

November 1, 2017



Sacred Paths Newsletter

November Focus :

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

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- ✧ **Words of wisdom**
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- ✧ **Resources**



'Ajna Holistic Sanctuary' Winsome Cottage Upton St. Michael Barbados

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

W: www.ajnasanctuary.com



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Calendar of Events: November

Date	Event
November 4	Moonlight Bazaar: Unique Night Market (see advertisement below)
Monthly	New Moon Esbat (online format) Receive practical information for the moon cycle via email Gatherings will be held on revered holy days throughout the year (dates and locations to be announced) Please check website for details
Weekly	Goddess Yoga with Andrea (see advertisement below) Resumes on November 12th!! Sundays 4pm - 5pm \$25/class 3 Neils Plantation, St. Michael (please call 230 9094 to RSVP)

Visit the website for full details on events

www.ajnasanctuary.com



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Enjoy a family oriented, enchanted evening under the stars!

Moonlight Bazaar **'Independence'**

Saturday, November 4th
5pm - 9pm

◆ **FREE ADMISSION** ◆

Unique Night Market
Arts & Crafts ◆ Eats & Drinks
Holistic Therapies

3 Neils Plantation . St. Michael . Barbados
(near Salters, St. George)

ajnasanctuary@outlook.com

www.ajnasanctuary.com

246 230 9094

Interested in being a vendor at the **Moonlight Bazaar**?

Visit **www.ajnasanctuary.com/moonlight-bazaar** for details.

Directions to Neils Plantation:

Turn off the Norman Niles Roundabout (off the ABC Highway) heading east towards St. George. Take the 2nd left into Neils Plantation (follow the Moonlight Bazaar signs). Follow the yellow road humps to the crossroad, and the property is on the immediate left.

Note: The 3rd left after the roundabout will take you to Salters / Charles Rowe Bridge

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Goddess

Yoga

Sundays

4 - 5pm

\$25

3 Neils Plantation St. Michael Barbados

(246) 426 7815 or 230 9094

ajnasanctuary@outlook.com

www.ajnasanctuary.com

RSVP required

FEMALES ONLY! Embrace the goddess within through posture, movement and meditation. All fitness levels welcome.

Visit **www.ajnasanctuary.com** for details.

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November Moon Focus



November Moon Phases

Full moon: Nov 3

Last quarter: Nov 10

New Moon: Nov 18

First quarter: Nov 26

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.

Honoring 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

“In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of things not meant for you” - Buddha

Letting Go

The start of November heralds a time for hibernation and preparation for the winter season in some traditions. It is also a great time to start prepping for the year ahead. When we let go of things that no longer serve us, we make way for the Universe to fill our lives with abundance.

- ◇ **Soul searching and reflection** - what does your soul long to do? Think about the things that bring you the most joy in life, and start taking action to follow your dreams
- ◇ **Emotional cord cutting** - identify the people, beliefs or things in your life that no longer serve you in a positive way. Visualise the emotional link to the situation dissolving and release it with love
- ◇ **Detox and declutter** - clear your body temple of toxic residue and focus on a healthier lifestyle. Reduce clutter in your living and work spaces to be rid of stagnant energy
- ◇ **Open your heart** - allow your heart and soul to be open to both give and receive love. Foster a healthy relationship with yourself



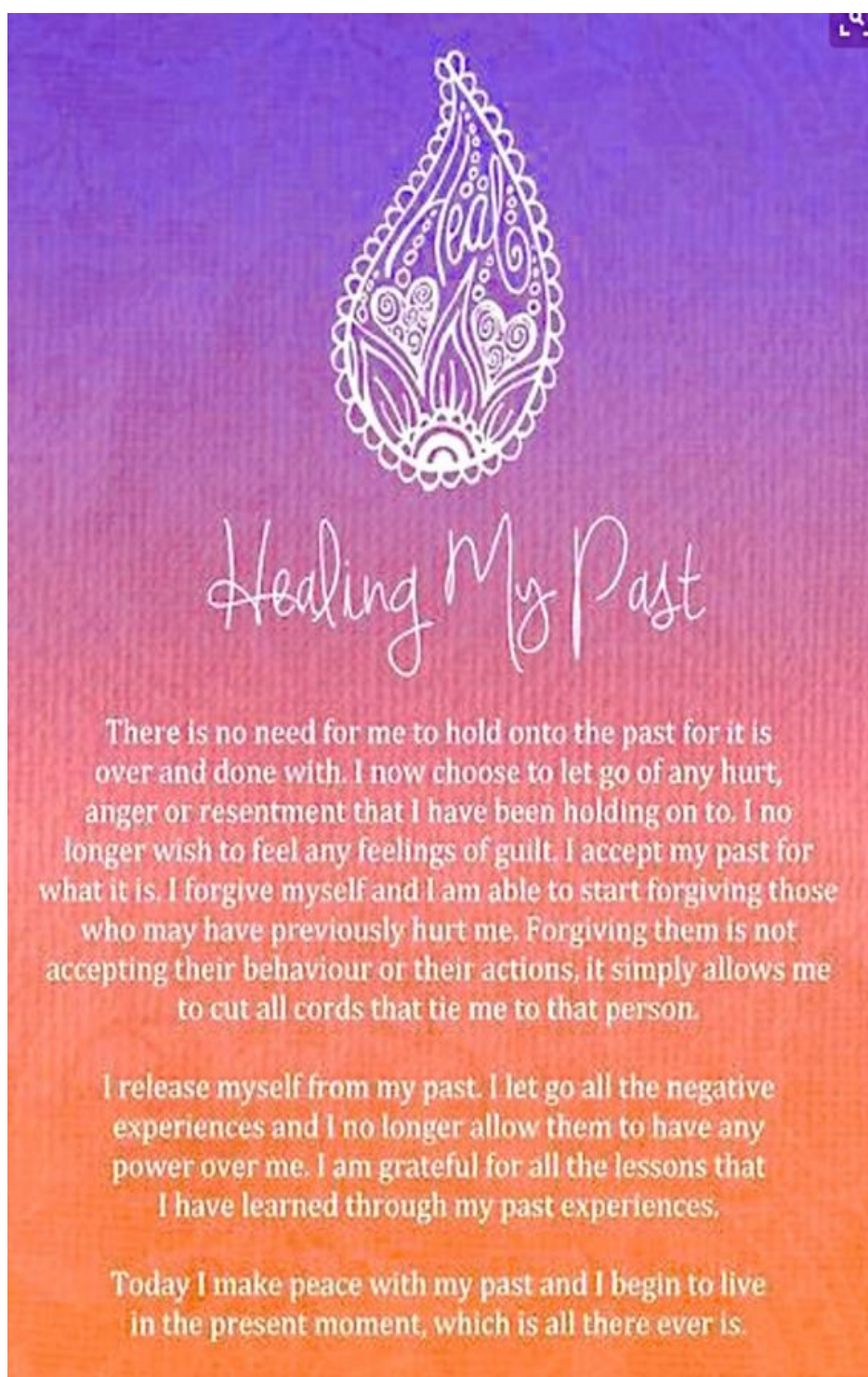


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Letting Go (cont'd)

Perform a meditation ritual anytime between the full moon and the new moon cycle.

- ◇ Write on a piece of paper anything that you wish to release from your life and burn the paper in a fire-proof container. Sit quietly and contemplate ways of healing your past in order to move forward.





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Local Resources

Brother D's: *City Centre*

- ◇ gemstone jewellery

Do It Best Home Center: *Sheraton & Canewood*

- ◇ crystals, home décor

Gifts and Things: *Sheraton*

- ◇ gemstone jewellery, statues, home décor

Maximum Discount: *Swan Street*

- ◇ incense, home décor

Sacred Paths: *3 Neils Plantation, St. Michael*

- ◇ sage and incense, glass bottles, journals, ritual tools, ethnic clothing and jewellery



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