

Ajna Holistic Sanctuary



Sacred Paths Newsletter

July 2016

Editor's Note

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
- ✧ July moon focus
- ✧ Words of wisdom
- ✧ Summer Solstice
- ✧ Local resources

Ajna Holistic Sanctuary

'Winsome Cottage' Upton St. Michael Barbados W.I.
246 426 7815

ajnasanctuary@outlook.com www.ajnasanctuary.com

Calendar of Events ~ July 2016

Date	Event
July 17	<p style="text-align: center;">Full Moon Esbat (sacred circle gathering, oracle readings, meditations)</p> <p style="text-align: center;">Ajna Holistic Sanctuary 5pm - 6.30pm</p> <p style="text-align: center;">\$25</p>
Weekly	<p style="text-align: center;">Yoga</p> <p style="text-align: center;">Ajna Holistic Sanctuary</p> <p style="text-align: center;">Thursdays 9am - 10.30am - Natasha</p> <p style="text-align: center;">Saturdays 7am - 8am - Jennifer</p> <p style="text-align: center;">Sundays 4pm - 5pm - Andrea (on summer break)</p> <p style="text-align: center;">\$25-\$30/class</p> <p style="text-align: center;">(please call to RSVP and for details on packages)</p>

Visit the website for full details on events

www.ajnasanctuary.com



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July Moon Focus



New moon - July 4

Full moon - July 19

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

New 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 yourself and family, transforming negative emotions into positive ones, dream spells, divination and telepathy

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Words of Wisdom

"The endurance of darkness is preparation for great light." - St. John of the Cross



Summer Solstice

Many cultures have honored the Summer Solstice for thousands of years. It represents the longest day of the year and the start of summer, and usually occurs between June 20-23. Many megalithic sites from ancient civilizations such as the Egyptian, Mayan, European, and Indian for example are aligned with the cosmic movement of the sun.



Although we have passed the date for the Summer Solstice (June 21), the application of the ritual themes can be pursued over the following summer months. Some of the primary rituals at this time include love, marriage and divination, which help to explain the prolific occurrences of summer weddings!

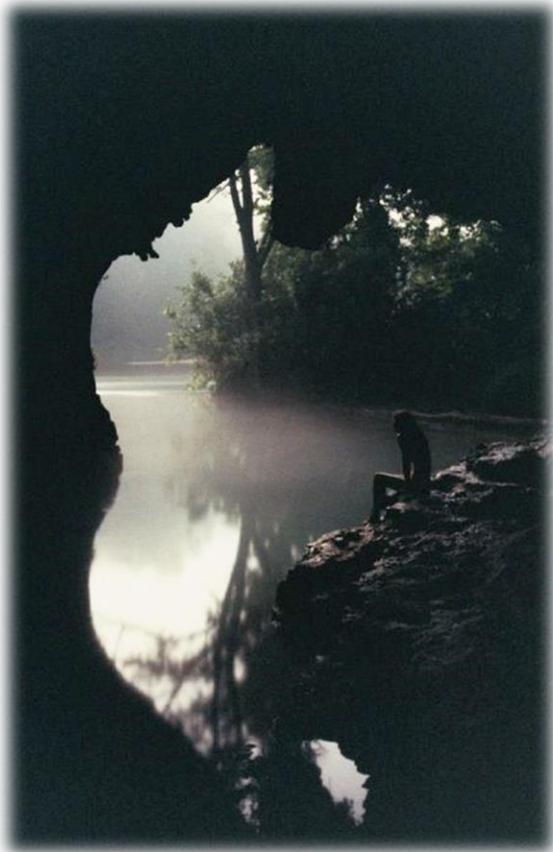
Another powerful theme at this time is that of descent, where we go deep into ourselves during meditation in an effort to see our inner being more clearly. This type of personal exploration allows us to be honest with our strengths and challenges, and gives us the insight to make changes for the better.

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Guided Descent Meditation:



- sit comfortably, take a few deep, relaxing breaths
- visualize yourself at the opening of a dark cave with the sun behind you, and carefully walk into the cave, noticing there are stairs that lead to the bottom
- keep going down into the depths of the cave until you notice a glimmer of light, which you follow
- at the end of the stairs is a clearing where you meet your spirit guide
- allow yourself to be receptive to any guidance they may offer, and stay with them as long as needed
- thank your guide for their presence and insight, and make your way up the stairs into the light
- allow the sun to warm your body and bring your awareness back to the present

Other Summer Solstice rituals:

- ⚙ **Light a bonfire** - best performed at night with a gathering of friends. Always abide by safety precautions when using the fire element.
- ⚙ **Practice candle magic** - perform tratak (candle flame meditation) or use coloured candles to amplify your desires.
- ⚙ **Morning yoga** - a perfect time to fine tune your practice of the sun salutation (visit link for a full description - <http://yogasite.com/sunsalute.htm>)
- ⚙ **Harvest what you have sown** - not literally, unless you have a kitchen garden... but take the time to reap the benefits of any works that were started in the new year. Find the golden nuggets that lie within your reach and explore the resources that you have close at hand.

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Local Resources

Brother D's

City Centre

gemstone jewellery and
metaphysical books

Do It Best Home Center

Sheraton & Canewood

crystals, home decor

Gifts and Things

Sheraton

gemstone jewellery, statues,
home decor

Maximum Discount

Swan Street

incense, home decor

Moon River

DaCosta's Mall

gemstone jewellery and
metaphysical books

Reiki School of Natural Healing

Verity Dawson

Atlantic Shores

crystals, pendulums, etc

Sacred Paths

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sage and incense, jewellery,
glass bottles, journals, ritual
tools, etc

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