

May 1, 2019



Sacred Paths Newsletter

May 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

In This Issue:

- ✧ **Calendar of events**
- ✧ **May moon focus**
- ✧ **Words of wisdom**
- ✧ **Article: Devotion**
- ✧ **Creating a Self-Care Regime**
- ✧ **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

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Calendar of Events: May

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>‘Beltane & Esbat’ May 5th, 2019</p> <p>Please check website for details</p>
Weekly On break for Summer	<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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Sacred Womb

healing the physical, emotional & spiritual womb

‘Beltane & Esbat’

ritual adornment

a crafting workshop:

bring coloured cord & jewellery charms

May 5th, 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

Enhance personal power using handcrafted ritual body jewelry for the neck, waist, wrist or ankle.

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 ~ 5pm

\$25

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.

ON BREAK FOR SUMMER...WILL RESUME IN SEPTEMBER

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

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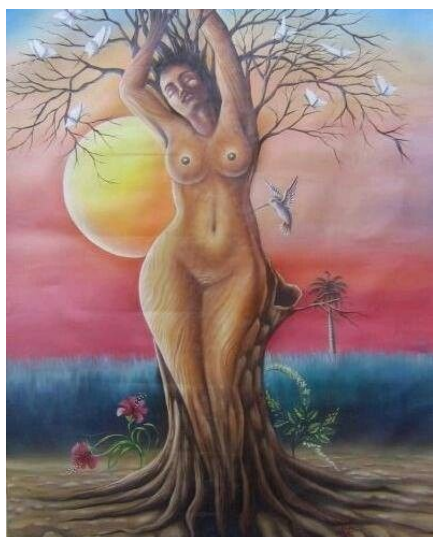
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May Moon Focus



May Moon Phases

New moon: May 4

First quarter: May 11

Full moon: May 18

Last quarter: May 26

Beltane: 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 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), saving money, prosperity, long-term goal planning

Moon Esbats in Gemini (May 21 ~ June 21)

- ◇ **Energy** - intellect, awareness, adaptability, multi-tasking
- ◇ **Zodiac colour** - orange
- ◇ **Element** - air
- ◇ **Ritual themes** - learning new things, research, finishing old projects and starting anew, focusing on the mental arts (divination, meditation, telepathy)

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Words of Wisdom

“Be the magic...feel the vibrations of the earth flow through you.”

- Anonymous

Devotion

We too often use devotion as a means of honouring that which is considered to be outside of ourselves. What if,

✳ **We praised ourselves for our daily achievements?**

✳ **We adored our own image?**

✳ **We set boundaries to protect our sacred space?**

✳ **We believed in our own brightness?**

What would that look and feel like for you? It is important to take moments in our lives to create the space for this... more often than not, we are giving away our attention, and ultimately our power, to other people and situations outside of ourselves.

Read on to find out more about how to create, and maintain, a personal self-care regime that boosts self-esteem and allows you to honour your own divine energy!



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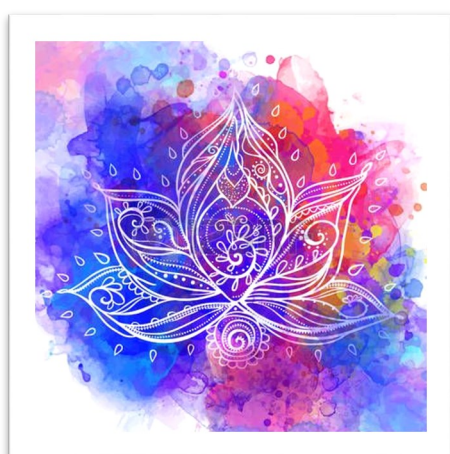
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Creating a Self-Care Regime

The key here lies in making these practices routine and incorporating them into your daily, weekly or monthly rituals.

Put yourself first (and last)

Who or what is on your mind the first thing when you wake up or just before going to bed? If it's not you, then Houston... we have a problem. Before you check who has messaged you or liked your social media posts, check for YOU.... Spend as much time as you can, even 5 minutes daily, to sit with yourself in silence to mentally prepare your day.



JOURNAL to release pent up emotions, track your goals, make gratitude lists, and document your self-talk. Always better to write (rather than type) as we have the innate ability to manifest our thoughts when we write out words

Find your **PASSION** in life. What makes you happy? Do that.... This list can be as long as needed. The longer the better!

Schedule **ME TIME** like you are being paid for it. Take the day or a few hours when you can to truly enjoy doing what you want. This can range from reading quietly to exercise, and everything in between

Practice regular **SELF-REFLECTION** to see where you are and how far you have come. Celebrate the wins...all of them, no matter how insignificant they may seem. Don't allow the haters to rule your life

Put it all into **ACTION**. Start by adding small things to what you already do. Change your thought patterns around mundane events. Driving to work in traffic can become your new motivational podcast time. Our lives are jam packed with a lot of stuff that don't actually serve us positively. Create the change that you want to be!

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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*

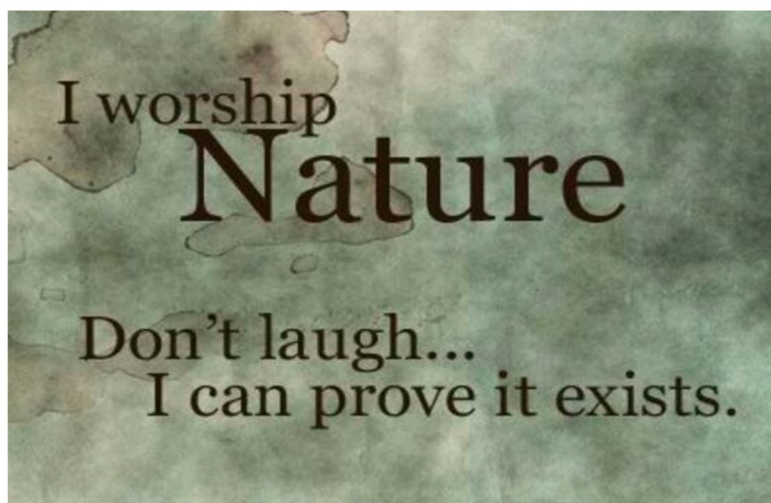
- ◇ gemstone jewellery, statues, home décor

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



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