

December 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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## December Moon Focus



Last quarter: Dec 5

**New Moon: Dec 12**

First quarter: Dec 19

**Full Moon: Dec 26**

\* 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 Sagittarius (Nov 21 - 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

### *Moon Esbats in Capricorn (Dec 23 - Jan 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

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## Words of Wisdom

***“Transformation happens when you move from ideas to action in a deliberate way.”***

***- Timothy J. Tobin***

## Transformation with Fire

Lighting a solstice fire at this time is used to release issues of the past and bring into your life your desired manifestations. The super power of elemental fire is transformation... heat is used in our bodies and everyday life to change substances from one form to another (cooking, digestion, etc).

In a fire-proof earthen ware or metal bowl, place your dried twigs and cleansing herbs, such as bay leaf, clove and rosemary (dry the herbs a few days prior so that they burn easily). A piece of camphor can be placed under a canopy of twigs and lit for a consistent supply of fire to the herbs. Camphor also has the benefit of being a powerful spiritual cleanser.

Meditate on the fire and write down what no longer serves you at this time, be it limiting beliefs, emotions and/or situations. Throw the paper into the fire for the energy to be released. Allow yourself to feel cleansed of the things that are weighing you down.

On another piece of paper, write down all that you wish for yourself, speaking it into existence in a positive manner (in such a way that it already exists). Feel and see yourself in your blessings. Throw that piece of paper into the fire as well, offering your desires to the Universe.



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## Winter Solstice / Yule Rituals

December 21st marks the shortest day and the longest night of the year. There are many ways to honour the change of the seasons, most of which require minimal tools.

**Honouring the dark** - minimise artificial lighting and use candles where appropriate to light your path (never leave burning candles unattended), reduce screen time on devices and take the time to rest and rejuvenate your body

**Sun gaze at dusk or dawn** - sit quietly in a safe spot outdoors and gently gaze at the soft lighting of the sun as it rises or just before it sets. This exercise brings mental clarity and connection, as well as having an added benefit of decalcifying your pineal gland and energising your body

**Make offerings to the land** - this can be near your home or a sacred site where you live (historical sites, indigenous reservations, graveyards, beaches, etc). Offer food (generally unsalted, cooked provisions), sweets, alcohol, water, trinkets, money, etc

**Bake bread or biscuits** - baking is a process that uses all the elements (earth, air, water, fire) in an alchemical transformation going from raw ingredients to finished product

**Create a yule altar** - use coloured candles and items that symbolise nature and other elements of the solstice. Reflect on your accomplishments over the past year and set intentions for moving forward



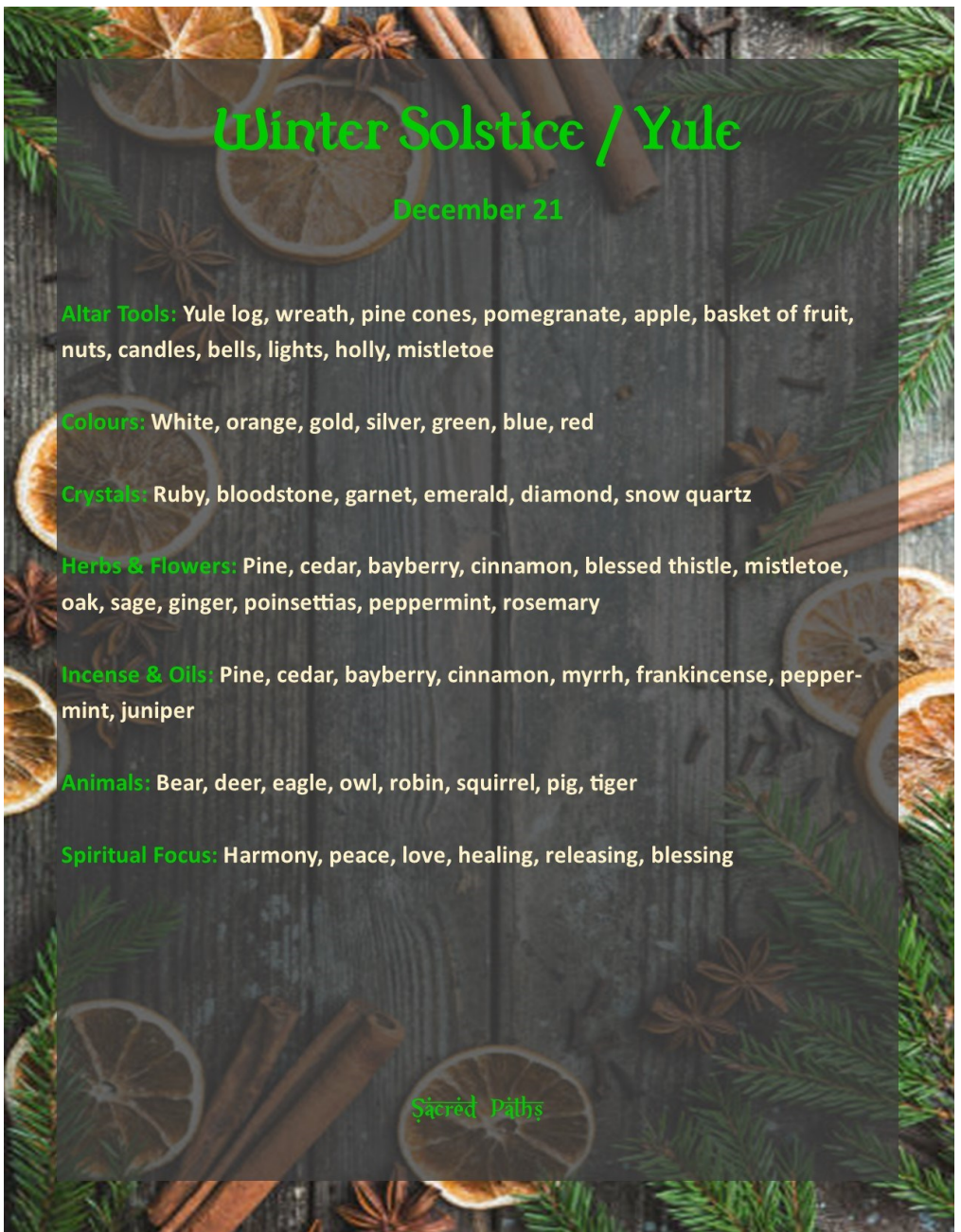


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## Winter Solstice / Yule

Decorate your home in the colours of the solstice, bringing in the energy of harmony and blessings. Use the corresponding items below to guide your altar décor, such as altar cloth colours and ritual tools.

A bowl of dried apple and/or orange slices, along with cinnamon sticks, whole cloves and bay leaves, will add a cleansing and revitalising aroma to your sacred space.



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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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