

March 2023



Sacred Paths Newsletter

March Focus :

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...

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Holistic Practitioner & Instructor



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- ✧ **Spring Equinox**
- ✧ **Resources**

'Ajna Holistic Sanctuary' Winsome Cottage Upton St. Michael Barbados

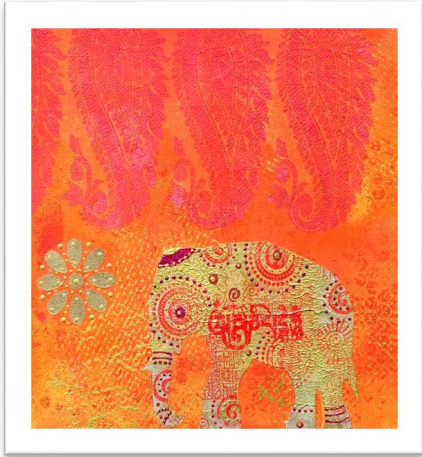
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March Moon Focus



March Moon Phases

Full moon: Mar 7

Last quarter: Mar 14

New Moon: Mar 21

First quarter: Mar 28

Spring Equinox: Mar 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 Pisces (February 19 – March 20)

- ◆ **Energy** - inspiration, compassion, psychism, creativity, devotion
- ◆ **Zodiac colour** - crimson / red
- ◆ **Element** - water
- ◆ **Ritual themes** - analyzing dreams and meditation

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

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Words of Wisdom

“I don’t chase, I attract. What belongs to me will simply find me.”

- Anonymous

Dream Aspirations

Who or what inspires you the most? Do you ever consider yourself to be your highest inspiration? If your answer to the first question was someone else, consider the qualities they embody that made you choose them. Can you find those same qualities within yourself to become your own hero? Stop putting other people on pedestals higher than yourself, as we all have the capability to be great.

Keeping your dreams alive require constant focus and dedication:

☞ **Be clear on your dream aspirations** - write them down and/or create a vision board. Pay attention to all aspects of your life, to include personal and professional details

☞ **Identify blocks** - what is preventing you from being where you want to be in life right now? Don’t be surprised if the answer is ‘you’. Decluttering your life, overcoming limiting beliefs and valuing your self-worth, are all key steps to take towards this process

☞ **Take inspired action** - focus on internal and external action. Work on your mind-set so that you are aligned with your dreams. This will open your consciousness to presenting opportunities, as well as actions that you can take in your current reality to create changes

☞ **Focus on gratitude** - when you focus on lack, you are not aligned with the vibration of your dreams. Instead, focus on all that you have that supports your path towards your ultimate goals in life



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Spring Equinox / Ostara

The Spring Equinox will occur on March 21st this year. Day and night are equal lengths, creating a balance of energies. The Spring Equinox also heralds the first day of Spring, making it an auspicious time for renewal rituals and celebrations.

With the new moon also falling on this date, this sacred time will enhance the ability to transcend limitations and aspirations to your highest self. Plant the seeds of change and nurture them over the following months.

Perform a thorough 'spring cleaning' to your sacred spaces to declutter and create a free flow of energy and abundance. Use corresponding herbal floor washes* and incense to cleanse and permeate the air.

*Herbal Floor Wash - add a few drops of herbal oil to a bucket of water and use to mop the space



Spring Equinox / Ostara

March 21

- ✧ **Altar Tools / Offerings:** Candles, spring flowers, budding twigs, eggs, baskets, bread, honey, herbal tea, dairy products
- ✧ **Colours:** White, pink, yellow, green, blue, purple (pastel shades)
- ✧ **Crystals:** Rose quartz, amethyst, citrine, amethyst, moonstone, jasper
- ✧ **Herbs & Flowers:** Clover, mint, rosemary, lilac, jasmine, tulip, rose, ginger, sage
- ✧ **Incense & Oils:** Rose, cedarwood, jasmine, orange, grapefruit, mint, lemon, rosemary
- ✧ **Animals:** Rabbit, lamb, butterfly, small birds
- ✧ **Spiritual Focus:** Fertility, abundance, cleansing, new beginnings, balance

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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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