



October Moon Cycle

How the general energy available during these three moon cycles supports us:

1. Listening to and understanding our longings
2. Seeking counsel: humility of asking for help (from others as well as from our own wise self)
3. Working with our vision(s)
4. Acknowledge our own wisdom
5. Practicing personal discernment

Recommended Aspect to work with during this season: Personal

Additional Suggested Aspects/Elements: Relationship/Family; Collective/World

The energy of this month serves to revitalize our commitment to ourselves and our family, as an extension of ourselves, and expand that commitment for living our calling out into the world, our human family. An adjustment to our perceptions and routines may be necessary following the often busy and 'change of routine' energy of the summer months. Our call is to become reconnected to some of the traditional ways of our ancestors. We reconnect to the earth and to our intuition—and to each other. By connecting to the natural world that we are more able to sustain ourselves and to reconnect to the natural wisdom of the Earth (inspiration taken from MacEowen- pg.7, See Resources).

Frank MacEowen in The Celtic Way of Seeing says this about the energy of the west: "It is a matter of taking time in our busy lives to consciously open ourselves to levels of knowledge and experience that stand outside the intellect, of inviting the passion of the heart, the wisdom of the body, and the deep insight of the seer to come to the forefront" (pg. 97, See Resources). Although MacEowen is not saying this in so many words, I believe statement speaks about the nature of will in its' more mature state, when we have aligned our will with God's will, and live our life from that place and direction.

This moon cycle gives us a clue to how to sustain this connection: keeping our vision and our goals in the forefront of our minds, our eyes and our ears. By paying attention to our dreams in the early morning waking hours. Try this: If you have dreams in the early hours of the dawn, write them down and read them and contemplate them every evening for four nights. Only after that, speak about the dream to another person. The practice of keeping a dream to yourself for a period of time keeps the meaning of the dream from being distorted or diluted. You may be surprised at the knowledge revealed to you by this simple practice.

The energy for this cycle stirs up our creative juices. The October moon cycle called us to gather 'supplies' to support our creativity and engagement during the winter months—the harvest and preparation for winter that we see in nature reminds of this activity. We will be supported in endeavors to go deep into the core of our being birth our soul longings and purpose. If we work with the energy of this month, we are better able to reconnect with our dreams and gather resources to manifest visions and bring them into reality. The October moon cycle called us to gather 'supplies' to support our creativity and engagement during the winter months—the harvest and preparation for winter that we see in nature reminds of this activity



Dr. Carolyn J Faivre

*Knowledge * Hope * Balance * Change*