

# Sacred Paths Newsletter

February Focus :

## Welcome!

Our 'Sacred Paths Newsletter' is geared towards spiritual enlightenment and conscious awareness. Monthly issues will focus on moon themes and energies, rituals, personal empowerment and holistic wellness.

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**



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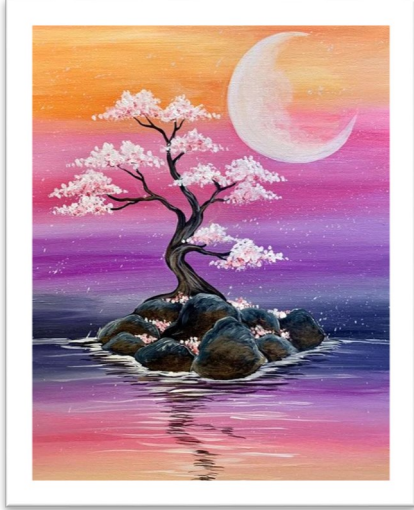
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## February Moon Focus



### February Moon Phases

**Full moon: Feb 5**

Last quarter: Feb 13

**New Moon: Feb 20**

First quarter: Feb 27

**Imbolc: Feb 1**

**Candlemas: Feb 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 Aquarius (January 21 ~ February 18)**

- ◆ **Energy** - independence, progressive ideas, love, heightened perception, resourcefulness
- ◆ **Zodiac colour** - violet
- ◆ **Element** - air
- ◆ **Ritual themes** - work on courage, loyalty and leadership skills to bring about personal independence and a sense of self-worth

## **Moon Esbats in Pisces (February 19 ~ March 20)**

- ◇ **Energy** - inspiration, compassion, psychism, creativity, devotion
- ◇ **Zodiac colour** - crimson / red
- ◇ **Element** - water
- ◇ **Ritual themes** - analyzing dreams and meditation

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## Words of Wisdom

*“Knowing yourself is the beginning of all wisdom.”*

*- Aristotle*

## Self-Discovery

It's time to take the mask off. Who are you? Are you embodying and projecting into the world what you see as your true self? As you journey through the transformation of your best self, the Universe will match and reflect the energy you project.

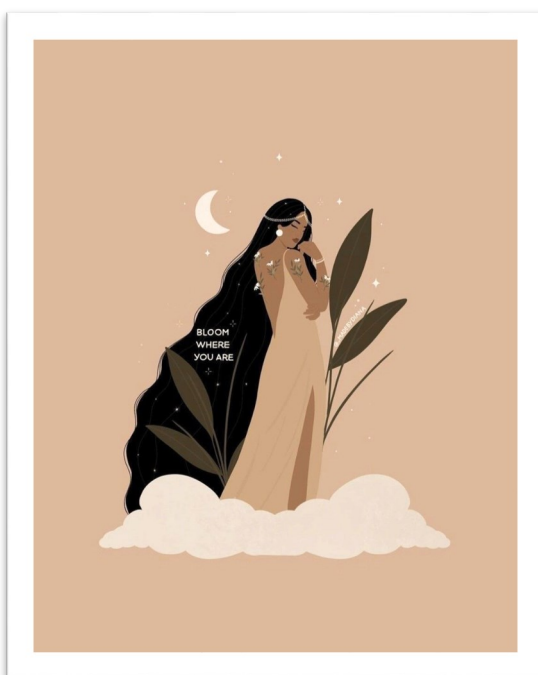
Describe your ideal life. What does it look like? What do you enjoy doing on a daily basis, for both work and recreation?

How would you describe yourself in full details? Include physical and personality traits.

What are your main priorities and goals in life? Are you on your life path or do you feel held back? Can you identify the issues keeping you in a stagnant state of living?

If there were no limitations, what would you be in life? Where would you live or travel to? Describe what your limitless life would be.

What are you grateful for in your life right now? Is there anything missing? What do you want to show up more in your life?



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## Imbolc / Candlemas

On February 1st, Imbolc marks the halfway point between the Winter Solstice and the Spring Equinox. It is a time for renewal, growth and re-dedication, as darkness gives way to light.

Candlemas, which represents the light (fire) of the sun, is celebrated on February 2nd. These two terms are often used interchangeably, but they do have different origins and meanings. Celebratory activities include cleaning and re-dedicating your sacred spaces, planting, intention setting and starting new projects.

After cleaning your sacred spaces, use the corresponding herbs / incense to smoke and spiritually uplift the environment.



✧ **Altar Tools / Offerings:** Candles, besom, flowers (refer to associated colours), seeded breads, dairy

✧ **Colours:** White, pink, red, yellow, orange, gold, light green, light blue, brown

✧ **Crystals:** Quartz, amethyst, citrine, garnet, ruby, bloodstone, turquoise, onyx

✧ **Herbs & Flowers:** Angelica, basil, bay laurel, blackberry, myrrh, violets, white and yellow flowers, jasmine, rosemary, lavender

✧ **Incense & Oils:** Myrrh, cinnamon, vanilla, basil, bay, frankincense, lavender, jasmine

✧ **Animals:** Burrowing animals, bear, deer, lamb

✧ **Spiritual Focus:** Purity, growth, fertility, creativity, renewal

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## Ritual: Mirroring

This ritual can be performed at any time. Do this exercise regularly to reprogramme the image of your ideal identity in your subconscious mind.

The Hermetic principles of mentalism and correspondence are closely linked in this operation. In the first principle of mentalism, all that exists, does so in the mind. Our mind is the ultimate creator of our reality from an individual to a group mind perspective. The principle of correspondence teaches us ‘as above, so below’, meaning that what we project on the outside will be eventually embodied on the inside, and vice versa.

Choose an image of yourself that would best express your ideal lifestyle. Pay attention to your outward appearance... how would you dress and carry yourself to reflect the best version of you. How close are you to carrying yourself in this way currently? You should not need to drastically change your appearance via cosmetic means, but rather start seeing yourself in a different light.



What changes need to be made for your transformation? Notice how you feel when clothed in different garb (textures, colours, styles, etc). What can you implement now that will create a conscious shift in your mental reality?

As you project the best version of yourself to the world, how do others respond to you? Do you notice any changes (positive or negative) in how people treat or interact with you? Surround yourself with a tribe of people that will support your endeavours.

Doing this exercise also requires you to be comfortable in your own skin, so that, as you embody all that you are, the opinions of others should matter none.

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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)*

◇ sage and 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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