

Ajna Holistic Sanctuary



Sacred Paths Newsletter

April 2016

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



In this issue:

- ✧ Calendar of events
- ✧ April moon focus
- ✧ Words of wisdom
- ✧ Beltane celebrations
- ✧ Local resources

Ajna Holistic Sanctuary

'Winsome Cottage' Upton St. Michael Barbados W.I.
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Calendar of Events - April 2016

Date	Event
April 24	<p style="text-align: center;">Full Moon Esbat (sacred circle gathering, oracle readings, meditations)</p> <p style="text-align: center;">Ajna Holistic Sanctuary 5pm - 6.30pm</p> <p style="text-align: center;">\$25</p>
Weekly	<p style="text-align: center;">Yoga</p> <p style="text-align: center;">Ajna Holistic Sanctuary</p> <p style="text-align: center;">Thursdays 9am - 10.30am - Natasha</p> <p style="text-align: center;">Saturdays 7am - 8am - Jennifer</p> <p style="text-align: center;">Sundays 4pm - 5pm - Andrea</p> <p style="text-align: center;">\$25-\$30/class</p> <p style="text-align: center;">(please call to RSVP and for details on packages)</p>

Visit the website for full details on events

www.ajnasanctuary.com



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April Moon Focus



New moon - April 7

Full moon - April 22

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. Honoring the energy of the moon, regardless of its phase is usually included in the ritual process.

New 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, find new friends, add passion to romance

Full 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 for any type of investment (time, money, energy), saving money, prosperity, long term goal planning

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Words of Wisdom

"Set your life on fire...seek those who fan your flames." - Rumi



Beltane Celebrations

Beltane is one of the more celebrated eight holy days or sabbats in the pagan tradition. It is a fire festival that summons the start of summer and the abundance of fertility. Also known as May Day, it is celebrated on the night of April 31st or May 1st.



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Beltane celebration ideas:

1. Hang prayer ribbons on the trees on your property.

- ✧ Write your goals on the ribbons or empower each ribbon with a wish.
- ✧ You can use colour correspondences to match your desires (refer to information in the February newsletter).
- ✧ Alternately, tie coloured ribbons on a twig and keep in a sacred place.



2. Light a bonfire (using safety precautions of course!) to symbolize the burning of negative beliefs and situations.

- ✧ This can also be done on a smaller scale using candles in a cauldron or any fire-proof container.



3. Perform love rituals.

- ✧ Bless yourself and/or your sacred union with your partner.
- ✧ Be creative and use coloured candles, essentials oils in the bath or anoint yourself (always dilute essential oils in a neutral base oil like sunflower, safflower or grapeseed oil).
- ✧ Fertility rites are usually performed at this time to harness the energy of abundance.



4. Create your own smudge stick using herbs and flowers.

- ✧ Aim to include foliage based on its therapeutic properties, such as, rosemary, thyme, basil, rose petals, hibiscus, etc.



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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

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sage and incense, jewellery,
glass bottles, journals, ritual
tools, etc

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