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*Knowledge * Hope * Balance * Change*

January Moon Cycle

How the general energy of these three moon cycles supports us:

1. Integrating our conscious and unconscious knowledge
2. Address our addictions
3. Experience warrior energy needed to work with the 'rough places' in our lives
4. Work with our feelings of pride
5. Hibernation/a time for incubation, reflection, preparation

Recommended Aspect to work with during this season: Creative

Additional Suggested Aspects/Elements: Collective/Nature; Personal/Emotions

The January Moon is the first moon of the New Year, always beginning after the solstice. This moon cycle reminds us of our connection and relationship to all things. The color for the first moon cycle is orange, in the chakra system, correlated to the 2nd chakra which contains the energy of our one to one relationship with all manner of living beings. The color orange also reminds us to kindle our inner fire, find ways to bring warmth to our relationships and by caring for our relationships, keep those warming fires going during these long winter months.

The January moon is the second month of the season of winter and the direction of the north. During this seasonal cycle, the recommended Aspect for focus is the Creative aspect. We are invited to look at our relationships with our Work/Career Self and our Financial Self, as well as what and how we create during the time when we are not occupied with the numerous obligations in our life (Leisure Self). The Creative Aspect also holds the Element of Philanthropy-- how do we give-away and share our abundance with others, whether they be human beings, furry or feathered creatures, or the earth itself.

In addition, January's suggested Aspect/Element is the Element of Nature (Collective Aspect). Depression, despair, and seasonal affective disorder symptoms all raise their difficult heads during this month. It is easy to hunker down and wait for spring to come, and sometimes it is good, healthy and supportive to hibernate during this month. But for some of us, withdrawal and hibernation lead to more self-sabotage and a deepening of addictive behaviors. By taking time to focus on nature, by spending time out in the winter world, committing to care for the birds and other creatures who may need extra support during these months of scarcity of food, we also support ourselves. Focusing on practices that support your emotional health during this cycle has the ability to change historical patterns of winter depression.