



# Sacred Paths Newsletter

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April 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**

### In This Issue:

- ✧ **Calendar of events**
- ✧ **April moon focus**
- ✧ **Words of wisdom**
- ✧ **Article: Beltane**
- ✧ **Activity: Self-reflection journaling**
- ✧ **Recipe: Lavender sugar, May wine**
- ✧ **Ritual: Beltane holy water**
- ✧ **Resources**



**'Ajna Holistic Sanctuary' Winsome Cottage Upton St. Michael Barbados**

**T: 1 246 426 7815 or 1 246 230 9094 E: [ajnasanctuary@outlook.com](mailto:ajnasanctuary@outlook.com)**

**W: [www.ajnasanctuary.com](http://www.ajnasanctuary.com)**



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## Calendar of Events : April

| Date                                  | Event   |
|---------------------------------------|---|
| April                                 | <b>Moonlight Bazaar: Unique Night Market</b><br>(postponed until further notice)  |
| Monthly                               | <b>New Moon Esbat</b><br>(online format)<br>Receive practical information for the moon cycle<br>via email<br><br><b>Gatherings will be held on revered holy days</b><br><b>throughout the year</b><br><b>April 29</b><br><br>Please check website for details |
| Monthly                               | <b>Sacred Womb Teachings</b><br>Techniques to honor and heal womb traumas and<br>blockages<br><b>April 15</b><br><br><b>Mysteries of the Goddess</b><br>Online teachings and practical gatherings<br><b>April 29</b><br><br>Please check website for details  |
| Weekly<br><br>Classes<br>resume Apr 8 | <b>Goddess Yoga with Andrea</b><br><br><b>Sundays 4 - 5pm</b><br><b>\$25/class</b><br><br>Upton, St. Michael<br><br>(please call 230 9094 to RSVP)  |

*Visit the website for full details on events*

[www.ajnasanctuary.com](http://www.ajnasanctuary.com)



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## Moonlight Bazaars

**Postponed  
until further notice**

✦ **FREE ADMISSION** ✦

**Unique Night Market  
Arts & Crafts ✦ Eats & Drinks  
Holistic Therapies**

**Interested in being a vendor?**

**Contact us**

**Details on our website**

**[ajnasanctuary@outlook.com](mailto:ajnasanctuary@outlook.com)**

**[www.ajnasanctuary.com](http://www.ajnasanctuary.com)**

**246 230 9094**

Interested in being a vendor at the [Moonlight Bazaar](#)?

**Only \$30 for a booth space**

Visit [www.ajnasanctuary.com/moonlight-bazaar](http://www.ajnasanctuary.com/moonlight-bazaar) for details.



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## Sacred Womb

healing the physical, emotional & spiritual womb

female anatomy . moon cycles  
self-healing

Discussion session

April 15, 2018

2 - 3.30pm \$25

Sacred Paths

246 230 9094

[www.ajnasanctuary.com](http://www.ajnasanctuary.com)

[ajnasanctuary@outlook.com](mailto:ajnasanctuary@outlook.com)

'Winsome Cottage' Upton St. Michael Barbados

RSVP required

**Do you need to heal from womb trauma (surgery, abuse, birth)?  
Learn techniques to clear blockages, release painful memories,  
and improve the health of your womb. Honouring your womb  
allows for creative expression and fertility!**

Visit [www.ajnasanctuary.com/sacred-paths](http://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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Enjoy an afternoon of crafting...

**fertility doll making**  
**guidance readings**  
**meditation circle**

**Beltane Celebration**

**April 29, 2018**  
**4 - 6pm \$25**

**Śacred Pāths**  
**246 230 9094**  
**www.ajnasanctuary.com**  
**ajnasanctuary@outlook.com**  
**'Winsome Cottage' Upton St. Michael Barbados**  
**RSVP required**

## **Mysteries of the Goddess**

**Self-initiation Training into the teachings of the mystery schools.**

**Modules will be presented in an online format or as a practical gathering to help master skills. All are welcome!**

Visit **[www.ajnasanctuary.com/sacred-paths](http://www.ajnasanctuary.com/sacred-paths)** for details.

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## Goddess

## Yoga

Sundays

4 ~ 5pm

\$25

**Ajna Holistic Sanctuary**

**'Winsome Cottage' Upton St. Michael Barbados**

**(246) 426 7815 or 230 9094**

**[ajnasanctuary@outlook.com](mailto:ajnasanctuary@outlook.com)**

**[www.ajnasanctuary.com](http://www.ajnasanctuary.com)**

**RSVP required**

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

Visit **[www.ajnasanctuary.com/sacred-paths](http://www.ajnasanctuary.com/sacred-paths)** for details.

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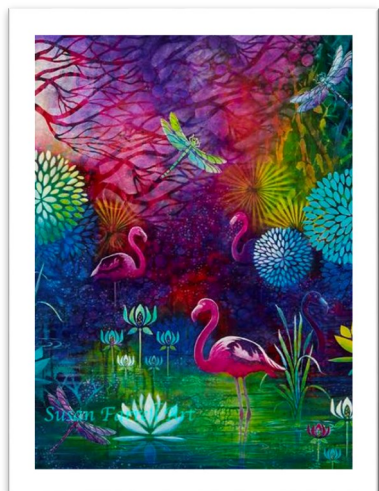
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## April Moon Focus



### April Moon Phases

Full moon: Mar 31, Apr 29

Last quarter: Apr 8

New Moon: Apr 15

First quarter: Apr 22

**Beltane: May 1**

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 Aries (March 21 ~ April 20)

- ♦ **Energy** - power, energy, force, expression, self-reliance, fearlessness, enthusiasm
- ♦ **Zodiac colour** - red
- ♦ **Element** - fire
- ♦ **Ritual themes** - advance social situations and gaining confidence, finding new friends, adding passion to romance

## Moon Esbats in Taurus (April 21 ~ May 20)

- ◇ **Energy** - stability, peace, affection, artistic ability, devotion
- ◇ **Zodiac colour** - red-orange
- ◇ **Element** - earth
- ◇ **Ritual themes** - bring success to any type of investment (time, money, energy), saving money, prosperity, long term goal planning





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## Words of Wisdom

*“Love isn’t complicated. People are.”*

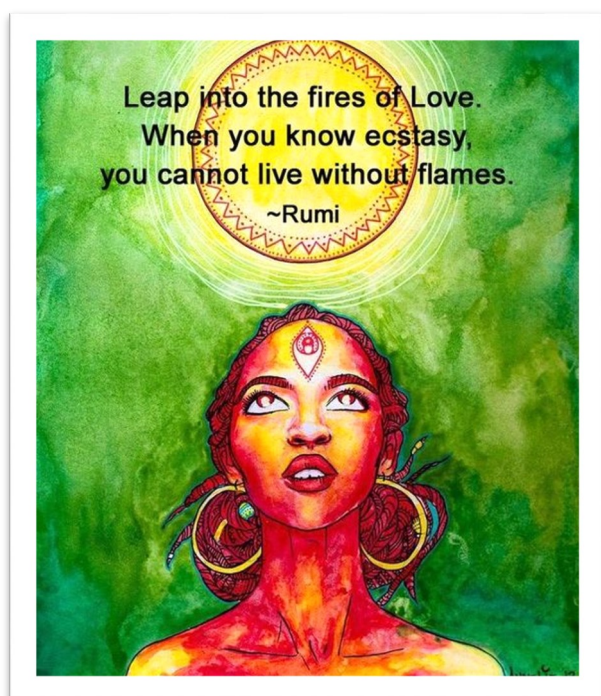
*- Anonymous*

## Beltane

Beltane is a fire festival usually celebrated on the night of April 30th or May 1st. Otherwise known as ‘May Day’, this festival summons the start of summer and the abundance of fertility. It is also the most heightened time for powerful sexual unions. It is a celebratory time of year to enjoy life and the pleasures of living.

Loving yourself and your body is key. Your spirit chose your body to enjoy earthly pleasures. Avoid limiting your experiences based on physical and emotional insecurities.

It is a beautiful time for re-kindling stagnant relationships and connecting with yourself. When we know ourselves, we can better understand the mirrors presented to us in the forms of everyone we come across during our journey.



The energy at this time should also be used to propel yourself forward. Focus on expansion, growing and doing more to get you where you want to be in life. Don’t hold back. Embrace your talents and use this fuel to push yourself out into the world!

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## Journal Prompts for Self-Reflection

Sit before your altar or somewhere quiet in nature, and ask yourself the following questions...

- ✧ What brings me the greatest joy?
- ✧ What allows my spirit to shine?
- ✧ What do I feel inspired to devote my energy towards?
- ✧ Am I connected with my sexual energy?
- ✧ How can I connect more deeply with that part of myself?
- ✧ What is my strongest attribute?
- ✧ Where do I need to boost my self-confidence?
- ✧ What intentions will I plant for the coming weeks?
- ✧ What do I hope to grow in my life?
- ✧ What do I want to harvest in the fall?





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## Recipes

### Lavender Sugar

- 1 cup of caster sugar
- 2-3 tablespoons of fresh or dried lavender buds

Rub the lavender buds in your hands to crush and release the flavour. Mix with the sugar and store in an air-tight glass jar.

Allow it to sit for a week before using in teas or baking.



*Lavender Sugar*  
FOR BELTANE

### May Wine



- 1 bottle of sweet white wine
- 1 cup of strawberries
- Handful of sweet basil  
(traditionally this is made with woodruff herb)

Cut the strawberries in quarters and mix into the wine with sprigs of sweet basil. Place in a glass decanter and serve chilled.

This drink can be served at May Day gatherings.



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## Beltane Holy Water

Use in love potions, beauty rituals, healing treatments, divination spells and curse removals

**\* Bowl filled with fresh tap or spring water**

**\* Few drops of May Dew Elixir  
(droplets of dew collected from plants  
between May 1st and the next full moon)**

**\* Small bunch of fresh basil**



Approach the bowl of water so that when you chant/talk, the power of your voice moves it a bit and creates small waves. Water has the magnificent ability to absorb the energy of chanting. Our energy vibration changes the magical potency of water.

Here is a prayer you can use. Say in a powerful voice and envision its use: **By the powers of God / Goddess or ‘specific deity’, holy powers of water, holy powers of light, cleanse this water and enhance it with love and might!**

Say the chant as many times that you feel is suitable and magical for you (3 is a good base number for any ritual). Every time the chant ends, use the bunch of basil and stir the water clockwise once.

When you have finished chanting, the Holy Water is ready. You may drink it, or sprinkle it over yourself and then your house. Store the rest for future use in a sealed glass bottle and keep in a cool, dry place.

Vintage perfume bottles or crystal decanters are perfect for this. You can also purchase a plain glass jar/bottle and decorate it with beads, dried flowers, twine, etc.

**Adapted from Magical Recipies Online**

<https://www.magicalrecipiesonline.com/2012/04/may-holy-water-to-break-all-curses.html>

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## Local Resources

**BeJewelled Spirituals & Souvenirs:** *Speightstown (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*

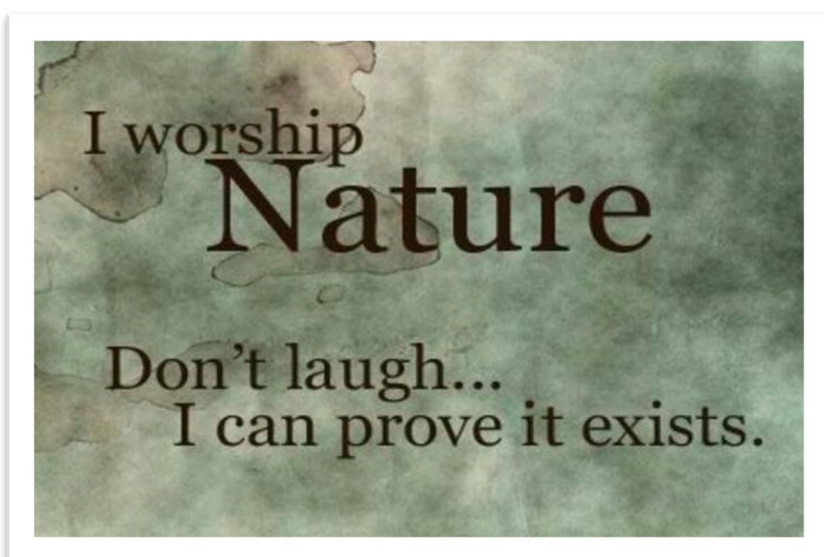
◇ gemstone jewellery, statues, home décor

**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



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