

Ajna Holistic Sanctuary



Sacred Paths Newsletter

November 2015

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
- ✧ November moon focus
- ✧ Words of wisdom
- ✧ Chakra balancing with food and yoga
- ✧ 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 ~ November 2015

| Date | Event |
|-----------------------|---|
| November 21 | Ajna Holistic Sanctuary - Open Day (FREE) Ajna Holistic Sanctuary 2pm - 5pm |
| November 22 | Full Moon Esbat 3 Neils Plantation, St. Michael 6pm - 8pm \$25 |
| Every Saturday | Yoga Ajna Holistic Sanctuary 7am - 8am \$25-\$30/class (please call to RSVP and for details on packages) |



Ajna Holistic Sanctuary
'Winsome Cottage' Upton St. Michael Barbados W.I.
246 426 7815
ajnasanctuary@outlook.com www.ajnasanctuary.com

November Moon Focus



New moon - November 11

Full moon - November 25

New Moon Esbats in Scorpio (October 23 - November 22)

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

Full Moon Esbats in Sagittarius (November 23 - December 22)

- **Energy** - expansion, generosity, faith, optimism, understanding, charity
- **Zodiac colour** - blue
- **Element** - fire
- **Ritual themes** - expanding knowledge, ability to positively communicate



Words of Wisdom

The eyes are windows to the soul, therefore let them be filled with light.

Ajna Holistic Sanctuary

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

ajnasanctuary@outlook.com www.ajnasanctuary.com

Chakra Balancing

In this issue, we will continue to focus on chakra healing using coloured food and yoga. Just as laying on of stones is accomplished by placing the corresponding coloured gemstone on or near the imbalanced chakra, the chakras can also be affected by use of colour in other ways.

We will explore the positive and negative archetypes of each chakra and the associated healing foods and yoga postures. Chakra balancing can also be accomplished by wearing the corresponding colours to affect healing.



Meditation:

Sit upright and breathe deeply and evenly. Focus on the mandala images for each chakra to assist with healing any imbalances. Visualise the mandala in the location of the chakra.

Ajna Holistic Sanctuary

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

ajnasanctuary@outlook.com www.ajnasanctuary.com

Root Chakra



Positive Archetypes - Nurturing, self-sufficient, responsible

Negative Archetypes - Lacking energy, disempowered, low life force

Healing Foods - Meats, grains (wheat, oats, brown rice), red fruits (tomatoes, apples, berries)



JASPER JOHAL

Yoga Posture - Warrior pose

Encourages connecting the feet to the earth providing you with stability and safety

Affirmations

I am supported in life through all my choices to do good

I am grateful for the challenges that have taught me who I truly am

I love life

Ajna Holistic Sanctuary

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

ajnasanctuary@outlook.com www.ajnasanctuary.com

Sacral Chakra



Positive Archetypes - Pleasure, abundance, enjoyment

Negative Archetypes - Critical, sour, condemning

Healing Foods - Fish and other seafood, algae, oranges, melons, sweet potatoes, squash, pumpkin, carrots



MICHAEL WINOKUR

Yoga Posture - Garland pose

This low squat focuses on the pelvis and allows you to be open physically, emotionally, and energetically in order to accept yourself fully

Affirmations

I honour my body and treat myself respectfully

I am a being of light, open to my highest joy

I trust my feelings and give them room for expression

Ajna Holistic Sanctuary

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

ajnasanctuary@outlook.com www.ajnasanctuary.com

Solar Plexus Chakra



Positive Archetypes - Confident, creative, courageous

Negative Archetypes - Needy, seeks approval, disempowered

Healing Foods - Chicken, eggs, olive oil, honey, molasses, pineapple, lemons, grapefruit, brown rice, green vegetables (help to detoxify the liver)



CHRIS ANDRE

Yoga Posture - Boat pose

Feeling the burn in your core offers the opportunity to summon inner strength to keep going

Affirmations

I am worthy of love, kindness and respect

I am confident in the ability to make my life work

I choose the best for myself

Ajna Holistic Sanctuary

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

ajnasanctuary@outlook.com www.ajnasanctuary.com

Heart Chakra



Positive Archetypes - Generosity, openness, loving

Negative Archetypes - Conditional love, love through imitation

Healing Foods - Meat, salmon, sprouts, greens



MICHAEL WINOKUR

Yoga Posture - Camel pose

Go beyond your comfort level to open your heart. Connect to the bliss of love, which resides beyond the resentment of anger

Affirmations

All love resides within my heart

Love opens and heals me

I look for the joy in myself and see it in all things

Ajna Holistic Sanctuary

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

ajnasanctuary@outlook.com www.ajnasanctuary.com

Throat Chakra



Positive Archetypes - Outspoken, truthful, open

Negative Archetypes - Inability to communicate clearly, unexpressed emotions

Healing Foods - Avoid mucous producing foods (chocolate, dairy, excess sugar).
Lemon and honey are good for sore throats



CHRIS ANDRE

Yoga Posture - Sphinx pose

Opens your throat and spine to find your own expression. Allows you to communicate honestly with yourself and others

Affirmations

I share my feelings with ease and comfort

I live in my truth

My spirit rests in peace and silence

Ajna Holistic Sanctuary

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

ajnasanctuary@outlook.com www.ajnasanctuary.com

Third Eye Chakra



Positive Archetypes - Flexibility, humor, wisdom

Negative Archetypes - Rational, factual, rigid

Healing Foods - Fresh food, free of additives and high in protein are good for the brain



RICHARD CUMMINGS

Yoga Posture - Child's pose

Develop the ability to trust your intuition. Replace ignorance of oneself with surrender to divine guidance

Affirmations

I release and forgive the past

I open myself to know my inner guidance and wisdom

I align my consciousness with the source of all life

Ajna Holistic Sanctuary

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

ajnasanctuary@outlook.com www.ajnasanctuary.com

Crown Chakra



Positive Archetypes - Grace, bliss, gratitude

Negative Archetypes - Arrogance, self-absorption, inflexibility

Healing Foods - Fasting is food of the spirit. Occasional fasts help to purify the blood



RORY EARNSHAW

Yoga Posture - Head stand

The crown of your head is grounded and connected to the earth. Although you are connected to the divine, you are still rooted to the earth to fulfill your purpose

** Please do not attempt without guidance*

Affirmations

I honour and protect my divine spirit

I know my higher purpose is being fulfilled now

God / Goddess is around me at all times

Ajna Holistic Sanctuary

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

ajnasanctuary@outlook.com www.ajnasanctuary.com

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

Ajna Holistic Sanctuary

sage and incense, incense
holders, glass bottles,
journals, etc.

Ajna Holistic Sanctuary

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

ajnasanctuary@outlook.com www.ajnasanctuary.com