

DARK MOON MEDITATION 2021



- A1:** At the last dark moon, silence covered us,
and the breath of nature was suspended:
- B1:** Then our vigil and introspection
gave way to light and action.
We were touched by the Maiden:
- A2:** The moon emerged from darkness:
The moon burst forth, the tide turned,
and all was transformed.
- B2:** Then at the time of fullness,
The flood tide of power,
The Mother in full circle of brightness
ruled the night sky.
- A1:** In the waning aspect,
we saw the Crone:
The wise woman,
who clears the way for new growth.
- B1:** Hers is the power of ending.
It is she who weeds and prunes.
- A2:** Riding on the dark and star-filled night,
her hounds baying at her horse's fetlocks,
The dark mother came to bless what is righteous,
and to blight those who have done wrong,
- B2:** We moved forward on our path toward light and love!
But before the next task,
we rest and recharge ourselves,
like a warrior holding holy vigil before the next battle.
- A1:** In this time of the dark moon,
the ending before the beginning,
the death before new life,
in the vast silence and stillness,
all is possible:
All does change as the new replaces the old,

B1: Whatever we have been has made us what we are this very moment.
 All we shall ever be begins at this very moment.
 This is the time of the lunar cycle to be free from hindrance,
 To make progress on the path of light.

A2: When there is no color, no light, no sound; what is there?
 In darkness begins vision, in silence we learn our song.

B2: We are awake throughout the night,
 We turn the wheel to bring the light.



A1: Find a comfortable position,
 seated or lying down.
 Close your eyes and take a deep breath . . .
 Feel yourself letting go of conscious thought,
 of worry,
 of tension,
 and of doubt.
 Breathe and relax.
 Relax your whole body, knowing that you are in a safe place . . .
 Only when your body is fully relaxed
 is your awareness free to travel THE OTHER REALMS.

B1: *[count 10]* Continue to breathe deeply,
 knowing that you are supported
 in moving in the direction of your dreams,
 in manifesting the intentions of your heart.
 And so for right now, relax, breathe, and let go.

A2: *[count 10]* See the doors of your heart opening wide,
 and yourself entering,
 going into your inner space,
 your inner peace,
 your inner calm,
 your inner silence.
 Breathe and relax.

- B2:** *[count 10]* See yourself sitting outside in a safe place in nature,
on top of a hill, or in a clearing,
where you can get a full view of the night sky.
Notice your surroundings.
The darkness of night enfolds you,
but you are able to sense, to feel, and to know the presence:
The protection of the earth energy below,
and the inspiration of the celestial energy above.
- A1:** *[count 10]* Looking up at the night sky now,
you see stars hovering in the blackness.
Where the silver presence once appeared in the sky,
there is only the deep black of the unknown,
adorned with a million softly shimmering stars.
- B1:** *[count 10]* Instead of individual stars, you see the endless divine canopy,
the dark where the mother is resting,
where she now invites you to rest also.
- A2:** *[count 10]* Receive her blessing, link your vision to her vision,
Link your strength to her strength . . .
- B2:** *[count 10]* As you sit in meditation and communion with the one,
you begin to realize that others are communing with her also.
Many people:
sharing your energy,
lending their energy,
all drawing on her energy,
people you know, people you don't know,
people you only know a little,
people you used to know,
people you will know someday,
Or perhaps someone who knows someone,
who knows someone you know.
- A1:** *[count 10]*
We share an intent, a vision for this moon cycle.
It is a vision of compassionate awareness in the world.

- B1:** What have you seen, in your vision of compassionate awareness?
 [count 10] what will be different for you?
 [count 10] what will be different for those around you?
 [count 10] what will be different for those in the wider world,
 for those who you don't know,
 but whose lives you only hear about?
- A2:** [count 10] Receive the blessing and the strength of the great mother.
 Know that she is with you always.
- B2:** [count 10] As she sent her waning power,
 we felt the fading of the damaging forces –
 the obstructions to love and life.
- A1:** Our bond with each other grows, as our bond with the mother grows.
 Each day her light bathes the earth in the light of compassion.
 the light of acceptance.
 the light of justice.
 the light of giving.
 the light of love.
 the light of compassionate liberation.
- B1:** [count 10] As you watch the divine canopy,
 A shooting star flashes across the whole sky.
- A2:** So ask for what you desire.
 Imagine how you wish to feel.
- B2:** [count 10] And as you place this intention,
 another star streaks across the horizon at lightning speed.
 as your vision turns again toward the full sky,
 another meteor flashes by, and another.
 Soon your field of vision is filled with streaks of light,
 each one a spark of divine energy for you to gather
 in preparation for the next cycle.
- A1:** [count 10] The light of a million stars, now gathered into one great nebula,
 Each star one of the children of earth like yourself.

- B1:** [count 10] Hold on to this feeling, and remember it:
 The feeling of being one of many,
 In a great driving force.
 One of many who are drawn by compassion,
 And the will of the divine.
- A2:** [count 10] Each time we have seen the moon's transformations this month,
 Our own power has transformed also,
 And ever will be transformed.
- B2:** Hecate, Ceridwen, dark mother, take us in.
 Hecate, Ceridwen, let us be reborn.
- A1:** There must be this time of introspection,
 the rest before the resurrection.
 The wheel of life will not be stayed.
 this time of meditation will be weighed
 against the other chapters we will write
 following this dark and moonless night.
- B1:** Our Lady of the Dark,
 In whom our endings are but new beginnings,
 We are gathered here in your name.
 Grant us your presence, we pray,
 in this time and in this season,
 That we may soon grow again in spirit.
- A2:** in this time and in this season,
 when the moon has waned,
 and not yet begun her next course.
 It is a time of quiet and of renewal,
 And the gathering anew of the great tides.
- B2:** We call upon you, o ancient queen,
 To join us in our rites,
 And bless us,
 That we may renew and strengthen our powers once again.

- A1:** The moon goddess is immortal;
she lives, and bears fruit, and sleeps.
But she comes again, reborn with the new moon.
She will always come again –
ever the eternal return.
- A2:** Dark moon of our desire,
Thou coverest all with cold moon-fire!
Persephone, Persephone,
moon of the night, we long for thee.
In darkness, the springs of being rise;
And with a tidal sweep, life streams across the skies;
- B1:** The hour of the dark tide is here.
Arianrhod, draw near, draw near;
To lonely folk on lonely ways,
arise in dreams of silver haze.
To your spinning castle by the sea,
all in the end shall come to thee.
- B2:** Then let us face the month ahead with nerve and blood,
with toil and delight and passion,
and with the strength of Medbh. *[Maeve]*
For here with the old things, She mingles new things;
The never-changing with the ever-changing;
With the old that remains always the new,
The new that perpetually becomes old.
- A1:** O Goddess from the darkest deep of time!
Implant within us the seeds of love and understanding,
so that we may prosper in the great work,
And assist others to fulfilment.
- B1:** [count 10] Close your mind's eye again.
Take a minute to let the lights fade from your sight,
that you may return to your place of solitude.

A2: [count 60] When rested,
you will rise refreshed and renewed,
ready to move forward.
Keep always in your mind
your vision of compassionate liberation,
and what you desire to see in the world.

B2: And know now this mystery:
She has been with you from the beginning,
and she loves you always.

A1: Take your time,
and begin taking a deep breath.
And another.
Continue to breathe deeply,
until you begin to feel your body again.

B1: [count 10] When you are ready,
take one more long breath,
And another.
Then open your eyes, if you wish,
And rejoin us at the grove of the silver birches.

