

Sacred Paths Newsletter

June 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...



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Holistic Practitioner & Instructor

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

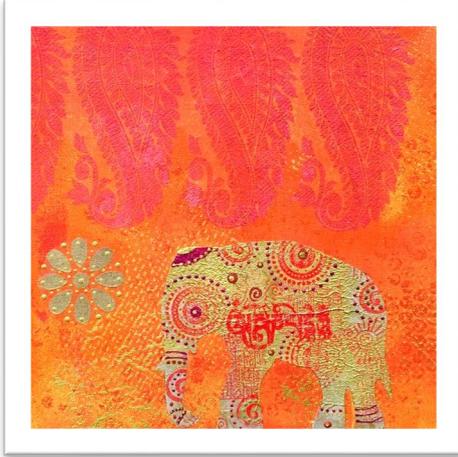
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June Moon Focus



June Moon Phases

Last quarter: June 2

New Moon: June 10

First quarter: June 18

Full moon: June 24

Summer Solstice: June 20

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 Gemini (May 21 - June 21)

- ◆ **Energy** - intellect, awareness, adaptability, multi-tasking
- ◆ **Zodiac colour** - orange
- ◆ **Element** - air
- ◆ **Ritual themes** - learning new things, research, finishing old projects and starting anew, focusing on the mental arts (divination, meditation, telepathy)

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

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Words of Wisdom

“Sit with the winners, the conversation is different.”

- Anonymous

Opening to Blessings

Blessings are all around us and there is often so much to be grateful for. What blocks us most from receiving is our attitude towards our perceived lack of blessings. Learn to change the narrative no matter what the situation.

★ **Make a list of all that you have and be truly grateful for everything.** This includes material possessions, supportive friends and family, personal and professional skills, etc

★ **Consider what a fulfilled life would look like for you.** Is anything currently missing from the list above? Identify specifics as it pertains to your current desires (don't limit yourself!)

★ **Reflect on your beliefs about having the specific desires, be it wealth, love, health, etc.** What is your attitude towards persons who have these things in abundance. Note that if you have deep seated negative beliefs about a condition/situation it will not come to you

★ **Become open to receive by truly believing that you are worthy of all that is good.** There may be a lot of personal growth required to rid oneself of societal beliefs on lack and unworthiness. Many forms of therapy are available that include art and music therapy, reflection and meditation practices, motivational podcasts, journaling, hypnotherapy, and much more

The most important thing to do is to maintain the highest vibrational frequency in order to attract what you want. In whatever way that looks like to you, learn to rise above problems and focus on finding solutions to improve your circumstances.



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Summer Solstice

The longest day of the year will occur on June 20th, 2021, and it represents positivity, personal growth and creativity. The polar elemental opposites, fire and water, are honoured at this time and included in the ritual process.



Activities:

- * Fire rituals - candles, bonfires, releasing rituals
- * Water cleansings - spiritual baths, ocean baths
- * Family gatherings and cooking
- * Being in nature and greeting the rising sun

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Faery Allies

Do you remember the mystical ‘fairy tales’ during childhood? I still have memories of beautiful gardens littered with toadstools and inhabited by mythical creatures. These worlds exist, but in different realms, and across the veils of our perceived reality. The Fae (Faery creatures) are known as elementals and they reside in all places of nature, from homes and gardens, oceans and lakes, forests and meadows, to rocky mountains and caves. They are associated with the elements in nature (earth, air, fire and water) and we can connect with their energy to enhance our rituals. Do your research to see which elemental energy best suits your needs.

Warning:

Faeries are NOT all as they appear in books and movies. They can range from cute, tiny beings to tall, grotesque creatures and any mix in between as far as malevolent and benevolent intentions go. As with any being in the spirit realm, do as much research first before trying to contact them (internet and published books).

Do not ever assume that the Fae will assist you. Be respectful in all that you do and await signs from spirit (you will know when you get them) that you have been accepted. Be sure to protect yourself spiritually (with amulets, baths, auric bubbles) when doing spiritual work with entities that you are not familiar with. Please take your time to develop a relationship with the Fae before badgering them for their assistance in your life. If approached incorrectly, they can actually make things worse.



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Faery Allies (cont'd)

There are specific times and places that the veil between dimensions are thinnest that we can use to tap into the energy of the Fae.

✧ **Sabbats** - these holy days represent quarters and cross-quarters within a year.

- Winter Solstice/Yule (Dec 22)
- Imbolc/Candlemas (Feb 1-2)
- Spring Equinox/Ostara (March 20)
- Beltane/May Day (May 1)
- Summer Solstice/Litha (June 20)
- Lammas/Lughnasadh (Aug 1)
- Fall Equinox/Mabon (Sep 22)
- Samhain/Halloween (Oct 31-Nov 1)

The dates of the solstices and equinoxes will vary slightly based on the year

✧ **Esbats** - refer to full moon nights, when the cosmic energy is highest for doing magickal workings

✧ **Transition times** - the times when day and night start to merge are powerful portals to the spirit realms. Go in nature at dusk or dawn and make note of what you feel, hear and see

✧ **Liminal points** - these are places in nature where different elements intersect. Examples include beach shorelines, crossroads, edges of forests or meadows, etc

Performing rituals during these times will enhance the effectiveness and power of the work. Start by simply going to the liminal points and being in nature in order to develop a relationship with the Fae.

Notice how you feel at different times and which times or places resonate more with you. As with anything, don't force yourself into something if the energy doesn't feel right.

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Faery Allies (cont'd)

There are many ways to attract Faeries into your life and recognise when they are with you.

Activities to Attract the Fae:

☞ Spend lots of time in nature and really be present in the space that you are in

☞ Create a spot in your home environs that they will be attracted to (based on the type of Fae you wish to work with), such as a miniature faery garden (plant pots, tea cups, wine glasses) or an outdoor altar under a large tree

☞ Keep your environment clean. Higher vibrational entities will be attracted to tidy, uncluttered spaces

Signs of a Faery Presence:

☞ Increased activity within the space in nature that you are in. This can include heightened winds, ocean movement, increased presence of insects and other creatures, etc

☞ Orbs of light are usually visible in photos, and less so with the naked eye. Take pictures of the space you are in when you think there maybe a faery presence and see what shows up

☞ Depending on your psychic sensitivities, you may feel, hear, see or smell their presence

☞ Unexplained blessings or misfortune in your life. Remember that not all Fae have your best intentions at heart, so please approach with respect and caution



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Local Resources

Ali's Bead Wholesale: Wellington St, Bridgetown

◇ crystals, incense, sage, dried herbs, 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, spiritual oils and other items, home décor

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

◇ 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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