

May 1, 2018



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: Sacred Union**
- ❖ **Sacred Union Ritual**
- ❖ **Resources**



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

T: 1 246 426 7815 or 1 246 230 9094 E: ajnasanctuary@outlook.com

W: www.ajnasanctuary.com

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Calendar of Events: May

Date	Event
<p>May 19 & 20</p>	<p>Massage for the Home: 2-day workshop (intro to massage therapy for the family)</p>
<p>Monthly</p>	<p>New Moon Esbat (online format) 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>
<p>Monthly</p>	<p>Sacred Womb Teachings Techniques to honor and heal womb traumas and blockages May 13</p> <p>Mysteries of the Goddess Online teachings and practical gatherings</p> <p>Please check website for details</p>
<p>Weekly</p>	<p>Goddess Yoga with Andrea</p> <p>Sundays 4 - 5pm \$25/class</p> <p>Upton, St. Michael</p> <p>(please call 230 9094 to RSVP)</p>

Visit the website for full details on events

www.ajnasanctuary.com



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• Massage for the Home • Two-Day Workshop

Join Shane 'Badoo' Griffith from Ankh Harmony and Stephen Scott from Ka Ba Health Centre in the upcoming "Massage for the Home" Two-Day Workshop.

This workshop is an Introduction To Massage Therapy which is tailored to re-introducing this timeless art back into the family. We believe the Family unit should have all the basic tools to take care of itself as is necessary. Healthy Family – Healthy Nation !

Elements of Workshop:

- Essential Anatomy & Physiology Theory
- Essential Subtle Anatomy Theory
- Self Massage & Chair Massage Practical
- Full Body Practical
- Q & A



DATE: May 19th – 20th
TIME: 9 30am – 3 30pm
INVESTMENT: \$500 (\$250/day)

Contact us at: +1 (246) 259-7719 or +1 (246) 256-4210



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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Sacred Womb
healing the physical, emotional & spiritual womb

female anatomy moon cycles
self-healing

Discussion session
May 13th, 2018
4-6pm \$25

Sacred Paths
246 230 9094
www.ajnasanctuary.com
ajnasanctuary@outlook.com
'Winsome Cottage' Upton St. Michael Barbados
RSVP required

**Do you need to heal from womb trauma (surgery, abuse, birth)?
Learn techniques to clear blockages, release painful memories,
and improve the health of your womb. Honoring your womb al-
lows for creative expression and fertility!**

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

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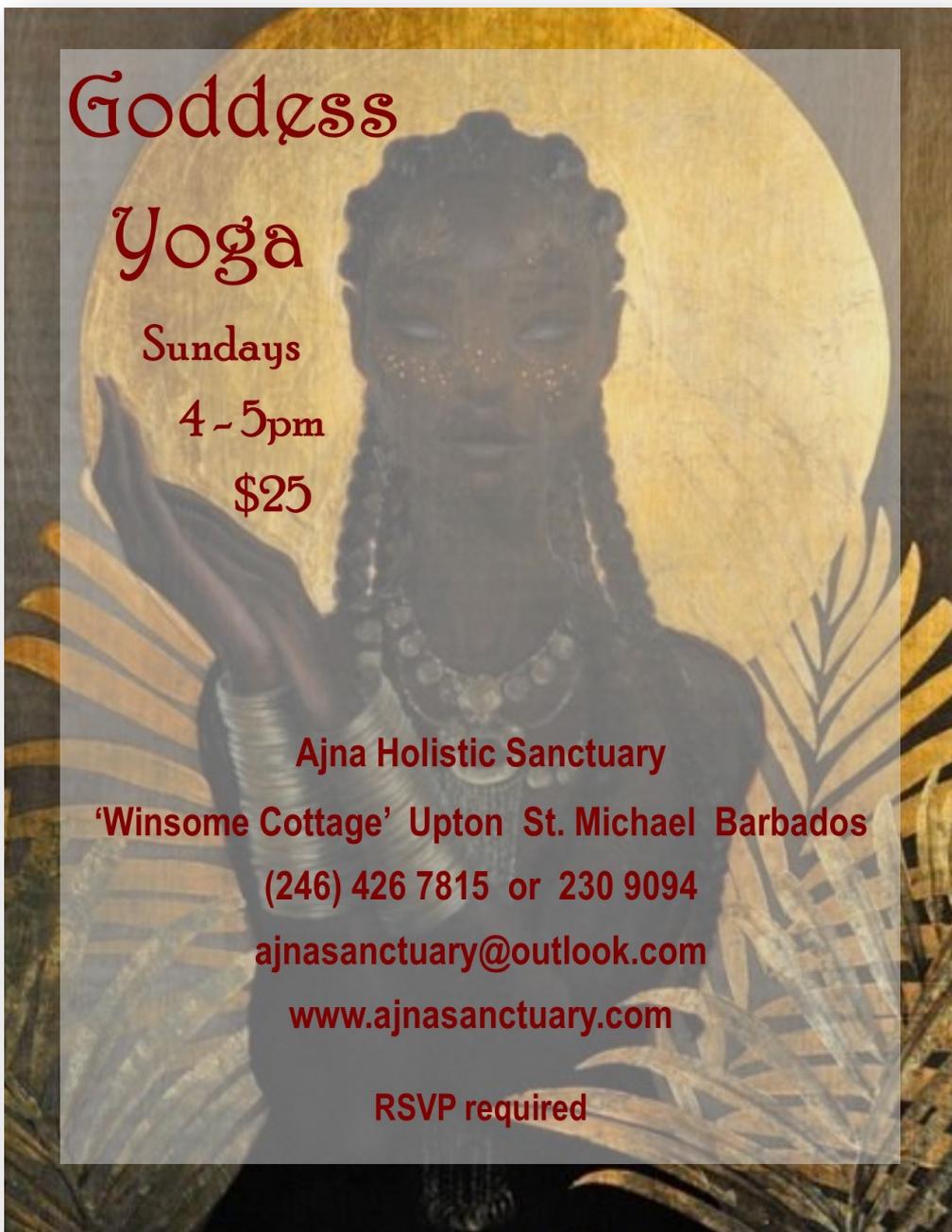
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Goddess

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.

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

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May Moon Focus



May Moon Phases

Full moon: Apr 29, May 29

Last quarter: May 7

New Moon: May 15

First quarter: May 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 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, multitasking
- ◇ **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

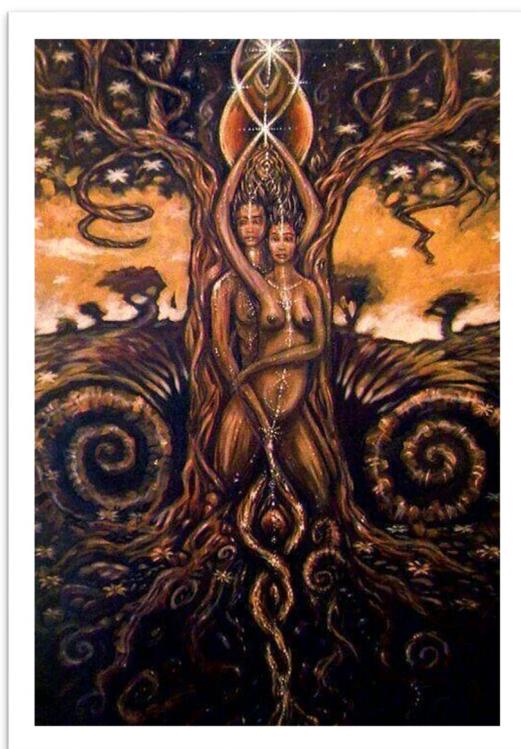
“In high-frequency relationships, the masks come off, the music blends, and the dance proceeds with great purpose.”

- Anonymous

Sacred Union

Have you ever wondered why there are so many weddings in May and June? The merging of spring into summer encourages beginnings and growth in all of nature. Fertility and sexual union are the primary energies at play as we celebrate Beltane on May 1st.

Moving from a phase of self-reflection and learning to appreciate ourselves more, help us to better understand our relationships with others.



A sacred union between two persons should feed each soul equally. There is a delicate balance of give and take with both parties. Issues arise when the ego tries to control the scales. Everything in nature allows its flip side to shine without hindrance, such as the moon and the sun. So it should also be with internal and external male and female energies. Regardless of the gender nature of the union, the balance of giving and receiving should always be observed.

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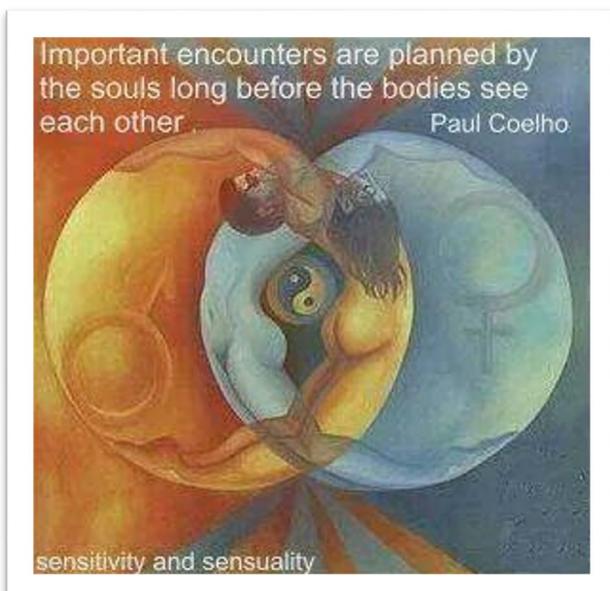
Is Our Union Sacred?

Consider the following...

- ❖ **Is there mutual respect for each other?**
- ❖ **Are we supportive of each other's dreams and goals?**
- ❖ **Do we feel at peace and enjoy each other's company?**
- ❖ **Are we connected on a physical and energetic level?**
- ❖ **Do we balance each other's strengths and weaknesses?**
- ❖ **What do we love most about the other?**
- ❖ **Are there control issues or is self-independence fostered?**
- ❖ **Are we going in the same direction?**
- ❖ **What are the lessons to be realized on this journey?**

On honest reflection of these questions, we may recognize areas of disharmony within the union. It is however, important to remember that we should not rely on others for our personal sense of happiness and fulfillment. This is a sure-fire recipe for disaster should they leave our lives, which may result in a downward spiral of negative behavior.

We can also consider these questions about the masculine and feminine energies contained within each of us. Be mindful of internal imbalances, as they will transfer into our relationships with others.



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Sacred Union Ritual

At any time, but preferably during the full moon, plan a sensual union with your partner (real or imagined... *details on this below). Performing this in nature is ideal, but please remember personal safety first!

This ritual is also best performed sky-clad.

~ Prepare and cleanse your body with an aromatherapy or herbal bath (place the herbs in a muslin cloth to avoid clogging the drain)

~ Smudge yourselves and the area with incense or sage

~ Sit comfortably facing each other and look into each other's eyes without touching for as long as is comfortable (pay attention to any emotions that surface)

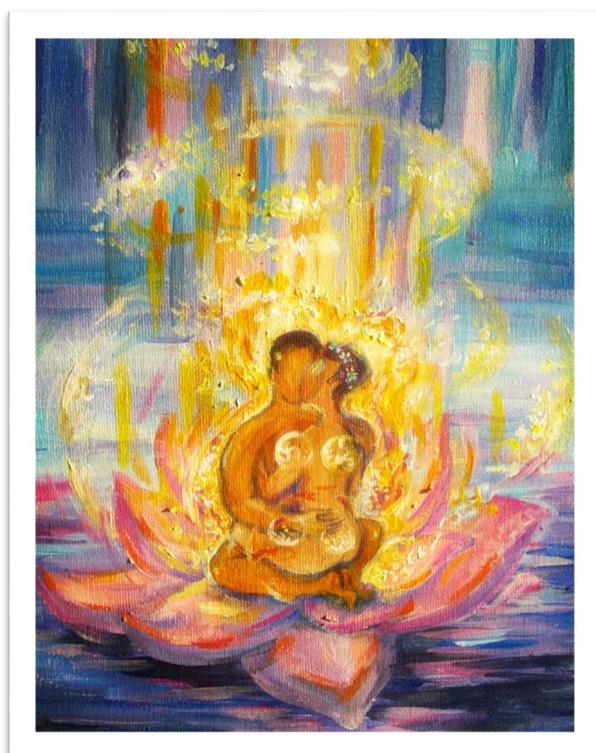
~ Close your eyes and press your palms together, facing one another (pay attention to any emotions that surface)

~ For a more intense union, straddle each other and allow the chakras along the torso to line up with each other

Culminate the ritual with lovemaking or simply being in each other's company

* If performing this ritual alone, imagine the person or your opposite self in front of you with as much detail as possible.

NOTE: Do not use this ritual to unwillingly bend another's will towards you



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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*

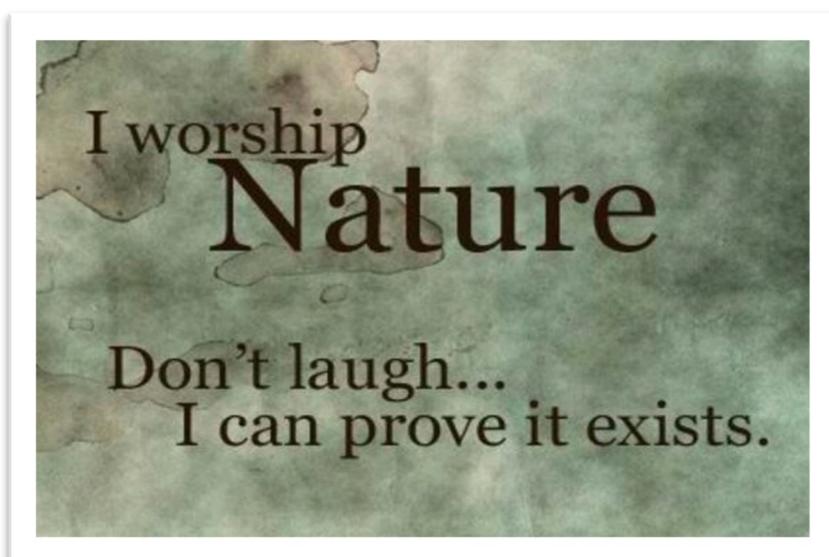
- ◇ gemstone jewellery, statues, home décor

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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