

yoga flow & goddess inspired guided meditation

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'Winsome Cottage' Upton St. Michael Barbados

(246) 426 7815 or 230 9094

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RSVP required

FEMALES ONLY! Embrace the goddess within through posture, movement and meditation. All fitness levels welcome.

Visit www.ajnasanctuary.com/sacred-paths for details.

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COME INTO YOUR FEMININE
FLOW

POP UP BELLYDANCE CLASS WITH MICHELLE!

Learn Ancient, North African and Middle
Eastern Movements for Women to Heal and
Tone the Body



OCTOBER 12, 2019/ 5:00PM TO 6:00PM
AJNA HOLISTIC SANCTUARY

'Winsome Cottage', Upton, St. Michael,
Barbados - Investment \$30BDS

Pop-Up Belly Dance Class! Embrace the goddess within through ancient rhythmic movement. All fitness levels welcome.

Visit www.ajnasanctuary.com/sacred-paths for details.

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October Moon Focus



October Moon Phases

New Moon: Sep 28

First quarter: Oct 5

Full moon: Oct 13

Last quarter: Oct 21

New Moon: Oct 27

Samhain: Oct 31

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

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

“We all carry inside us, people who came before us.”

- Liam Callanan

Ancestral Altars

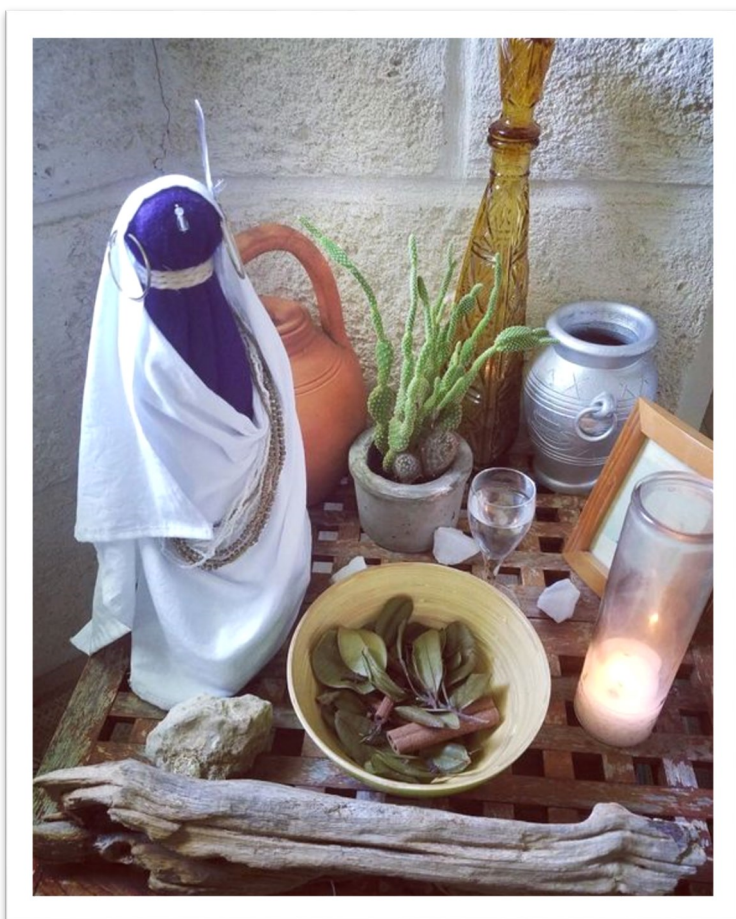
Ancestral veneration is as ancient as time itself. The practice is achieved by having a focal point in the home or outdoors that is solely dedicated for this purpose. Steps to creating an ancestral altar:

✧ **Place the altar towards the North - this is the cardinal point for many traditions to access the ancestors. Light a white candle**

✧ **Use natural elements only - décor and artefacts made of clay, stone, wood, glass, etc. Add plants, herbs, crystals, or any other indigenous items to maintain the energy of the altar**

✧ **Ancestral items - pictures of deceased family (never place pictures of alive persons on this altar), personal belongings, etc**

✧ **Offerings - food and/or water offerings should be changed at least every 3 days. Be mindful of foods that will attract pests**



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Samhain Celebrations

At this time of year, the veil between worlds allow us to communicate with the spirit realm more easily.


- ♦ **To connect with your spirit guides and/or ancestors, dress in all white and light white candles to call them into the space.**
- ♦ **Stand or sit facing the North (preferably at your altar) and call their names if known. If, not simply ask that your ancestors and/or guides be with you**
- ♦ **Some traditions use salt to purify a space, however, this is not recommended for ancestral work. Burn herbs or incense instead**

Perform any of the activities listed below that resonate with you at this time. In fact, use the entire month of October to decorate and plan for your Samhain celebrations!



Activities


- Recreate family recipes
- Create an ancestor altar
- Work with divination
- Take a nature walk
- Share family stories
- Carve pumpkins



SAMHAIN

OCTOBER 31ST





Decorations

- Pumpkins
- Black Candles
- Autumn Leaves
- Squash
- Cauldrons
- Skulls

Incense & Crystals

Sandalwood	Patchouli	Sweetgrass
Sage	Rosemary	Dragonsblood
Obsidian	Bloodstone	Smoky Quartz
Onyx		



Foods

Apples	Pumpkin
Squash	Turnips
Cider	Root Veggie
Grains	Stew
Potatoes	

Spellwork

Divination	Clarity
Endings	Releasing
Banishing	Past Lives
Protection	Letting go
Honoring the dead	
Getting rid of bad habits	

Blessing Manifesting

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Local Resources

BeJewelled Spirituals & Souvenirs: *(264 8179)*

- ◇ crystals, artwork, jewellery

Brother D's: *City Centre*

- ◇ gemstone jewellery

Do It Best Home Center: *Sheraton & Canewood*

- ◇ crystals, home décor

Gifts and Things: *Sheraton*

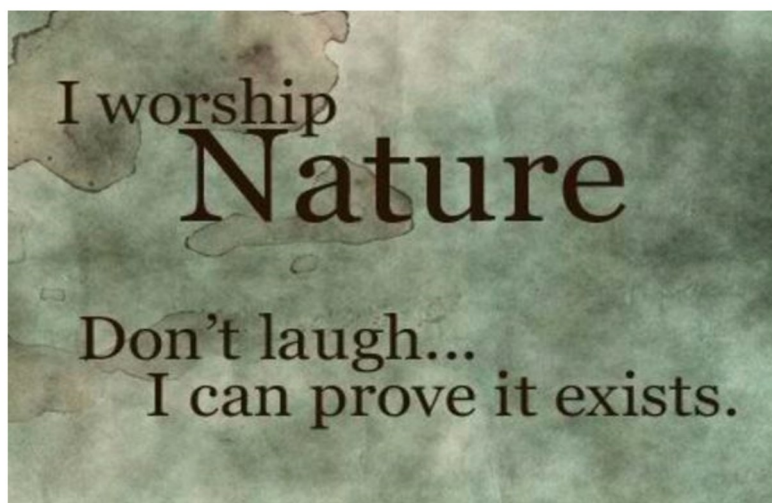
- ◇ gemstone jewellery, statues, home décor

Maximum Discount: *Swan Street*

- ◇ incense, home décor

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

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



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