

Sacred Paths Newsletter

October 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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October Moon Focus



October Moon Phases

First quarter: Oct 2

Full Moon: Oct 9

Last quarter: Oct 17

New Moon: Oct 25

Samhain: Oct 31

Day of the Dead: Nov 1 & 2

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 friendships, 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

“Stop breaking down yourself into bite-size pieces to serve others. Stay whole and let them choke.”

- Anonymous

Be True to Self

The approaching season of darkness / winter is used for deep introspection and self-reflection. Nature asks us to follow her cycles and as such, we should be ‘hibernating’ over the next few months to prepare for re-growth in the new year.

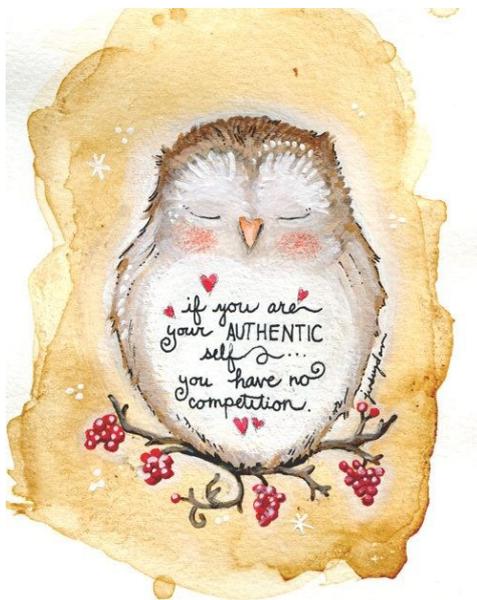
Take stock for all that you have accomplished thus far, on both personal and professional levels. Reflect on the challenges that you have had to navigate through and how you celebrated overcoming them.

Spend time alone to truly understand what you enjoy in life. Too often, we ride on the bandwagon of others, not paying attention to our deepest needs and desires.

Identify aspects of the self that requires inner work for healing. This can manifest as illness, fears, blockages, relationship issues, etc. Take responsibility for your own progress and seek counselling or healing practitioners as needed.

Detox from social activities every so often to regain a sense of self. Constantly being bombarded by other people’s energy, in person or via their online presence, can interfere and distort our self-image and self-esteem.

Honour your unique gifts and attributes that make you, YOU!



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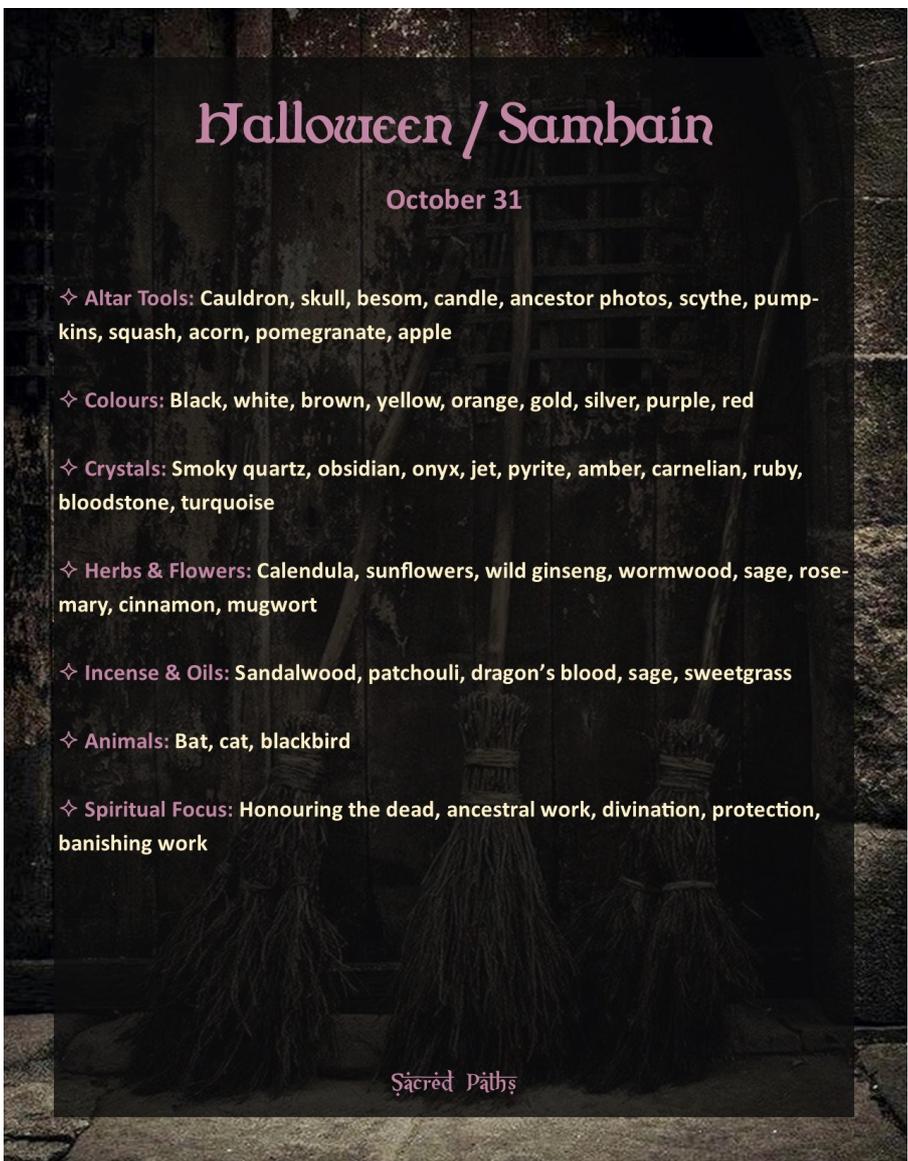
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Samhain / Halloween

The most sacred days of the year for ancestral veneration are October 31st through to November 2nd. Many spiritual practices incorporate ancestral work or honouring the dead in their daily rituals.

If you are not inclined to do ritual work at a cemetery, which has its own rules and precautions, working with the elements of the dead can still be accomplished. This includes indoor / outdoor ancestral altars, pouring libations (water / alcohol) onto the earth, setting a plate for spirits at meal time (discard onto the earth afterwards), as well as working with deities of the underworld.

As always, do your research first before physically dabbling in spiritual practices that you are unsure of. Remember that spirits / powers choose you and not the other way around, contrary to popular belief. You will feel guided to the practices that are right for you, so follow your intuition in all that you do.



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Banishing Ritual

Ritual Tools:

1 black and / or white 6" household candle (not in glass)

Large glass, ceramic or wooden bowl (calabash or earthen ware will work well - do not use ritual items for household purposes)

Purification herbs - hyssop, bay leaf, rosemary, thyme, basil, cinnamon, clove or pine



Ritual:

Perform this ritual outdoors if possible, sitting directly on the earth. This is best done during the waning moon. Place the items on the ground or on an altar close to the ground or made of wood.

☽ Prepare your body and mind with a bath / shower. A salt scrub in the shower or a sea bath earlier in the day will help to clear your aura and re-energise your spirit. Adorn yourself with comfortable clothing, wearing colour correspondences if desired

☽ Fill the bowl with water, preferably from the ocean or a spring. Tap water can be used and energised by placing in either full sunlight or moonlight for a few hours. Place a sprig each of your choice of herbs (use only 1 to 3 different herbs) in the bowl. Fresh, dried or powdered herbs can be used. *Please use clove in smaller amounts as it can be toxic to the skin in large doses and cause burning

☽ Secure the candle (in a lantern if outdoors) and light it with intention. Fire enhances the outcome of a ritual and is a transformative element in magick. Black candles are used for banishing negative energy from yourself or within a space, whereas white candles invoke purity and ancestral energy for clearing and healing

☽ Place your hands over the bowl and bless / charge it with your own words. Use the wet, herbal sprigs or take a handful of herbal water to anoint your body, head to toe. Place your hands completely immersed in the cleansing water and visualise or say aloud that which you wish to leave you, allowing the water to draw the negativity out

☽ Allow the candle/s to burn down (pay attention to any images formed by the wax) and discard the melted wax and herbal water onto the earth, thanking it for receiving what you wish to banish

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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)*

◇ 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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