

October 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...

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October Moon Focus



Last quarter: Oct 6

New Moon: Oct 14

First quarter: Oct 21

Full Moon: Oct 28

Samhain: Oct 31

* Moon phases for AST time zone
(America / Barbados)

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 Libra (Sept 23 - October 22)

Energy - beauty, love, sociability, originality, courtesy

Zodiac colour - emerald

Element - air

Ritual themes - enjoying the performing arts, love and friendships, communication and partnerships

Moon Esbats in Scorpio (Oct 23 - November 21)

Energy - intensity, rebirth, transformation, illumination, wisdom, karma, instinct

Zodiac colour - green-blue

Element - water

Ritual themes - situations that need power, transformation, stopping unhealthy emotional situations, cycles of life, past-life regression

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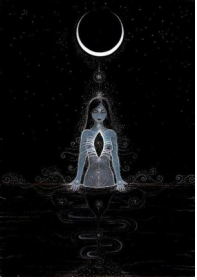
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Words of Wisdom

“All things are possible. Who you are is limited by who you think you are.”

- Egyptian Book of the Dead

Embracing the Darkness Within



As we enter the last quarter of the calendar year, the theme of darkness prevails. Deep introspection, which is enhanced at this time, encourages social hibernation and analysis of the self. Self-knowledge is a powerful tool that can be used to chart one's way forward in life.

Everything is not love and light. Embracing the darker aspects of ourselves, through shadow work and honouring the dark feminine or masculine, can lead to a deeper understanding of our true nature. The darkness is not something to be feared, but rather should be explored in its role in making us whole.

Meditate and journal to understand what triggers darker emotions (anger, jealousy, fear, guilt, depression, etc). Can you identify the root causes and when these emotions show up?

Acknowledge and practice mindfulness during the presence of these emotions. How does it feel in your body? Can you pin-point the internal reactions that are occurring within?

All emotion, good or bad, is energy, and can therefore be used in a transformative process. Bottling emotional energy can lead to destructive and addictive behaviours, whereas surrendering and allowing it to flow can alter how we react to situations. With practice, we can learn to convert the energy of dark emotions into constructive behaviours.

The following article by Miriam Greenspan details this process:

<https://www.lionsroar.com/the-wisdom-in-the-dark-emotions/>

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Ritual Use of Dark Energy

Rituals performed on the new moon, when the skies are at their darkest, is a perfect example of using dark energy. It takes us back to our primal nature, and from the void we can create something new. Working with deities of darkness can aid your rituals, but always ensure that you have done adequate research before delving into working with entities that may not be compatible with your spiritual practice.

The dark or new moon acts as a blank slate and encourages us to renew our intentions and ritual goals. Scientists are continuing to explore dark energy and matter in the Universe, which is said to occupy at least 95% of space, and is thought to be the driving force of the continual expansion of the cosmos. With this in mind, dark energy is more powerful than light since it is where everything stems from. Consider that all life starts in darkness, from a foetus in the womb to a seed buried in soil.

One of the main philosophies of magick is that 'all is mind'. The mind is easily led to believe what we want it to by means of experiences, either real or perceived. We can connect with dark energy by focusing our attention on it. Wear dark clothing, perform rituals in darkness and go outside at night (ensuring your personal safety of course). Create sympathetic links to darkness on your altar, using ritual statues or images, candles, crystals, dark altar cloths, etc.

Dark energy need not conjure up (pun intended) demonic images construed by mainstream religions. Seek to understand the essence of the energy, in its unbiased state, in order to work with it more effectively. Meditate on what darkness or dark colours mean to you and how it can be incorporated into your practice.

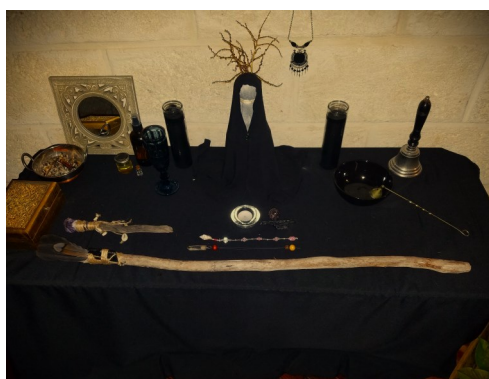


Image of an altar dedicated to the Horned God

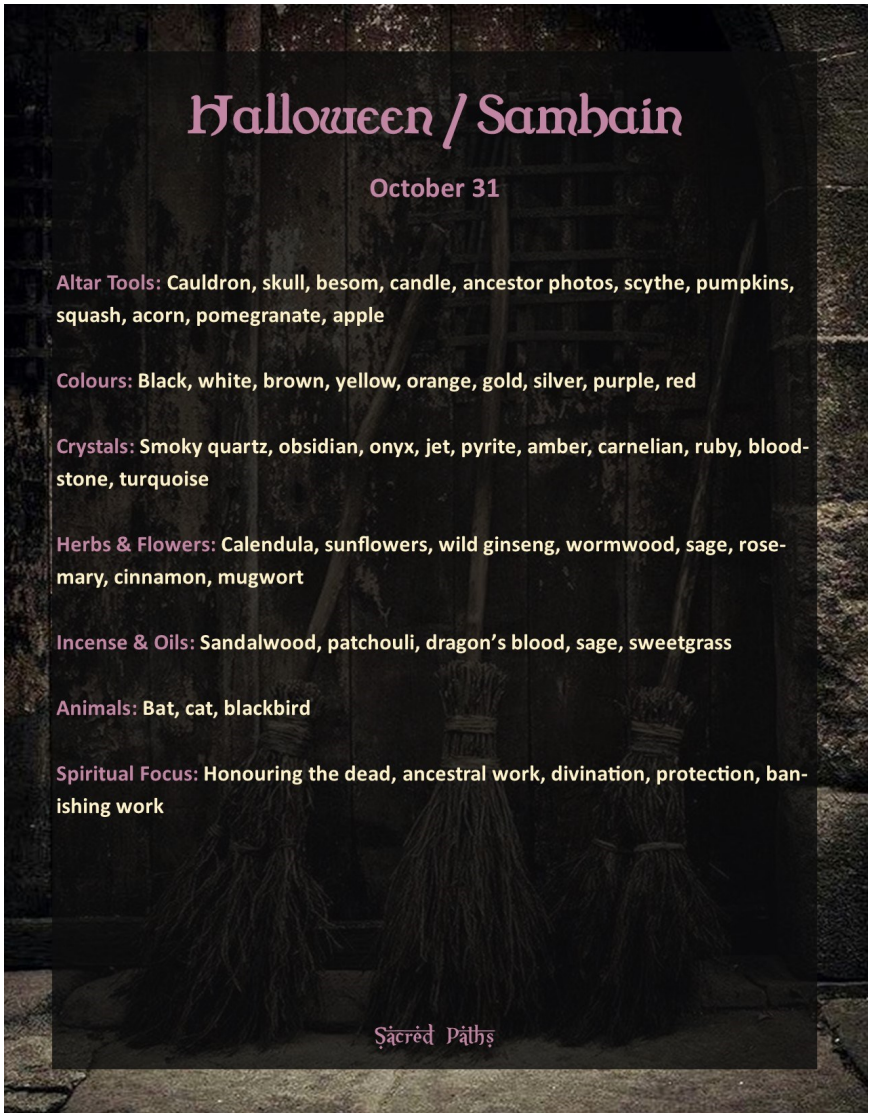
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Sacred Day: Samhain

This is one of the most revered sacred days, as spirit communication and ancestral work is best performed during this period. Many spiritual practices regard this time of year as an auspicious date to honour the saints and ancestral energies.

Focus on honing in on your psychic skills, divination practices, and most importantly, visiting and placing offerings at ancestral grave sites (if this is impractical, place unsalted food and alcohol offerings on your ancestral altar at home, and discard in the earth by the following night). Please be respectful to the spirits of the dead and follow appropriate guidelines when visiting cemeteries.

Full moon will fall on October 28th, so its energy will still be active three days after on the 31st. Banishing rituals will also be enhanced since the moon will be in its waning phase.



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Local Resources

Ali's Bead Wholesale: Wellington St, Bridgetown

crystals, incense, sage, jewellery, ritual tools

BeJewelled Spirituals & Souvenirs: (1 246 264 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: (1 246 230 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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