

April 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**



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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](mailto:ajnasanctuary@outlook.com)

[www.ajnasanctuary.com](http://www.ajnasanctuary.com)

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## April Moon Focus



**Full moon: Apr 6**

Last quarter: Apr 13

**New Moon: Apr 20**

First quarter: Apr 27

**Beltane: Apr 30 - May 1**

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 Aries (March 21 - April 20)*

**Energy** - power, energy, force, expression, self-reliance, fearlessness, enthusiasm

**Zodiac colour** - red

**Element** - fire

**Ritual themes** - advance social situations and gaining confidence, finding new friends, adding passion to romance

## *Moon Esbats in Taurus (April 21 - May 20)*

**Energy** - stability, peace, affection, artistic ability, devotion

**Zodiac colour** - red-orange

**Element** - earth

**Ritual themes** - bring success to any type of investment (time, money, energy), money saving, prosperity, long term goal planning

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## Words of Wisdom

*"In any given moment we have two options: to step forward into growth or to step back into safety."*

*- Abraham Maslow*

## Moving Forward Fearlessly

You hold yourself back when you subscribe to the fears inside your head. For some part, they exist for your self preservation, but you also need to recognise when your fears are not serving your greater purpose.

### **Don't be defined by your fears**

What scares you does not make you who you are. It is an aspect of yourself that prevents you from engaging in certain activities or situations. Don't let others who don't understand your fear bully or belittle you because of it. Some fears are quite deep seated and may require professional help to overcome.

### **Identify the fears that are holding you back**

What are the top three things that scare you about moving forward in life? Are they linked to the same fear? For example, the fear of success has other fears linked with it, such as, being overwhelmed and not being able to meet expectations.

### **Delve into the 'why' of the fears**

Explore what each fear means to you and jot down associated feelings. Where did this fear come from? Can you pinpoint when you started to believe in it? Is it generational in nature or something that developed from an event during your life?



MY FAITH HAS THE POWER  
TO TURN TRAUMA  
INTO HEALING,  
CONFLICT INTO GROWTH,  
AND FEAR INTO LOVE.

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## Moving Forward Fearlessly (cont'd)

### Trust yourself in the pursuit of happiness

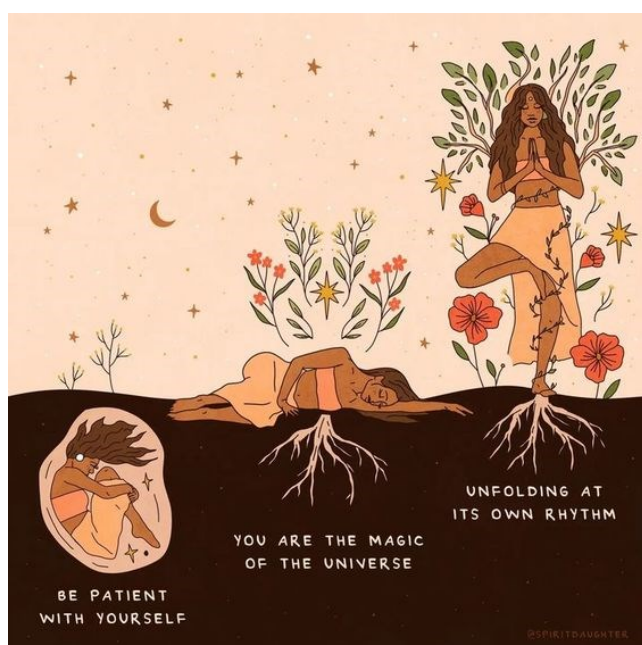
Explore the options that are available to you for moving forward.

In the case of generational fears, consider what is needed for generational healing. Your life experience is not the same as your ancestors who came before you. Whilst you should honour their challenges and experiences, you should also learn from the patterns of the past. What tools and resources do you have access to that can help you to break the cycle?

Fears that stem from this lifetime's traumas and events require patience, acceptance and forgiveness of self and others. Recognise and accept where you are in life, then take manageable steps that will take you outside of your comfort zone.

Forgive yourself and others who may have encouraged negative beliefs. Recall events in your life that these beliefs did not hold true, and focus on that feeling. Learn to celebrate all the wins and how far you have come.. Doing this will instil a sense of accomplishment and intrinsic motivation to move forward with a more positive energy.

**\*In severe traumatic cases, such as abuse, violence, and other life-altering events, please be guided to appropriate professional help.**



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## Beltane

The cosmic forces on the evening of April 30th into the morning of May 1st encourage union, fertility and abundance. It is also the halfway point between the Spring Equinox and the Summer Solstice.

As we move through the months of spring, Beltane serves as a time to nurture the earth and honour her blessings and abundance. What we give to the earth will be reciprocated in its harvest.

Focus on projects and creativity from your fertile centers, the womb and the heart. Whatever you do, do it with passion and love!

## Beltane

April 30 - May 1

**Altar Tools:** Baskets, flowers, herbs, candles, cauldron/cup, floral crown/wreath, sticks, seeds, acorns, antlers

**Colours:** Green, spring blues, yellow, purple, red, magenta, white, pink, brown

**Crystals:** Beryl, emerald, garnet, malachite, rose quartz, tourmaline, jade, bloodstone, aventurine, rhodonite

**Herbs & Flowers:** Thistle, broom, coriander, jasmine, rose, vanilla, dandelion, fern, peach, fireweed, nettle, primrose, rue, tulip, violet, dragon's blood, paprika, hawthorn, lemon, mint, mugwort, daisy, daffodil

**Incense & Oils:** Frankincense, jasmine, musk, peach, rose, vanilla, ylang ylang

**Animals:** Bees, cats, cattle, dove, frog, goat, leopard, rabbit, swan, swallow, bluebird, horse, sheep, unicorn

**Spiritual Focus:** Abundance, fertility, creation, ancestors, growth, marriage, love, lust, sexuality, union, passion, purification, psychism, universal mind, manifestation, new ideas, protection, charms, enchantment

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## Local Resources

**Ali's Bead Wholesale:** Wellington St, Bridgetown

crystals, incense, sage, jewellery

**BeJewelled Spirituals & Souvenirs:** (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:** *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

**Zen Life Creations:** *'Clouds', Lodge Hill, St. Michael (262 1881)*

gemstone jewellery, crystals, décor pieces



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