

Sacred Paths Newsletter

April 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

In This Issue:

- ✧ **April moon focus**
- ✧ **Words of wisdom**
- ✧ **Article: Moving Forward Fearlessly**
- ✧ **Ritual: Charging a Talisman**
- ✧ **Beltane**
- ✧ **Resources**



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

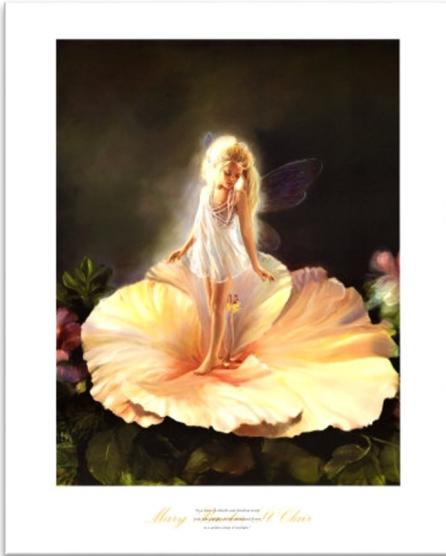
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April Moon Focus



April Moon Phases

First quarter: 1, 30

Full moon: 8

Last quarter: 14

New Moon: 23

Beltane: May 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 Aries (March 21 - April 20)

- ◆ **Energy** - power, energy, force, expression, self-reliance, fearlessness, enthusiasm
- ◆ **Zodiac colour** - red
- ◆ **Element** - fire
- ◆ **Ritual themes** - advance social situations and gaining confidence, finding new friends, adding passion to romance

Moon Esbats in Taurus (April 21 - May 20)

- ◇ **Energy** - stability, peace, affection, artistic ability, devotion
- ◇ **Zodiac colour** - red-orange
- ◇ **Element** - earth
- ◇ **Ritual themes** - bring success to any type of investment (time, money, energy), saving money, prosperity, long term goal planning

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Words of Wisdom

“I don’t care who the biggest fish in the pond is. I am a whole different animal.”

- Anonymous

Moving Forward Fearlessly

These are uncertain times, so let’s not pretend otherwise. However, we can still take charge of our lives. We have control over how we respond to the changes and events surrounding us now. Decide how you wish to live and how you can best manage with the resources that you have.

We should be using this down time (if you happen to be not working currently) to be otherwise productive in our daily lives.

✧ **Declutter and discard** - gain mental clarity by seeing what is in front of you. Use the cathartic energy of cleaning to get rid of stuff that is hoarding stagnant energy in your life. We often feel stuck in life because we don’t have the space to allow anything else in... free it up

✧ **Identify resources** - how can you best use what you already have to create opportunities for yourself? What are your life skills and how can you use them now and in the future?

✧ **Be open to change** - many online resources have become available to us for free or reduced costs during the pandemic. Take advantage of these opportunities to learn new skills, read and do things that you may not have had the time to do before

✧ **Plan and prepare for the future** - stop freaking out for just one minute and start thinking long-term. What do you have in place for your family should necessities run out (food, water, etc)? Start planting and storing adequate supplies of water. Is your home sufficiently protected against burglary? How will you protect your family?

These are some vital things we need to consider, especially since we cannot predict how long things will go on for. Stay safe everyone and let’s work together to keep our communities strong!



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Ritual: Charging a Talisman

There are many ways to protect yourself on a spiritual level. One such method includes wearing an item that has been magically charged with your intention, known as a talisman. It can be a pendant or other piece of jewellery such as a bracelet, anklet, waist bead, etc. Whatever the item, it should have some quality that you wish to draw to yourself.

Most talismans are store bought pieces, but you can personally empower it with something from yourself (blood, sexual fluids, saliva, breath, hair, etc)



- ◇ **Cleanse the talisman as appropriate, using water or smudging techniques, being mindful of the material it is made of**
- ◇ **Sit at your altar, light candles and call in the energies that you work with**
- ◇ **Anoint the talisman with an oil specific to your needs (protection, love, wealth, etc) and/or with body fluids... this part is optional but will further empower the work**
- ◇ **Hold the talisman between your hands and project your needs into it using your mind. Say aloud or mentally what its divine purpose is**
- ◇ **Place the talisman in a glass/ceramic bowl with appropriate herbs, crystals or any other natural amplifier to charge for a minimum of 3 days**

Best performed in the waxing moon phase (new to full moon)

Avoid letting others handle your talisman and wear with confidence!

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Beltane

This holy day occurs on May 1st and it represents the mid-point between the spring and summer equinoxes. Since most of us are in quarantine and social gathering is non-existent, we need to get creative in order to still enjoy these special times.



☞ Go into nature more

☞ Enjoy your garden (or your neighbour's)

☞ Bring pops of colour inside with indoor plants

☞ Create miniature fairy gardens or hotspots on painted tables

☞ Have a fancy tea party with the family (yes, with the good china that never sees the light of day)

☞ Bask in the morning sun and feed your third eye

☞ Do as much as you can to enjoy what you have around you to feed your soul

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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: *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, candles, soaps, potions, magickal oils



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