

Sacred Paths Newsletter

December 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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December Moon Focus



December Moon Phases

First quarter: Nov 30 / Dec 29

Full Moon: Dec 8

Last quarter: Dec 16

New Moon: Dec 23

Winter Solstice: Dec 21

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 Sagittarius (November 22 - December 22)

- ◆ **Energy** - expansion, generosity, faith, optimism, understanding, charity
- ◆ **Zodiac colour** - blue
- ◆ **Element** - fire
- ◆ **Ritual themes** - expanding knowledge, ability to communicate in a positive manner

Moon Esbats in Capricorn (December 23 - January 20)

- ◇ **Energy** - structure, restraint, diplomacy, endurance, self-discipline
- ◇ **Zodiac colour** - indigo
- ◇ **Element** - earth
- ◇ **Ritual themes** - restructuring home and/or work life to suit your needs

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Words of Wisdom

“To know yourself, you must sacrifice the illusion that you already do.”

- Vironika Tugaleva

Self-Reflection

The Winter Solstice embraces darkness and compels us to delve into deep introspection. Over the next few weeks, as the year comes to a close, pay attention to all the things going on in your life. Self-reflection is a valuable tool for making observations and creating change. Use the following journal prompts to explore and reflect on this phase of your journey:

What blessings am I thankful for in this moment?

Who makes up my tribe (supporting friends, family, etc)?

How am I supported by my tribe on a daily basis?

What challenges did I overcome this year?

How did it help to me to grow (personally or professionally)?

Did I accomplish my goals for this year?

What do I still struggle with?

Is it something that I can change or is a different perspective needed?

What aspects of myself remain hidden from others (shadow self)?

Does it hamper my ability to be my best self?

How can I honour all aspects of myself?

What do I need to forgive myself for?

How can I incorporate more self-love and acceptance into my life?

What am I looking forward to next year?



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Winter Solstice / Yule

Celebrate the Yule season and Winter Solstice on December 21st with these tips to keep your sacred spaces refreshed.

Thoroughly clean your home and/or work space, throwing out all that you no longer use or need. Refresh soft furnishings and decorate with a clean, colour palette for the new year.

Fill your home with Yule scents, such as orange, cinnamon, clove, peppermint, apple, pine, etc. Keep branches from a real pine tree and use the dried needles as a powerful cleansing incense (caution when lighting pine needles as they burn with a high flame).

Enjoy family time and create new memories!



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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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