



Full Moon Ceremony and Meditation Libra ~ Aries

This month the sun is in the sign of Libra and at the moment of the full moon there is an opposition to the moon which is in the sign of Aries. So, again, we have two very different energies to blend this month.

Isn't it interesting the sun moves into the sign of Libra on the same day that we celebrate the fall equinox. The equinox energies are all about the balance between the light and the darkness. Day and night are equal in length, and Libra is all about equality, equilibrium and balance.

In nature, this is a time of gathering and preserving, after all the effort of planting and harvesting. The cycle of manifestation is ending, and we begin our descent toward the inner world of Spirit. It is a time to appreciate the wisdom contained in the darkness. In the nature kingdom, the equinox signals the beginning of the next year's cycle.

The call goes out for that cycle to activate and begin its formation process on the deepest of energy levels. Since nature is calling in a new cycle it seems appropriate for us to align ourselves with nature and state our intention to assist in its unfolding in whatever way we can. Just as we wish to align ourselves with the energies of the planets and constellations at the time of the full moon we can use this opportunity to consciously call in our next personal cycle.

What is the next step for you in your evolutionary process? Can you commit to receive and act on that cycle? It seems that we can be greatly assisted if we fuse our energies with the processes of nature. One way I do this in my own life is to sit in meditation, align, and state my intention to be in alignment with the natural world and the upcoming cycle. Then I ask for guidance about what my next step is. I usually use a tarot deck to then pick a card that will give me the guidance I need to enter the next cycle with clarity and purpose.

Let's explore now the energies of Libra. Full moons always highlight the shadow side of each sign, the lunar nature as well as its spiritual task.

Aries is the sign opposite to Libra and its shadow manifests as a fierce independence. "I don't need anyone. I can do this myself." Aries is all about me and mine and there isn't much awareness of the impact upon others. He shoots first and asks questions later.

Libra's shadow is just the opposite. Libra wants harmony at all costs. Even if it means sacrificing himself. The spiritual task of Aries is to become more inclusive and for Libra it's about finding the center and taking a stand there. "Here I stand." Some describe an evolved Libra as an Aries who has gone to charm school.



Libra is all about balance, equilibrium, and finding the middle way. The mantra for Libra is, *"I choose the way that leads between the two great lines of force."* And for the Libran native "choose" is the key word. On the level of the personality he chooses harmony and peace at almost any cost. He is sensitive to his environment and so if there is any disruption or fluctuation in that environment he loses his balance.

He must learn to identify with the midpoint, to be in his center and react with flexibility. He is often torn by the decisions he must make, and this creates disruption in his system. You might say he is at war with all the different parts of himself. But it is through the disruptions and the unevenness that Libra develops balance.

There is an old tale, that I've mentioned before, about a Native American elder who tries to explain to his grandson about the war within himself between the dark forces and the light that he knows is also there. The grandson asks which side wins the war and the elder answers, "whichever side I feed."

This is a good reminder that we always have choice about the part of ourselves that we give energy to. We all carry the darkness and the light within us, but what do we wish to put out into the world? Let us commit to feeding and choosing the light.

Librans have such a love of peace that they are always ready to compromise. Compromise is not a bad thing, but it must be based on discernment. If the Libran native is compromising just because he doesn't want to feel tension or discomfort, then that is different than discernment where he is using his mind and his heart together to make a choice. That is what the Buddhists call "right action." Using the intellect and the heart to make the right choice.

Libra is an air sign, so he has easy access to his mental energy. When he wants too much to be fair to everyone and doesn't ever want to cause pain he dissipates his will and it is hard for him to take a stand. I often imagine the indecisive Libran standing on a tightrope. Unsure how to proceed. He feels safe and secure in the position he has achieved but he's not moving forward. He has reached a certain level of equilibrium where he is but without further movement he remains stuck.

Equilibrium is not about passivity. The task is to risk taking the next step. Risk offending someone or disappointing someone. If he is ever to get to the other side, he must move his body onto the next part of the tightrope. Once there he can reestablish a new equilibrium.

Every constellation is connected to a part of the physical body and Libra rules the diaphragm. Isn't it interesting that on the physical body the diaphragm is seen as the mid-point? The challenge for Libra is to live at that midpoint, the still place at the center that balances and harmonizes the opposites.



Libra is also about right relationship. It's a sign of duality, there is I and there is the other. This creates the polarity. In contrast to its opposite sign, Aries, whose focus is only on the I. Right relationship for the evolved Libran means that there is a perfect equilibrium between the I and the other. When he can give both polarities equal attention, then equilibrium is achieved.

Any time we are attached to one polarity or the other our choices become limited. We become crystallized in that position and movement becomes difficult. Healthy choice involves a certain amount of detachment from the emotional pull, a stepping back to look at the situation dispassionately and from that center point of balance within ourselves, we can make a choice about where we want to put our energies.

For the Libran disciple, the polarities are between the Soul and the personality. How do we achieve a mid-point here? First, we must *discern* between the pull of the personality and the pull of the Soul. The personality will always focus on its desires, its wants, its needs. It's always self-referencing. What do I want, what do I need, what do I desire?

The call of the Soul is toward spiritual aspiration. How can I reach the highest state of consciousness possible so that I may be of greater service to the world? So how to reach the mid-point? First, all the elements within the personality must become stabilized. All pairs of opposites of an emotional nature must become equalized. Then the Libran can live according to the Soul's directive. Walking the middle path means to stabilize and harmonize the opposites.

One of the ruling signs of Libra is Venus. Venus can help heal the imbalances within the Libran personality. She brings the energy of harmony, beauty, grace and love. Calling in the Venusian energy this month will assist us in balancing the disparate parts of ourselves.

This month, our challenge then is to clear up any imbalances within us, to stabilize our emotional life, to notice where we might be overly identified with an extreme position. Where do we need moderation? What is the mid-point for us?

The Meditation

In tonight's meditation, we will begin with an alignment and then I will ask you to take some quiet time to contemplate a few questions that have to do with the energies of this month. After several minutes of silence, I will ring the bell to bring you back to the room. Have your journal handy in case you wish to write your impressions down. You might want to consider pausing the recording to provide you with time to ponder the questions and write in your journal, if you wish.

- Now, make sure you have a comfortable place to sit. Perhaps feet on the floor, back straight, but with no strain, feeling gentle and relaxed. Taking a few deep



breaths, notice the softness that flows into the body, this gentle letting go energy, of releasing all that constricts.

- Begin to put your attention on the breath, breathing rhythmically, easily letting all tension float away on each exhalation. Feel the body sink into relaxation, the mind begins to quiet, and the emotional body become still.
- Let us imagine that we are connected to the energies of Libra. The color for Libra is yellow. Take a few minutes to breathe that color into your heart.

Feel the heart being filled with the color and the energies of Libra and affirm that you are *willing* to receive these energies into your being.

- Think about this energy we are accepting. Yellow represents a creative energy, it frees us from restriction and allows us to be inspired and ready for the new, just as this equinox energy is preparing us for a new cycle.

As we focus our attention on the energies of this Libra full moon we open ourselves to be blessed and touched by its outpouring.

- Now feeling your body filled with this sacred energy focus your attention on the area right above the head. Visualize there a radiant ball of light.
- Imagine this light is the energy of your Soul. The light contains the highest wisdom you have within you. In whatever way feels right to you imagine you are connecting to this Soul light.
- Now from this place of alignment with the highest within you, ask for clarity about the following questions;
 - ♥ What might be out of balance in my life right now?
 - ♥ How can I harmonize and stabilize this situation?
 - ♥ What is the middle way for me?

Bring yourselves gently back now to the room you are sitting in. Feel your feet planted firmly on the floor. Feel yourself connected to the earth and when you are ready gently open your eyes

We close with the Great Invocation.

The Great Invocation

From the point of light within the mind of God
Let light stream forth into the minds of men
Let light descend on earth.

From the point of Love within the heart of God



Let love stream forth into the hearts of men
May Christ return to earth.

From the center where the will of God is known.
Let purpose guide the little wills of men
The purpose which the masters know and serve

From the center which we call the race of men
Let the plan of love and light work out
And may it seal the door where evil dwells

Let light and love and power
Restore the plan on earth.

Let us close with three OMs
Om ...
Om ...
Om...

May you be richly blessed by the magic of the full moon.

~Karen

