

Ajna Holistic Sanctuary



Sacred Paths Newsletter

January 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
- ✧ January moon focus
- ✧ Words of wisdom
- ✧ Psychic protection
- ✧ 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 ~ January 2016

Date	Event
January 17	<p style="text-align: center;">Crystal Healing Workshop (attunement, dowsing, chakra readings)</p> <p style="text-align: center;">Ajna Holistic Sanctuary 10am - 3pm</p> <p style="text-align: center;">\$150</p>
January 24	<p style="text-align: center;">Full Moon Esbat (sacred circle gathering, oracle readings, meditations)</p> <p style="text-align: center;">3 Neils Plantation, St. Michael 6pm - 8pm</p> <p style="text-align: center;">\$25</p>
Every Weekend	<p style="text-align: center;">Yoga</p> <p style="text-align: center;">Ajna Holistic Sanctuary</p> <p style="text-align: center;">Saturdays 7am - 8am - Jennifer Jones</p> <p style="text-align: center;">Sundays 4pm - 5pm - Andrea De Souza</p> <p style="text-align: center;">\$25-\$30/class</p> <p style="text-align: center;">(please call to RSVP and for details on packages)</p>



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

January Moon Focus



New moon - January 9

Full moon - January 23

New 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 life to meet your needs

Full 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



Words of Wisdom

'Your sacred space is where you can find yourself over and over again'

- Joseph Campbell

Ajna Holistic Sanctuary

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

ajnasanctuary@outlook.com www.ajnasanctuary.com

Psychic Protection

If you have ever felt a heaviness in your body or a feeling of being extremely drained when being in contact with certain people, it is likely that you have been affected by what we call 'psychic vampires'. These persons may or may not be intentionally draining you of your life force energy. Notice how sapped of energy you feel after being around them.



Symptoms:

- low energy
- headaches
- body aches
- mental fog
- irritability
- addictions
- depression

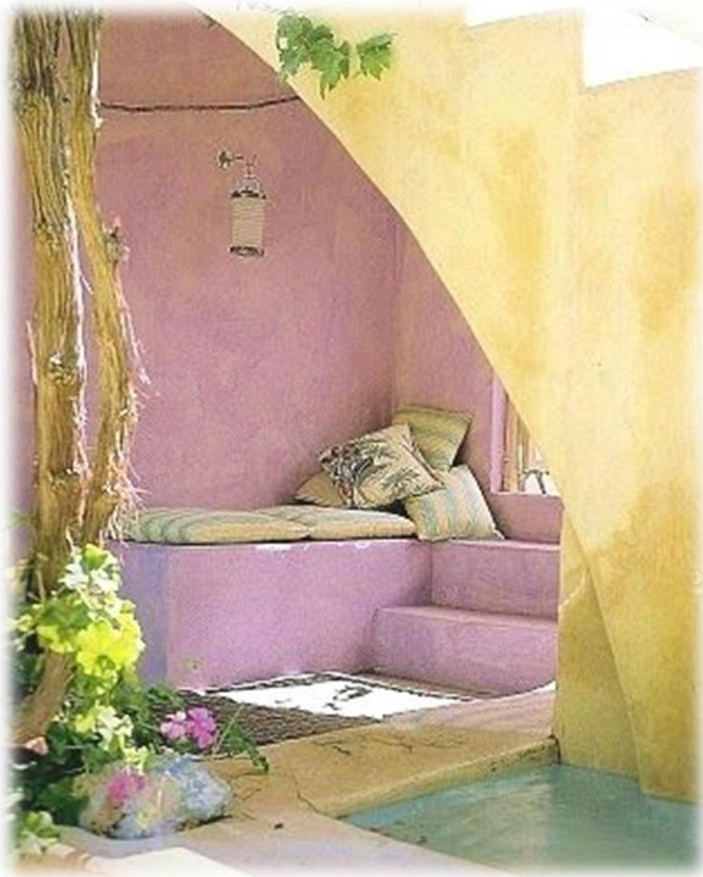
One of the first steps in dealing with this is to recognise these persons in your life. Unfortunately, they may be close family members or friends, in which case, it may be necessary to distance yourself from them or limit personal interaction time in order to protect yourself. This is often the most challenging process, as persons may become more clingy or feel emotionally hurt as a result. This step requires personal growth in learning how to properly handle these situations.

As healers, we also often come across many clients who fall into this category. It is imperative that we maintain our boundaries and remain centered and grounded. We need to ensure that our working and living space remains free of other peoples stagnant energy as well.

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

Steps towards psychic protection:

❖ **Create sacred space** - make every room in your home or office sacred by keeping it physically clean and free of clutter. Use colour to uplift and bring in positive energy, plants to beautify the space and filter the air, artwork and decor to inspire, and other natural elements to bring the outside in. Keep your space well ventilated, and allow natural light to penetrate.



❖ **Cleanse your space** - physically and spiritually clean the space regularly. You can place a tablespoon of salt in a mop bucket of water and use to clean the floors after disinfecting (salt is a powerful purifier). Smudge the space with incense or sage as often as needed, using intention and words of power to clear the air. Healers should perform this ritual after every client. Be aware that burning incense/sage around others may not always be appropriate, so please check in first.

❖ **Cleanse yourself** - physically and spiritually clean yourself. Bathing after being in a crowded environment helps to wash away unwanted energies. Using a salt scrub in the shower aids in negative energy removal and a sea bath will work wonders. Washing hands before and after clients is not only hygienic, but serves as a form of energetic cleansing as well. Smudging yourself with incense/sage purifies your aura, but try not to catch yourself on fire when doing this.



❖ **Purify your body** - make your internal constitution stronger through dietary sources, by consuming more natural and grounding foods (e.g., ground provisions), and drinking more water to flush your system. Avoid addictive habits (alcohol, smoking) and engage in exercise to stimulate blood/energy circulation and clear your mind.

❖ **Tune-in** - create a regular practice of tuning-in... to whatever you wish, be it nature, deity, yourself. Any form of 'quiet time' practice helps to sharpen the mind, increase clarity, and make us more aware of ourselves and our surroundings.

❖ **Visualisation** - use your thought forms to create links and barriers on an etheric level to keep yourself grounded and protected. Imagine your feet rooted into the earth (being barefoot helps), or a bubble of protective light surrounding you. Hold the image strong in your mind when you feel especially threatened in a low energy environment.

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

❖ **Amulets** - protective jewellery has been utilised for centuries and still plays an important role in spiritual practice today. Wearing jewellery (pendants, rings, etc) that have symbolic meanings to you can be a powerful protection tool, as our mind links the symbol with its associated energy. Examples include the cross, star of David (hexagram), hand of Fatima (hamsa), pentagram, ankh, gemstones, etc. Amulets can be further empowered and used for specific purposes.



Our ultimate goal is to learn how to best manage ourselves and maintain our energetic levels so that we may serve our life's purpose. Only when our energy is flowing through our bodies unhindered, are we able to act as an appropriate conduit of Universal life energy for those we are assisting on their path to wellness.



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

Reiki School of Natural Healing

Verity Dawson

Atlantic Shores

crystals, pendulums, etc

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