

Ajna Holistic Sanctuary



Sacred Paths Newsletter

June 2016

Editor's Note

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....

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Holistic Practitioner & Instructor



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- ✧ June moon focus
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- ✧ Dreams
- ✧ Local resources

Ajna Holistic Sanctuary

'Winsome Cottage' Upton St. Michael Barbados W.I.
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Calendar of Events ~ June 2016

Date	Event
June 19	Full Moon Esbat (sacred circle gathering, oracle readings, meditations) Ajna Holistic Sanctuary 5pm - 6.30pm \$25
Weekly	Yoga Ajna Holistic Sanctuary Thursdays 9am - 10.30am - Natasha Saturdays 7am - 8am - Jennifer Sundays 4pm - 5pm - Andrea \$25-\$30/class (please call to RSVP and for details on packages)

Visit the website for full details on events

www.ajnasanctuary.com



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June Moon Focus



New moon - June 4

Full moon - June 20

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. Honoring the energy of the moon, regardless of its phase is usually included in the ritual process.

New 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 (meditation, divining, telepathy)

Full 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 yourself and family, transforming negative emotions into positive ones, dream spells, divination and telepathy

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Words of Wisdom

"Dream your dreams with your eyes closed....but live your dreams with your eyes open."



Dreams

We all dream.... we may not all recall them when we rise, but there is a whole alternate reality that occurs in our dreams when we sleep. Why do we dream? What do our dreams mean? How can we then tap into this sub-conscious wealth of information that is there to assist with our personal growth?



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It is commonly believed that dreaming is the path that the sub-conscious mind takes to send coded messages to our conscious awareness. In order to decode these messages, we must first master the art of recalling our dreams. The following pointers will help with dream recall:



- ✧ Drink a cup of chamomile or other sedating herbal tea before bed to facilitate the relaxation process
- ✧ Place a scented sachet under your pillow at night (rose, sandalwood, patchouli, or lavender essential oils are indicated to induce the dream state)

- ✧ Place crystals in your bedroom to emit healing vibrations (clear quartz, rose, amethyst, and moonstone are useful under pillows or on bedside tables etc)
- ✧ Go to bed early to ensure that you get adequate sleep, at least 8 hours



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- ✧ Avoid watching TV before bed, especially shows with violence etc
- ✧ Mentally prepare yourself to recall your dreams by stating positive affirmations to that effect
- ✧ Meditate before bed to encourage the correct frame of mind

- ✧ Have a dream journal and pen close to your bed, so that you can start journaling on waking. Start by jotting down key words or images
- ✧ Avoid using an alarm to waken, as being startled awake tends to disrupt the recall process



Most of the time, dreams have a direct correlation with our conscious, waking thoughts and activities that we experienced throughout the day or even anticipate experiencing. In some cases, dreams may be prophetic in nature. Only you can decode the images in your mind to gain insight. Take the time to meditate on the meaning of recurring dreams as this may be a sign from your higher consciousness.

Don't discredit your dreams. They are messages coming to you for a reason, even if you cannot figure out the meaning right away. It may take weeks or months before you start to see results with dream work, but once you do, you will be amazed at the magic that unfolds.

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Local Resources

Brother D's

City Centre

gemstone jewellery and
metaphysical books

Do It Best Home Center

Sheraton & Canewood

crystals, home decor

Gifts and Things

Sheraton

gemstone jewellery, statues,
home decor

Maximum Discount

Swan Street

incense, home decor

Moon River

DaCosta's Mall

gemstone jewellery and
metaphysical books

Reiki School of Natural Healing

Verity Dawson

Atlantic Shores

crystals, pendulums, etc

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sage and incense, jewellery,
glass bottles, journals, ritual
tools, etc

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