

July 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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In This Issue

July Moon Focus

Words of Wisdom

Article: Enhancing Your Psychic Skills

Lammas Rituals

Sacred Day: Lammas

Resources

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Sacred Paths Newsletter

July Moon Focus



Full moon: Jul 3

Last quarter: Jul 9

New Moon: Jul 17

First quarter: Jul 25

Lammas: Aug 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 Cancer (June 22 - July 23)

Energy - emotions, psychism, peace, protection, sympathy

Zodiac colour - amber

Element - water

Ritual themes - stability and peace in the home, protection for self and family, transforming negative to positive emotions, dream spells, divination, telepathy

Moon Esbats in Leo (July 24 - August 22)

Energy - strength, positivity, leadership, confidence, kindness, success

Zodiac colour - yellow

Element - fire

Ritual themes - develop courage, strength, positive thinking, success, leadership, generosity, abundance, recognizing your talents and fulfilling your goals

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Words of Wisdom

“Synchronicity is an ever present reality for those who have eyes to see it.”

- Carl Jung

Enhancing Your Psychic Skills



We all have psychic abilities on some level, some more proficient than others. With practice and dedication, we can develop these skills to better enhance our lives and those around us.

Intuition plays a major role in understanding our psychic abilities. Our gut feelings, sensory vibes and a general sense of just knowing something, all fall under the guise of extra-sensory perceptive skills or psychic abilities.

Pay attention to the psychic signs that you receive on a regular basis and when it happens. Do you follow the crumbs to find answers? Some insights may present as stepping stones to a bigger picture.

Keep an open mind and explore your interests on your spiritual path. You may be drawn to specific psychic abilities and wish to delve into those more.

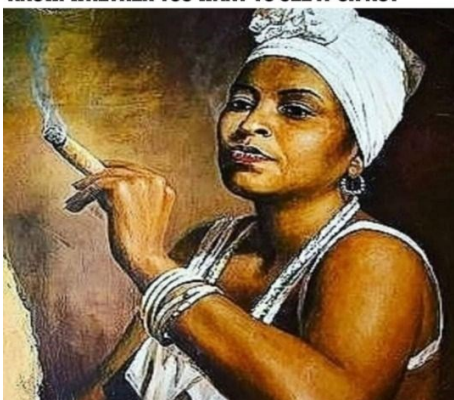
Become more self-aware and pay attention to how you perceive and respond to information

Journal and keep track of the type of insights you receive

Practice and focus on the skills that you notice are reoccurring in your life

Be patient and compassionate with yourself as you develop your psychic skills

SPIRIT WILL ALWAYS SHOW YOU WHAT YOU NEED TO KNOW. WHETHER YOU WANT TO SEE IT OR NOT



Sacred Paths Newsletter

Lammas Rituals

Create a Lammas / harvest altar incorporating the corresponding colours (orange, gold, brown and green) and altar tools (corn husk / grass doll, sickle, ground provisions, basket, etc)



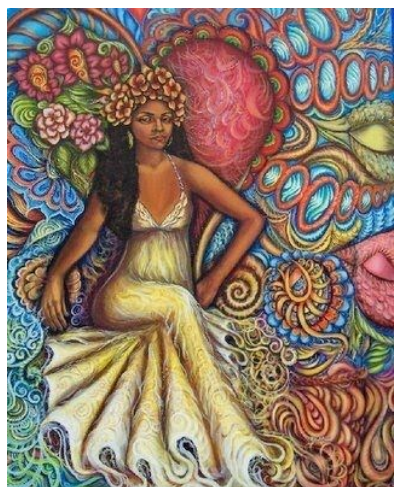
Focus on sacral chakra healing using crystals (citrine, tiger's eye, amber, yellow topaz) and movement (yoga, tribal dancing, etc)

Our creative force lies within this energy center, which needs to be activated, balanced and nourished

Perform a self-blessing ceremony to honour your divine essence. Cleanse in nature with a sea or spring bath (use salt in the shower if neither are accessible to you), and adorn yourself in comfortable garb

Pass smoking herbs (rosemary, bay leaf, sage, etc) around your body and dedicate yourself to your sacred journey

This can be performed in your private, sacred space or somewhere safe in nature



Sacred Paths Newsletter

Sacred Day: Lammass

Lammass is known as the first harvest, a time of reaping what has been sown over the last few months.

Celebrations include having gratitude for the abundance in your life and sharing with others, giving offerings to the spirits (ancestors and others), blessing ceremonies (marriages, initiations, self-blessings, naming ceremonies, etc), or enjoying the rewards of your desires manifested.

Lammass / Lughnasadh

August 1

Altar Tools: Bread, corn, cornucopia, sickle, gourd, sunflower, sun wheel

Colours: Orange, yellow, gold, bronze, brown, green

Crystals: Citrine, aventurine, clear quartz, peridot, amber, tiger's eye, obsidian, lodestone, yellow topaz, moss agate, jade, malachite

Herbs & Flowers: Wheat, acacia, corn, bread, berries, apples, sunflower, rosemary, basil, rose, clover, marigold, vervain, yarrow

Incense & Oils: Frankincense, sandalwood, rosemary, basil, rose

Animals: Calves, crow, pig, rooster, salmon, pollinating insects

Spiritual Focus: Harvest, blessings, abundance, ancestors (communicating with the dead), growth, strength, celebration, offerings, manifestation

Sacred Paths

July 2023



Sacred Paths Newsletter

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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