

# Ajna Holistic Sanctuary



## Sacred Paths Newsletter

December 2015

### Editor's Note

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 W.I.  
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## Calendar of Events ~ December 2015

<b>Date</b>	<b>Event</b>
<b>December 27</b>	<p style="text-align: center;"><b>Full Moon Esbat</b> (sacred circle gathering, oracle readings, meditations)</p> <p style="text-align: center;">3 Neils Plantation, St. Michael <b>6pm - 8pm</b></p> <p style="text-align: center;"><b>\$25</b></p>
<b>Every Weekend</b>	<p style="text-align: center;"><b>Yoga</b></p> <p style="text-align: center;">Ajna Holistic Sanctuary</p> <p style="text-align: center;"><b>Saturdays 7am - 8am - Jennifer Jones</b></p> <p style="text-align: center;"><b>Sundays 4pm - 5pm - Andrea De Souza</b></p> <p style="text-align: center;"><b>\$25-\$30/class</b></p> <p style="text-align: center;">(please call to RSVP and for details on packages)</p>



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## December Moon Focus



**New moon** - December 11

**Full moon** - December 25

### **New Moon Esbats in Sagittarius (November 23 - December 22)**

- **Energy** - expansion, generosity, faith, optimism, understanding, charity
- **Zodiac colour** - blue
- **Element** - fire
- **Ritual themes** - expanding knowledge, ability to positively communicate

### **Full Moon Esbats in Capricorn (December 23 - January 20)**

- **Energy** - structure, restraint, diplomacy, endurance, self-discipline
- **Zodiac colour** - indigo
- **Element** - earth
- **Ritual themes** - restructuring home and/or work life to meet your needs



## Words of Wisdom

*"What we think, we become. All that we are arises with our thoughts. With our thoughts, we make the world." - Buddha*

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## Alchemy



Alchemy in its simplest form can be considered as the marriage of energies to create transformation.

Modern alchemy can be viewed from two angles. The first being external alchemy using chemical elements, and the second is internal alchemy that creates personal transformation.

We perform external alchemy (chemistry) daily when we cook and prepare meals. Heating and mixing foods together facilitate changes in the chemical structures to create new products.

Internal alchemy mixes our mental abilities with our spiritual energies to create a vibration that affects matter, which in turn causes changes to our personal reality.

The *prima materia* (first matter) is considered as the raw material from which we can create anything. This is pure thought. Thoughts turned inwardly and fine-tuned, create the reality that we desire.

Esoteric alchemical studies require practice, as well as mental and physical purifications in order to achieve specific goals. Such practice includes breathing exercises, meditation, visualisation, auric exercises, telepathy, etc.

Our ultimate goal....attaining the philosopher's stone! Not a real stone of the earth, but rather a mental key that unlocks the power of our minds to transform thought into matter. Many symbols in esoteric teachings are utilised to open our mental capacities, consciousness and train our minds along specific paths. These symbols are common among religious factions, including astrology and the occult.

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One phrase from the ancient teachings (taken from the Emerald Tablet - Hermes Trismegistus) that is quintessential to understanding the alchemical process is '*as above, so below*'. This can be translated to mean, that which occurs in the heavens (the mind) also occurs in the earth (the body/matter). Further explanations also mean *as within, so without*.



Once we can see and accept the microcosm within the macrocosm in ourselves and in nature, this concept becomes the starting point for the great work. Take for example a single cell in the body, which for all intents and purposes has its own control center (the nucleus/brain), metabolically active organelles (small organs), internal fluid and protective covering. Sounds like a miniature version of ourselves!

The entire Universe and its contents (including earth and her inhabitants) are like a cosmic fractal... the same design spirals outward from the source (center of creation) into infinity.



Utilise these principles of nature to change your thoughts, create wellness and love your life!

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## Local Resources

### **Brother D's**

*City Centre*

gemstone jewellery and  
metaphysical books

### **Do It Best Home Center**

*Sheraton & Canewood*

crystals, home decor

### **Gifts and Things**

*Sheraton*

gemstone jewellery, statues,  
home decor

### **Maximum Discount**

*Swan Street*

incense, home decor

### **Moon River**

*DaCosta's Mall*

gemstone jewellery and  
metaphysical books

### **Reiki School of Natural Healing**

*Verity Dawson*

*Atlantic Shores*

crystals, pendulums, etc

### **Sacred Paths**

*Ajna Holistic Sanctuary*

sage and incense, incense  
holders, glass bottles,  
journals, etc.

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