

FULL MOON MEDITATION SPRING 2021



- A1:** AT THE DARK MOON,
THE MOST SILENT NIGHT OF THE MONTH,
QUIET AND DARK COVERED US,
AND THE BREATH OF NATURE WAS SUSPENDED.
- B1:** THEN OUR REST, VIGIL, AND INTROSPECTION
GAVE WAY TO LIGHT AND ACTION.
WE WERE TOUCHED BY THE MAIDEN:
SHE CHANGES EVERYTHING SHE TOUCHES,
AND EVERYTHING SHE TOUCHES CHANGES.
- A2:** THE MOON EMERGED OUT OF THE BLACKNESS:
THE MOON BURST FORTH,
THE CHAINS OF DARKNESS WERE BROKEN.
THE TIDE TURNED; ALL WAS TRANSFORMED.
SHE OPENED US TO CHANGE AND GROWTH.
AS HER LIGHT AND POWER GREW,
WE FELT OUR OWN POWER GROW.
- B2:** TONIGHT, THE TIME OF FULLNESS,
THE FLOOD TIDE OF POWER,
THE LADY IN FULL CIRCLE OF BRIGHTNESS
RIDES ACROSS THE NIGHT SKY.
- A1:** THIS IS THE TIME OF THE BEARING OF FRUITS:
THE GREAT MOTHER, NURTURER OF THE WORLD,
POURS OUT HER LOVE AND HER GIFTS IN ABUNDANCE.
- B1:** TONIGHT WE DRAW NEAR TO THE BRILLIANT ONE,
SHE WHO AWAKENS YEARNING IN THE HEART
AND WHO IS THE END OF DESIRE.
WE, WHO LOOK UPON HER SHINING FACE, ARE FILLED WITH LOVE.
- A2:** THIS IS THE CELEBRATION OF THE FULL MOON,
OF THE MOON AS MOTHER,
OF HER POWER TO NURTURE,
OF HER POWER OF FRUITION,
OF HER POWER TO MANIFEST WHAT IS POSSIBLE.
- B2:** WHEN FULL SHE IS STRONG,
AND OVERCOMES THE DARKNESS.
SHE NOURISHES WHAT THE WAXING MOON HAS BEGUN.



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 to 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.
Instead of individual stars, though,
you see a never-ending canopy of dark and light,
of black and silver.

B1: *[count 10]*

Where a thin silver crescent once appeared in the sky,
The full-blown orb has bloomed and spread above.
You are transfixed,
and the starry curtain fades to the background.
As the blossoming light has become larger, stronger and clearer,
your intent has also grown larger, stronger, and clearer.
You feel your soul stir . . .

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,
and 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,
and perhaps someone who knows someone, who knows someone you know.

A1: [count 10]

We all share an intent, a vision for this moon cycle.

It is a vision of compassionate awareness in the world.

B1: What do you visualize, in this world 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]

The moon reaches her full power now,

making the sky less and less black,

more and more blue.

A1: [count 10]

As Her power has grown this month, we have felt our own power grow.

Each night as you see her energy at its peak,

you also see the strength of our united energies fulfilling itself.

B1: Our bond with each other grows,

as our bond with The Mother grows.

Each day: bigger, brighter, stronger,

bathing 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.

- A2:** [count 10]
 So: ask for what you desire.
 Visualize what you wish to be **SO**.
 Let it be **SO**.
- B2:** [count 10]
 And as you place this intention,
 the shining circle glows brighter and bluer,
 as you feel your energy mingling with Hers,
 and with your sisters and brothers throughout the world.
- A1:** [count 10]
 As you continue to view the night sky above,
 you once again notice the canopy of stars.
 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 huge driving force.
 One of many,
 who are driven by compassion and the will of the divine.
- A2:** [count 10]
 Each time we have seen the moon growing to fullness this month,
 our own power has grown to fullness also.
- B2:** BRIGHT MOTHER OF THE NIGHT,
 LEAD US TO THE TRUTH,
 AND GUIDE US IN ALL OUR WANDERINGS IN DARKNESS,
 COME FORTH, O GRACIOUS GODDESS.
 SELENE CROWNED WITH STARLIGHT,
 WHO SHINES WITH TRUTH, IN THE STARRY ABODE.
- A1:** PRAISED BE THE MOTHER'S FAIR LIGHT;
 PRAISED BE HER BEAMS, THE GLORY OF THE NIGHT;
 PRAISED BE HER DEWS, WHEREWITH SHE MOISTS THE GROUND;
 PRAISED BE DANA'S POWER, BY WHICH ALL LIFE ABOUND.
- B1:** LET US ALSO SHINE THIS NIGHT AS A SYMBOL OF GROWTH,
 OF COMPASSION,
 OF JUSTICE,
 OF ALL-ENCOMPASSING LOVE,
 AND OF REACHING OUT,
 IN STRENGTH AND TRANSFORMATION.

- A2:** MISTRESS OF MAGIC, RULER OF THE TIDES BOTH SEEN AND UNSEEN;
SPINNER OF THE THREADS OF BIRTH AND DEATH AND FATE;
O ANCIENT ONE, NEAREST TO US OF HEAVEN'S LIGHTS!
- B2:** OUR LADY OF THE MOON,
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 GROW AGAIN IN SPIRIT AND SOUL, THUS TO HONOR YOU MORE.
- A1:** THEN LET US FACE THE MONTH AHEAD WITH NERVE AND BLOOD,
WITH TOIL AND DELIGHT AND PASSION,
AND WITH THE STRENGTH
OF SHE WHO MINGLES OLD THINGS WITH NEW THINGS,
THE NEVER-CHANGING WITH THE EVER-CHANGING;
WITH THE OLD THAT REMAINS ALWAYS THE NEW,
THE NEW THAT PERPETUALLY BECOMES OLD.
MAY WE ALSO CHANGE EVERYTHING WE TOUCH.
- 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 a full minute]
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 open your eyes, if you wish,
then rejoin us at the Grove of the Silver Birches.

