

# Sacred Paths Newsletter

July 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...*



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

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## July Moon Focus



### July Moon Phases

First quarter: July 6

**Full Moon: July 13**

Last quarter: July 20

**New Moon: July 28**

**Lammas: Aug 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 Cancer (June 22 - July 23)

- ♦ **Energy** - emotions, psychism, peace, protection, sympathy
- ♦ **Zodiac colour** - amber
- ♦ **Element** - water
- ♦ **Ritual themes** - stability and peace in the home, protection for self and family, transforming negative to positive emotions, dream spells, divination, telepathy

## Moon Esbats in Leo (July 24 - August 22)

- ◇ **Energy** - strength, positivity, leadership, confidence, kindness, success
- ◇ **Zodiac colour** - yellow
- ◇ **Element** - fire
- ◇ **Ritual themes** - developing courage, strength, positive thinking, success, leadership, generosity, abundance, recognizing your talents and fulfilling your goals

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## Words of Wisdom

*“Your mind is a weapon, keep it loaded.”*

*- Anonymous*

## The Power of Telepathy

All is mind. The first Hermetic law speaks to the power of mentalism and all that is controlled there. Our subconscious thoughts feed our conscious reality in every moment. Telepathic powers allow us to tap into the thoughts of others in either a receptive or a projective mode. By this, we can either ‘hear’ in our minds what someone else is thinking or we can send out messages for others to pick up.

Animals have stronger telepathic connections and if we observe nature, we can see it in action. Persons with strong interpersonal bonds will usually exhibit telepathic tendencies naturally with each other, such as twins, mother-child relations, twin flames, close friends, etc. Our minds are being fed daily by what we watch and listen to... subliminal messages in advertising and social media platforms can be dangerous to our spiritual growth and conscious awareness. However, this form of extrasensory perception can be enhanced with a number of activities:

**Meditation** - train your mind to focus on one thing (the breath, a candle flame, a mantra/phrase, an image), in order to keep the neural pathways decluttered. Without mental exercises, our thoughts run haywire and chaos ensues



**Automatic writing** - in a quiet place, allow yourself to write freely with whatever comes to mind. This also helps to improve spirit communication as you pay attention to the messages being sent

**Connecting with animals** - if you connect regularly with animals you will realise that no words need to be spoken if they sense that you need their help. We speak as a natural form of communication, but try communicating without words and see what happens



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## The Power of Telepathy (cont'd)

**Practicing with a partner** - there are many exercises that you can try with each other for sending and receiving messages. They are usually done with the subjects in different locations/rooms. Other exercises involve both persons facing each other and sending the messages directly to the mind/third eye. The key in these exercises is to trust the messages that come to you immediately and not second guess yourself

The below article describes a number of methods that you can use when practicing with a partner:

**<https://www.wikihow.com/Develop-Telepathy>**



Working with your telepathic powers can positively enhance your relationships with others as it allows you to become more aware of subtle energies around you.

Intention is everything in magick, therefore control of the mental realm is paramount in creating change and the life you desire.

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## Lammas

Lammas represents the first harvest and is associated with grains and abundance. Activities to celebrate this sabbat include:

☞ **Community thanksgiving harvest**

☞ **Baking**

☞ **Placing offerings for ancestors**

☞ **Honouring your gifts and blessings**

Give thanks for all that you have and allow the universe to match your good fortune in all areas of your life.

## Lammas / Lughnasadh

August 1

✧ **Altar Tools:** Bread, corn, cornucopia, sickle, gourd, sunflower, sun wheel

✧ **Colours:** Orange, yellow, gold, bronze, brown, green

✧ **Crystals:** Citrine, aventurine, clear quartz, peridot, amber, tiger's eye, obsidian, lodestone, yellow topaz, moss agate, jade, malachite

✧ **Herbs & Flowers:** Wheat, acacia, corn, bread, berries, apples, sunflower, rosemary, basil, rose, clover, marigold, vervain, yarrow

✧ **Incense & Oils:** Frankincense, sandalwood, rosemary, basil, rose

✧ **Animals:** Calves, crow, pig, rooster, salmon, pollinating insects

✧ **Spiritual Focus:** Harvest, blessings, abundance, ancestors (communicating with the dead), growth, strength, celebration, offerings, manifestation

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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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