

Sacred Paths Newsletter

December 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

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www.ajnasanctuary.com

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Calendar of Events : December

| Date | Event |
|--------------------|---|
| Monthly | <p>Moon Esbats (online format)</p> <p>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> |
| Monthly | <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>Please check website for details</p> |
| Weekly ON BREAK | <p>Goddess Yoga with Andrea</p> <p>Sundays 4 - 5pm \$25/class (no yoga on workshop dates)</p> <p>Upton, St. Michael</p> <p>(please call 246 230 9094 to RSVP)</p> |

Visit the website for full details on events

www.ajnasanctuary.com



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December Moon Focus



December Moon Phases

New moon: Dec 7

First quarter: Dec 15

Full moon: Dec 22

Last quarter: Dec 29

Winter Solstice: Dec 21

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 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

Moon Esbats in Capricorn (December 23 ~ January 20)

- ◇ **Energy** - structure, restraint, diplomacy, endurance, self-discipline
- ◇ **Zodiac colour** - indigo
- ◇ **Element** - earth
- ◇ **Ritual themes** - restructuring home and/or work life to suit your needs

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Words of Wisdom

“Stop acting so small. You are the Universe in ecstatic motion.”

- Rumi

Winter Solstice / Yule

As we head into the Yule season, let us remember that this is a time for nature to go into hibernation, which hints that we should be slowing down too. We often get caught up in the Christmas and New Year’s festivities, without realising that it goes against our natural body rhythms.

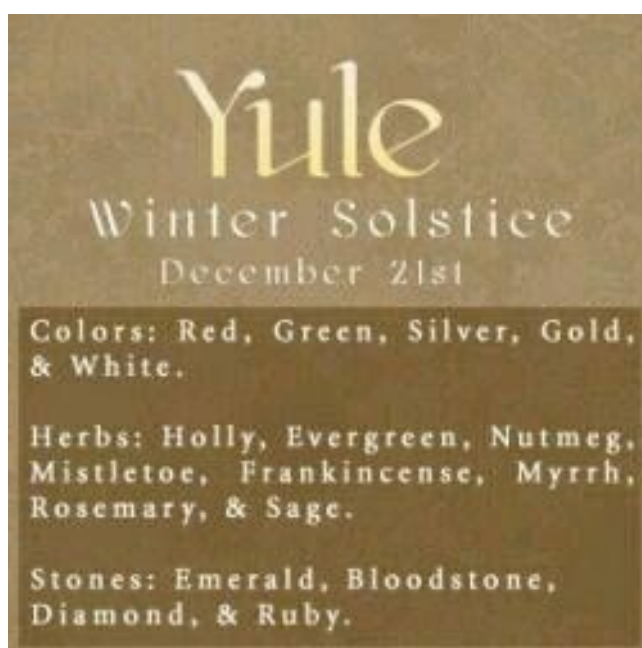
Take note from nature and follow these steps:

☞ **Shed your leaves - release things in your life that are no longer needed (people, habits, situations)**

☞ **Hibernate - slow down and take some time for yourself. Make time for self-reflection**

☞ **Gather supplies for the winter - conserve your energy so that you can start fresh in the new year. Pay attention to your support resources and call upon them as needed**

Use the information below to honour the Yule season in whatever way speaks to you, by using colours in your clothing or home decor, herbs in your food, etc.



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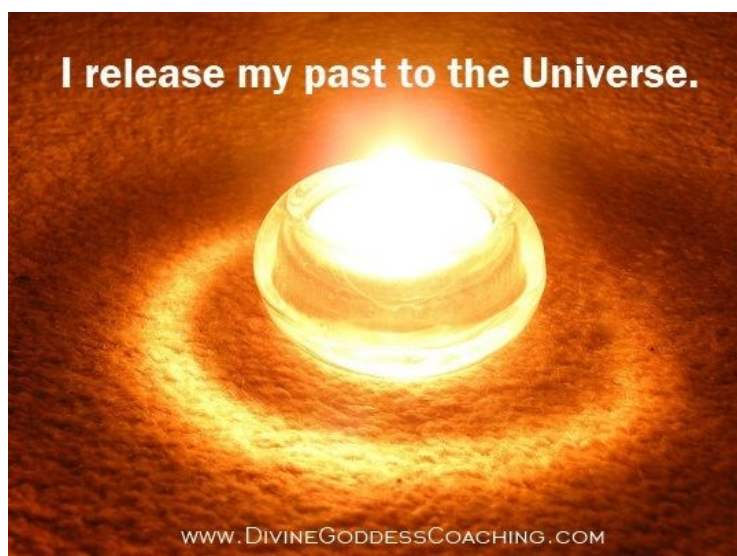
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Ritual: Releasing the Past

This ritual can be performed on the night of the Winter Solstice or anytime between the full moon and the next new moon (waning phase).

- ✧ **Decide what you wish to release from your life, whether it be people, habits, or situations**
- ✧ **Light a white candle (tea light candles are perfect for one-time use rituals) and set the mood with other items that you feel drawn to (elemental representations of earth, air, water and fire)**
- ✧ **Sit and take a few deep breaths to settle your thoughts**
- ✧ **Write down what you wish to release on a piece of paper and place it in a fire-proof container (ceramic, metal)**
- ✧ **Think about how the events, people or situations have affected your life and set the paper on fire allowing the attached emotions to be released as the paper burns. Allow it to burn fully**
- ✧ **Repeat any affirmations that will re-inforce the releasing process**
- ✧ **Continue in quiet contemplation and think about the positive things that you wish to attract to your life, now that you have made space**
- ✧ **When you are ready, thank the elements, Universe or whatever you feel comfortable doing to close the session. Put out the candle and make sure that all flames are out from the burning paper**



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Local Resources

BeJewelled Spirituals & Souvenirs: *Speightstown (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*

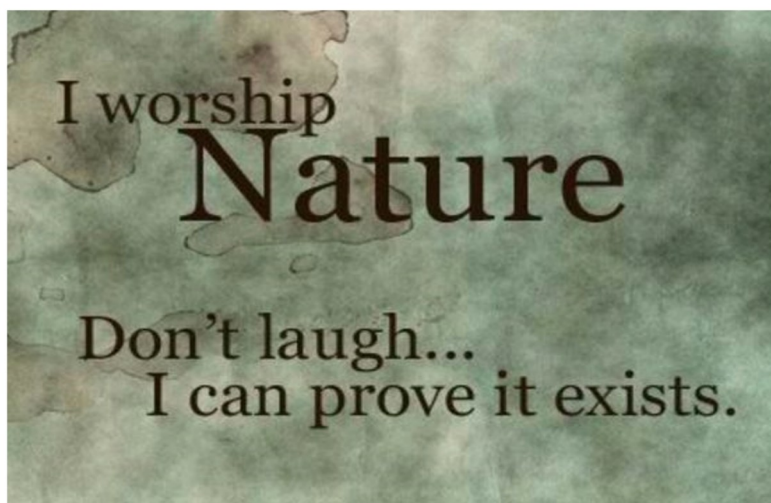
- ◇ gemstone jewellery, statues, home décor

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



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