

May 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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**Holistic Practitioner & Instructor**



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## May Moon Focus



**Full moon: May 5**

Last quarter: May 12

**New Moon: May 19**

First quarter: May 27

**Beltane: Apr 30 - May 1**

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

*“Surround yourself with people who believe in your dreams, encourage your ideas, support your ambitions, and bring out the best in you.”*

- Roy Bennett

## Stability in Uncertain Times

The most constant thing is change... and being able to adapt to change has become one of the most sought after life skills.

Embrace uncertainty as an opportunity to test your resilience and your ability to grow. Celebrate your creative powers as you find ways to overcome challenges.

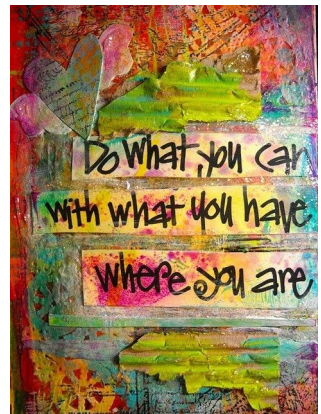
Develop mental flexibility by visualising yourself doing things other than what you are accustomed to... be limitless in your abilities.

Remove mental and emotional blocks and improve on your strengths. What are you passionate about or an expert in? How can you make this work in your favour?

Continually focus on self-investment and development in order to improve on your knowledge and skill-base. This allows you to capture a wider range of opportunities that are available to you. How can you increase your value and service to your community?

Live more sustainably by embracing a simpler lifestyle, recycling, and growing your own food. Explore methods of conserving and storing essential natural resources, such as water and food items (rain water usage, long-term food preservation, etc).

Learn to manage your finances to reduce debts in order to save and invest for the future. Take care of your personal items to increase their functional longevity and reduce spending. Aim for a financial safety net to cover at least three months of living expenses.



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## Ritual: *Bringing in Abundance*

### Ritual Tools:

Small woven basket and fresh flowers

Household 4" or 6" candle (green, yellow or white) and fire-proof receptacle

Paper and pen (brown paper or parchment also suitable)

Incense or herbs (myrrh, frankincense, sandalwood, sage, cinnamon, rosemary, bay leaf, pine or cedar)

3 or 7 shiny, silver-looking coins

### Ritual:

Perform this ritual on the night of April 30th (Beltane, which incidentally leads up to the Full Moon on May 5th) or the New Moon on May 19th.

Purify and bless the space and ritual tools by passing the smouldering incense or herbs over them. Write your intentions and affirmations for prosperity and abundance on the paper, stating them in the present tense. Fold the paper inwards and place it in the base of the basket. Melt the bottom of the candle onto the fire-proof receptacle and place it over the paper. Fill the basket with the flowers and coins, as well as any other items you feel should belong. Light the candle and meditate on your intentions. Allow it to burn down.

\* Please observe fire safety hazards with open flames\*

After 7 days, bury the contents of the basket (candle wax, paper, coins, herbs and flowers) in the earth at your home to keep the energy near.



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## Sacred Day: Beltane

The cosmic forces on the evening of April 30th into the morning of May 1st encourage union, fertility and abundance. It is also the halfway point between the Spring Equinox and the Summer Solstice.

As we move through the months of spring, Beltane serves as a time to nurture the earth and honour her blessings and abundance. What we give to the earth will be reciprocated in its harvest.

Focus on projects and creativity from your fertile centers, the womb and the heart. Whatever you do, do it with passion and love!

## Beltane

April 30 - May 1

**Altar Tools:** Baskets, flowers, herbs, candles, cauldron/cup, floral crown/wreath, sticks, seeds, acorns, antlers

**Colours:** Green, spring blues, yellow, purple, red, magenta, white, pink, brown

**Crystals:** Beryl, emerald, garnet, malachite, rose quartz, tourmaline, jade, bloodstone, aventurine, rhodonite

**Herbs & Flowers:** Thistle, broom, coriander, jasmine, rose, vanilla, dandelion, fern, peach, fireweed, nettle, primrose, rue, tulip, violet, dragon's blood, paprika, hawthorn, lemon, mint, mugwort, daisy, daffodil

**Incense & Oils:** Frankincense, jasmine, musk, peach, rose, vanilla, ylang ylang

**Animals:** Bees, cats, cattle, dove, frog, goat, leopard, rabbit, swan, swallow, bluebird, horse, sheep, unicorn

**Spiritual Focus:** Abundance, fertility, creation, ancestors, growth, marriage, love, lust, sexuality, union, passion, purification, psychism, universal mind, manifestation, new ideas, protection, charms, enchantment

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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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