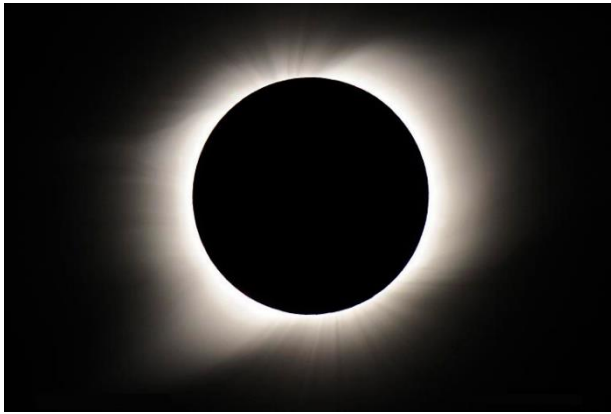


MUSINGS & MEDITATIONS

FULL MOON ECLIPSE



Well this super-charged month of transformation is upon us....are you ready for what it's about to bring? With two eclipses this month, a full moon lunar eclipse followed by a new moon solar eclipse we are being presented with an auspicious opportunity for a full cosmic reboot. Eclipses are said to be the Universes way to get your soul back on track, to see what distractions have gotten us off course in our SOUL purpose.

Lunar eclipse is an event that happens at night when the earth passes between the moon and the sun. This is a time to sit back and take a look at our 'shadow' selves. To reflect on what's underneath the surface. We have two sides to ourselves, our shadow side and our light side. That which we choose to show to the world and move forward with positivity is our light and the shadow the holds on to old emotions, blocks and distractions. This heightened time of energy will work as a SUPER PURGE to ourselves physically, emotionally and spiritually. Don't fight the change and don't fear the clearing process! The glow during this lunar eclipse will work to illuminate all that is not working in our lives, a time to really see and accept what we need to let go of. So take this time to look at yourself square in the eye, be real, be honest, and get to the raw underbelly of your emotions. Let go of any resistance and consciously work to release what's been holding you back from your true or SOUL purpose.

Reflect with kindness for all that you've encountered. Allow the calm, powerful and transformative energy to seep into the Self. Allow this energy to flow in, and begin to move, scrub, and sink into every corner of your being. Does it encounter anything that you no longer have space for?

Musings for this meditation:

1. Where can you intuitively feel blockages in your body? Can you get deeper and feel energetic blocks?
2. What part of your shadow self is ready to be released? What distractions does your soul no longer need to move forward in its evolutionary process?
3. What parts of your light self would you like to start to bring forth with more awareness?