

Sacred Paths Newsletter

July 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...

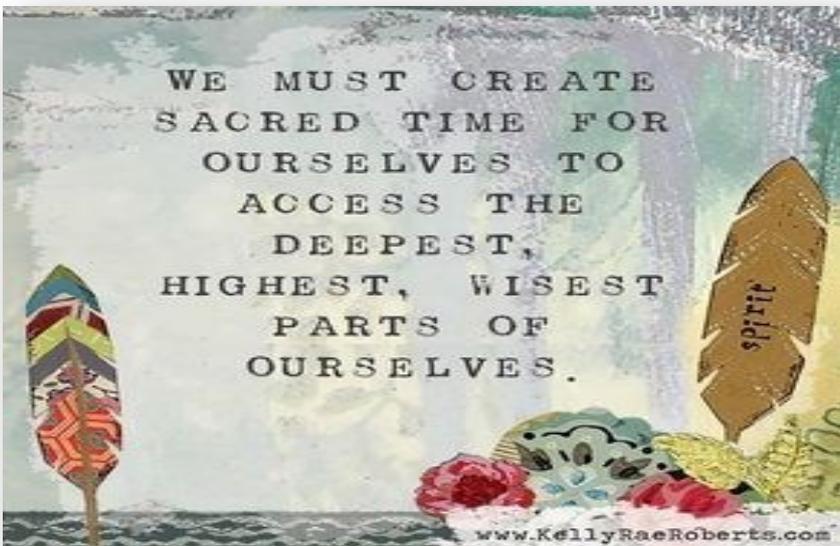


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July Moon Focus



July Moon Phases

Last quarter: July 1, 31

New Moon: July 10

First quarter: July 17

Full moon: July 24

Lammas: August 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 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

Moon Esbats in Leo (July 24 ~ 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

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Words of Wisdom

“You cannot force someone to understand a message they aren’t ready to receive.”

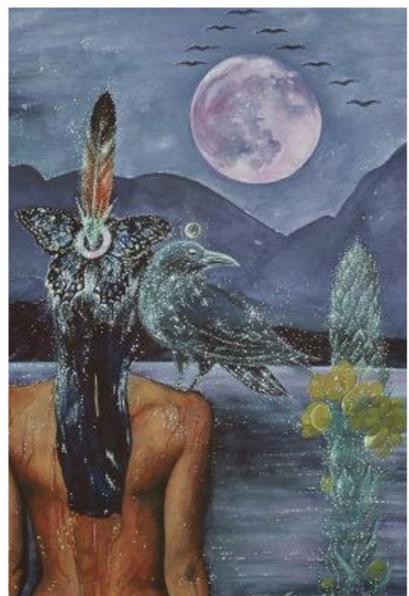
- Anonymous

Dream Messages

Signs and symbols are everywhere and spirit is always communicating to us using various means. One of the most common mediums of spirit messages is dreaming. At rest, we relinquish control of the conscious mind and ego, whereby allowing spirit to communicate freely through the dream state. Most people do not recall their dreams, and therefore remain closed to receiving messages from spirit via this realm. Although we can receive messages during our waking state, it is more challenging to recognise the source of the thought (self or spirit).

Tips for dream recall:

- ~ Minimise overstimulation just before bed (food, TV, etc)
- ~ Enlist the help of our plant allies (herbs and essential oils) to induce a state of calm and enhance the experience of dreaming (chamomile, lavender, damiana, mugwort, dream herb, passion flower, lemon balm... to name a few). *Please research herbs and the potential effects they may have based on any current medical conditions
- ~ Create the intention to remember your dreams just before sleep
- ~ Sleep in non-restrictive clothing and in as much comfort as possible (uncluttered bedroom, soft linens, soothing colour scheme)
- ~ Keep a dream journal and pen close to hand in order to jot down experiences upon waking, even if the images or events don’t make sense immediately
- ~ Be open to interpretation as time passes



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Creating a Sleep Sanctuary



- ◆ Indulge in exquisite linens and a soothing colour scheme to trigger the senses into deep relaxation
- ◆ Remove electronics from the room (TV, cell phones, computers), which can affect your sleep patterns and ability to fall asleep
- ◆ Declutter the room and keep it well ventilated
- ◆ Position the bed as close to the floor as possible in order to stay grounded
- ◆ Bring nature inside to filter and oxygenate the air with non-toxic indoor plants
- ◆ Place scented herbal sachets (lavender, rose, etc) under your pillow
- ◆ Harness the power of crystals to either confer a specific energy into the space (psychic enhancers - amethyst, clear quartz, selenite) or to absorb unwanted energy from within (protection - black tourmaline, obsidian, hematite, onyx, clear quartz)
- ◆ Create a regular night-time ritual to prepare yourself for sleep and be open to any messages that you may receive

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Lammas

This sabbat is also known as Lughnasadh (LOO-nah-sah), named after the Sun God Lugh, and commemorates the union of the Sun God with the Earth Mother. It represents the first harvest and is celebrated with baking bread, making offerings, honouring the sun and being grateful for all the blessings in our lives.

In the Caribbean, we also venerate our ancestors who paved the way for our freedom on Emancipation Day (August 1st). Rituals can include pouring libations of water and/or alcohol onto the earth, refreshing your ancestral altar and placing offerings (unsalted food, coffee, tobacco, etc), prayers and dedications.

Whatever your tradition, this day is a catalyst for family gatherings and sharing your abundance with others.

Lammas / Lughnasadh

August 1

- ✦ **Altar Tools:** Bread, corn, cornucopia, sickle, gourd, sunflower, sun wheel
- ✦ **Colours:** Orange, yellow, gold, bronze, brown, green
- ✦ **Crystals:** Citrine, aventurine, clear quartz, peridot, amber, tiger's eye, obsidian, lodestone, yellow topaz, moss agate, jade, malachite
- ✦ **Herbs & Flowers:** Wheat, acacia, corn, bread, berries, apples, sunflower, rosemary, basil, rose, clover, marigold, vervain, yarrow
- ✦ **Incense & Oils:** Frankincense, sandalwood, rosemary, basil, rose
- ✦ **Animals:** Calves, crow, pig, rooster, salmon, pollinating insects
- ✦ **Spiritual Focus:** Harvest, blessings, abundance, ancestors (communicating with the dead), growth, strength, celebration, offerings, manifestation

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Local Resources

Ali's Bead Wholesale: Wellington St, Bridgetown

◇ crystals, incense, sage, dried herbs, 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, spiritual oils and other items, home décor

Sacred Paths: *Upton, St. Michael (230 9094)*

◇ 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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