



Sacred Paths Newsletter

June 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:

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- ✧ **Words of wisdom**
- ✧ **Summer Solstice**
- ✧ **Ritual: Litha oil uses**
- ✧ **Article: Abundance**
- ✧ **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 : June

Date	Event
June 10	Exploring Sacred Unions - A Tantra Love Story (with Guest Teacher Michelle Cross)
Monthly	<p style="text-align: center;">New Moon Esbat (online format)</p> <p style="text-align: center;">Receive practical information for the moon cycle via email</p> <p style="text-align: center;">Gatherings will be held on revered holy days throughout the year</p> <p style="text-align: center;">Please check website for details</p>
Monthly	<p style="text-align: center;">Sacred Womb Teachings Techniques to honor and heal womb traumas and blockages June 17</p> <p style="text-align: center;">Mysteries of the Goddess Online teachings and practical gatherings</p> <p style="text-align: center;">Please check website for details</p>
Weekly	<p style="text-align: center;">Goddess Yoga with Andrea</p> <p style="text-align: center;">Sundays 4 - 5pm \$25/class</p> <p style="text-align: center;">Upton, St. Michael</p> <p style="text-align: center;">(please call 246 230 9094 to RSVP)</p>

Visit the website for full details on events

www.ajnasanctuary.com



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Sacred Paths Newsletter

Sacred Womb

Exploring Sacred Union
A Tantra Love Story

June 10th, 2018

4-6pm \$30

Special Guest

Michelle Cross

Tantra Yoga Teacher

Śacred Pāthṣ

246 230 9094

www.ajnasanctuary.com

ajnasanctuary@outlook.com

'Winsome Cottage' Upton St. Michael Barbados

RSVP required

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
June 17th, 2018
4-6pm \$30

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. Honouring your womb
allows for creative expression and fertility!**

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

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Goddess

Yoga

Sundays

4 - 5pm

\$25

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'Winsome Cottage' Upton St. Michael Barbados

(246) 426 7815 or 230 9094

ajnasanctuary@outlook.com

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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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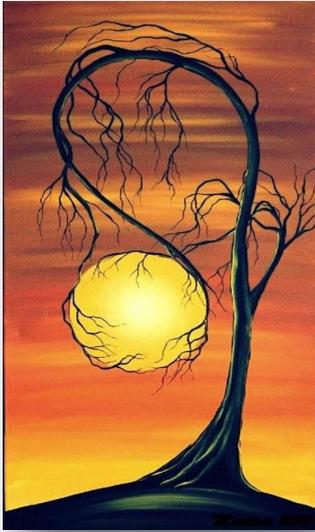
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June Moon Focus



June Moon Phases

Full moon: Jul 29, June 28

Last quarter: June 6

New Moon: June 13

First quarter: June 20

Summer Solstice: June 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 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)

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 from negative to positive emotions, dream spells, divination, telepathy

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Activities

Flower crowns Bonfires Bird feeding
Picnics or BBQ Gardening Nature walks
Sunrise watching Drumming

Food + Drink

Honey Blueberries Mead
Cherries Peaches Cheese
Apricots Lemonade Whipped Cream
Blackberries Melons Honey Cakes

Incense + Herbs

Orange, chamomile, sage, cedar, frankincense, lemon, myrrh, pine, rose, lily, and lavender

Stones + Crystals

Citrine, sunstone, tiger's eye, moss agate, peridot, amber, and jade.

Spellwork

Rededicate to your path
Self-love rituals Personal Growth
Faery Magic Healing
Protection Spells Healing relationships

For More: [Blessing](#) [Manifesting](#)

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Summer Solstice Ritual

On the night of the solstice, perform a ritual to honour the change of the seasons and welcome new things into your life.

Use the following oil to bless and consecrate your ritual tools on your altar as well as yourself:



Become an abundance magnet:

- ✧ Cleanse your space (home/office) thoroughly to remove unwanted items and clutter (remember that clutter causes energy to stagnate)
- ✧ Decorate your altar to reflect the Summer Solstice theme, using a rich, vibrant colour scheme
- ✧ Place fresh flowers in your space daily or bring in more plants
- ✧ Switch out your soft furnishings (curtains, cushions) and artwork to a more fiery colour palate
- ✧ Print or write your goals and positive affirmations and place them in a visible location. You can put the list in a picture frame for easier display

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Abundance

As we enter into longer days of summer, let us reflect on how nature urges us to follow her cues. The first quarter of the year (Jan-Mar) represented beginnings and a phase of renewal. Following the bloom of spring, we now enter into a phase of growth.

The sun has its strongest influence on us and guides our outward focus to do great things. Reflect on any intentions that were made at the start of the year.

❖ **What progress have you made on any of your goals?**

❖ **Do they still ring true for you? If not, re-evaluate and set more authentic ones.**

❖ **What accomplishments can you celebrate?**

This is a time of abundance. We need to change our mind-set to recognise the fruit on our trees. Abundance does not only relate to financial wealth, but rather to all things in life that you can be grateful for. Think of the positive attributes that you possess, your network of supportive friends and family, and the amenities that you have access to that makes life easier.

When we open to life and all that it has to offer, we open ourselves to also receive. Continue to work on your goals and dreams, and use the solstice energy to boost your internal fire. Be patient, and watch your life transform.



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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*

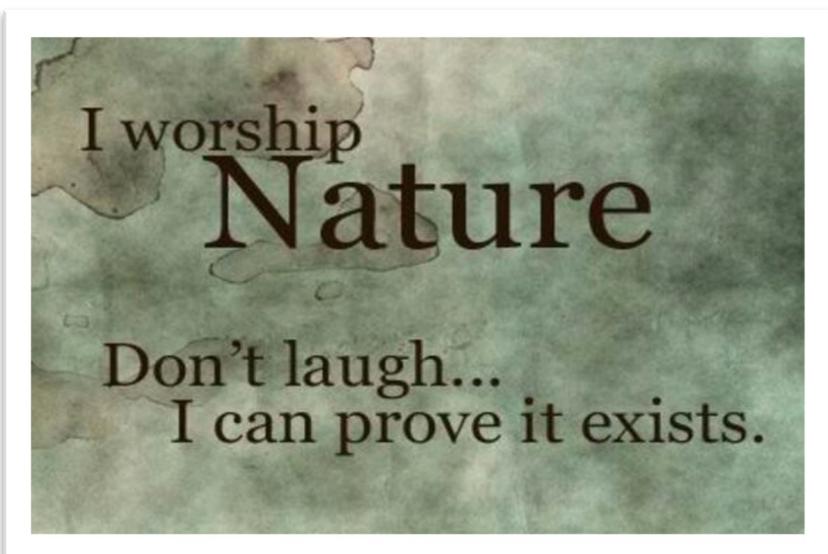
- ◇ gemstone jewellery, statues, home décor

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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