**Full Lunar Eclipse Walking Meditation-Greeting your Shadow (2015)**

*(The introduction to this visualization shares the mystery, magic and power Moon carries. It leads to describe the power of a lunar eclipse. During the walking meditation that follows, women are stopped at each turning phase of the moon to welcome Moon’s light and their Shadow.)*

(Debby): In the Mother Peace Tarot cards, the Moon card is titled “Experiencing the Mystery”. The following is from the Moon card.

 “The Moon represents the core of the ancient female mysteries-the journey into the labyrinth. The labyrinth is the holy path to the center and back out again…bringing knowledge and energy for both creation and destruction.” ...In Tarot tradition, the Moon represents unconscious desires and the fears that accompany the sense of losing control or falling into the unconscious realm of sleep and dreams. However, if one is afraid to enter one’s own astral territory, one can never truly know oneself-and the mystery of initiation is about little more than this. …One must travel these realms with the eyes shut and the senses open, like a bat with sonar rather than sight, letting feelings dictate the direction as one gradually enters the deep. The Moon rules all fluids, including the waters of the body and brain, so she has a very powerful influence over us. She pulls us to her depths, and if we go in fear, we are likely to struggle, experience hysteria and paranoia, become a “lunatic,” and possibly miss the revelatory experience itself. If we go without fear, we experience ecstatic and joyous entry into the labyrinth.

Tonight, Moon shines down upon us inviting us to explore her Mystery. Rarely have we had an opportunity like this, because not only is it a full moon tonight, but tomorrow there will be a full lunar eclipse. We want to take the time to share with you why this moon is so special.

(Becky): Tomorrow night’s full moon is called the Hunter’s moon. It’s called the Hunter’s moon because the fields were traditionally reaped in late September, and in the light of the full moon, hunters could easily see fox and other animals that would come out to glean from the fallen grain. These animals provided needed sustenance during the winter months. Because it comes at the end of the growing season, this moon has received special honor. It shouts out, Winter is coming!

(Anne) Tomorrow’s moon is also called Blood Moon. It will be very unique because there will also be in a full eclipse. The eclipse starts at 5:11 pm which means we’ll miss the beginning because it begins before moonrise. The sun will set at about 7:00 and then the full eclipse, which will be blood red for a few brief minutes, will be at 7:47. Moon will be full again at 10:22. The complete cycle will take 5 hours and 11 minutes. This is not an ordinary eclipse. Only about 4-5 total lunar eclipses can be seen at any place on Earth in a decade. There won’t be another full lunar eclipse until January 31, 2018.

(Debby): And yet, this moon is the 4th full moon eclipse we’ve seen this year. This rare occurrence is called a lunar tetrad. A tetrad is when there are 4 total lunar eclipses in a row, 6 months apart, with no partial eclipses in between. This tetrad began a year ago with the 1st full moon eclipse on April, 2014, then another full eclipse was on October, 2014, then, again, in April, 2015 (which was the shortest eclipse of this century- only 4 minutes!) The tetrad will be complete with tomorrow’s full eclipse. In this century, from 2001-2100, there are 8 tetrads. There won’t be another one until 2032. So, you can see it’s a very unique moment in our lifetime.

(Becky): During a lunar eclipse we experience what might be called a “micro month”. We can feel one month’s waxing, waning, and full moon energy within the time frame of the eclipse. The subconscious mind is ruled by the Moon. When you work with Moon energy, you are working with the elements and with becoming one with the energetic flow of the unseen. It’s a time when issues that have been hidden are drawn into the light. As Earth’s shadow falls across Moon, a door slowly swings open for our own shadow. We have an opportunity to access the magic that lies un-awakened, acknowledge and honor our fears, and go into that quiet place within where spirit guides us.

(Anne): Tonight we will begin to prepare for tomorrow’s magical event. We are setting the intention of becoming aware-aware of our path, aware of our shadow, our light and opening to the light of inspiration that flows through us. With intention and care we can look into our shadow and find inspiration, and enlightenment. Tonight we will engage in a rehearsal for tomorrow. We do this under a full moon so there will be full moon energy and magic activated during this experience. There is always power when we invoke spirit. However, under the rare blood moon eclipse tomorrow, an unprecedented opportunity waits for connecting to the blood flow of your life. What we do tonight, if re-enacted tomorrow during the eclipse, will be extremely powerful.

(Debby): We’re going to take a walking meditation under the full moon. In order to awaken your spirit to our intention of awareness, we are going to go through an exercise of moving from light to shadow to light again just as if the eclipse were tonight. The eclipse tomorrow is 5 hours. You may, or may not be able to be out under its moon rays. The magic will be happening anyway. The transitions of the shadow waxing and waning will be slow, faster than the moon’s normal cycle, but still, the changes are subtle. So, like a Tai Chi movement, we will transition slowly as we enter the realms of Shadow and Light.

So, let’s rise, and as we walk in silence, drink in the magical properties of Her light. Between now and our first stop, feel the fullness of the light within you. Allow your light to wake and be present-notice how that feels.

(Debby leads- Leave the yard and Anne and Becky put on headbands)

(First stop) *Becky- FULL:*

“When Moon is full she is in her most powerful phase. She is shedding Her light on issues, challenges, plans and ideas. Everything comes together, commitment to a person, projects, & spells. Psychic abilities are heightened. Enlightenment fills you. Let’s raise our hands to Moon and allow our bodies to fill with light… Let Her glow enter your body… your hands… your face…, your heart…, your belly…, your womb. Feel the light course down through your legs and feet, connecting to Earth…. Feel Earth grounding you within this celestial glow… Absorb the power of full Moon’s energy and when you’re ready, slowly lower your arms and walk forward down the path. With each step you take, see in your mind’s eye how Earth’s path intersects between Sun and Moon casting a shadow across Her face.

 (Moving down the path)

*(Debby- WANING :)* “The Moon is Waning. It’s now called the Gibbous Waning Moon. As the eclipse progresses, Shadow glides across Moon’s surface a quarter of the way. Please make a quarter turn to the right, away from Moon. Keep your eyes soft and partially closed. Raise your hands, palms up to waist level.” *(When all have done that say…)*

 “As the shadow of Earth touches Moon, a sliver of quiet stillness glides over Her. Without resistance, let the coolness of your Shadow, enter your body…, gently…, softly. “I am here”, she says to you. “Notice me. Within me is the key to understanding.” As you become aware of Shadow, you can feel a sense of change… Threads within you loosen, preparing to let go... Something is nearing completion…, an ending is in motion... dark thoughts, light thoughts, all are just messages…Threads loosen even more, Shadow and Light begin to intermix. Call on spirit to be with you to greet this energy… *(Pause)*

 Shadow has words, visions or emotions of value that she wants you to pay attention to. Greet Shadow with respect. There are things hidden in the dark that are important for you to acknowledge. The pull of Moon aids you in allowing strength, wisdom and emotion to rise. Without fear, take some time to allow Shadow to gently greet you in return… *(Pause)*

Lower your arms and move forward. As you walk forward, in your mind’s eye, feel Earth’s shadow slide over the surface of Moon. Its crescent shape grows rounder and rounder until it covers Her completely.

 *(Anne): “Dark moon, New Moon-full Lunar eclipse*: Please turn away from the light, and close your eyes fully. Wrap your arms around yourself, tuck your head and go within.”

“Moon turns Blood Red once she is fully covered by Earth’s Shadow. Feel the beat of your own blood flowing through your body. Within this beat, find yourself walking with Shadow down a corridor, farther and farther away from the light so that you can fully enter Shadow’s world. You come to a circular room that pulses a deep red and swirls with shadows. Walk in, close the door, and pay attention to what swirls around you. Is there anything you are drawn to focus on? It is here that you can see yourself honestly. You can see your fears-acknowledge your pain, or your insecurities…You can feel your anger or frustration…Give yourself this gift of noticing what is calling out to be noticed. Listen and feel… *(Pause)*

 Without tears, we don’t value laughter. Without sickness, we don’t value health. Here in this place of darkness we understand the value of balance. How does your Shadow self help you? How has your Shadow’s message benefitted you? … *(Pause)*

Open the door to the corridor and move toward the light. With light comes inspiration. As you feel Moon pulling you toward Her, what message does the light send you-any solutions or ideas? Without attachment, let the light spark and bring its gift to you… (*Pause)*

 When you’re ready, open your eyes, stretch, and feel the return of Moon’s light energy seeping into your pores. As you walk, continue to allow any messages to reach you as they are sent from Her moon beams.

*(Walking back)*

*(Debby)- WAXING GIBBOUS MOON:*

“When the eclipse is ¾ of the way back to full it’s called the Waxing Gibbous Moon. Waxing moon is for constructive magic. Working on friendship, health, success, courage, love and wealth is especially powerful now. Turn your body ¾ toward the fullness of the Moon. With arms at your waist, palms turned up, breathe in the light that is returning but feel the balance that Shadow still brings. Half light, half dark, one balances the other. Shadow is as much a part of life, as light is. Continue to stay open to messages that may be being sent. Let your conscious mind weave together with your subconscious mind in order to manifest an intention. Now is the time for action. Magical Intentions will blossom as you come out of Shadow.

*(Walking to the beginning of the path)*

*(Becky) FULL MOON:*

 “Moon is full once again. Shadow is no longer visible on Her surface. Raise your hands and allow your body to fill with the light of illumination. Her glow enters your body, your hands… your face…, your heart…, your belly…, your womb. Feel the light course down through your legs and feet, connecting to Earth…. Feel Earth grounding you within this celestial glow… Once again absorb the power of full Moon’s magical energy and rejoice. *(Pause)*

You are glowing. Enlightenment and heightened psychic awareness fill you. Your Shadow is in balance with your light. Everything is coming together, ideas, commitments- you are a Power Full woman. You walk in balance and in beauty. Loving yourself; you understand your life’s challenges have a higher intent. You journeyed into the labyrinth of dark and light and returned with a greater understanding of your path. Give thanks to Moon and to Her Mystery.

Blessed BE