

June 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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June Moon Focus



Full moon: Jun 3

Last quarter: Jun 10

New Moon: Jun 18

First quarter: Jun 26

Summer Solstice: Jun 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, multi-tasking

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 negative to positive emotions, dream spells, divination, telepathy

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Words of Wisdom

"The level of your consciousness depends on the calmness of your mind."

- Nitin Namdeo

Opening to Universal Consciousness

The mind is your most powerful tool, which has the ability to tap into the wisdom of universal consciousness.

One of the first steps to accessing higher-level consciousness is to minimise the stimuli that hold our attention on a daily basis:

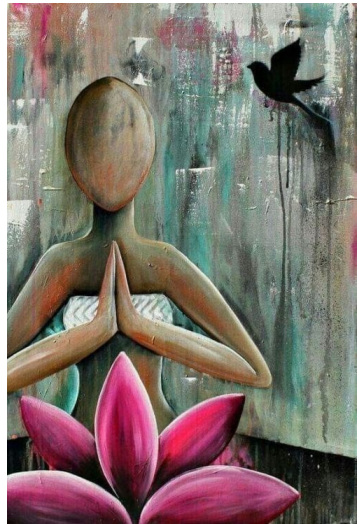
Detox from devices - gradually decrease the amount of time spent being on social media, watching TV, etc. Give your brain and eyes a rest from technological, artificial stimuli

Explore the elements of nature - allow your skin to feel touch, warmth, coolness and textures. Pay attention to the quality of the air that you breathe. Isolate the source of the sounds around you. Explore the sensations in your body during the day and at night. Fall into the void of darkness when you close your eyes

Practice mindfulness - pay attention to every moment as it is. Not forcing, but rather allowing yourself to experience your life. Enjoy the sights and sounds around you, the company that you keep and the things that you do

Watch the universe open its wisdom to you and be in a continuous state to receive messages.

Journal your thoughts and insights to track your progress.



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Summer Solstice Celebrations

Dedicate an outdoor altar space to sit quietly in nature and reflect on your life. Tree stumps, large flat rocks and the roots of large trees can be used as natural altars. Leave offerings for elemental creatures, such as sweets, bread, water, milk, alcohol, etc. Note that garden creatures and pets will also happily partake, so be mindful of access to offerings. If this is impractical, bring the outdoors inside and use decorations from nature on an indoor altar

Perform a thanksgiving ceremony with friends and/or family. Share gifts and gather for a bountiful meal. Allow each person to give a short speech on what they are grateful for in life

Perform a candle or bonfire ritual, using corresponding coloured candles or a wooded bonfire (caution with fire hazards and effects on neighbours). Gaze into the flames and allow any messages or images to come to you

Explore a nature trail or vegetative area, collecting wild, indigenous herbs for use in your spiritual practice. *Please make sure not to interfere with poisonous/toxic plants and only take what you need (thanking nature for its gifts)

Set intentions for the balance of the year. This solstice represents the peak of our light/energy, after which, we move into harvest and reflection. What energy is required to bring your ideas and projects towards completion?

Honour the sunrise and/or the sunset by basking in the sun's presence, performing a suitable yoga flow, or a mindful meditation



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Sacred Day: Summer Solstice

This year's solstice will occur on June 21st, which celebrates the longest day of the year and honours the sun. Give thanks for the abundance of life on the earth and appreciate all that the sun's energy and light allow us.

Outdoor and garden rituals are best suited at this time, especially those that pay homage to the elemental creatures that co-exist with us. Use candles to represent light (the sun) and flowers to reflect the bounty of nature.

Summer Solstice
June 20-22

Altar Tools: Representations of the sun, fire, phoenix and the Fae. Spirals, summer flowers, herbs, mirrors, candles, flower garlands, shells

Colours: Orange, red, yellow, turquoise, gold, green, white

Crystals: Citrine, sunstone, tiger's eye, jasper, amber, carnelian, ruby, garnet, clear quartz, diamond, peridot, jade, emerald

Herbs & Flowers: Sun flower, rose, daisy, honeysuckle, peony, lavender, chamomile, yarrow, elderflower, sorrel, chickweed, garlic, orange, lemon, basil, bay leaf, rosemary, cinnamon, thyme, mint

Incense & Oils: Frankincense, sage, cedar, myrrh, pine, orange, lemon, rose, lavender

Animals: Bees, birds, butterfly, dragonfly, cow, horse

Spiritual Focus: Rededications, self-love, protection, healing, personal growth, faery magic

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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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