

Sacred Paths Newsletter

September 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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'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

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Calendar of Events: September

Date	Event
<p>Monthly</p>	<p>Moon Esbats (online format) Receive practical information for the moon cycle via email</p> <p>Gatherings will be held on revered holy days throughout the year</p> <p>Please check website for details</p>
<p>Monthly</p>	<p>Sacred Womb Teachings Techniques to honour and heal womb traumas and blockages</p> <p>Mysteries of the Goddess Online teachings and practical gatherings</p> <p>September 22 4-6pm, \$50</p> <p>Please check website for details</p>
<p>Weekly Resumes in October</p>	<p>Goddess Yoga with Andrea</p> <p>Sundays 4 - 5.30pm \$25/class (no yoga on workshop dates)</p> <p>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



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Indigenous Magickal Brooms

a crafting workshop:
bring twine & jewellery charms

Celebrating Fall Equinox

September 22nd, 2019

4 - 6pm \$50

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246 230 9094

www.ajnasanctuary.com

ajnasanctuary@outlook.com

'Winsome Cottage' Upton St. Michael Barbados

RSVP required

Join us for a crafting workshop on indigenous magickal brooms as we celebrate the Fall Equinox. Sweep away the old to prepare for the new...

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.

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Goddess Yoga

Sundays 4 - 5.30 pm

\$25

female only class

strength • balance • clarity

yoga flow & goddess inspired guided meditation

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'Winsome Cottage' Upton St. Michael Barbados

(246) 426 7815 or 230 9094

ajnasanctuary@outlook.com

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RSVP required

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

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

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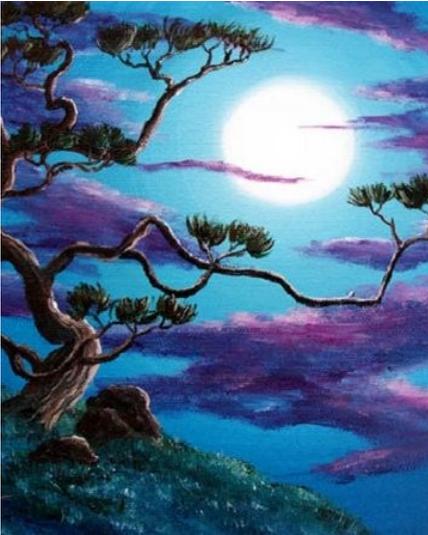
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September Moon Focus



September Moon Phases

New Moon: Aug 30

First quarter: Sep 5

Full moon: Sep 14

Last quarter: Sep 21

New Moon: Sep 28

Fall Equinox: Sep 23

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 - September 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 (September 23 - October 22)

- ◇ **Energy** - beauty, love, sociability, originality, courtesy
- ◇ **Zodiac colour** - emerald
- ◇ **Element** - air
- ◇ **Ritual themes** - enjoying the performing arts, love and friendship, communication and partnerships

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Words of Wisdom

“The life in front of you is far more important than the life behind you.”

- Anonymous

Letting Go

A huge hurdle in the path of moving forward is letting go of the past. We often let this aspect of our lives define who we are and control the narrative of our future. Let's explore a few simple techniques to pave the life you deserve...

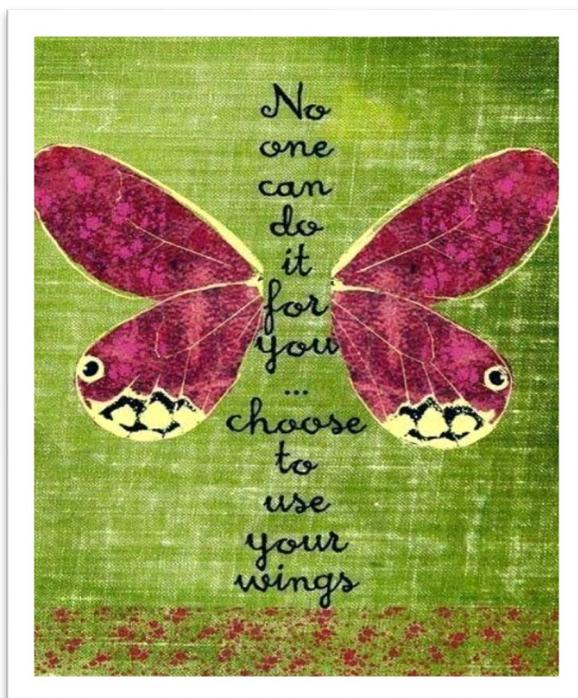
☞ **De-clutter your mind** - train your thoughts through meditation and journaling. Stay focused on your life goals

☞ **Spring clean in autumn** - throw away or donate clothes and any other items that remind you of negative experiences, or that you no longer use. Minimise your closet and living space

☞ **Excise toxic people and situations** - the hardest thing sometimes, especially when they are the closest to us. Be honest with yourself and how your relationships serve you. Set boundaries and avoid people and situations that destroy your positive vortex

☞ **Release old beliefs** - if it doesn't resonate with your current life path, let it go and replace it with a more aligned belief

☞ **Focus on you** - it's not selfish, it's necessary! Whatever brings you joy, do that...



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Fall Equinox Celebrations

The fall equinox will occur on September 23rd this year. It's considered the second harvest, after the first harvest which was on August 1 (Lammas). At this time the nights get longer and the days get shorter. It prepares us on all levels to release what no longer serves us, have gratitude for our gifts, and allows us to be able to receive the blessings that the new year will bring.

Activities

House protection - after a thorough clean, mop the floors with a dash of Florida water (available in Asian/Indian stores). Place a decorative bowl of casuarina seeds, rosemary, clove and dried apple/orange slices pot pourri in the main room of the house.



Create a gratitude list - and place it somewhere visible where it will be seen daily. Idea: print on fancy paper and place in a nice photo frame.



Decorate your sacred spaces - use warm fall colours such as reds, oranges and dark greens to create cozy spaces.

Use soft furnishings and other decorative items to update your living/working space

Invite nature in - fill the air with freshly baked/bought breads and pies. Enjoy family dinners and focus your meals using seasonal fruits and vegetables

Celebrate abundance - enjoy gatherings with friends and family, go outdoors, and simply enjoy life!



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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, potions, magickal oils

