

October 1, 2018



Sacred Paths Newsletter

October 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:

- ✧ **Calendar of events**
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- ✧ **Words of wisdom**
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- ✧ **Samhain**
- ✧ **Ritual: Honour the Ancestors**
- ✧ **Resources**



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

T: 1 246 426 7815 or 1 246 230 9094 E: ajnasanctuary@outlook.com

www.ajnasanctuary.com

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Calendar of Events : October

| Date | Event |
|---------|---|
| Monthly | <p>Moon Esbats (online format)</p> <p>Receive practical information for the moon cycle via email</p> <p>Gatherings will be held on revered holy days throughout the year</p> <p>Please check website for details</p> |
| Monthly | <p>Sacred Womb Teachings Techniques to honour and heal womb traumas and blockages October 28</p> <p>Mysteries of the Goddess Online teachings and practical gatherings</p> <p>Please check website for details</p> |
| Weekly | <p>Goddess Yoga with Andrea</p> <p>Sundays 4 - 5pm \$25/class (no yoga on workshop dates)</p> <p>Upton, St. Michael</p> <p>(please call 246 230 9094 to RSVP)</p> |

Visit the website for full details on events

www.ajnasanctuary.com



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Goddess

Yoga

Sundays

4 - 5pm

\$25

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'Winsome Cottage' Upton St. Michael Barbados

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ajnasanctuary@outlook.com

www.ajnasanctuary.com

RSVP required

FEMALES ONLY! Embrace the goddess within through posture, movement and meditation. All fitness levels welcome.

Visit **www.ajnasanctuary.com/sacred-paths** for details.

Directions to Ajna Holistic Sanctuary:

Come down the hill on the ABC highway heading to Wildey from SJPP / Designer Décor and make the left turn at the bottom as if going to the back entrance of the Gymnasium. The old BET building will be on your immediate right, and we are 2 buildings away on the same side.

You will see our purple and white sign by the entrance.

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Sacred Womb

healing the physical, emotional & spiritual womb

**‘Celebrate Samhain & Esbat’
learn practical tools for unlocking
creativity & intuition**

October 28th, 2018

4-6pm \$50

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246 230 9094

www.ajnasanctuary.com

ajnasanctuary@outlook.com

‘Winsome Cottage’ Upton St. Michael Barbados

RSVP required

**Do you need to heal from womb trauma (surgery, abuse, birth)?
Learn techniques to clear blockages, release painful memories,
and improve the health of your womb. Honouring your womb
allows for creative expression and fertility!**

Visit **www.ajnasanctuary.com/sacred-paths** for details.

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October Moon Focus



October Moon Phases

Last quarter: Oct 2

New moon: Oct 8

First quarter: Oct 16

Full moon: Oct 24

Last quarter: Oct 31

Samhain: Oct 31

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 Libra (September 23 ~ October 22)

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

Moon Esbats in Scorpio (October 23 ~ November 21)

- ◇ **Energy** - intensity, rebirth, transformation, illumination, wisdom, karma, instinct
- ◇ **Zodiac colour** - green-blue
- ◇ **Element** - water
- ◇ **Ritual themes** - situations that need power, transformation, stopping unhealthy emotional situations, cycles of life, past-life regression

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Words of Wisdom

“Beauty begins the moment you decide to be yourself.”

- Coco Chanel

Beauty

It is truly in the eye of the beholder. We are constantly looking for validation of our own beauty from someone else. When will we understand that the only beholder worth paying attention to is OURSELVES?

Most of what we believe to be beautiful is what we have learned through society. In today's era, we have a multitude of beauty standards melding together. We no longer exist as single cultural units in the world, but rather take heed from the global trend setters and follow suit.

It takes courage to return to our natural form of authentic beauty. Who are we behind the make-up, processed or synthetic hair, and even dress? Do we even recognise ourselves when we look in the mirror, naked in our truth?

Self prompts for being a more authentic YOU:

Create a daily practice of mirror reflection exercise. Stand naked in front of the mirror and look at yourself without any adornment. Repeat the following affirmations as needed:

- ✓ I AM true to myself
- ✓ I AM perfect as I am
- ✓ I RADIATE inner and outer beauty
- ✓ I AM proud of my lineage
- ✓ I AM unique in my appearance
- ✓ THIS is me and I accept myself
- ✓ I LOVE myself



This exercise helps us to regain our inner confidence and takes away the power from society that tries to dictate our way of being. Be true to YOU!

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Samhain (pronounced 'sow-in') / Hallow's eve

Need some simple ideas to celebrate the one of the most revered days in the spiritual calendar? Leading up to or on the evening of **October 31st**, try out any of these tips to feel more connected with this holy day.

» Invoke the fire element, responsible for transformation

✓ Light candles to illuminate the evening's festivities

✓ Perform a releasing ritual of things no longer needed (write down on paper and burn in a heat-proof container)

» Protect yourself and your home

✓ Wear / carry black gemstones or place them around the home or office (obsidian, onyx, hematite)

✓ Sprinkle black salt around your property to ward off evil (learn how to make it [here](#))

(<https://www.magicalrecipesonline.com/2012/04/dark-arts-defence-black-salt.html>)



This time is also known as '**Día de Los Muertos**' (day of the dead) in Mexican and Latin American cultures, and is celebrated from November 1st to 2nd. Traditional Catholic celebrations of All Saints' Day and All Souls' Day fall on these dates respectively. The celebrations include colourful parades, candle lighting ceremonies, and most importantly honouring passed on family members and ancestors on decorated altars. It is considered to be a time when the dead can visit the living in our realm.

Whatever you do at this time, do it with reverence, and remember those that came and paved the way before us!

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Ritual: Honouring the Ancestors

Part of traditional Samhain celebrations involve paying homage to our ancestors. This can be anywhere from an elaborate to a simple set-up. Although the veil between realms is thinnest on October 31st, we can continue to honour the ancestors in our daily lives.

Steps to maintain ancestral connections:

✂ **Dedicate a family tree** photo shelf or album to keep their presence in the home

✂ **Maintain a keepsake box** of personal items from deceased loved ones (hoarding is not recommended)

✂ **Keep family businesses** running or manage family estates so that they pass from one generation to the next

Ancestral Ritual:

✧ **Create an altar** dedicated to connecting with your ancestors, by placing photos and/or personal items on it (photos can be actual or representative)

✧ **Light candles** to represent ancestral energy (use appropriate colour correspondences)

✧ **Sit in quiet contemplation** / meditation and ask Spirit / Universe to help you to connect with your ancestors

✧ **Picture in your mind** the image of your ancestors or their representatives

✧ **Keep an open mind** and try to notice if any 'messages' come to you in the form of images, words or anything that seems to be incoming. If you have a burning issue, keep that at the forefront of your mind to gain clarity on the situation

✧ **When the session feels complete**, thank the ancestors for their guidance, extinguish candles, and leave an offering for your spirit guides

✧ **Continue to sense their presence** in your daily life by paying attention to signs from nature (unusual presence of feathers, insects and other animals), songs, books or other signs that jump out at you

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Local Resources

BeJewelled Spirituals & Souvenirs: *Speightstown (264 8179)*

- ◇ crystals, artwork, jewellery

Brother D's: *City Centre*

- ◇ gemstone jewellery

Do It Best Home Center: *Sheraton & Canewood*

- ◇ crystals, home décor

Gifts and Things: *Sheraton*

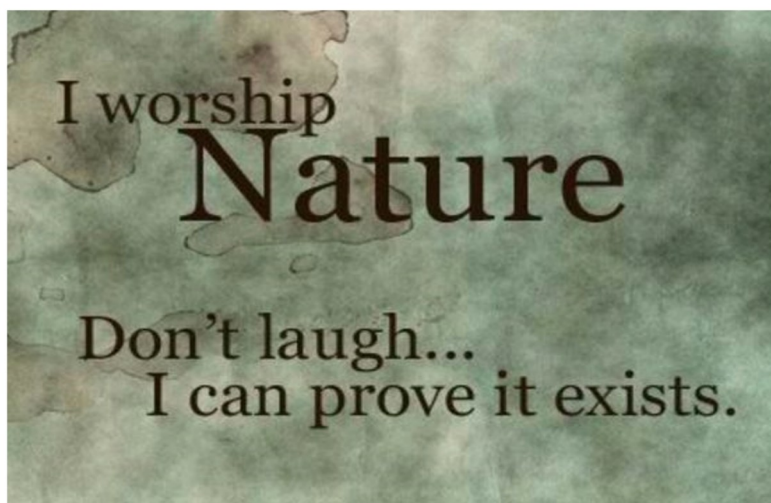
- ◇ gemstone jewellery, statues, home décor

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



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