

Sacred Paths Newsletter

May Focus :

Welcome!

Our 'Sacred Paths Newsletter' is geared towards spiritual enlightenment and conscious awareness. Monthly issues will focus on moon themes and energies, meditations, 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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Holistic Practitioner & Instructor

In This Issue:

- ✧ **May Moon Focus**
- ✧ **Words of Wisdom**
- ✧ **Article: Devotion to Spirit**
- ✧ **Ritual: Honouring the Divine Self**
- ✧ **Resources**



'Ajna Holistic Sanctuary' Winsome Cottage Upton St. Michael Barbados

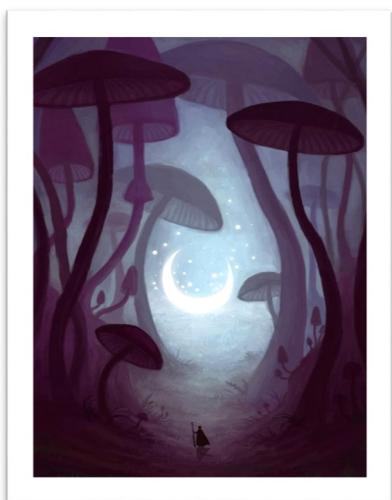
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May Moon Focus



May Moon Phases

New moon: Apr/May 30

First quarter: May 8

Full Moon: May 16

Last quarter: May 22

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 Taurus (April 21 - May 20)

- ◆ **Energy** - stability, peace, affection, artistic ability, devotion
- ◆ **Zodiac colour** - red-orange
- ◆ **Element** - earth
- ◆ **Ritual themes** - bring success to any type of investment (time, money, energy), money saving, prosperity, long term goal planning

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)

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Words of Wisdom

“Be guided by spirit, not led by ego.”

- *Anonymous*

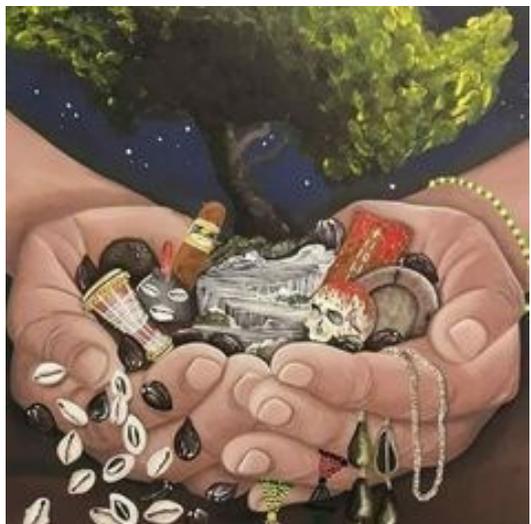
Devotion to Spirit

Spiritual devotion occurs in a myriad of ways that range from daily, inspirational reading to elaborate, ceremonial events. Whatever your path, devotional actions allow you to be seen and heard by spiritual forces. Many people tend to perform devotional work only in times of personal need, however it is vital that if we are to develop a relationship with spirit, then our devotions must become a regular practice.

- ◆ Location, location, location... this rule doesn't only apply to business. Choose a location that corresponds with the spiritual force, deity or energy that you are working with by performing rituals at the beach, spring/river, woods, cemetery, etc. If it is not practical to be at a specified location, bring in corresponding elements of that location into your sacred space. *Note: when removing items from any location, please ask permission from the spirits of the space and/or leave appropriate offerings (coins, flowers, food, shells, alcohol/water libations, etc)
- ◆ Consider associated factors that are linked to the spiritual force in question, such as colours, crystals, day of reverence, herbs, oils, food offerings and altar tools
- ◆ Commit to a routine that you can maintain. Working with spirit requires a balance of give and take... give of yourself, time and offerings, and be grateful for the blessings, guidance and protection that you receive

Elaborate ceremonies and altars do not equate to increased favour in the spirit world. In all that you do, be humble and allow yourself to be guided by what feels right for you.

Approach with a pure heart and intention



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Ritual: Honouring the Divine Self

A vital aspect of devotion to spirit is taking care of yourself and honouring the divine within you. Make these practices a regular habit by considering the devotion to self as the highest form of veneration to spirit... your own.

~ Cleanse your energy with salt and/or herbal baths. A sea or spring bath is the most natural form of washing away negative energy. Herbal yoni steaming purges and recharges the womb and herbal baths or rinses can clear, enhance and protect your aura

~ Smoke/smudge yourself with purifying herbs (sage, rosemary, bay leaf, pine, etc) by allowing the smoke from the smouldering herbs to waft around your body. This is best performed after a shower/bath

~ Dress and adorn yourself in beautiful clothing and jewellery that have meaning for you. Incorporate colour correspondences based on the energy you wish to harness. Jewellery can enhance your energy based on the material it is made of. For example, silver is linked to moon/feminine energy, gold (as well as brass and copper) to sun/masculine energy, and wood to nature

~ Nurture your body with healthy foods, sunlight, fresh air and exercise. Nature provides all that we need to heal ourselves. A diet high in fresh, natural foods and liquids allows our bodies to detox and become lighter. Our organs and senses, including our spiritual senses, are weighed down with a diet of heavy, processed foods. Let your body sweat to release toxins and 'bathe' in the sunlight or moon rays to recharge



~ Feed your mind with inspiring works (art, books, etc) and uplift your soul with music. Sound has the ability to affect us on a cellular level, so be mindful what you listen to

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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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