

Sacred Paths Newsletter

November Focus :

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

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- ✧ **Ritual: Using Mantras**
- ✧ **Resources**



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

T: 1 246 426 7815 or 1 246 230 9094 E: ajnasanctuary@outlook.com

www.ajnasanctuary.com

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Calendar of Events : November

Date	Event
Monthly	<p>Moon Esbats (online format)</p> <p>Receive practical information for the moon cycle via email</p> <p>Gatherings will be held on revered holy days throughout the year</p> <p>Please check website for details</p>
Monthly	<p>Sacred Womb Teachings Techniques to honour and heal womb traumas and blockages</p> <p>Mysteries of the Goddess Online teachings and practical gatherings November 18 - Sacred Words</p> <p>Please check website for details</p>
Weekly	<p>Goddess Yoga with Andrea</p> <p>Sundays 4 - 5pm \$25/class (no yoga on workshop dates)</p> <p>Upton, St. Michael</p> <p>(please call 246 230 9094 to RSVP)</p>

Visit the website for full details on events

www.ajnasanctuary.com



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November 1, 2018



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Goddess

Yoga

Sundays

4 - 5pm

\$25

Ajna Holistic Sanctuary

'Winsome Cottage' Upton St. Michael Barbados

(246) 426 7815 or 230 9094

ajnasanctuary@outlook.com

www.ajnasanctuary.com

RSVP required

FEMALES ONLY! Embrace the goddess within through posture, movement and meditation. All fitness levels welcome.

Visit **www.ajnasanctuary.com/sacred-paths** for details.

Directions to Ajna Holistic Sanctuary:

Come down the hill on the ABC highway heading to Wildey from SJPP / Designer Décor and make the left turn at the bottom as if going to the back entrance of the Gymnasium. The old BET building will be on your immediate right, and we are 2 buildings away on the same side.

You will see our purple and white sign by the entrance.

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Sacred Words

Enhance your rituals with the magick of
sounds & words

November 18th, 2018

4-6pm

Donations welcome - Open to all

Śācrēd Pāthś

246 230 9094

www.ajnasanctuary.com

ajnasanctuary@outlook.com

'Winsome Cottage' Upton St. Michael Barbados

RSVP required

Enhance your rituals and transform your life with the magick of sounds and words. Learn the science behind mantras, how to make a sigil, and how words are used magickally in everyday life. OPEN TO MEN & WOMEN

Visit **www.ajnasanctuary.com/sacred-paths** for details.

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November Moon Focus



November Moon Phases

New moon: Nov 7

First quarter: Nov 15

Full moon: Nov 23

Last quarter: Nov 29

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 Scorpio (October 23 ~ November 21)

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

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

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Words of Wisdom

“I AM... two of the most powerful words, for what you put after them shapes your reality.”

- Anonymous

Sacred Words

We speak our reality into being. Our words can be used to enhance or destroy. Before you consider the words that you speak, also consider the tone in which they are said. Everything carries a vibration, and that is what is projected from us into the Universe. Imagine that every time you say something, it is on loud speaker in the realm of the cosmos. What the Universe hears, it then creates a matching vibration to what we have projected.

WATCH YOUR **THOUGHTS**,
FOR THEY BECOME **WORDS**.

WATCH YOUR **WORDS**,
FOR THEY BECOME **ACTIONS**.

WATCH YOUR **ACTIONS**,
FOR THEY BECOME **HABITS**.

WATCH YOUR **HABITS**,
FOR THEY BECOME **CHARACTER**.

WATCH YOUR **CHARACTER**,
FOR IT BECOMES YOUR **DESTINY**.

We need to be extremely mindful of the words that we use, not only to others, but to ourselves. Once spoken, it cannot be unheard. Having a bad day? Change your tone and language and see what happens.

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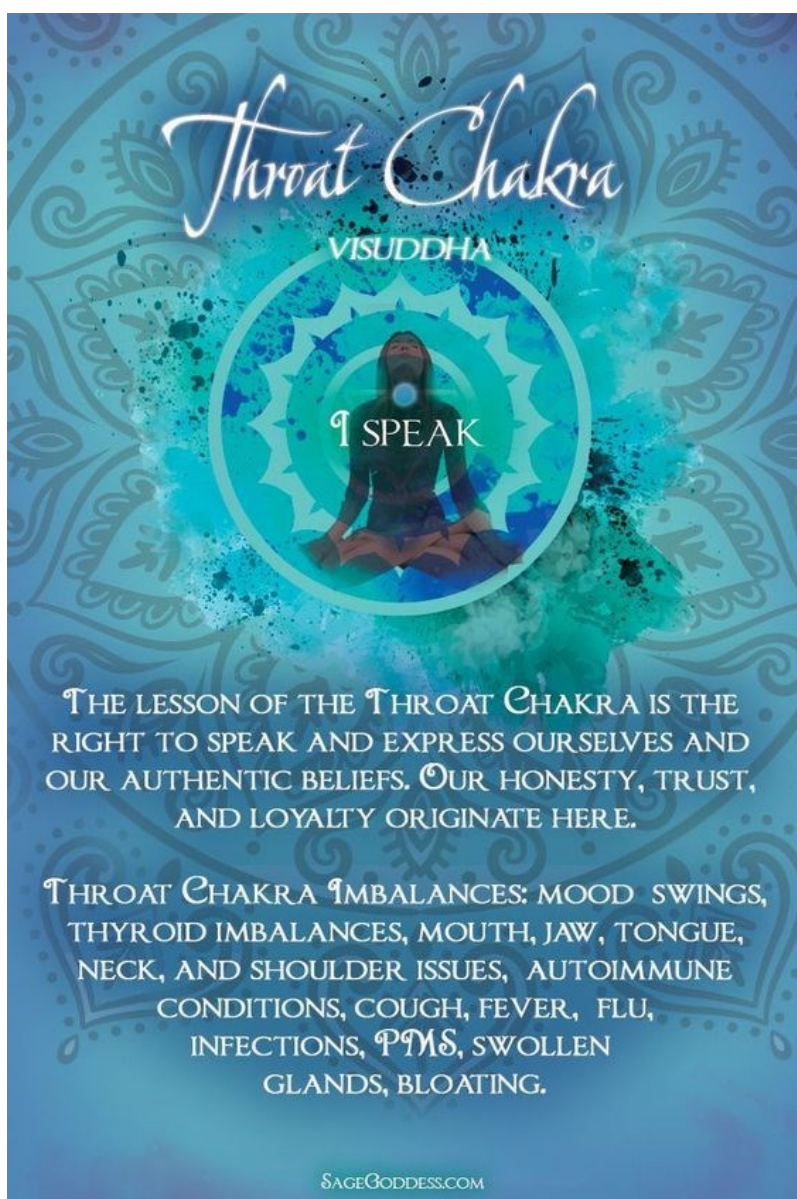
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Sacred Words (cont'd)

The throat chakra is the center of communication, where we speak our truth. Follow these tips to help open and balance this chakra:

- ✓ Anoint your throat with oil (a drop of essential oil (eucalyptus, basil, tea tree or chamomile) diluted with a tablespoon of base oil (grapeseed or sunflower))
- ✓ Wear turquoise semi-precious stone jewellery, as this stone is used to heal and open the throat chakra
- ✓ Journal and write down your feelings, thoughts and dreams. Your journal will support you in spirit
- ✓ Prayer or use positive affirmations on a daily basis to change your outlook on life
- ✓ Spend time in silence without speaking. See how long you can go through a day in silence (without being rude to others of course!)



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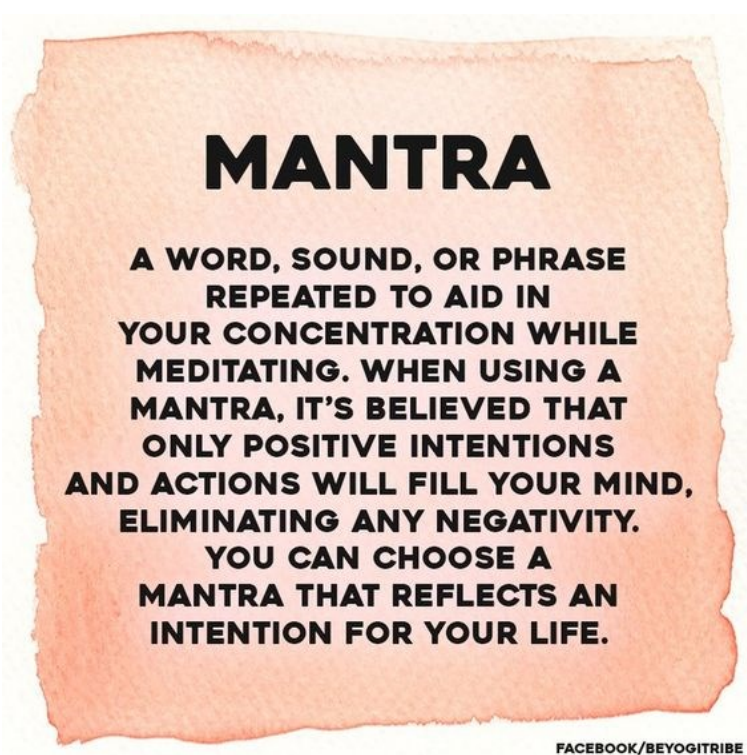
Ritual: Using Mantras

Mantras are used in many cultures as a method of creating positive changes within our vibration or frequency. By focusing on a word or phrase/s, we shift our mental and emotional focus to the sounds coming out of our mouth. More often than not, the internal vibrations that result from producing the sound also have an effect on our cellular structure and overall well-being.

You can find many mantras on YouTube in a variety of languages (some with translations), which may or may not be accompanied by background music.

Alternately, simply choose a word or phrase that reflects your current needs, and use it during meditation.

- ✧ Pick a time to perform your mantra meditation. Mornings are great if you rise early to set the tone for the day. Evenings allow your mind to focus on the mantra sub-consciously while you sleep
- ✧ Sit quietly and set the mood (candles, soft background music)
- ✧ Ground and center yourself with a few deep breaths
- ✧ Repeat the mantra for 5-10 minutes, using your breath to carry the vibrations of the word/s



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Ritual: Using Mantras

Throat Chakra Mantras



I speak my truth.
My voice matters.
I express myself.
I speak with kindness.
I speak with love.
My voice is strong.
My voice is clear.
My voice is steady.
I have an opinion.
I have the words I need.
I take up for myself.



Our Throat Chakra is our ability to express ourselves fully. To Speak and live our truth. It flows with freedom & acceptance for both ourselves & others.

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Local Resources

BeJewelled Spirituals & Souvenirs: *Speightstown (264 8179)*

- ◇ crystals, artwork, jewellery

Brother D's: *City Centre*

- ◇ gemstone jewellery

Do It Best Home Center: *Sheraton & Canewood*

- ◇ crystals, home décor

Gifts and Things: *Sheraton*

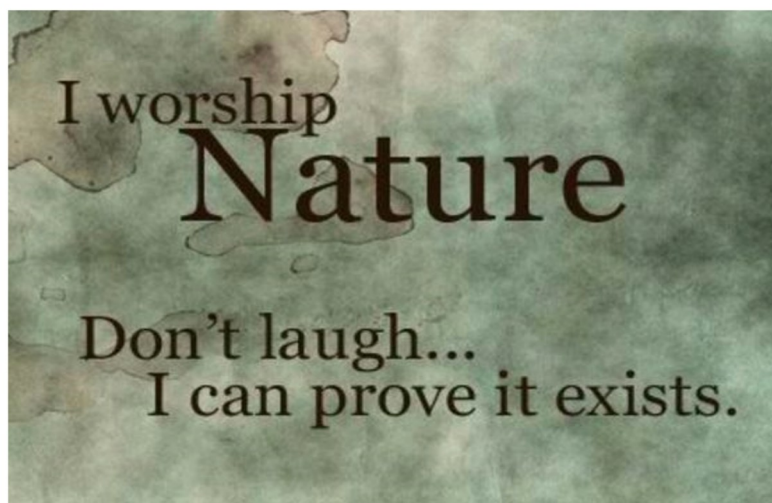
- ◇ gemstone jewellery, statues, home décor

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



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