

Sacred Paths Newsletter

June Focus :

Welcome!

Our 'Sacred Paths Newsletter' is geared towards spiritual enlightenment and conscious awareness. Monthly issues will focus on moon themes and energies, meditations, 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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'Ajna Holistic Sanctuary' Winsome Cottage Upton St. Michael Barbados

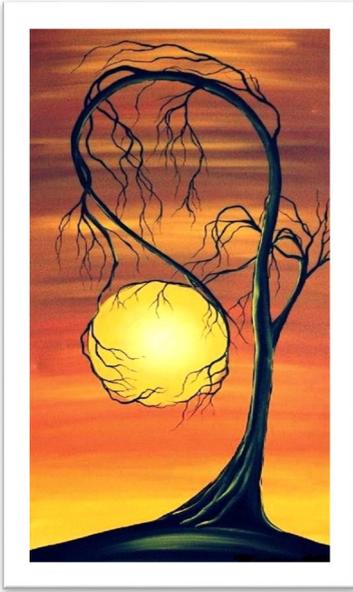
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June Moon Focus



June Moon Phases

First quarter: June 7

Full Moon: June 14

Last quarter: June 20

New Moon: June 28

Summer Solstice: June 21

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 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)

Moon Esbats in Cancer (June 22 ~ July 23)

- ◇ **Energy** - emotions, psychism, peace, protection, sympathy
- ◇ **Zodiac colour** - amber
- ◇ **Element** - water
- ◇ **Ritual themes** - stability and peace in the home, protection for self and family, transforming negative to positive emotions, dream spells, divination, telepathy

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Words of Wisdom

“Do more of what makes your soul shine.”

- Anonymous

Empowering Sun Rituals

Moon and sun phases both have an affect on rituals. Whereas you need to allow the moon to pass through its 28-day cycle, the sun’s energy can be harnessed within one day. The rising sun is linked to creativity, blessings, fertility and new beginnings. The intense energy of noon can be used to cleanse and charge items, while the setting sun is better suited for clearing and releasing rituals.

Sunrise Rituals

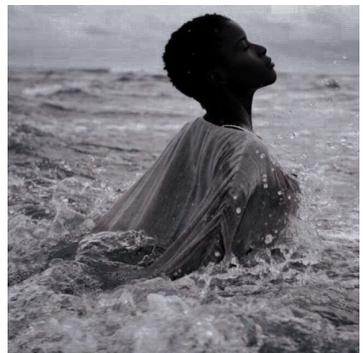
✿ **Third eye magnetism** - Rise before the sun and find a safe, quiet spot outdoors where you will be undisturbed for at least 20 minutes. Sit upright, either on the ground or in a chair and face the east. With open eyes, gaze softly into the rising sun for 5-10 minutes (the soft glow of the sun at this time has minimal harmful effects during direct gazing). This exercise stimulates opening of the third eye and cleanses the pineal gland in the brain. Wear breathable clothing that exposes as much skin as possible, so that your body is also bathed in the sun’s rays in order to be magnetised



✿ **Sun salutation** - this yoga flow sequence is performed facing the east, towards the rising sun, as a practice to welcome a new day (can be readily found on Google, YouTube, etc). It strengthens the body and improves circulation



✿ **Sea bath** - whilst a sea bath is good for cleansing and releasing, it can also be performed at the start of the day. The ocean replenishes its mineral content overnight and the most therapeutic benefit is gained by soaking in the cool, morning waters



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Empowering Sun Rituals (cont'd)

Noon Rituals

☀ **Charge items** - ritual tools, crystals, water, oils and other items can be charged with the energy of the sun at noon (be mindful of leaving crystals in the sun for too long, as they can fade or crack). The heat of the midday sun simultaneously purifies and recharges



If you work indoors, a quick nip outside during your lunch hour is an excellent pick-me-up

Sunset Rituals

☀ **Releasing bath** - at the hour of the setting sun, take an energy releasing shower or sea/spring bath, letting all of your worries of the day be washed away

☀ **Give thanks** - journal or give offerings and thanks for all of your blessings that you received that day



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Summer Solstice

The Summer Solstice will occur on June 21, 2022. Embrace the energy of the solstice through the use of coloured fabric, gemstones, candles and décor in your sacred spaces. Incorporate the corresponding herbs and scents through food, herbal teas and burning incense.

Use this time to reassess your blessings and continue to focus on your dreams, allowing the fiery energy of this season to keep your momentum going.

Summer Solstice

June 20-22

- ✧ **Altar Tools:** Representations of the sun, fire, phoenix and the Fae. Spirals, summer flowers, herbs, mirrors, candles, flower garlands, shells
- ✧ **Colours:** Orange, red, yellow, turquoise, gold, green, white
- ✧ **Crystals:** Citrine, sunstone, tiger's eye, jasper, amber, carnelian, ruby, garnet, clear quartz, diamond, peridot, jade, emerald
- ✧ **Herbs & Flowers:** Sun flower, rose, daisy, honeysuckle, peony, lavender, chamomile, yarrow, elderflower, sorrel, chickweed, garlic, orange, lemon, basil, bay leaf, rosemary, cinnamon, thyme, mint
- ✧ **Incense & Oils:** Frankincense, sage, cedar, myrrh, pine, orange, lemon, rose, lavender
- ✧ **Animals:** Bees, birds, butterfly, dragonfly, cow, horse
- ✧ **Spiritual Focus:** Rededications, self-love, protection, healing, personal growth, faery magic

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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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