

August 1, 2017



# Sacred Paths Newsletter

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August Focus :

## 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:

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- ✧ **Celebrating Lammas**
- ✧ **Resources**



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

**T: 1 246 426 7815 or 1 246 230 9094 E: [ajnasanctuary@outlook.com](mailto:ajnasanctuary@outlook.com)**

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## Calendar of Events : August

Date	Event
August	<b>Moonlight Bazaar: Cancelled</b>
August 20	<b>New Moon Esbat</b> (sacred circle gathering, oracle readings, meditations)  3 Neils Plantation, St. Michael <b>5pm - 6.30pm</b>  <b>\$25</b> (location and time are subject to change)
Weekly	<b>Yoga</b>  Ajna Holistic Sanctuary <b>Thursdays 9am - 10.30am – Natasha (on break)</b> <b>Saturdays 7am - 8am - Jennifer (on break)</b>  3 Neils Plantation, St. Michael <b>Sundays 4pm - 5pm – Andrea (on break)</b>  <b>\$25-\$30/class</b> (please call to RSVP and for details on packages)

*Visit the website for full details on events*

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## Sacred Circles Barbados

### Events in August

### with Gay Taaffe

- ◇ **CIRCLE DANCE** – every Wednesday 10.30am - 12noon

Venue: Holders House, St James

<https://www.facebook.com/circledancebarbados/?fref=hovercard>

- ◇ **SACRED CIRCLE** – every Thursday 7pm - 9pm

Venue: Pannex Building, NCF, West Terrace.

<https://www.facebook.com/sacredcirclesbarbados/>

- ◇ **ENERGY AWAKENING** with Deborah Lovell

**Thursday 3rd August 7pm - 9pm**

Venue: Pannex Building, NCF, West Terrace

- ◇ **ENLIVENING & ALIGNING THE CHAKRAS**

**Thursday 10th August 7pm - 9pm**

Venue: Pannex Building, NCF, West Terrace

We will work deeply with the chakras through the use of sound, colour, light and visualization

- ◇ **TOUR OF PEG FARM** - A 'Be the Change Barbados' event

**Saturday 26th August.** Meeting at 10am - optional picnic share on the cliff afterwards. Bring the whole family. Adults \$25, children under 14 years \$12.50. Registration and details from Sacred Circles.

*For further information, registration and 'what to bring' ...*

**Email: [sacredcirclesbarbados@gmail.com](mailto:sacredcirclesbarbados@gmail.com)**

**Telephone: 246 271 7066 (landline) or**

**246 231 5055 (whatsapp)**



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## August Moon Focus



### August Moon Phases

First quarter: July 30, Aug 29

Full moon: Aug 7

Last quarter: Aug 14

New Moon: Aug 21

*Sabbat: Lammas Aug 1st*

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.

Honoring the energy of the moon, regardless of its phase is usually included in the ritual process.

## Moon Esbats in Leo (July 23 ~ August 22)

- ♦ **Energy** - strength, positivity, leadership, confidence, kindness, success
- ♦ **Zodiac colour** - yellow
- ♦ **Element** - fire
- ♦ **Ritual themes** - developing courage, strength, positive thinking, success, leadership, generosity, abundance, recognizing your talents and fulfilling your goals

## 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

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## Words of Wisdom

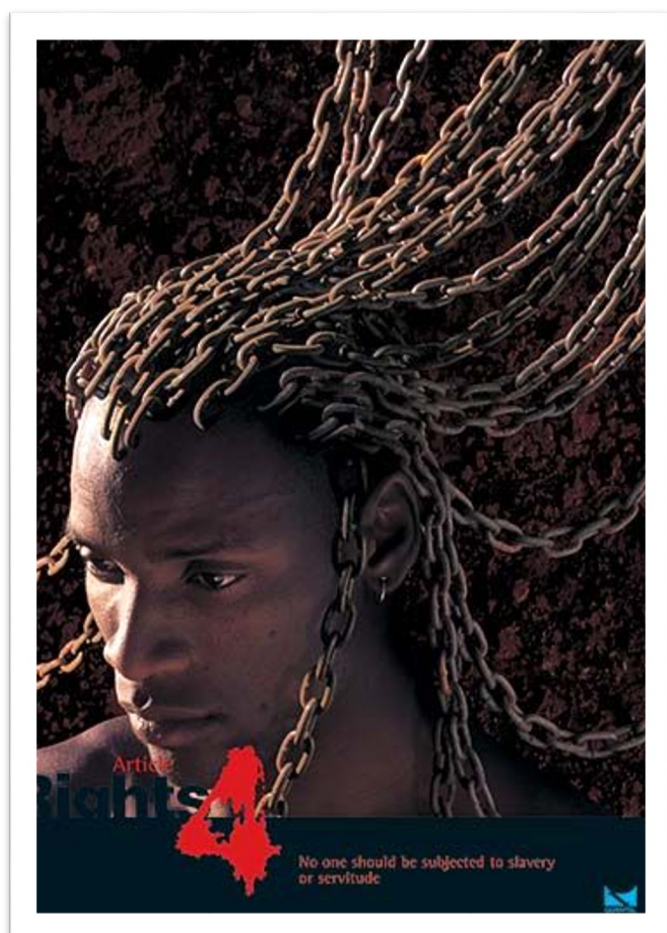
*“Emancipate yourselves from mental slavery, none but ourselves can free our mind”. - Bob Marley*

## Freedom From Mental Slavery

The 1st of August is traditionally celebrated as Emancipation Day in the Caribbean. It is a time of remembrance for the atrocities our ancestors had to endure during the transatlantic slave trade.

Many of us take for granted the freedoms that we experience in our everyday lives. Although slavery is a thing of the past, a lot of persons are still mentally enslaved, and unable to see past the confines of their minds.

We need to take charge of our inherent personal power that we have as human beings and cease being controlled by material things and social constraints.



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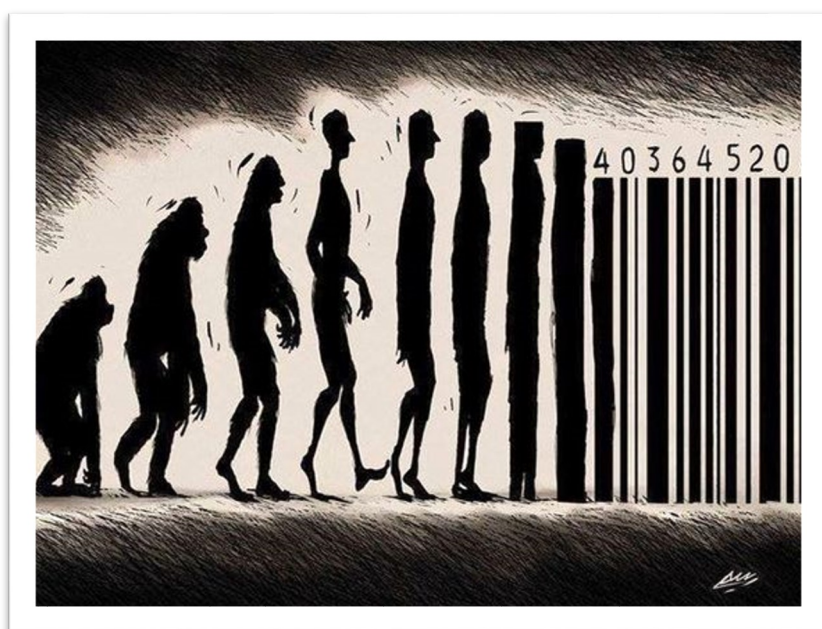
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## Freedom From Mental Slavery (cont'd)

*Keys to help unlock the chains of mental slavery:*

- ✧ Recognise that if you are conforming to programmed social constructs, that you are indeed still enslaved.
- ✧ Unplug from social and mainstream media for a few days. Stop feeding your thoughts with the materialistic views of the world.
- ✧ Learn to think for yourself and follow your own rules. Those that stand with the crowd will only go as far as the crowd.
- ✧ Open your eyes to the truth of your reality. Most of us are still 'plugged into the matrix', and are fearful of what lies beyond.
- ✧ Take control of your life, how you truly wish to live it. Stop living a life based on other people's ideals.
- ✧ Knowledge is power. Uncover the truths behind the misinformation that we have been fed throughout our lives.
- ✧ Know thyself. Understand your true essence, that which makes up all of the universe. You are a part of it, and it is a part of you.



We rely so heavily on technology in this era, but let us not forget that we are human, in need of human contact and other elements from nature. Fight the war to control your mind before it completely enslaves you!

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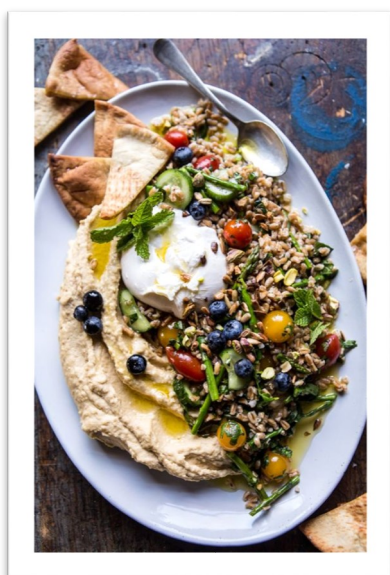
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## Celebrating Lammas

Lammas is celebrated on August 1st, and represents the harvest of grains, blessings, and marriages.

Try including more of nature's bountiful grains in your diet.



- ✧ Switch to whole wheat flour in your baking, or try using alternatives such as breadfruit, cassava, or rice flour
- ✧ Substitute rice with couscous or quinoa. These foods require less cooking and are great for transitioning to a raw food diet
- ✧ Follow in our tribal ancestors' footsteps and incorporate more corn flour or corn meal into our diet. Try making corn meal dumplings, pancakes, or arepas (a Venezuelan bake)
- ✧ Multi-grain breads, muffins, wraps, muesli, and other cereals can also be easily incorporated into the diet



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## Local Resources

### **Brother D's:** *City Centre*

- ◇ gemstone jewellery, metaphysical books

### **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

### **Moon River:** *DaCosta's Mall*

- ◇ gemstone jewellery and metaphysical books

### **Sacred Paths:** *3 Neils Plantation, St. Michael*

- ◇ sage and incense, glass bottles, journals, ritual tools, ethnic clothing and jewellery



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