

# Ajna Holistic Sanctuary



## Sacred Paths Newsletter

February 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:**

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- ✧ February moon focus
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- ✧ Candle magic
- ✧ Local resources

**Ajna Holistic Sanctuary**

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

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## Calendar of Events - February 2016

<b>Date</b>	<b>Event</b>
<b>February 21</b>	<p style="text-align: center;"><b>Full Moon Esbat</b> (sacred circle gathering, oracle readings, meditations)</p> <p style="text-align: center;">3 Neils Plantation, St. Michael <b>6pm - 8pm</b></p> <p style="text-align: center;"><b>\$25</b></p>
<b>Weekly</b>	<p style="text-align: center;"><b>Yoga</b></p> <p style="text-align: center;">Ajna Holistic Sanctuary</p> <p style="text-align: center;"><b>Thursdays 9am - 10.30am - Natasha Whelan</b></p> <p style="text-align: center;"><b>Saturdays 7am - 8am - Jennifer Jones</b></p> <p style="text-align: center;"><b>Sundays 4pm - 5pm - Andrea De Souza</b></p> <p style="text-align: center;"><b>\$25-\$30/class</b></p> <p style="text-align: center;">(please call to RSVP and for details on packages)</p>

*Visit the website for full details on events*

**<http://ajnasanctuary.wix.com/home>**



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## February Moon Focus



**New moon** - February 8

**Full moon** - February 22

**Imbolc Sabbat - February 2**

- ✧ New growth
- ✧ Purification
- ✧ Deity offerings
- ✧ Candle rituals

### **New 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

### **Full 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 mediations



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## Words of Wisdom

*'The best way to predict your future is to create it'*

*- Abraham Lincoln*



## Candle Magic

Candle magic is one of the simplest ways of harnessing elemental energy to help transform our lives. Candles themselves encompass all of the elements found in nature:

- ⚙ **Earth - wax**
- ⚙ **Air - smoke**
- ⚙ **Fire - flame**
- ⚙ **Water - melted wax**

When we empower candles and use them in rituals they serve as a source of elemental energy to help manifest our desires. Candles come in a wide variety of shapes, sizes and colours, so choose which ones will best suit your needs.

- ⚙ 7-day candles are great for altars, as the flame is protected by the glass and the wax remains contained.
- ⚙ tea lights are perfect for one-time rituals, especially if using coloured candles
- ⚙ pillar candles can be very decorative, but beware of melted wax and open flame
- ⚙ tapered candles are the most economical, but beware of melted wax and open flame



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One of the easiest methods of using candles in rituals is by incorporating colour correspondences to match your desires.

COLOUR	CORRESPONDENCE
BLACK	Removes negativity, banishing rituals, protection, releasing
WHITE	Purification, unity, blessings. spirituality, higher power, linked to Goddess *use as a substitute for any other colour
SILVER	Stability, neutralizes issues, removes negativity, psychic ability
GOLD	Success, wealth, intuition, confidence
PINK	Love, romance, friendship, emotions, femininity, spiritual awakening
PURPLE	Magical abilities, wisdom, success, healing
BLUE	Relaxation, peace, inspiration, protection
GREEN	Money, abundance, nature, fertility, success, love, balance
YELLOW	Communication, energy, creativity, intelligence, confidence, movement
ORANGE	Attraction, good luck, stimulation, personal strength, adaptability
RED	Power, passion, sex, health, energy, life blood, birth, death, vigor, linked to God

Candles may also be anointed with essential oils for added power. It is best to use new candles for different rituals in order to avoid energy transference. Tea lights and votive candles work best in these instances.

Visualise your goals/intention while the candle burns to release the energy/thought form into the Universe for manifestation. Writing your intentions on paper and placing it under the burning candle links the power of the candle to your goal.

Never leave a candle burning unattended, and always use common sense when working with fire!

## 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**

*Ajna Holistic Sanctuary*

sage and incense, jewellery,  
glass bottles, journals, ritual  
tools, etc

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