

Sacred Paths Newsletter

February 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...



Andrea De Souza B.Sc., NCTMB

Holistic Practitioner & Instructor

In This Issue:

- ✧ **Calendar of events**
- ✧ **February moon focus**
- ✧ **Words of wisdom**
- ✧ **Article: Enhancing Your Psychic Abilities**
- ✧ **Resources**



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

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

www.ajnasanctuary.com

Copyright © 2020 Sacred Paths

Sacred Paths Newsletter

Calendar of Events : February

Date	Event
	<p>NO EVENTS IN FEBRUARY</p>
<p>Weekly Start date to be announced</p>	<p>Goddess Yoga with Andrea</p> <p>Sundays 4 - 5.30pm</p> <p>\$25/class (no yoga on workshop dates)</p> <p>Ajna Holistic Sanctuary, Upton, St. Michael</p> <p>(please call or message 246 230 9094 to RSVP)</p>
<p>Pop-up Bellydance Class</p> <p>TBA</p>	<p>Bellydance Class with Michelle</p> <p>\$30/class</p> <p>Ajna Holistic Sanctuary, Upton, St. Michael</p> <p>(please call or message 246 230 9094 to RSVP)</p>

Visit the website for full details on events

www.ajnasanctuary.com



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

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

www.ajnasanctuary.com

Copyright © 2020 Sacred Paths

Sacred Paths Newsletter

Goddess Yoga

Sundays 4 - 5.30 pm

\$25

female only class

strength • balance • clarity

yoga flow & goddess inspired guided meditation

Ajna Holistic Sanctuary

'Winsome Cottage' Upton 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. **Start date to be announced**

Visit www.ajnasanctuary.com/sacred-paths for details.

Directions to Ajna Holistic Sanctuary:

Come down the hill on the ABC highway heading to Wildey from SJPP / Designer Décor and make the left turn at the bottom as if going to the back entrance of the Gymnasium. The old BET building will be on your immediate right, and we are 2 buildings away on the same side.

You will see our purple and white sign by the entrance.

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

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

www.ajnasanctuary.com

Copyright © 2020 Sacred Paths

Sacred Paths Newsletter

February Moon Focus



February Moon Phases

First quarter: Feb 2

Full moon: Feb 9

Last quarter: Feb 15

New Moon: Feb 23

Imbolc: Feb 2

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 Aquarius (January 21 - February 18)

- ◆ **Energy** - independence, progressive ideas, love, heightened perception, resourcefulness
- ◆ **Zodiac colour** - violet
- ◆ **Element** - air
- ◆ **Ritual themes** - work on courage, loyalty and leadership skills to bring about personal independence and a sense of self-worth

Moon Esbats in Pisces (February 19 - March 20)

- ◇ **Energy** - inspiration, compassion, psychism, creativity, devotion
- ◇ **Zodiac colour** - crimson / red
- ◇ **Element** - water
- ◇ **Ritual themes** - analyzing dreams and meditation

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

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

www.ajnasanctuary.com

Copyright © 2020 Sacred Paths

Sacred Paths Newsletter

Words of Wisdom

“Energy is my first language. I understand it more than I do words.”

- *Anonymous*

Enhancing Your Psychic Abilities

We all have the ability to tap into those characteristics that seem inaccessible and only belong to popular mediums on TV, etc. We see, feel, hear, and taste things all the time that are not explainable. Some of us just have a knowing and a sense of premonition for events yet to come. That is our intuition guiding us, the Universe speaking, and we can hear it, if only we quiet ourselves for but a brief moment in time.

Let's explore the types of psychic abilities that you may identify with (you may strongly resonate with more than one):

◆ **Clairvoyance** - the faculty to see things outside of the ordinary sense of vision. People can often see auras, colours, or even through objects or beings. It is referred to as the second sight and is strongly linked to the third eye chakra

◆ **Clairaudience** - the ability to sense conversations or hear sounds not perceived by others around us

◆ **Clairsentience** - the awareness of feeling other people's emotions or thought forms, which is especially strong with empaths. It can be felt as vibrations or even physical pain

◆ **Claircognizance** - the gift to just know things that you otherwise would not have known. Also known as inner-knowing and is linked with the crown chakra

◆ **Clairofactance** - the sense to access spiritual realms through the use of smell. Persons perceive information through scents

◆ **Clairgustance** - the ability to taste something when the physical object is not in your mouth



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

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

www.ajnasanctuary.com

Copyright © 2020 Sacred Paths

Sacred Paths Newsletter

Enhancing Your Psychic Abilities (cont'd)

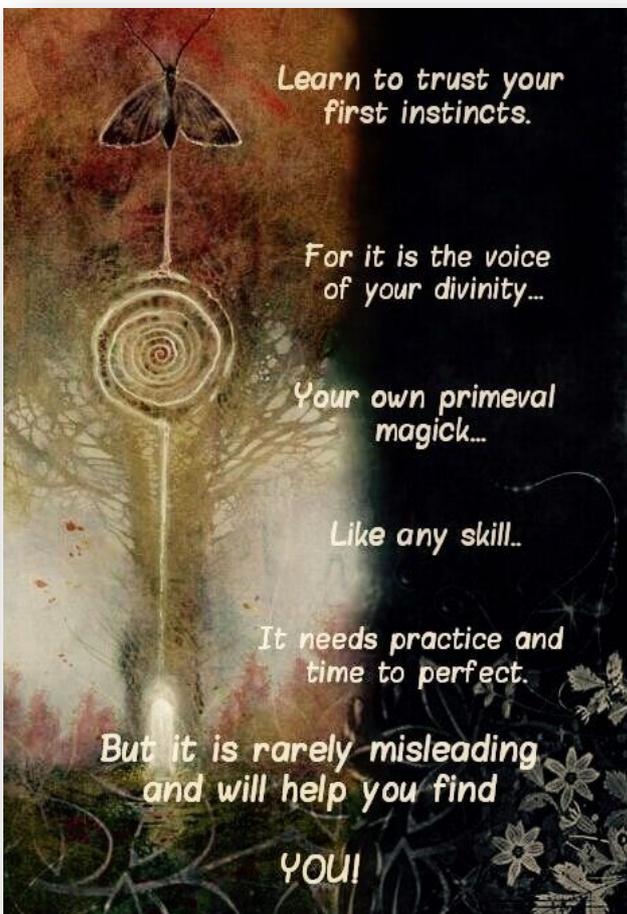
There are a number of practices that we can do to enhance the abilities that we have.

Meditation is one of the most important practices. This facilitates quieting the mind and increasing the ability to focus. Whatever type of meditation is used, the end result should be a deep sense of inner peace and connectedness.

Mindfulness, even with mundane, everyday activities, allows us to pay attention to the details around us. It is with this level of focus that we start to notice subtle changes within the environment that indicate that spirit is communicating with our consciousness. For example, repeating numbers, synchronicities and generally recognising signs throughout the day.

Spiritual cleansing and keeping your aura clean (through the use of wearing crystals, taking salt and/or herbal baths, or smudging oneself) will keep the channels of communication open. If your aura is energetically murky or your belief systems are hindering you, there will be limited access to the spiritual realms.

Other methods include trying to sense each ability directly through visualization and using the mind to allow yourself to feel specific emotions, taste, smell or see something that is not in your presence.



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

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

www.ajnasanctuary.com

Copyright © 2020 Sacred Paths

Sacred Paths Newsletter

Local Resources

BeJewelled Spirituals & Souvenirs: *(264 8179)*

- ◇ crystals, artwork, jewellery

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: *Upton, St. Michael (230 9094)*

- ◇ sage and incense, glass bottles, journals, ritual tools, crystal and womb pendulums, ethnic clothing and jewellery, candles, soaps, potions, magickal oils



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

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

www.ajnasanctuary.com

Copyright © 2020 Sacred Paths