



*Dr. Carolyn J Faivre*

*Knowledge \* Hope \* Balance \* Change*

## November 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: **Personal/Spirit**

This is the third moon cycle for the autumn season. With the onset of the November moon cycle, we now turn from gathering in preparation for the winter, and turn to preparation of the body, mind, and spirit to help us enter into the darker times of the season of late fall and winter. The suggested aspect for focus this month is the Personal Element of the Spirit Self. This moon energy calls us to face our shadow and our fears, as well as to acknowledge our achievements and dreams. If we are able to face our fears while there is still light, perhaps we would not be so afraid of the darkness, perhaps the tendency for depression and isolation would not be so strong during the winter months. If we could acknowledge ourselves in our successes and deservedness, with humility and balance and clear vision, then perhaps we could truly enjoy those months, which if we prepared and allowed ourselves, could result in a lot of creativity and fulfillment.

The tension that develops between our fears and self doubt and false-humility or its' partner 'pride' result in a tendency toward perfectionism. Anchored in perfectionism, we become hard and stuck and lose ourselves, becoming a distorted image of our potential. I see perfectionism as a distortion of our spiritual being. When we strive to be perfect, we lose all integrity; we become stuck, needing to either see ourselves as a certain way or be seen in a certain way, greatly limiting our potential and deadening our spirit.

Connected closely to working with the Spirit Self our understanding of our 'Calling' for this life. Our calling is our soul's purpose for our life, and perhaps the way this manifests in our Spiritual Self is our Vision of our life. When we lose that vision, we are then prone to depression, sloth, sadness and grief. After years of working with clients, it became clear to me that the loss of personal vision often occurred in childhood and if not then in early adolescence. Can you speak your life calling? What is your vision for your life? Has it expanded or diminished over the years? What is needed to restore your Spirit Self to its' original illumination and light?

I was reading something on the eleventh cycle and read it instead as the eleventh hour. I wondered why I would have misread those words, was it a visual Freudian slip? This cycle is about self-acceptance and grace toward both sides of our personal growth coin; equally given to our failures as well as our successes. Certainly attributes we would need if we are in an eleventh hour situation.



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