

November 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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November Moon Focus



Last quarter: Nov 5

New Moon: Nov 13

First quarter: Nov 20

Full Moon: Nov 27

* Moon phases for AST time zone
(America / Barbados)

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 Scorpio (Oct 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

Moon Esbats in Sagittarius (Nov 22 - Dec 22)

Energy - expansion, generosity, faith, optimism, understanding, charity

Zodiac colour - blue

Element - fire

Ritual themes - expanding knowledge, ability to communicate in a positive manner

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Words of Wisdom

“New beginnings are often disguised as painful endings.”

- Lao Tzu

Journey of Rebirth

The experience of a ‘spiritual death’ or ‘dark night of the soul’ can last days, weeks or months for some. Life-altering circumstances arise that create self-doubt in your purpose and personal beliefs, as well as confusion about the direction you are going in life. It can also feel like a long stretch of fatigue, overwhelm and lack of mental clarity. You are brought into a state of humbleness and vulnerability, as you lose your ego-based identity and attachments.

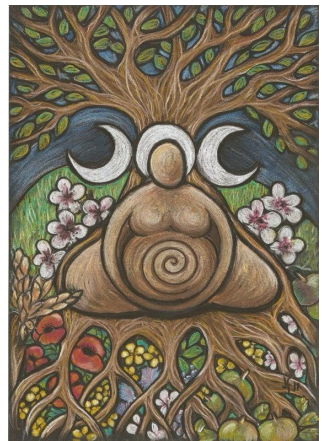
Consider this as a blank slate that you can improve upon, after all that has been shed that does not serve you.

Identify beliefs and attachments that you no longer need. What are you holding on to that is costing your peace of mind? Who are you trying to be? Does that self-image align with your authentic self?

Re-organise and simplify your life. The more we add to our plate, the harder it is to maintain. What are the essentials of life that you need? What lifestyle habits do you need to drop or adopt in order to function better?

Peace of mind is key. Focus on people and activities that bring you joy or peace. Some situations are harder to eliminate from your life, but try to find ways to manage in the chaos without letting it take you over.

The journey of a spiritual rebirth does not equate to a stress-free life, but instead it allows you to grow through the challenges in order to be able to navigate them again when they arise.



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Working with Deities of Death

Deities of death are revered in many spiritual practices, ranging from traditional religions to folklore practices. Working with these entities increases your awareness and understanding of the cycle of life, death of old habits and rebirth of new ways of living.

Death gods and goddess, as well as ancestors are the primary entities that are honoured in this practice. It would be best to start with your own ancestral veneration before branching off into working with other deities. Please do thorough research into the pantheons that you resonate with before embarking on this journey. Also note that some deities and/or pantheons do not mix well within an altar space, so it is best to keep separate altars and sacred spaces if you find that the energies are chaotic.

This practice involves graveyard work, giving offerings and connecting with spirits, ancestors and/or deities of death. Spiritual customs (offerings, holy days, etc) will vary amongst different traditions, but the one constant is to approach the spirits and deities with respect. Aim to develop a relationship with the entities first (this can take months or years) and allow your practice to evolve naturally.



Necromancy is a general term used to refer to spirit communication and is often employed by means of divination (scrying, pendulums, spirit boards, etc). Ritual tools and accessories include skulls and bones (real or decorative), shells, candles (black, white or red), water, alcohol, tobacco, blood, graveyard dirt, scythe, flowers, etc.

As with any spiritual tradition, be mindful of your personal protection and cleansing rituals to avoid unwanted attachments from entering your space. Spiritual hygiene is particularly important especially if doing graveyard work. This includes wearing a head covering and performing a cleansing herbal/salt bath or spray (Rue tincture, Florida water, etc) afterwards. Always ask permission to enter a graveyard and thank the entities on leaving. Do not take anything from the graveyard without leaving an appropriate offering.

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Working with Deities of Death (cont'd)

Creating an Ancestral Altar:



Ideally, place this altar to the north, as it corresponds to the element of earth.

White is the most common colour to use for ancestral work, so cover with a white altar cloth (optional) and use white, clear glass or wooden wares to house offerings.

Ancestral photos (never photos of living persons, as this is an altar dedicated to the dead), glass of water (refreshed at least weekly), local herbs and flowers, incense, white candle/s, alcohol, black coffee and personal items that may have belonged to the dead can be placed on the altar. If you place cooked food offerings (unsalted) at the altar, it should be removed and discarded in the earth after a day or two.

Cleanse items by passing through herbal smoke or spraying with Florida water. Dedicate the altar to your ancestors and attend to it regularly. Light the candle/s and call them forth, welcoming them to their shrine.

You can follow a similar protocol for altars dedicated to death gods and goddesses, paying attention to their corresponding colours, ritual tools and symbols.



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Local Resources

Ali's Bead Wholesale: Wellington St, Bridgetown

crystals, incense, sage, jewellery, ritual tools

BeJewelled Spirituals & Souvenirs: (1 246 264 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: (1 246 230 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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