

August 2023



Sacred Paths Newsletter

Welcome!

Our 'Sacred Paths Newsletter' is geared towards spiritual enlightenment and conscious awareness. Monthly issues will focus on moon themes and energies, rituals, 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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Resources

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August Moon Focus



Full moon: Aug 1, 30

Last quarter: Aug 8

New Moon: Aug 16

First quarter: Aug 24

Lammas: Aug 1

* Moon phases for AST time zone
(America / Barbados)

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 Leo (July 24 - August 22)

Energy - strength, positivity, leadership, confidence, kindness, success

Zodiac colour - yellow

Element - fire

Ritual themes - develop courage, strength, positive thinking, success, leadership, generosity, abundance, recognizing your talents and fulfilling your goals

Moon Esbats in Virgo (August 23 - Sept 22)

Energy - examination, analysis, precision, brilliance, making choices with your head

Zodiac colour - yellow-green

Element - earth

Ritual themes - use intuition and divination to tackle situations and find solutions to problems

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Words of Wisdom

"It's already yours."

- *The Universe*

Lion's Gate Portal

The Lion's Gate Portal became activated on July 26th and will remain open till August 12th, peaking at its full potential on August 8th. It occurs annually on the 8th day of the 8th month (August 8th) and is aptly named due to the connection of cosmic alignments of the Earth and the star Sirius with the Sun in Leo. It is a powerful time for spiritual growth, manifestation and abundance.

It falls in line nicely with Lammas (first harvest) being celebrated on August 1st. Across many cultures, the month of August represents bounty and harvest from what was sown in the earlier months of spring. This year, August has two full Supermoons (the moon appears larger due to its proximity to earth) at the start and the end of the month, making it even more energetically powerful.

A manifesting or abundance altar created during this period will help to harness the cosmic forces towards your area of focus.

Use corresponding colours, crystals, herbs and incense to enhance your rituals (refer to the Lammas chart or the article below).



Read the full article (with rituals) from Magical Recipes Online:
<https://www.magicalrecipesonline.com/2023/07/lions-gate-portal-magical-opportunities-and-rituals-july-26-august-12.html>

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Sacred Day: Lammás

Lammás is known as the first harvest, a time of reaping what has been sown over the last few months.

Celebrations include having gratitude for the abundance in your life and sharing with others, giving offerings to the spirits (ancestors and others), blessing ceremonies (marriages, initiations, self-blessings, naming ceremonies, etc), or enjoying the rewards of your desires manifested.

Lammás / 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: (1 246 264 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: (1 246 230 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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