

September 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...

Andrea De Souza B.Sc., NCTMB

Holistic Practitioner & Instructor



In This Issue

September Moon Focus

Words of Wisdom

Article: Super Blue Moon Manifestation

Sacred Day: Fall Equinox

Resources

T: 1 246 426 7815 or 1 246 230 9094 E: ajnasanctuary@outlook.com

www.ajnasanctuary.com

Copyright © 2023 Sacred Paths

Sacred Paths Newsletter

September Moon Focus



Full moon: Aug 30, Sep 29

Last quarter: Sep 6

New Moon: Sep 14

First quarter: Sep 22

Fall Equinox: Sep 23

* 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 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

Moon Esbats in Libra (Sept 23 - October 22)

Energy - beauty, love, sociability, originality, courtesy

Zodiac colour - emerald

Element - air

Ritual themes - enjoying the performing arts, love and friendships, communication and partnerships

Sacred Paths Newsletter

Words of Wisdom

"The key to keeping your balance is knowing when you've lost it."

- Anonymous

Super Blue Moon Manifestation

The Super Blue Moon is a rare event that occurs once every ten years or more when there are 2 full moons in a month and the moon is at its closest point to the earth. The next Super Blue Moon won't grace our skies again until 2037!

The full moon has always been an important astrological event, as it affects so many things on our planet (the tides, women's cycles and emotions, farming, etc). In this regard, we can also use the powerful energy of the moon to influence our lives.

What we think about and focus our energy on at this time is given momentum to move forward and manifest.

Perform the following ritual under the rays of the full moon:

Quiet your mind and bask under the moon for a few minutes

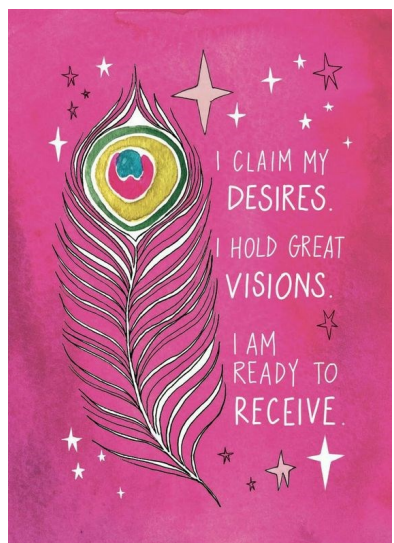
Set the ambience with candles, incense and music if desired

Journal in as much detail what you want manifested in your life

Write limiting beliefs and blockages on a paper and burn safely, releasing this into the ether

Focus your energy and thoughts to gratitude for already receiving your desires

Thank the moon, energies and deities that you work with in co-creating your reality



September 2023



Sacred Paths Newsletter

Sacred Day: Fall Equinox

Fall Equinox or Mabon is known as the second harvest, and will occur on September 23, 2023. It is a time for offerings and thanksgiving for all the blessings in your life.

The equinox also represents balance, which should be cultivated in both your inner and outer worlds, through reflection and aligning to your true self.

Use the correspondences below to bring the energy of the equinox into your everyday life and rituals.

Fall Equinox / Mabon

September 23

Altar Tools: Leaves, apples, grains, wine, grapes, corn, baskets

Colours: Orange, yellow, gold, red, brown, green

Crystals: Citrine, amber, tiger's eye, yellow topaz, carnelian, bloodstone, peridot, aventurine, hematite

Herbs & Flowers: Wheat, marigold, sunflower, bay leaf, hyssop, sage, tobacco, echinacea, mugwort, rosehips, clove

Incense & Oils: Myrrh, sage, pine, rosemary, apple, sandalwood, cinnamon, clove

Animals: Birds (eagle, hawk, owl, blackbird), butterfly, horse, wolf

Spiritual Focus: Gratitude, protection, releasing negativity, prosperity, shadow work, creating balance, offerings and thanksgiving

Sacred Paths

T: 1 246 426 7815 or 1 246 230 9094 E: ajnasanctuary@outlook.com

www.ajnasanctuary.com

Copyright © 2023 Sacred Paths

September 2023



Sacred Paths Newsletter

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



T: 1 246 426 7815 or 1 246 230 9094 E: ajnasanctuary@outlook.com

www.ajnasanctuary.com

Copyright © 2023 Sacred Paths