



Dr. Carolyn J Faivre

*Knowledge * Hope * Balance * Change*

February 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: Creative/Philanthropy; Creative/Leisure

In the "13 Original Clan Mothers" Jamie Sams writes about the 2nd Clan Mother: "Wisdom Keeper". The moon energy for this month supports us in gleaning wisdom from our history as well as the history of our world and our ancestors. The energy of this cycle concerns both our connection with past, present and future as well as our connection to our ancestors, our own present day life, as well as the future generations. In this moon cycle, we are called to support our connection with all of life. We do this by honoring our own truth as well as the truths of others. In order to see and honor 'truth', we must be willing to see the bigger picture and/or allow ourselves to hold a stance of neutrality.

The color for this rhythm cycle is gray. Gray is the color that represents neutrality. When we look at the events in our lives, our beliefs, our feelings from a place of neutrality, we are then able to see more possibilities and have more options for creating change. The grayness we experience in these waning winter months can have new meaning for us. We can see it as a reminder to move into a place of neutrality and then be able to see the bigger picture, rather than be sucked into mid-winter depression and despair! Gray is the perfect background for reflecting all of who we can be and help us to see outside of ourselves more accurately. Try this: Take a gray piece of fabric (or paper), a white piece of fabric (or paper) and a black piece of fabric (or paper) and lay upon each one a colored object (or paper or piece of fabric). You will notice that the colored object has more vibrancy and depth against the gray as in comparison to the white. So it is also in our lives. When we become willing to live in the gray of things, rather than insist on a black and white world, we see things more fully and brilliantly and can also see more possibilities. By learning to come into a place of neutrality, we can release our judgments and embrace the wisdom of discernment. The ability to be in the 'gray zone' is also the gift of humility, a necessary virtue for having wisdom. (For those interested in archetypes--discernment is the matured and enlightened aspect of the judge archetype.)

There are two specific Elements of the Creative Aspect of Self the February moon cycle energy supports. Choosing to focus on the Element of Philanthropy in our life can help us to see the bigger picture-life outside of our own struggles or monotony that can often affect us in the waning weeks of winter-time. Sharing our gifts and talents with others when we are feeling less than abundant helps to shift our perception away from any fear we may have about lack and insecurity. This is also the time of year when downtime breeds boredom and sloth. So by working with the element of our Personal Leisure Self, we have an opportunity to develop our creative gifts and to consciously invite play into our daily and weekly life.

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