

Ajna Holistic Sanctuary



Sacred Paths Newsletter

November 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....

Andrea De Souza, B.Sc., NCTMB

Holistic Practitioner & Instructor



In this issue:

- ✧ Calendar of events
- ✧ November moon focus
- ✧ Words of wisdom
- ✧ Independence
- ✧ Local resources

Ajna Holistic Sanctuary

'Winsome Cottage' Upton St. Michael Barbados W.I.
246 426 7815

ajnasanctuary@outlook.com www.ajnasanctuary.com

Calendar of Events ~ November 2016

Date	Event
✧ November 12	Independence Moonlight Bazaar (see advertisement)
✧ November 13	Full Moon Esbat (sacred circle gathering, oracle readings, meditations) Ajna Holistic Sanctuary 5pm - 6.30pm \$25 (location and time are subject to change)
✧ Weekly	Yoga Ajna Holistic Sanctuary Thursdays 9am - 10.30am – Natasha Saturdays 7am - 8am - Jennifer Sundays 4pm - 5pm – Andrea (on break) \$25-\$30/class (please call to RSVP and for details on packages)

Visit the website for full details on events

www.ajnasanctuary.com



Ajna Holistic Sanctuary
'Winsome Cottage' Upton St. Michael Barbados W.I.
246 426 7815
ajnasanctuary@outlook.com www.ajnasanctuary.com

November Moon Focus



New moon – October 30th

Full moon – November 14th

Next new moon – November 29th

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

New & Full Moon Esbats in Scorpio (October 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

Words of Wisdom

“Standing alone doesn’t mean I am alone...it means I’m strong enough to handle things all by myself” - Unknown

Ajna Holistic Sanctuary

‘Winsome Cottage’ Upton St. Michael Barbados W.I.
246 426 7815

ajnasanctuary@outlook.com www.ajnasanctuary.com



INDEPENDENCE MOONLIGHT BAZAAR!

Saturday, November 12th
5pm – 9pm

Holistic Therapies * Yoga
Crystals * Arts & Crafts
Clothing * Unique Eats & Drinks
Kids' Circle * Live Performances

FREE ADMISSION

Bring your mat/blanket
and enjoy an enchanted evening
with family and friends!

3 Neils Plantation, St. Michael, Barbados

www.ajnasanctuary.com
ajnasanctuary@outlook.com

Ajna Holistic Sanctuary
'Winsome Cottage' Upton St. Michael Barbados W.I.
246 426 7815
ajnasanctuary@outlook.com www.ajnasanctuary.com

Independence

As we celebrate our country's 50th year of independence, let us focus on how we can become less reliant on others for our happiness and strengths. Most of us unfortunately fall victim to this vicious cycle of events where we jump from one relationship to the next, hoping to be fulfilled in some way. What happens when that person is no longer around to satisfy our needs? When will we ever learn that we hold the ultimate power to unlocking our true potential?

Mentors and guides are great to get started, but at some point, we need to take the wheel and make the journey on our own. Only then, will we recognize the hidden strengths that have been latent for so long.



Taken from gethappyzone.com

Ajna Holistic Sanctuary

'Winsome Cottage' Upton St. Michael Barbados W.I.
246 426 7815

ajnasanctuary@outlook.com www.ajnasanctuary.com

Meditation for Personal Empowerment

- ✧ Sit or lie comfortably in a quiet place
- ✧ Closing your eyes, take a couple of deep breaths to ground and center yourself
- ✧ Bring your attention to your solar plexus chakra (located a hand breadth above your navel)
- ✧ Imagine it glowing as a vibrant yellow sun inside of you.... feel the warmth, and feed its light with every breath that you take
- ✧ Allow the yellow light to permeate through your body and energize you
- ✧ Think of a time when you felt totally in control.... hold onto that feeling of personal power and set it in your consciousness
- ✧ Visualize yourself dealing with a situation that requires personal power, and see yourself handling it with ease
- ✧ Remain in meditation for as long as needed, and slowly bring your awareness back to the present when you are ready



Ajna Holistic Sanctuary
'Winsome Cottage' Upton St. Michael Barbados W.I.
246 426 7815
ajnasanctuary@outlook.com www.ajnasanctuary.com

Healing Affirmations for Personal Empowerment

Repeat these affirmations daily or as needed when feeling low on self-esteem.

Solar Plexus Chakra Affirmations



I love and accept myself.

I stand up for myself.

I am strong and courageous.

I am worthy of love, kindness, and respect.

I choose the best for myself.

I express myself in a powerful way.

I am proud of my achievements.

I honor my self.

I choose healthy relationships.

I am authentic.

I direct my own life.

I appreciate my strengths.

I feel my own power.

I am free to choose in any situation.

I seek opportunities for personal and spiritual growth.

I am at peace with myself.

Taken from spiritualmoment.net

Ajna Holistic Sanctuary
'Winsome Cottage' Upton St. Michael Barbados W.I.
246 426 7815
ajnasanctuary@outlook.com www.ajnasanctuary.com

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

Sacred Paths

Ajna Holistic Sanctuary

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



Ajna Holistic Sanctuary

'Winsome Cottage' Upton St. Michael Barbados W.I.
246 426 7815

ajnasanctuary@outlook.com www.ajnasanctuary.com