



LUNAR

A PRACTICE WITH THE MOON

Take a moment to consider how familiar you are with the cycles of the moon. Did you know what cycle the moon is in right now? If not, why do you think that is?

Did you know that every month's full moon has a name? For example, March's Full Moon is often known as the "Worm Moon" because the earth is starting to come alive, verdant with energy and life - it's that the best?! The April Full Moon is often known as the "Pink Moon" from the blossoms of flowering trees, shrubs, and ground cover, the May moon is the flower moon, and the June moon heralds strawberries in their prime - the June Strawberry moon! [Learn more about the beautiful indigenous-given names of the Full Moons here.](#)

If you were to name the full moon of your life right now, what would you name it and why?

Every human being will have the same experience of the moon tonight, tomorrow night, and the next. Consider that for a moment? We are connected! When you look at the moon, can you bring to mind people in other parts of the world, and stand in solidarity with them during this global crisis?

The New Moon is when the moon is dark and hidden from sight.

**It's as if something is waiting to grow into fullness.
What might be wanting to grow into fullness in you?**

Is there a project, a personal value, a desire, a grief, a conversation that remains hidden in you today, but can grow as it's supposed to, over these next 2 weeks? What do you sense that is? What can you do to allow it to wax towards maturity?

In two weeks we will hit the Full Moon.

**Perhaps it can be a reminder or celebration of what has ripened
and come to fruition in your own life.**

Take time to celebrate and remember what was required to get there; both the letting go of something old, and the allowing of the new to be born in you.

As the Full Moon wanes back to an un-illuminated state, perhaps you can take time to consider what needs to be let go of in your life to make room for the next cycle of growth.

**What must you allow, surrender, drop, limit, consent to,
that will open up space to flourish for the coming season?**

What "two-week-on-two-week-off" rhythm would be helpful to adopt into your own life at this time? In other words, can you bring a routine into your monthly calendar where half of the month you are more present to what is growing and becoming brighter in your life, and the other half where you are more present to the aspects of your life where you're being invited to let go?

**"We are all like the
bright moon,
we still have our
darker side."**

Khalil Gibran