



August Moon Cycle

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

1. Awareness of subtle energy and the sound of god (great mystery)
2. Presence of self in connection with nature and all that is
3. Experiencing the space between the void
4. Connecting with child energy-our own and of children
5. Fertilizing our potential

Recommended Aspect to work with during this season: Relationships

Additional Suggested Aspects/Elements: Inner Soul; Relationship/Friends-Colleagues

The moon cycle energy of August offers to teach us to embrace healing in all its aspects. While healing occurs in many ways, there is always the need to let go of old ways of being and doing in order for healing to occur. This is true whether we are referring to the potential to recover from a life threatening disease or healing a wounded relationship. The moon cycle energy of June and July focused on the nourishing energy of love as a source of both personal and relationship growth. Now we have an opportunity to take what we have learned and use that to develop another aspect of ourselves. One can see that each moon cycle builds upon the next, creating both a yearly cycle and a multi-year cyclical spiral of learning and growth for our life time, as well as for the earth and the universe.

Specifically in this cycle, we can learn about our potential to heal, ourselves and others including our communities and the world. We are invited to begin with a practice of listening. Those who have a meditation or prayer practice may already know about the experiencing of listening to the silence. It is profound what we hear when we listen for what is not obvious. It is from this place of learning to be still and listen that we begin to connect with our Inner Soul that our potential to heal comes. The energy here is not so much about taking on the role of 'healer'. Rather it is about living our calling to its' fullest potential is healing to our own soul self, to our relationships and all that our lives even remotely touch.

Over the years of my own personal growth work, and of supporting others in their own growth practices, one frequent experience is the shifting in friend relationships. In a meditation regarding the energy focus for the month of August, the Aspect/Element of Self which kept presenting itself for focus during this month was the Element of Friends/Colleagues in the Relationship Aspect of the Self. First I argued with myself that I was not paying attention-then let go my judgment and gave myself over to the practice of listening for the deeper knowing. I sat in silence for a long time. Finally I began to see the role of these relationships as special to us in facilitating our growth. Our Friends and Colleagues are mirrors to us in all our qualities, from our highest ideals to our addictions. In choosing to work with your relationship with friends and colleagues this moon cycle, you are invited to explore the history or the roles your friends, peers and colleagues have played in your life as well as yours in their lives. You are at a choice point now for healing and growing those relationships to support all in moving toward their potential. You may also be called upon to release relationships which sabotage growth and prevent healing.



Dr. Carolyn J Faivre

*Knowledge * Hope * Balance * Change*