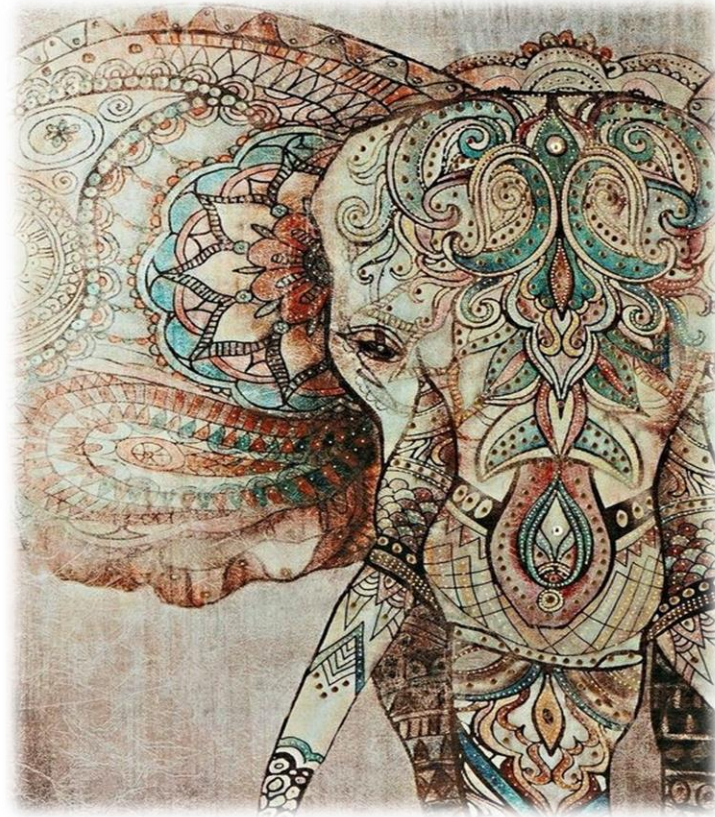


My Sacred Journey 2023



● New Moon ☾ First Quarter ○ Full Moon ☾ Last Quarter
■ Bank Holiday ■ Sabbat

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My Sacred Journey 2023

This calendar is custom designed to honour the moon phases and ritual sabbat days. Use the powerful energy of the seasons and the monthly journal prompts to guide you on your path of personal growth and transformation. Visit www.ajnasanctuary.com for further guidance and rituals in the Sacred Paths Newsletters.

Moon Phases:

- **New Moon** – intention setting, self-reflection
- ☾ **First Quarter** – waxing moon as it moves from new to full; building energy and gaining momentum of a ritual / spell
- **Full Moon** – blessing rituals, charging ritual tools, moon baths
- ☾ **Last Quarter** – waning moon as it moves from full to new; banishing and releasing rituals

Sabbats:

Feb 1 & 2 – Imbolc, Candlemas: creativity and renewal, celebration of light

Mar 21 – Spring Equinox / Ostara: rebirth and growth

Apr 30 & May 1 – Beltane: fertility and abundance

Jun 21 – Summer Solstice: longest day of the year, personal growth and healing

Aug 1 – Lammas / Lughnasadh: first harvest, blessings and manifestation

Sep 22 – Autumn Equinox / Mabon: second harvest, gratitude and balance

Oct 31, Nov 1 & 2 – Samhain / Halloween, All Saints' Day, Day of the Dead: spirit communication and honouring the dead / ancestors

Dec 21 – Winter Solstice / Yule: longest night of the year, introspection and rebirth

- New Moon ☾ First Quarter ○ Full Moon ☾ Last Quarter
■ Bank Holiday ■ Sabbat

January

NOTES:

SUN	MON	TUE	WED	THU	FRI	SAT
1 <i>New Year's Day</i>	2	3	4	5	6 ○	7
8	9	10	11	12	13	14 ☾
15	16	17	18	19	20	21 ●
22	23	24	25	26	27	28 ☽
29	30	31				

2023

● New Moon ☽ First Quarter ○ Full Moon ☾ Last Quarter
 ■ Bank Holiday ■ Sabbat

January Focus

Action steps to take towards my goals

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Reflection + Rituals

Sacred intentions

- ✧ Perform a purification and blessing ritual for myself:
 - Physically cleanse with a salt and/or herbal rinse
 - Purify my aura with herbal smoke
 - Adorn myself with blessed jewellery and accessories
 - Call forth the energy that I wish to embody

- ✧ Spend time in quiet reflection and journal my intentions for this year.

- ✧ What energy do I need to harness to make a greater impact in my life?

- ✧ How will I adapt to create change?

● New Moon ☾ First Quarter ○ Full Moon ☾ Last Quarter

■ Bank Holiday ■ Sabbat

February

NOTES:

2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			Imbolc	Candlemas		
○ 5	☾ 6	7	8	9	10	11
12	☾ 13	14	15	16	17	18
19	● 20	21	22	23	24	25
26	☾ 27	28				

● New Moon ☾ First Quarter ○ Full Moon ☾ Last Quarter
 ■ Bank Holiday ■ Sabbat

February Focus

Action steps to take towards my goals

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Reflection + Rituals

Self-discovery

- ✧ Look in the mirror. Do I like what I see? How do I perceive myself?
- ✧ Do I show my true self to the world? What do others see?
- ✧ Am I operating at my full potential?
- ✧ Are there any beliefs that are holding me back?
- ✧ What is one thing that I can do to overcome limiting beliefs?

● New Moon ☾ First Quarter ○ Full Moon ☾ Last Quarter

■ Bank Holiday ■ Sabbat

March

NOTES:

2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	○ 7	8	9	10	11
12	13	☾ 14	15	16	17	18
19	20	● 21 Spring Equinox	22	23	24	25
26	27	☽ 28	29	30	31	

● New Moon ☽ First Quarter ○ Full Moon ☾ Last Quarter
 ■ Bank Holiday ■ Sabbat

March Focus

Action steps to take towards my goals

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Reflection + Rituals

Creative manifestation

- ✧ What inspires me?
- ✧ How do I express my creativity?
- ✧ Am I pursuing my dreams?
- ✧ What do I need to embrace? Dedicate at least one day a week in an activity to spark creativity.
- ✧ What does my present and future look like?

● New Moon ☾ First Quarter ○ Full Moon ☾ Last Quarter

■ Bank Holiday ■ Sabbat

April

SUN MON TUE WED THU FRI SAT

NOTES:

							1
2	3	4	5	○ 6	7		8
					Good Friday		
9	10	11	12	☾ 13	14		15
Easter Sunday	Easter Monday						
16	17	18	19	● 20	21		22
				Solar Eclipse			
23	24	25	26	☾ 27	28		29
30							

2023

● New Moon ☾ First Quarter ○ Full Moon ☾ Last Quarter

■ Bank Holiday ■ Sabbat

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April Focus

Action steps to take towards my goals

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Reflection + Rituals

Intentional unfolding

- ✧ What do I need to release from my life (people, situations, beliefs)?
- ✧ What actions can I take to remain focused on myself?
- ✧ Am I ready to take personal responsibility for my own wellness?
- ✧ What does this look like for me? What boundaries do I need to set?
- ✧ Be open to spiritual guidance (dreams, synchronicities) and take inspired action.

● New Moon 𐄂 First Quarter ○ Full Moon ☾ Last Quarter

■ Bank Holiday ■ Sabbat

May

NOTES:

2023

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Beltane May Day Holiday	2	3	4	○ 5 Lunar Eclipse	6
7	8	9	10	11	☾ 12	13
14	15	16	17	18	● 19	20
21	22	23	24	25	26	☽ 27
28	29 Whit Monday	30	31			

● New Moon ☽ First Quarter ○ Full Moon ☾ Last Quarter
 ■ Bank Holiday ■ Sabbat

May Focus

Reflection + Rituals

Action steps to take towards my goals

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Honouring my divine self

- ✧ Commit to a regular self-care regime (physical and spiritual rituals).
- ✧ How do I feel afterwards?
- ✧ Do I recognise and honour my own divinity?
- ✧ Are my spiritual life practices integrated into my daily activities?
- ✧ How can I be more present in my own existence?

● New Moon ☾ First Quarter ○ Full Moon ☾ Last Quarter

■ Bank Holiday ■ Sabbat

June

NOTES:

2023

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
● 18	19	20	21	22	23	24
			Summer Solstice			
25	☾ 26	27	28	29	30	

● New Moon ☾ First Quarter ○ Full Moon ☾ Last Quarter

■ Bank Holiday ■ Sabbat

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June Focus

Reflection + Rituals

Action steps to take towards my goals

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My empowered self

- ✧ What do I feel most confident about?

- ✧ Are there areas of my life that need improvement?

- ✧ What are three things that I can control in my life?

- ✧ Does my lifestyle (health, mindset, relationships, spirituality) support empowered actions?

- ✧ Create a vision board (digital or hard copy) of my empowered life.

● New Moon ☾ First Quarter ○ Full Moon ☾ Last Quarter

■ Bank Holiday ■ Sabbat

July

NOTES:

2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	○ 3	4	5	6	7	8
☾ 9	10	11	12	13	14	15
16	● 17	18	19	20	21	22
23	24	☽ 25	26	27	28	29
30	31					

● New Moon ☽ First Quarter ○ Full Moon ☾ Last Quarter
 ■ Bank Holiday ■ Sabbat

July Focus

Action steps to take towards my goals

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Reflection + Rituals

Gratitude

- ✧ List ten things that I am grateful for in my life.
- ✧ Name mentors that have positively influenced my life.
- ✧ If I had one superpower, what would it be?
- ✧ Name the people that support me in all aspects of my life.
- ✧ What gifts do I share with the world?

● New Moon 𐄂 First Quarter ○ Full Moon ☾ Last Quarter

■ Bank Holiday ■ Sabbat

August

NOTES:

2023

SUN	MON	TUE	WED	THU	FRI	SAT
		○ 1 Lammas	2	3	4	5
6	7	☾ 8	9	10	11	12
13	14	15	● 16	17	18	19
20	21	22	23	☽ 24	25	26
27	28	29	○ 30	31		

● New Moon ☽ First Quarter ○ Full Moon ☾ Last Quarter

■ Bank Holiday ■ Sabbat

August Focus

Action steps to take towards my goals

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Reflection + Rituals

Living an abundant life

- ✧ Am I currently living my best life?
- ✧ What resources do I have access to?
- ✧ How can I use them more efficiently to fulfill my goals?
- ✧ Are there any challenges hindering my steps towards these goals?
- ✧ Create an abundance altar with items that represent prosperity to me (place it in a visible spot so that I can view it daily).

● New Moon ☾ First Quarter ○ Full Moon ☾ Last Quarter

■ Bank Holiday ■ Sabbat

September

NOTES:

2023

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	☾ 6	7	8	9
10	11	12	13	● 14	15	16
17	18	19	20	21	☽ 22	23
					Autumn Equinox	
24	25	26	27	28	○ 29	30

● New Moon ☽ First Quarter ○ Full Moon ☾ Last Quarter

■ Bank Holiday ■ Sabbat

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September Focus

Action steps to take towards my goals

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Reflection + Rituals

My journey

- ◇ How do I feel about my life's journey?
- ◇ Am I in alignment with my true purpose?
- ◇ Do I feel excited about the path that I am on and the journey ahead?
- ◇ What support from my higher-self do I need at this time?
- ◇ What does living in my truth feel like?

● New Moon 𐄂 First Quarter ○ Full Moon ☾ Last Quarter

■ Bank Holiday ■ Sabbat

October

NOTES:

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	☾ 6	7
8	9	10	11	12	13	● 14 Solar Eclipse
15	16	17	18	19	20	☾ 21
22	23	24	25	26	27	○ 28 Lunar Eclipse
29	30	31 Samhain				

2023

● New Moon ☾ First Quarter ○ Full Moon ☾ Last Quarter

■ Bank Holiday ■ Sabbat

October Focus

Action steps to take towards my goals

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Reflection + Rituals

Honouring my ancestors and spirit guides

- ✧ Venerate ancestral energy: visit gravesites, dedicate an altar, light white candles.
- ✧ How do I commune with my ancestors and spirit guides?
- ✧ Do I allow their messages to come through and follow their guidance?
- ✧ Do I trust my inner knowing?
- ✧ Am I open to healing generational issues?

● New Moon ☾ First Quarter ○ Full Moon ☾ Last Quarter

■ Bank Holiday ■ Sabbat

November

NOTES:

2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			All Saints' Day	Day of the Dead		
☾ 5	6	7	8	9	10	11
12	● 13	14	15	16	17	18
19	☽ 20	21	22	23	24	25
26	○ 27	28	29	30		

● New Moon ☽ First Quarter ○ Full Moon ☾ Last Quarter
 ■ Bank Holiday ■ Sabbat

November Focus

Action steps to take towards my goals

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Reflection + Rituals

Moving forward fearlessly

- ✧ What fears keep me from reaching my full potential?
- ✧ What does my empowered self look like?
- ✧ Am I dimming my light for others?
- ✧ How can I move forward fearlessly?
- ✧ State three actions that will take me out of my comfort zone and commit to doing them.

● New Moon ☾ First Quarter ○ Full Moon ☾ Last Quarter

■ Bank Holiday ■ Sabbat

December

NOTES:

2023

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	☾ 5	6	7	8	9
10	11	● 12	13	14	15	16
17	18	☾ 19	20	21 Winter Solstice	22	23
24	25	○ 26	27	28	29	30
31	Christmas Day	Boxing Day				

● New Moon ☾ First Quarter ○ Full Moon ☾ Last Quarter
■ Bank Holiday ■ Sabbat

December Focus

Action steps to take towards my goals

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Reflection + Rituals

Introspection

- ✧ How do I feel about my journey thus far?

- ✧ What was my greatest blessing this year?

- ✧ How will I spend my time in quiet reflection?

- ✧ What insights and guidance do I hope to receive?

- ✧ What energy am I ready to release in order to move forward?

● New Moon ☾ First Quarter ○ Full Moon ☾ Last Quarter

■ Bank Holiday ■ Sabbat

Notes:

● New Moon ☾ First Quarter ○ Full Moon ☾ Last Quarter
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