

# Sacred Paths Newsletter

November 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...*

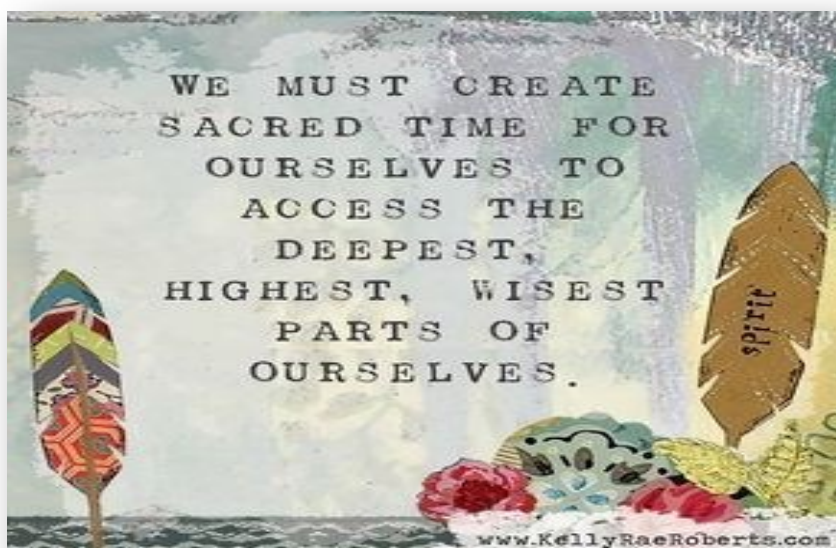


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## November Moon Focus



### November Moon Phases

**New Moon: Nov 4**

First quarter: Nov 11

**Full moon: Nov 19**

Last quarter: Nov 27

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 Scorpio (October 23 – November 21)

- ♦ **Energy** - intensity, rebirth, transformation, illumination, wisdom, karma, instinct
- ♦ **Zodiac colour** - green-blue
- ♦ **Element** - water
- ♦ **Ritual themes** - situations that need power, transformation, stopping unhealthy emotional situations, cycles of life, past-life regression

## Moon Esbats in Sagittarius (November 22 – December 22)

- ◇ **Energy** - expansion, generosity, faith, optimism, understanding, charity
- ◇ **Zodiac colour** - blue
- ◇ **Element** - fire
- ◇ **Ritual themes** - expanding knowledge, ability to communicate in a positive manner

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## Words of Wisdom

*“Maybe it is time to become the person you have been waiting for.”*

- Anonymous

## Embracing Change



The most constant thing is change. Yet, it is also the most feared and resisted thing in life. When we let go and allow life to happen as we wish it, we also need to be able to embrace the change that will follow. Growth will never come from a place of comfort and stagnation. The journey is ours, should we choose to walk the path.

✧ **Pause** - stop for a moment and take stock of all the events in your life. How do you feel in your body, heart and mind? How is your spirit guiding you? Listen to your intuition as you are in the moments of life's experiences

✧ **Acceptance** - it takes more energy to resist change. Accept what is and accommodate if you can. Take charge of what you can control. What may seem like a rough patch may be preparing you for something better. Removing yourself from the situation may be a last resort if it's a feasible option

✧ **Self-care** - focus on maintaining regular self-care routines and spiritual rituals in order to stay grounded. Control as much as your internal world as possible, even if your external world is crumbling around you

✧ **Celebrate** - no matter how small the win, celebrate your growth

✧ **Reflect** - chart your journey and take note of how far you have come. How has the experience made you stronger? What new experiences have you allowed into your life?

## Life happens

**Make the most of every experience on your journey**

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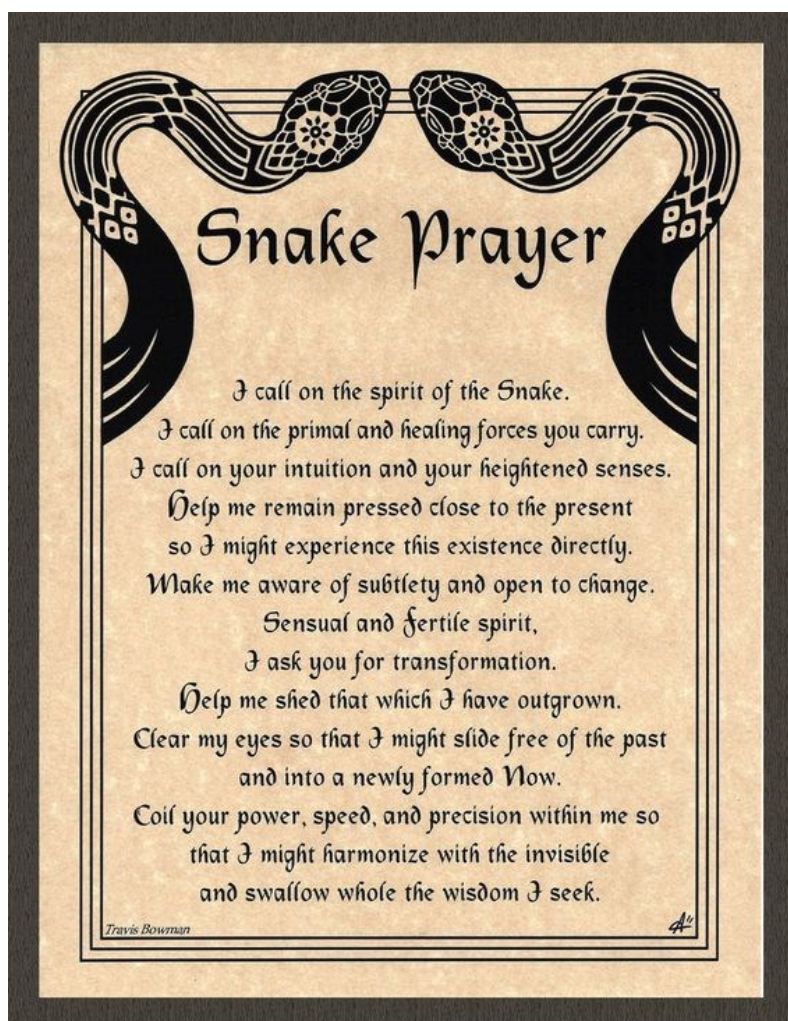
## Spirit of the Serpent

Serpents have been both feared and revered in spiritual practices throughout the centuries. The positive attributes represent fertility, healing, protection, psychic abilities, life, rebirth and regeneration. The negative attributes symbolize evil, enemies, ominous events and death.

Serpents are also strongly associated with the earth, Goddess energy and being grounded.

Using snake symbology within your spiritual practice can help you to enhance many of the attributes listed above depending on your intention. Wear snake jewellery or place decorative snake items or images on your altar.

Pay attention to snake symbology in your dreams and the context with which you receive the information... it may be trying to warn you!



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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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