

January 2023



Sacred Paths Newsletter

January Focus :

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...

Andrea De Souza B.Sc., NCTMB

Holistic Practitioner & Instructor



In This Issue:

- ✧ January moon focus
- ✧ Words of wisdom
- ✧ Article: Renewal
- ✧ Imbolc / Candlemas
- ✧ New Year's Ritual - Self-Blessing
- ✧ Resources

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

T: 1 246 426 7815 or 1 246 230 9094 E: ajnasanctuary@outlook.com

www.ajnasanctuary.com

Copyright © 2023 Sacred Paths

Sacred Paths Newsletter

January Moon Focus



January Moon Phases

Full moon: Jan 6

Last quarter: Jan 14

New Moon: Jan 21

First quarter: Jan 28

Imbolc: Feb 1

Candlemas: Feb 2

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 Capricorn (December 23 ~ January 20)

- ◆ **Energy** - structure, restraint, diplomacy, endurance, self-discipline
- ◆ **Zodiac colour** - indigo
- ◆ **Element** - earth
- ◆ **Ritual themes** - restructuring home and/or work life to suit your needs

Moon Esbats in Aquarius (January 21 ~ February 18)

- ◇ **Energy** - independence, progressive ideas, love, heightened perception, resourcefulness
- ◇ **Zodiac colour** - violet
- ◇ **Element** - air
- ◇ **Ritual themes** - work on courage, loyalty and leadership skills to bring about personal independence and a sense of self-worth

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

T: 1 246 426 7815 or 1 246 230 9094 E: ajnasanctuary@outlook.com

www.ajnasanctuary.com

Copyright © 2023 Sacred Paths

Sacred Paths Newsletter

Words of Wisdom

“Renewal requires opening yourself up to new ways of thinking and feeling.”

- Deborah Day

Renewal

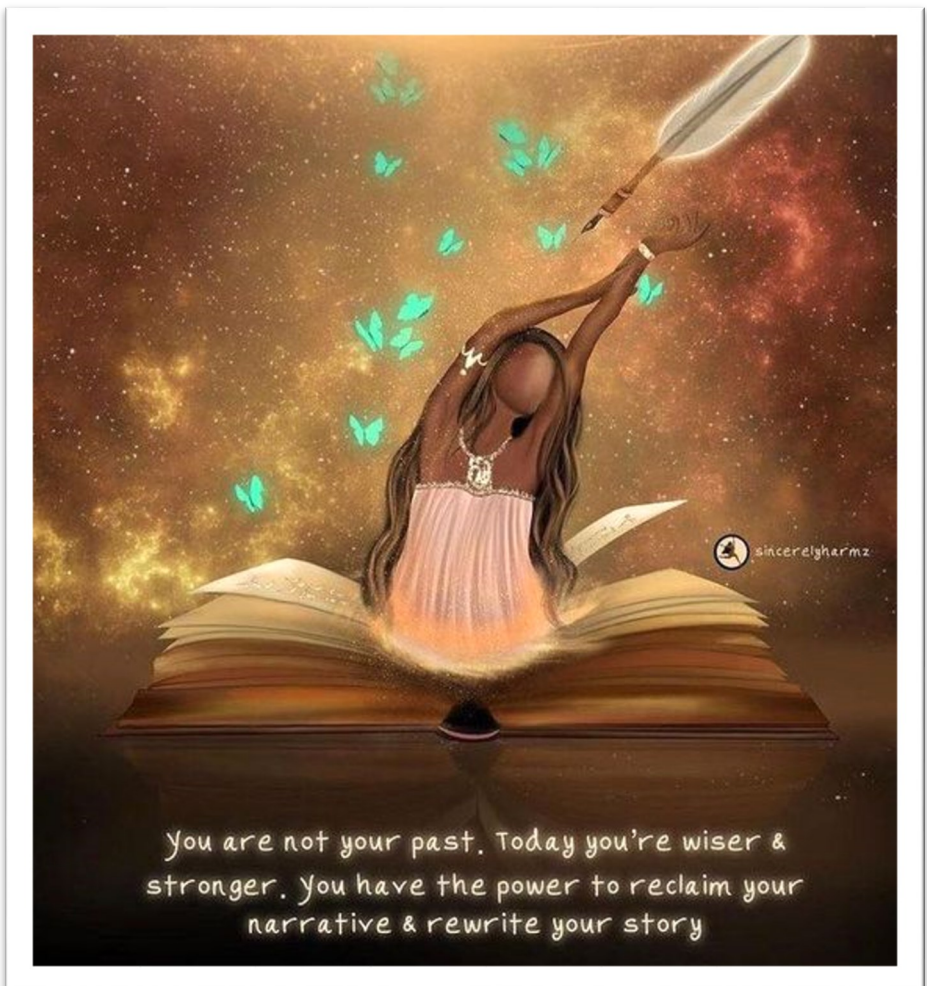
The dawning of a new year encourages us to look at our life with a fresh perspective. Commit to an improved way of being and doing, as persisting in old habits will never create change.

Pay attention to your diet, lifestyle, attitude, and relationships. All aspects of your life should be aligned to support your growth

Identify what is working for you and having a positive impact on your life (focus more on this!). Make room for what brings you joy

Explore something new once a month to keep your mind stimulated and open to different opportunities

Implement small changes in your daily routine that will have a large impact - plan your day, wake up earlier, exercise, meditate, gratitude journal, etc



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

T: 1 246 426 7815 or 1 246 230 9094 E: ajnasanctuary@outlook.com

www.ajnasanctuary.com

Copyright © 2023 Sacred Paths

Sacred Paths Newsletter

Imbolc / Candlemas

On February 1st, Imbolc marks the halfway point between the Winter Solstice and the Spring Equinox. It is a time for renewal and growth, as we emerge from a period of darkness and self-reflection.

Candles are usually lit to represent Candlemas, the fire and light of the sun, which is celebrated on February 2nd. Celebratory activities include cleaning and re-dedicating your sacred spaces, planting, intention setting and starting new projects.

Continue to journal and reflect during this season, being present in all that you do. Your ideas and intentions will only bear fruit if you tend them.



✧ **Altar Tools / Offerings:** Candles, besom, flowers (refer to associated colours), seeded breads, dairy

✧ **Colours:** White, pink, red, yellow, orange, gold, light green, light blue, brown

✧ **Crystals:** Quartz, amethyst, citrine, garnet, ruby, bloodstone, turquoise, onyx

✧ **Herbs & Flowers:** Angelica, basil, bay laurel, blackberry, myrrh, violets, white and yellow flowers, jasmine, rosemary, lavender

✧ **Incense & Oils:** Myrrh, cinnamon, vanilla, basil, bay, frankincense, lavender, jasmine

✧ **Animals:** Burrowing animals, bear, deer, lamb

✧ **Spiritual Focus:** Purity, growth, fertility, creativity, renewal

Sacred Paths

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

T: 1 246 426 7815 or 1 246 230 9094 E: ajnasanctuary@outlook.com

www.ajnasanctuary.com

Copyright © 2023 Sacred Paths

Sacred Paths Newsletter

New Year's Ritual - Self-Blessing

This ritual can be performed leading up to the full moon (Jan 6th) or on the new moon (Jan 21st).

Tools:

- White candle and a glass / bowl of water
- New journal and pen
- Incense or herbs (frankincense, sandalwood, myrrh, rosemary, bay leaf, or pine)
- White garb and jewellery / accessories that empower you

Ritual:

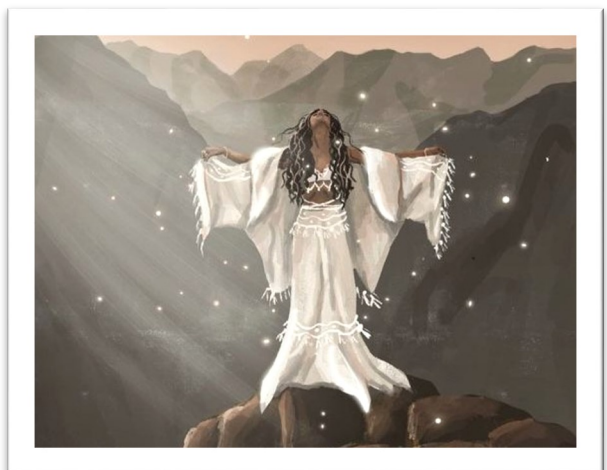
Cleanse the space with incense or herbal smoke, as well as all of the tools that will be used in the ritual

Place a fresh glass or bowl of water next to the white candle (a new tea light or 4-6" household candle is suitable). Light the candle and call forth the energies that you wish to support you (ancestors, deities, universal energy, etc)

Perform a ritual bath with salts and/or herbs. Air or pat dry. Dress in white and adorn yourself in empowering jewellery and accessories. Use the smoke from the smouldering incense/herbs to waft around your body and cleanse your aura

When you are ready, journal your intentions for the upcoming year and beyond (if desired). Ask the energies that you called forth to support you in your endeavours. See yourself where you want to be and give yourself permission to receive all that you desire

Be open to receive any messages that may come through from spirit on the attainment of your desires. Thank the energies for their presence and blessings. Close the session by snuffing out the candle and discarding the water in nature



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

T: 1 246 426 7815 or 1 246 230 9094 E: ajnasanctuary@outlook.com

www.ajnasanctuary.com

Copyright © 2023 Sacred Paths

Sacred Paths Newsletter

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



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

T: 1 246 426 7815 or 1 246 230 9094 E: ajnasanctuary@outlook.com

www.ajnasanctuary.com

Copyright © 2023 Sacred Paths