

Sacred Paths Newsletter

September 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...

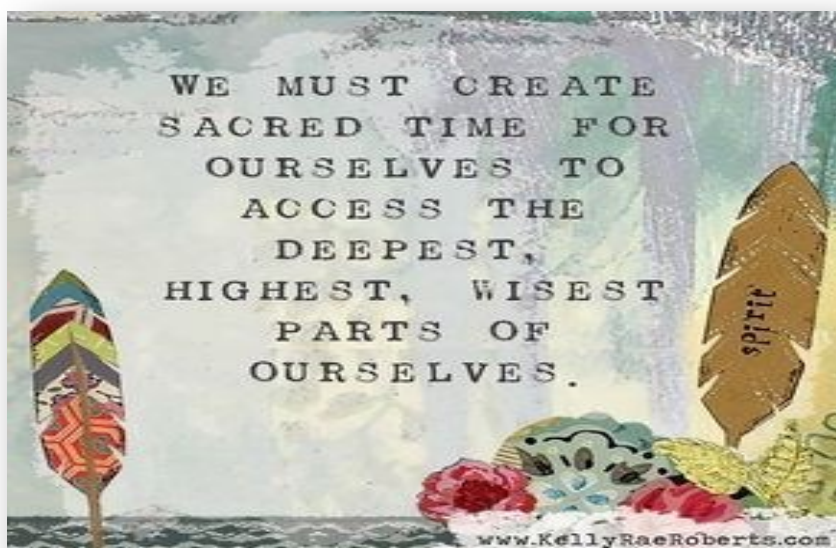


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Holistic Practitioner & Instructor

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'Ajna Holistic Sanctuary' Winsome Cottage Upton St. Michael Barbados

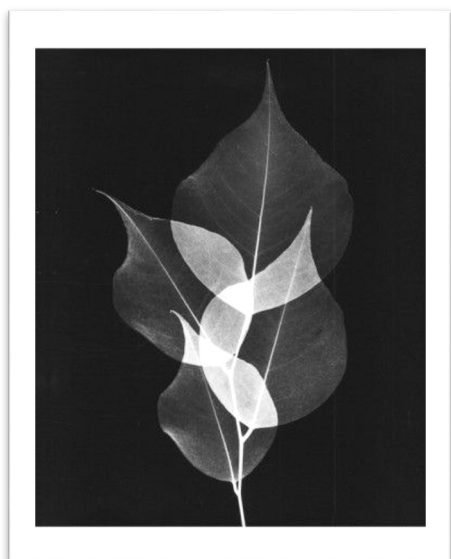
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September Moon Focus



September Moon Phases

Full moon: Sep 2, Oct 1

Last quarter: Sep 10

New Moon: Sep 17

First quarter: Sep 24

Fall Equinox: Sep 22

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 Virgo (August 23 - September 22)

- ♦ **Energy** - examination, analysis, precision, brilliance, making choices with your head
- ♦ **Zodiac colour** - yellow-green
- ♦ **Element** - earth
- ♦ **Ritual themes** - use intuition and divination to tackle situations and find solutions to problems

Moon Esbats in Libra (September 23 - October 22)

- ◇ **Energy** - beauty, love, sociability, originality, courtesy
- ◇ **Zodiac colour** - emerald
- ◇ **Element** - air
- ◇ **Ritual themes** - enjoying the performing arts, love and friendships, communication and partnerships

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Words of Wisdom

“Note to self: I told you so! Sincerely, Your Intuition.”

- Anonymous

Tapping Into Your Intuition

How many times have you ignored your gut feelings about a situation, only to end up in a position of regret afterwards? Our higher or spiritual self can sense vibrations across dimensions. We don't need to see a danger sign to sense danger... it is this unseen vibration that speaks to our intuitive senses.

We all have this innate capability. If you are not already paying attention to your 'spidey senses', the following tips will help you to tap into your intuitive powers:

✓ **Quiet time - prayer, meditation or any self-reflective practice quiets the internal chatter in your mind, thus allowing you to be more perceptive of the world around you**

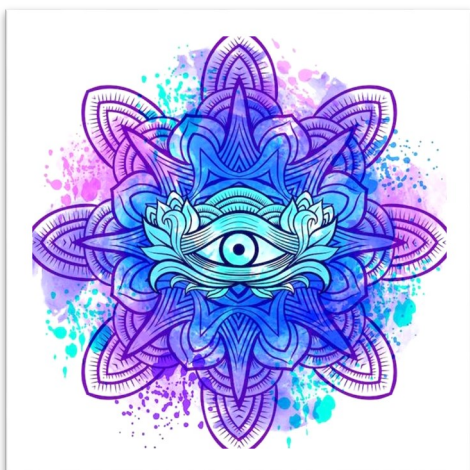
✓ **Pay attention to your other senses - notice how your body responds in certain environments or situations. You may get a nervous or excited stomach, neck or shoulder tension, headache, an itch, or anything that triggers your mind to stop and pay attention to what's happening**

✓ **Eliminate self-doubt - honour your immediate feelings**

✓ **Act on your gut feeling - spirit is guiding you**

✓ **Keep track - journal your experiences to check for patterns and identify triggers. Intuitive messages can also appear in dreams, so journal your dreams on waking if possible**

✓ **Be open to receive - intuitive messages can appear as images, words in a song, a post on your timeline. Look for synchronicities and threads of connection**



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Fall Equinox

Mabon (Fall Equinox) represents the balance between day and night, when the hours of each are equal. As we head into the darker time of year, the focus should be giving thanks for all that has come before, releasing what no longer serves us, and preparing ourselves for new blessings.



ACTIVITIES

Gratitude List
House Cleaning
Letting Go
Bake Bread or Apples

Celebrating Abundance
Give Offerings
Leaf Rubbings

DECORATIONS

Acorns
Autumn Leaves

Apples
Corn

Autumn Flowers
Orange/Yellow/
Red/Gold/Brown

INCENSE

Cinnamon
Clove

Apple
Sage

Myrrh
Frankincense

FOODS

Bread/Grain
Apples
Squash

Grains
Pumpkin
Cider

Pomegranate
Root Veggies
Corn

SPELLWORK

Home Protection
Balance
Releasing Negativity

Bad Habits
Prosperity
Shadow Work

More at BlessingManifesting.com

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Craft Corner ~ Apple Candles

Apple candles are a perfect addition to your altar space to celebrate Mabon.

Instructions:

- » **Source different or same coloured apples, depending on your colour scheme**
- » **Cut the base of the apple to make it sit level**
- » **Place the base of the candle on the top of the apple and trace, using a sharp knife, around the edge to mark it**
- » **Carefully core the apple according to the depth needed to secure the candle. A deeper hole is required for a tapered candle. Use excess apple flesh to pack around the candle to secure it if needed**
- » **Place your apple candle on your altar during Mabon celebrations**
- » **Alternately, place a pillar candle centrepiece surrounded by apples on the altar**
- » **This is best done the same day to avoid spoilage**



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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: *Swan Street*

◆ 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



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