

Ajna Holistic Sanctuary



Sacred Paths Newsletter

May 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
- ✧ May moon focus
- ✧ Words of wisdom
- ✧ Personal growth
- ✧ Local resources

Ajna Holistic Sanctuary

'Winsome Cottage' Upton St. Michael Barbados W.I.
246 426 7815

ajnasanctuary@outlook.com www.ajnasanctuary.com

Calendar of Events - May 2016

Date	Event
May 22	Full Moon Esbat (sacred circle gathering, oracle readings, meditations) Ajna Holistic Sanctuary 5pm - 6.30pm \$25
Weekly	Yoga Ajna Holistic Sanctuary Thursdays 9am - 10.30am - Natasha Saturdays 7am - 8am - Jennifer Sundays 4pm - 5pm - Andrea \$25-\$30/class (please call to RSVP and for details on packages)

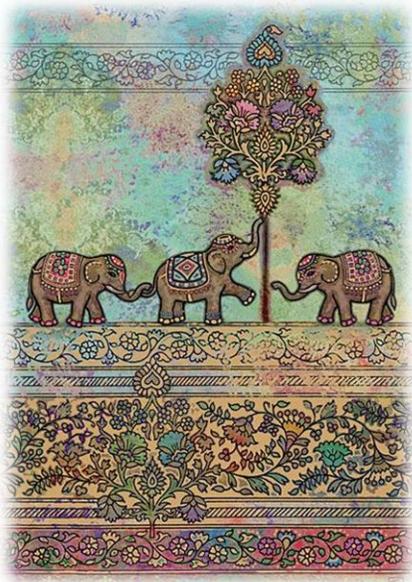
Visit the website for full details on events

www.ajnasanctuary.com



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May Moon Focus



New moon - May 6

Full moon - May 21

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 Taurus (April 21 ~ May 20)

- **Energy** - stability, peace, affection, artistic ability, devotion
- **Zodiac colour** - red-orange
- **Element** - earth
- **Ritual themes** - bring success for any time of investment (time, money, energy), saving money, prosperity, long term goal planning

Full Moon Esbats in Gemini (May 21 ~ June 21)

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

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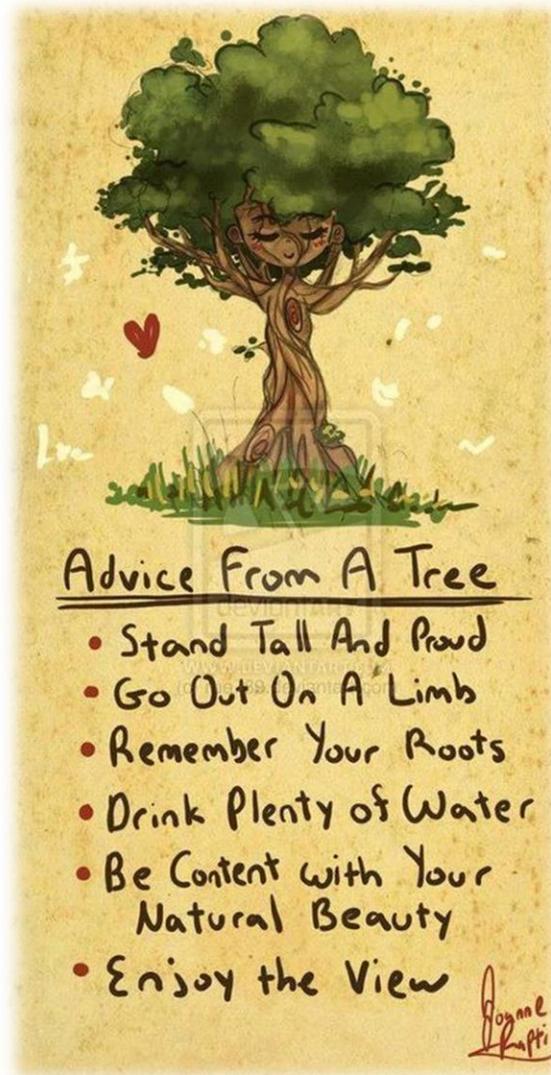
Words of Wisdom

"If you want to fly, give up everything that weighs you down." - Buddha



Personal Growth

May is one of the best times to focus on personal growth, as it coincides with the Beltane fertility rite which is celebrated on May 1st. We need not stay inside the box with this theme...the term 'fertility' can be applied to your personal life as you grow and develop into your true self.



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Here are some pointers for growing into your true, authentic self...become the best you!



Meditate to develop inner peace

- ✧ delve into the various forms of meditation and find one that works well for you (candle gazing, mantra meditations, third-eye focus, guided imagery, etc)

Indulge in activities that you love

- ✧ let your heart soar and enjoy life to the fullest
- ✧ spend time alone or with friends that support you

Journal your goals and dreams

- ✧ take a personal journey into your mind
- ✧ find your motivation
- ✧ write it down
- ✧ focus on your goals continuously
- ✧ find a journal that resonates with you, something that you will cherish and enjoy writing in



Read inspirational books

- ✧ find motivation from different sources
- ✧ get true and tried advice from experts

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Eat nutritiously and exercise

- ✧ a healthy body is key to maintaining a healthy and vibrant mind

Emulate a mentor

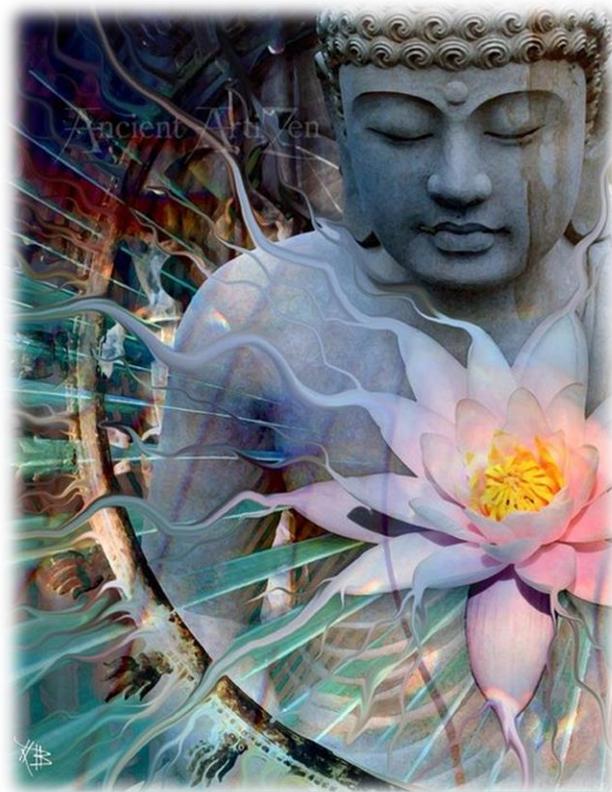
- ✧ learn about the successful methods of someone you admire
- ✧ they should reflect personal or professional excellence

Practice gratitude

- ✧ be grateful for all the blessings in your life

Love yourself

- ✧ allow yourself to let go of people and situations that poison your well-being
- ✧ create an environment that nourishes your growth



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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